Pascas Foundation (Mexico) Ltd

MEXICO

Business Plan

&

Financial Feasibility

PASCAS FOUNDATION (AUST) Ltd **ABN 23 133 271 593** **Bs +61 7 5594 0479**
11 Crenshaw Court **www.pascashealth.com** **www.pascasworldcare.com**
Parkwood 4214 Queensland Australia **Em: info@financefacilities.com**

SCHEDULE	Page
Executive Summaries	10.
Principal Overview	20.
Key Personnel	21.
Corporate Data	23.
Key Financial Data	24.
Mexico Country Context and Analysis	25.
Mexico Facts and Culture	39.
Mexico Notable progress, poverty at its lowest level of 29.6%	50.
We have been given a bum steer!	54.
Feelings Orientated Education, Free, Open and Universal	65.
Pascas – Mexico	95.
Our Feelings are Our Truth	104.
Poverty as defined by lack of Consciousness, being in UNTRUTH	113.
Map of Drug Cartels in Mexico 2024	121.
Mexico's invisible Women: Why Progress on Gender equality masks deeper Inequalities	144.
Cultural Psychic Barriers	147.
Mexico can Eradicate Poverty with Adequate Policies and Inclusive Growth	153.
Inflation - Mexico	155.
Food Security in Mexico	156.
South and Central America Projects	168.
Mexico	175.
Countries with the Lowest Quality of Life	193.
Nation Psyche of Mexico	194.
Major Political Parties in Mexico	199.
The Economy of Mexico	200.
Congress of the Union - Mexico	203.
End of Progress against Extreme Poverty?	208.
Mexico Events of 2024	210.
Erified explains: How poverty is measured in Mexico	215.
Mexico: Economic and political outline	219.
Mexico's Efforts to Reduce Income Inequality and Poverty	223.
What is needed to eradicate extreme poverty in Mexico	230.
Poverty and inequality in Mexico	232.
Habitat for Humanity Mexico	240.
Wlak Free – Global Slavery Index	246.
Mexico OECD Economic Outlook	247.
Children of Mexico	250.
Child Sexual Abuse in Mexico Increased by 1,113%	256.
Purpose of Life	263.
Humanity's Development Worldwide over the past 200 Years	264.

An Unborn Baby's 1st Heartbeat occurs 16 days after Conception	229.
Violence against women in Mexico	276.
Mexico: Boom in organised crime making femicide invisible	279.
Miscarriage and Abortion	283.
Freedom House Overview	287.
What can we learn from Brazil about optimising infrastructure investment?	302.
Mexico's Infrastructure Shortfall Threatens Economic Growth	304.
Infrastructure Investment in Mexico Faces Historic Decline	305.
The Leading Issue is that Children are not Prioritised	306.
Inflation	307.
Mexico: What share of the population have access to electricity?	309.
Internet usage in Mexico	311.
Children and the Internet	316.
How do you feel about this … ?	319.
Map of Consciousness	323.
Mexico's richest 1% earn 442 times more than the poorest 10%	327.
Suicide Rate	328.
True Liberation of Women	329.
Humanity is within a kind of dormancy, or even more like a stupor!	333.
The Bible – or rather the New Testament	335.
Food Security Mexico	337.
Food Systems in Mexico	338.
End of the Rebellion and Default – 31 January 2018	362.
Root Cause	363.
Pascas Oversight Council of Mexico	376.
One Overarching Cause – One Pathway Forward	377.
Doctors, Nurses, Teachers Ratios	387.
Mexico by States Map of Consciousness (MoC)	388.
Mexico by Cities Map of Consciousness (MoC)	391.
Map of Consciousness sectors explained	393.
Governmental Restraint upon its People	399.
We are Truth Seekers – Caste System v IQ v MoC	401.
IQ (intelligence quotient) compared by countries	403.
Reality	406.
Personality Traits Map of Consciousness	408.
Caste System vs IQ vs MoC	409.
A Nation's Persona! National Psychic Barrier	410.
Political Systems in General	412.
Mexico's Exports and Imports	414.
Mexico's debt to hit 60.7%	416.
Multidimensional Poverty Mexico	418.

Median Income by Country 2022	425.
Social Housing for Domestic, Violence, Homelessness, etc.	426.
The housing need in Mexico	428.
Child Abuse	429.
Mexico Population	432.
Languages of Mexico	433.
Education Inequality and Ineffectualness	434.
PISA 2018 Worldwide Ranking	435.
Mexico's Education System: Challenges and Reforms	438.
Numerous Challenges Limited Access to Education in Mexico	444.
Education at a Glance 2024: Mexico	445.
Educational challenges in Mexico	447.
Mexico's Water and Sanitation issues	451.
Orphans in Mexico	454.
Supporting Orphanages in Mexico	455.
SOS Children's – Mexico	458.
Global Organised Crime Index – Mexico	461.
Migrant Children Fleeing Violence Face New Dangers	467.
Violence against Children in Latin America and the Caribbean	469.
How Mexico is Combating Child Labour and Human Trafficking	473.
All the people in the world should be able to read and write	480.
How many teachers are needed?	481.
Empowering Nurses to Strengthen the Mexican Health System	486.
A complete Guide to the Nursing Industry in Latin America	488.
How many nurses are needed?	491.
How many doctors are needed?	494.
The whole human race is suffering from repressed childhood and mind control	510.
Compulsions and Addictions	515
Street Kids	528.
Half of Mexican Children under Six are living in Poverty	530.
Pascas Foundation may consider	534.
Village Raising of a Child vs Corporate Child Care	535.
It Takes a Village to Raise a Child: How to Rebuild the Village!	537.
Pascas Counsellor Carers	544.
The Key Questions answered	547.
This is a time of Great Revelation and Change for Humanity	548.
The Root Cause!	550.
Salary – Wages Package	555.
Sustainable Development Goals (SDG)	558.
Layers upon Layers – Glass Ceiling Barrier Removal	564.
Law of Cooperation – Law of Compensation – Law of Forgiveness	569.

Pascas Foundation (Mexico) Ltd Ethos 579.
Market Opportunity The Itch 583.
Chaldi College on Education 588.
Suggested Reading 592.
Why be Mind-Centric rather than Feelings First with Mind Supporting? 596.
Pascas University and Elements of the Pascas Agenda 611.
Pascas Health Sanctuary – Medical Advisory Committee 631.
Disability accommodating Medical Centre 634.
Pascas Foundation TEAMS and Business Case 640.
And now The Scratch 653.
Mexico Salary 660.
Foundation's Program 674.
Value adding Natural Resources 687.
Cooperative Enterprises 702.
Poverty Mitigation in China 707.
The Healing Power of "Bello" – Beautiful 724.
Disclaimer – Confidentiality 737.

FINANCIAL FEASIBILITY – STATEMENTS & PROJECTIONS Sheets 1 – 91

People of Mexico

Tule Tree in Mexico has the widest trunk of any tree in the world and is an estimated 6,000 years old

TOP 50 COUNTRIES WITH THE MOST BEAUTIFUL WOMEN IN THE WORLD!
Source: Insider Monkey Via: Yahoo Finance
1. S. Korea
2. Brazil
3. USA
4. Japan
5. Mexico
6. Germany
7. Colombia
8. Thailand
9. Italy
10. Venezuela
11. Argentina
12. France
13. Taiwan
14. Spain
15. Greece
16. Türkiye
17. Russia
18. India
19. UAE
20. Saudi Arabia
21. China
22. Iran
23. Lebanon
24. UK
25. Australia
26. Canada
27. Philippines
28. Malaysia
29. Egypt
30. South Africa
31. Switzerland
32. Belgium
33. Sweden
34. Israel
35. Kuwait
36. Jordan
37. Peru
38. Ukraine
39. Dominican Republic
40. Netherlands
41. Austria
42. Chile
43. Qatar
44. Romania
45. Portugal
46. Morocco
47. Singapore
48. Poland
49. Hungary
50. Czech Republic
INSIDER MONKEY
The selection was determined after reviewing numerous threads and discussions on Reddit. Thus, the most frequently appearing countries were considered. Those countries were then further studied regarding the frequency of cosmetic surgeries, facilities, and other beauty-related industries where women's participation is actively observed.

Dazzling Indigenous Cultures of Mexico

Pascas Foundation (Mexico) Ltd

EXECUTIVE SUMMARY

THE PRODUCT:

Pascas Foundation (Aust) Ltd, a registered not-for-profit entity, holds a dual role: making available worldwide the guidance and revelations unfolding since 31 May 1914. These revelations detail how humanity may live and consequently heal themselves in a manner that significantly lifts individual levels of consciousness.

The Core Concept, "LIVING FEELINGS FIRST – FEELING HEALING," introduces the necessary awareness that enables individuals to bridge the limitations of living mind-centric. Living mind-centric imposes a ceiling of 499 on the Map of Consciousness (MoC) scale, limiting our progression to that of the pinnacle of science (Reason). Our minds cannot discern truth from falsehood, are addicted to untruth, and crave control over others.

The New Way involves embracing our feelings, which are soul-based and always in truth, and having our minds follow in implementing what our feelings guide us to consider. By longing to know the truth behind our feelings, we commence Feeling Healing, which resolves the childhood suppression imposed upon us from conception through to age six or seven. Once fully healed, individuals can live in a Celestial soul condition state while still on Earth, opening their potential to infinity.

Pascas Foundation (Mexico) Ltd is to be established as a humanitarian endeavour for all people of Mexico. The project's overarching objective is to significantly raise the overall level of consciousness throughout the population by introducing this awareness through the education system at an early age. This evolution will progressively mitigate harmful activities and criminal activity, leading to an overall improvement in the general health and standard of living for Mexico's citizens.

The Foundation's program is to establish a comprehensive national plan, leading to the construction and delivery of universally free education from pre-school to post-graduate university levels, and beyond. This massive infrastructure investment in the Education and Health Sectors across Mexico is to provide outstanding opportunities for students, lecturers, professionals, and the community to excel.

PSYCHIC BARRIERS

There are psychic barriers, built by localised ongoing events that overtime our mind prevents us from seeing them for what they are – entrapments and enslavement to a seemingly never ending treadmill of retardation. Let us all expose these customs and norms for what they are – they are without truth and that is what we seek – we are truth seekers!

Our parents, teachers and leaders of all institutions have taught us, indoctrinated each of us, to live mind-centric. Our mind cannot discern truth from falsehood, our mind is addicted to untruth, our mind is also addicted to control, control over the environment and others. When we make an assumption, we get a small adrenalin boost, a reward you could say, the assumption is a mind process – the error rate of assumptions is 98%! But we each act on them and then we have to rework everything as we did not follow our feelings which are always in truth. Our feelings are from our heart – our soul – our soul based feelings are our truth, we are self-contained. Feelings give us freedom and exponential growth in consciousness.

When we are lacking in truth, without a high enough level of consciousness, we are submissive. A leader says pick up your weapons and go to war – millions then go off and slaughter each other! With truth, war cannot unfold, let alone disharmony!

All forms of socialism bring about dependence upon forfeited freedom and submission to the control of an authority – government. These entrench a zombiism of reliance on handouts from that authority. This becomes a pattern of living that takes enormous personal will to free oneself from this enslavement.

The people want the government to pay the costs of their religious institutions. Truth is always the same. If truth is always the same then why are there 3,400 significant religions, and with their minor

denominations we have more than 50,000 choices in religions. There is one truth! Religions generally are an extension of parenting – they become another one of our parents, the institution imposes its control. Look deeply into the institution, you may find that it is lacking and its purpose is about control over you.

We are parenting in the same way as we were parented. We cannot do anything differently because that is all we know. By the time our child is six years old it will calibrate on the Map of Consciousness at the level of one or the other of its parents – if they the parents are differing in calibration. This is why erroneous norms, customs and practices pass down from generation to generation for thousands of years without any development in the consciousness of the community.

ALL INSTITUTIONALISED PRACTISES ARE TO CHANGE

Those who aspire to live feelings first, having their minds following in support of those feelings, and they also long to know the truth behind what they are feeling are realising and revealing the gross insanity of remaining on the treadmill of stagnation which is the journey our mind holds for us. Through our minds we are unknowingly submitting to the control and agendas of others.

All our diseases, illnesses, pains and discomforts are the direct consequences of erroneous beliefs and emotional injuries. When we free ourselves of those, which is a big task, we are no longer in need to experience illness – we become free of disease!

As you will see through Dr David Hawkins' research that our quality of life blossoms with consciousness.

We are each outliving our childhood suppression which commenced at the moment of our conception and continued through to when we were six years of age. Our whole life's experiences are set in place throughout our early childhood forming years. Our adult life is outliving our parents' indoctrination.

Every institution has evolved to ensure we remain trapped in this degraded pattern. We now can disrupt our shackles and bring about a way of life that takes the burden away our requiring social support in numerous forms.

MEXICO POVERTY and DEPRIVATION

Poverty is not a new problem in Mexico, a society with high underemployment, a significant part of employees working in the informal sector, rising prices, and severe wealth inequality. Consequently, the situation has only worsened over the decades and reached over 46.8 million people (about twice the population of Mexico City) in the country living through economic hardship. That is 36% of the population below the subsistence level and around 7.1% in extreme poverty conditions. This also includes non-income dimensions, such as literacy levels, quality housing, access to basic services, and other conditions of vulnerability.

However, universally open and free feelings orientated education is the foundation for prosperity for all.

CHILD DEPRIVATION and POVERTY

Poverty is one of the main early challenges that children face. In Latin America and the Caribbean, 35% of children under five live in poverty. Nearly half of children under six in Mexico are in this situation, meaning around **4.9 million kids**.

CHILD SEXUAL ABUSE and CHILD ABUSE

Child sexual abuse is a persistent public health crisis in Mexico, having increased by 1,113% between 2010 and 2023.

According to UNICEF, over 50 percent of children (ages 1-14) have experienced physical punishment and/or psychological aggression by caregivers. Violence against children may assume different forms: abuse and neglect in the family, incest, sexual abuse, infanticide; bullying and other forms of violence in the school; corporal punishment; psychological aggression; child trafficking, sale of children, child sexual exploitation and other commercial sexual exploitation of children; child labour; various forms of cyber and online violence; recruitment as child soldiers, children recruited and exploited by terrorist and violent extremist groups, and many others (UNODC, 2019). Furthermore, street

children also find themselves victims of violence at the hands of their employers or even traffickers who exploit them.

ORPHANS

Brazil recorded over 3,700,000 children homeless and that have been orphaned in 2014.

There are **143** Orphanages in Brazil as of September, 2025. The highest number of Orphanages of Brazil are in **State of São Paulo** and **State of Rio de Janeiro** with **37** businesses and **19** businesses, respectively. **State of São Paulo** makes up approximately **25.9%** of all Orphanages in the Brazil.

STREET KIDS

Increased levels of poverty, migration, and instability has increased the number of street children in Mexico as well as young people and families on the street, notably in major urban cities like Mexico City and Puebla. Street-connected children in Mexico may have experienced abandonment, neglect, abuse, violence, sexual exploitation, human trafficking, or substance addiction; and can be excluded from national and voluntary service provisions.

EDUCATION and POVERTY

Poverty remains one of the most pressing challenges facing Mexico, profoundly influencing various aspects of life, including education. As millions of families grapple with financial insecurity, the repercussions extend beyond mere economic hardship, affecting the opportunities available to children and young adults. Understanding the intricate relationship between poverty and education is crucial for addressing the systemic barriers that hinder the development of future generations.

Children and young people from poor, rural and indigenous families

1. access to and participation in the education system

- **Strong social inequality.** Children from poor, rural and indigenous families have significantly worse educational opportunities than children from urban, affluent households.
- **More than half of children in Mexico live in poverty**. Rural regions in the south and south-east and indigenous communities are particularly affected. Here, over 60 % of children and young people are affected by poverty.
- **Dropping out of school and missing school.** 6.1 million children between the ages of 3 and 17 do not attend pre-school or school. 2.5 million children between the ages of 5 and 17 work, often to contribute to the family income – which severely hampers their school career.

2. special challenges for indigenous and rural children

- **High poverty rate.** 71 % of the indigenous population live in poverty, the risk is even higher in rural areas.
- **Educational qualification.** Only 27 % of indigenous young people complete "secundaria" (lower secondary level, 11-15 years). Illiteracy among indigenous 15-year-olds is 25 % – four times higher than the national average.
- **Language barriers.** Many indigenous children do not speak Spanish as their mother tongue. As most lessons are taught in Spanish, they are often left behind. Bilingual education programs are still insufficiently implemented.
- **Discrimination and cultural heteronomy**: Curricula are usually drawn up without the participation of indigenous communities. Indigenous teachers experience discrimination and cultural conflicts in the education system.

3. rural regions: Structural deficits

- **Lack of infrastructure.** Many schools in rural areas are poorly equipped and lack qualified teachers, teaching materials and transportation facilities.
- **Financial hurdles.** Even if school books are free, costs for uniforms, transportation or food can become a problem. Many children have to work to support their families, which interrupts their schooling.

FOOD SECURITY

Mexico faces a great challenge in producing, storing, and distributing food to guarantee the food security of its population. Natural disasters, climate change and changes in land cover are dynamic drivers affecting food production. While food difficulties have significantly declined, likely due to improvements in household economic conditions, 33.1% of households in the country still face challenges in accessing food.

Pascas Food Basket

ELECTRICITY POWER COVERAGE

Mexico's electricity production landscape is dominated by natural gas, which accounted for 58 percent of the country's power output in 2023. This reliance on gas, predominately imported from the United States, reflects a broader trend of increasing energy demands in the Latin American nation, with overall electricity generation growing by approximately 65 percent over the past two decades. Access to electricity, the latest value from 2023 is 99.7%percent, a decline from 100% in 2022.

WATER and SANITATION

Access to safe water in Mexico is a challenge for a significant proportion of the population. According to UN and UNICEF data, 57% of households in Mexico lack access to a safely managed water supply and 43% lack safe sanitation.

CORRUPTION

In the 2024 Corruption Perceptions Index (CPI), published on 11 February 2025, Mexico obtained its lowest evaluation since it was considered in this index. With a score of 26 points out of 100 (where 100 is the best score), Mexico was ranked 140 out of 80 countries evaluated.

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."**

(John's brother-in-law)Kevin 26 September 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! Kindly embrace Kevin's guidance, he is also John's brother-in-law.

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 – 2025 – 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 (Mexico) Ltd is a not-for-profit, charity, to be incorporated within the Mexico. Typically, charitable organisation, naturally, are exempt from taxation by VAT, sales tax, income and corporate tax. All funds received by a charitable organisation that is to be used for charity purposes are exempt from taxation. But the entity needs to obtain a not-for-profit status with the taxing authority. Ministry of taxation or justice are the main registration authorities for charitable organisation constitutions.

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

MARKETS & COMPETITION:

MEXICO Doctors Nurses Teachers Ratios data.worldbank.org

	DOCTORS per 1,000 people		**NURSES & MIDWIVES** per 1,000 people		**TEACHER / STUDENT ratio**	
Mexico	2018	**4.8**	2019	**2.4**	2017	**27**
Guatemala	2020	1.3	2020	2.3	2018	20
Belize	2018	1.1	2018	2.3	2018	20
Brazil	2021	2.1	2021	5.5	2017	20
Argentina	2022	4.1	2022	4.4	2008	17
United States America	2018	2.6	2018	15.7	2017	14
Canada	2019	2.4	2019	11.8	2000	17
Australia	2021	4.0	2021	13.7	2024	13
		Austria		Switzerland		San Marino
Strongest Worldwide	2025	5.5	2021	18.08	2018	6
https://data.worldbank.org/		Africa 27		Africa 30		Africa 21
Weakest Worldwide		Nations 0.1		Nations 1.0		Nations 40+

Mexico appears to have inadequate number of doctors per 1,000 people in the southern and rural regions.

Mexico needs to double their number of nurses per 1,000 people – and plus some.

Mexico needs to increase the ratio of teachers per students – particularly in rural and remote region.

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 coming from the front of the room to students tutoring each other, both of these greatly advance learning potential. We learn by doing!

The education facilities throughout Brazil are universally inadequate with students performing at the bottom of the scale on the world stage. This is creating shortages in all critical sectors of the economy, possibly nowhere as acute as throughout their own advanced education sectors and also health services.

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

MAJOR FOCUS for the MEXICO

This program, launched by the Mexican government in 2025, seeks to address key areas such as healthcare, education, and economic opportunities.

- Enhancing access to quality healthcare services for all citizens.
- Improving educational opportunities and reducing the dropout rate.
- Creating sustainable economic growth and reducing poverty rates.
- Strengthening social security systems to provide support for vulnerable populations.

To improve healthcare access. This involves:

- Expanding the reach of public healthcare facilities across the country.
- Training and recruiting more healthcare professionals.
- Implementing telemedicine services to reach remote areas.
- Developing health promotion campaigns to raise awareness about preventive measures.

Education is another critical area targeted by Mexico 2025. The following measures are being taken:

- Investing in school infrastructure to ensure safe and conducive learning environments.
- Implementing a comprehensive curriculum that emphasises critical thinking and practical skills.
- Providing scholarships and financial aid to underprivileged students.
- Encouraging teacher training and professional development programs.

On economic development and poverty reduction:

- Supporting small and medium-sized enterprises (SMEs) through funding and technical assistance.
- Creating job opportunities through public works projects and infrastructure development.
- Implementing social programs to provide food, clothing, and shelter to those in need.
- Encouraging entrepreneurship and innovation through training and mentorship programs.

To strengthen social security systems:

- Expanding the coverage of social security programs to include more workers.
- Improving the quality of services provided to the elderly, disabled, and other vulnerable groups.
- Implementing policies to ensure fair wages and working conditions.
- Supporting families through childcare and elderly care services.

By focusing on healthcare, education, economic growth, and social security, the program aims to create a more equitable and prosperous society.

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 to be available throughout education centres. This is a facility that is presently not often provided for within the education centres. 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 presently 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 experience. This is not just a focused endeavour on education and health, this is universal for all of humanity in its many facets of life. This is a time of an evolutionary jump.

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$52.12 billion. It is anticipated that these funds will be used for land and buildings (US$45,280 million), plant and equipment (US$117 million), scholarships granted (US$91 million), and operating costs with working capital (US$6,632 million).

PROFITABILITY:

As this is a humanitarian endeavour for the people of Mexico, 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 Mexico.

CONTACT INFORMATION:

Contact Person: **Bs:** +
Em:
Bs: +
Em:

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

Pascas Foundation (Mexico) Ltd

EXECUTIVE SUMMARY – BRIEF

Pascas Foundation (Mexico) Ltd is to support the evolution of education and health facilities as well as humanitarian agencies throughout all states of Mexico. This advancement includes enhanced pre-schooling, primary schooling, high schooling, technical and further education (TAFE/TVET), and the university system, all having additional new or renewed campuses should they embrace the guidance now being introduced.

All of this whilst bringing about the awareness of living feelings first as compared to living mind centric only. 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 Mexico 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.

This effort simultaneously introduces the awareness of Living Feelings First versus living mind-centric. Embracing feelings and longing for the truth behind them greatly expands everyone's potential. Pascas Foundation (Mexico) Ltd is a not-for-profit entity, and all developments are for all the people of Mexico.

These programs will require ongoing grants to cover recurrent costs and additional projects until the government (local / state / federal) of Mexico benefits sufficiently to take over responsibility.

Conservative grant requirement projections are:

Year 2026	Year 2027	Year 2028	Year 2029	Year 2030
US$3,022 million	US$5,383 million	US$9,940 million	US$14,217 million	US$19,560 million

CONTACT INFORMATION:

Contact Person: **Bs:** +
Em:
Bs: +
Em:

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

Pascas Foundation (Mexico) 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, 2025.**
- ❑ **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 then 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 (Mexico) Ltd

HUMANITARIAN FOUNDATION for the **PEOPLE** of **MEXICO** to enable freedom of choice in how we may live our lives with truth, love and prosperity

- ✓ **FREE EDUCATION**
- ✓ **HIGHER EDUCATION**
- ✓ **GREATER MEDICAL SUPPORT**
- ✓ **HIGHER PERSONAL TRUTH**
- ✓ **GREATER LIFE EXPERIENCES**
- ✓ **PROSPERITY IN LIVING**
- ✓ **UNIVERSAL AWARENESS**
- ✓ **REDUCING DIFFICULTIES**
- ✓ **INCREASING FREEDOM**
- ✓ **GREATER PERSONAL GROWTH and DEVELOPMENT**
- ✓ **EVOLVING LOVE thru TRUTH**

Continuing RESEARCH & DISCOVERY resulting in NEW KNOWLEDGE

Awareness Development leading to EMERGING NEW POTENTIALS

Resulting in EVOLVING PERSONAL GROWTH & DEVELOPMENT

- ⇒ **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 (Mexico) Ltd**	Bs +61 7 452 436 227
	To be determined	Em: info@financefacilities.com

Co-Chairman of Directors:		Bs +61
Directors		Bs
	Mexican national	Bs
	Mexican national	Bs
	Lillan NIELSON	Bs +61 406 256 017
	Gary WILSON	Bs +61 448 872 849

Project:	**PASCAS FOUNDATION (Mexico) Ltd**	
Project Location:	Brazil's central administration may be located in Mexico City.	
Funding:	Grants projected required per quarter	USD 750,000,000pq
	Grants projected required first year then progressively increasing	USD 3,000,000,000pa
Term:	Grant drawdowns could be said to be US$750,000,000 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 31 states (estados) and one federal district (distrito federal) being the capital of Mexico. Mexico City. Current Mexican governmental publications usually lists 32 federative entities (31 states and Mexico City). While doing this, further education facilities and universities are to be strategically located to enable the availability of required professionals throughout the Mexico through free education enabling passions and professions to be embraced by all.

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 and health 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 Mexico will blossom thus bringing about an even greater 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 Mexico 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 Mexico 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.

Mexican national DOB

Position: Director

Duties: Wide ranging administration and communications throughout the undertakings of the Foundation's endeavours.

Mexican national DOB

Position: Director

Duties: Wide ranging administration and communications throughout the undertakings of the Foundation's endeavours.

Lillan NIELSON DOB 13 December 1949

Position: Director

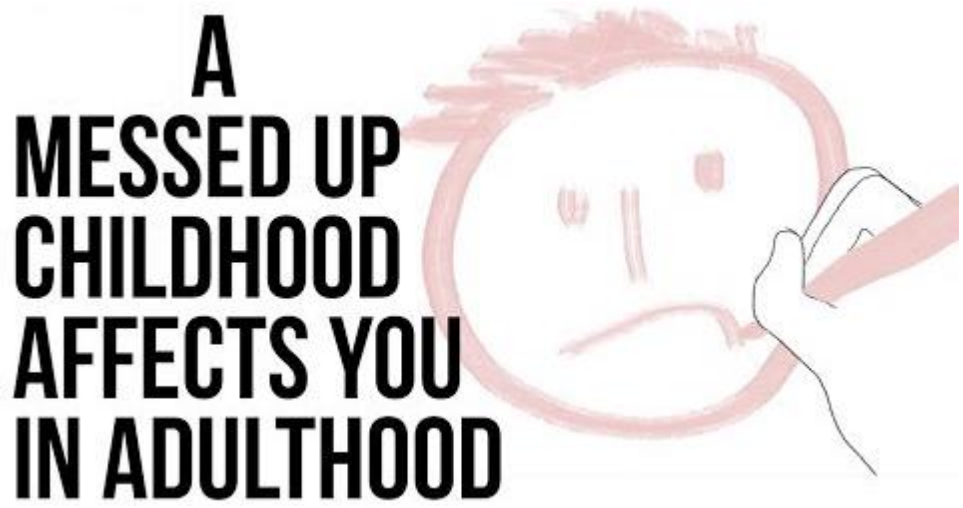
Duties: Multicultural Families Organisation executive.

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.



CORPORATE DATA: **Pascas Foundation (Mexico) Ltd**

As a not-for-profit foundation, no equity ownership is vested in any individual, the entity is owned by the people of the Mexico, all the people!

Solicitors:	Lawyers in **Mexico City** are to be engaged	
Mexico		Em:
		Bs: +
Australia	Simon BENNETT	Em: sbennett@omb.com.au
	OMB O'Keefe, Mahoney & Bennett	Bs: 61 7 5555 0000
	1 Short, 1/9 Seabank Lane	
	Southport 4215, Queensland, Australia	
Accountants:	Accountants in **Mexico City** are to be engaged	
also Auditors		Em:
Mexico		Bs: +
Accountants:	Richard ALLEN	Em: richard@allenaudit.com.au
also Auditors	Allen Audit & Advisory	Bs: 61 7 5503 1709
Australia	Robina HQ, 37/58 Riverwalk Ave, also being 1 Laver Drive,	
	Robina 4226, Queensland, Australia	

Bank:

Bs

Registered Office: care of the accountant or lawyer in **Mexico City**

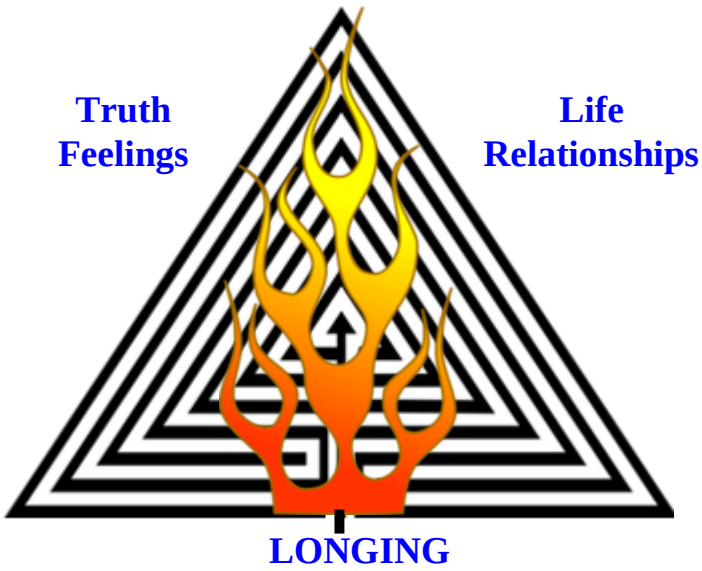
Physical office:

KEY FINANCIAL DATA:

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

FINANCIALS USD $	Year 1	Year 2	Year 3	Year 4	Year 5
GRANT FUNDS	3,022,000,000	5,383,200,000	9,940,000,000	14,216,600,000	19,560,200,000
LAND & BUILDINGS	2,789,000,000	4,976,500,000	8,348,200,000	12,114,000,000	17,053,100,000
SCHOLARSHIPS granted abroad	6,700,000	13,400,000	20,100,000	24,400,000	26,300,000
DEPRECIATION	111, 684,000	311,955,000	658,554,000	1,143,126,000	1,825,000,000
OPERATING Deficit	-294,487,000	-681,120,000	-1,247,000,000	-2,059,000,000	-3,161,400,000
NET CASH GENERATED	-182,945,000	-369,828,000	-740,522,000	-988,065,000	-1,336,640,000

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.

Mexico Country Context and Analysis

https://www.britannica.com/place/Mexico 3 December 2025

Mexico

Mexico, country of southern North America and the third largest country in Latin America, after Brazil and Argentina. Mexican society is characterised by extremes of wealth and poverty, with a limited middle class wedged between an elite cadre of landowners and investors on the one hand and masses of rural and urban poor on the other. But in spite of the challenges it faces as a developing country, Mexico is one of the chief economic and political forces in Latin America. It has a dynamic industrial base, vast mineral resources, a wide-ranging service sector, and the world's largest population of Spanish speakers – about two and a half times that of Spain or Colombia. As its official name suggests, the Estados Unidos Mexicanos (United Mexican States) incorporates 31 socially and physically diverse states and the Federal District.

More than half of the Mexican people live in the centre of the country, whereas vast areas of the arid north and the tropical south are sparsely settled. Migrants from impoverished rural areas have poured into Mexico's cities, and nearly four-fifths of Mexicans now live in urban areas. Mexico City, the capital, is one of the most populous cities and metropolitan areas in the world. Mexico has experienced a series of economic booms leading to periods of impressive social gains, followed by busts, with significant declines in living standards for the middle and lower classes. The country remains economically fragile despite the forging of stronger ties with the United States and Canada through the North American Free Trade Agreement (NAFTA).

Mayan pyramid, Chichén Itzá, MexicoMayan pyramid at Chichén Itzá, Mexico.

Mexico

Head of State And Government:	President: Claudia Sheinbaum
Capital:	Mexico City
Population: (2025 est.)	134,092,000
Currency Exchange Rate:	1 USD equals 18.318 Mexican peso

Form of Government: federal republic with two legislative houses (Senate [128]; Chamber of Deputies [500])

Mexico's urban growing pains are in sharp counterpoint to the traditional lifestyles that prevail in more-isolated rural areas. In states such as Oaxaca or Chiapas, small communal villages remain where indigenous peasants live much as their ancestors did. The cultural remnants of great pre-Columbian civilisations, such as Teotihuacán or the Mayan pyramids at Chichén Itzá and Tulum, provide a contrast to colonial towns such as Taxco or Querétaro. In turn, these towns appear as historical relics when compared with the modern metropolis of Mexico City. Yet even the bustling capital city, which has been continually built and rebuilt on the rubble of past civilisations, reveals Mexico's wide range of social, economic, and cultural struggles. As the renowned Mexican poet and intellectual Octavio Paz observed:

"Past epochs never vanish completely, and blood still drips from all their wounds, even the most ancient. Sometimes the most remote or hostile beliefs and feelings are found together in one city or one soul, or are superimposed like [pre-Columbian] pyramids that almost always conceal others."

It is this tremendous cultural and economic diversity, distributed over an enormously complex and varied physical environment, that gives Mexico its unique character.

Land

Physical features of Mexico

Sharing a common border throughout its northern extent with the United States, Mexico is bounded to the west and south by the Pacific Ocean, to the east by the Gulf of Mexico and the Caribbean Sea, and to the southeast by Guatemala and Belize. Mexico also administers such islands and archipelagos as the Tres Marías in the Pacific and Cozumel and Mujeres off the coast of the Yucatán Peninsula. Including these insular territories, the roughly triangular country covers an area about three times the size of Texas. While it is more than 1,850 miles (3,000 km) across from northwest to southeast, its width varies from less than 135 miles (217 km) at the Isthmus of Tehuantepec to more than 1,200 miles (1,900 km) in the north.

Relief

Geologic origins

Mexico is located in one of the Earth's most dynamic tectonic areas. It is a part of the circum-Pacific "Ring of Fire"—a region of active volcanism and frequent seismic activity. Among its towering volcanic peaks are Citlaltépetl (also called Orizaba), which forms the highest point in the country at 18,406 feet (5,610 metres), and the active volcano Popocatépetl, which rises to 17,930 feet (5,465 metres) to the southeast of Mexico City. These and other Mexican volcanoes are young in geologic terms, from the Paleogene and Neogene periods (about 65 to 2.6 million years ago), and are examples of the volcanic forces that built much of the central and southern parts of the country. Mexico is situated on the western, or leading, edge of the huge North American Plate, whose interaction with the Pacific, Cocos, and Caribbean plates has given rise to numerous and severe earthquakes as well as the earth-building processes that produce southern Mexico's rugged landscape. It is in this dynamic and often unstable physical environment that the Mexican people have built their country.

Physiographic regions

Mexico can be divided into nine major physiographic regions: Baja California, the Pacific Coastal Lowlands, the Mexican Plateau, the Sierra Madre Oriental, the Sierra Madre Occidental, the Cordillera Neo-Volcánica, the Gulf Coastal Plain, the Southern Highlands, and the Yucatán Peninsula.

The Baja California peninsula in north-western Mexico is an isolated strip of extremely arid land extending between the Pacific Ocean and the Gulf of California (Sea of Cortez). Unevenly divided between the states of Baja California and Baja California Sur, the peninsula is nearly 800 miles (1,300 km) long but seldom more than 100 miles (160 km) wide. The central core of the peninsula is a granitic fault block with peaks of more than 9,000 feet (2,700 metres) above sea level in the Sierra San Pedro Mártir and Sierra de Juárez. The gently sloping western side of these mountain ranges is in contrast to the steep eastern escarpment, which makes access from the Gulf of California extremely difficult. The Sonoran Desert extends onto the peninsula along the northern end of the gulf.

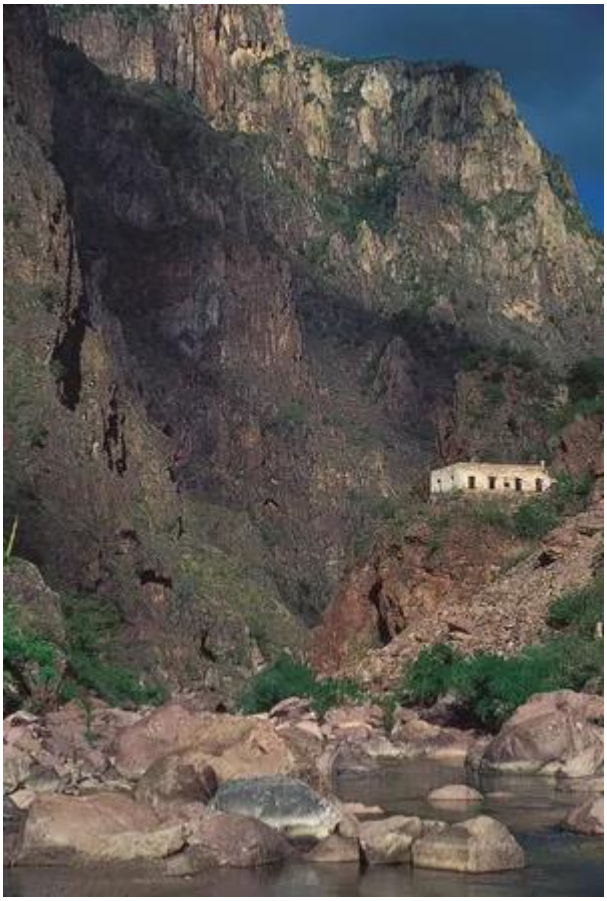
The Pacific Coastal Lowlands begin near Mexicali and the Colorado River delta in the north and terminate near Tepic, some 900 miles (1,450 km) to the south. For most of that distance, they face the Gulf of California while traversing the states of Sonora, Sinaloa, and Nayarit. Bounded on the east by the steep-sided Sierra Madre Occidental, the lowlands are a series of coastal terraces, mesas, and small basins interspersed with riverine deltas and restricted coastal strips. Although the vast Sonoran Desert dominates their northern section, parts of the lowlands have been irrigated and transformed into highly productive farmland.

COMMERCIAL IN CONFIDENCE

Sierra Madre

The largest and most densely populated region is the inland Mexican Plateau, which is flanked by the Sierra Madre Occidental and Sierra Madre Oriental. The plateau consists of the vast Mesa del Norte (Northern Plateau) and the smaller but heavily populated Mesa Central (Mesa de Anáhuac). The Mesa del Norte begins near the U.S. border; covers great stretches of the states pf Chihuahua, Coahuila, Durango, Zacatecas, Jalisco, and Aguascalientes; and ends near San Luis Potosí city. From there the Mesa Central stretches to a point just south of Mexico City. The plateau tilts gently upward from the north toward the south; at its northern end, the Mesa del Norte is about 4,000 feet (1,200 metres) above sea level. Throughout the region, relatively flat intermontane basins and bolsones (ephemeral interior drainage basins) are interrupted by mountainous outcrops. In the north the Chihuahuan Desert covers a section of the plateau that is more extensive than the U.S. state of California.

The Mesa Central covers large parts of Michoacán, Guanajuato, Querétaro, Hidalgo, and México states and the Federal District (Mexico City). Its southern end rises 7,000–9,000 feet (2,100–2,700 metres) in the vicinity of Mexico City. The Mesa Central, moister and generally flatter than the Mesa del Norte, is divided into a series of fairly level intermontane basins separated by eroded volcanic peaks. The largest valleys rarely exceed 100 square miles (260 square km) in area, and many others are quite small. Among the generally fertile basins is the Bajío (El Bajío, or the Basin of Guanajuato), the traditional breadbasket of the country, which is located in the northern part of the Mesa Central. Many of the basins were once sites of major lakes that were drained to facilitate European and mestizo settlement. Around Mexico City the weak, structurally unstable soils that remain have caused the colonial-era Metropolitan Cathedral and other buildings to shift on their foundations and, over many years, to list or sink unevenly into the ground.



Copper Canyon, Chihuahua state, Mexico Copper Canyon (Barranca del Cobre) in the Sierra Madre Occidental, in Chihuahua state, Mexico.

The largely volcanic Sierra Madre Occidental, which forms the western border of the Mexican Plateau, has an average elevation of 8,000–9,000 feet (2,400–2,700 metres) and extends roughly 700 miles (1,100 km) from north to south. It has been highly incised by westward-flowing streams that have formed a series of gorges, or barrancas, the most spectacular of which is the complex known as Copper Canyon (Barranca del Cobre) in southwestern Chihuahua state.

The Sierra Madre Oriental, a range of folded mountains formed of shales and limestones, is situated on the eastern side of the Mexican Plateau. Often considered an extension of the Rocky Mountains (which are cut by the Rio Grande but continue in New Mexico and western Texas), it runs roughly 700 miles (1,100 km) from north to south before merging with the Cordillera Neo-Volcánica. Its average elevations are similar to those of the Sierra Madre Occidental, but some peaks rise above 12,000 feet (3,650 metres). The mountains have major deposits of copper, lead, and zinc.

COMMERCIAL IN CONFIDENCE

Citlaltépetl, Veracruz state, Mexico Citlaltépetl (Orizaba Peak), the highest point in Mexico, located in western Veracruz state.

The Cordillera Neo-Volcánica, also called the Neo-Volcanic Axis or Trans-Volcanic Axis, is a geologically active mountain range whose smouldering cinder cones link the Sierra Madre Occidental with the Sierra Madre Oriental at the southern edge of the Mesa Central. As it crosses Mexico from Cape Corrientes on the west coast to Xalapa and Veracruz on the eastern coast, it forms a mountainous backdrop to the states of Jalisco, Michoacán, Guerrero, México, Morelos, and Puebla as well as the Federal District. This volcanic range includes the spectacular peaks Citlaltépetl, Popocatépetl, and Iztaccíhuatl (Ixtacihuatl), among others. One of the world's youngest volcanoes, Parícutin emerged violently from the fields of Michoacán between 1943 and 1952. The region is rich in silver, lead, zinc, copper, and tin deposits. The hot, dry Balsas Depression, which takes its name from the major river draining the region, is immediately south of the Cordillera Neo-Volcánica. The depression is formed of small, irregular basins interrupted by hilly outcrops, which give the area a distinctive physical landscape.

The Gulf Coastal Plain, which is much wider than its Pacific coast counterpart, extends some 900 miles (1,450 km) along the Gulf of Mexico from Tamaulipas state (on the Texas border) through Veracruz and Tabasco states to the Yucatán Peninsula; it includes the Tabasco Plain in its south-eastern section. The triangular northern portion of the plain, which is characterized by lagoons and low-lying swampy areas, reaches a width of more than 100 miles (160 km) near the U.S. border but tapers toward the south. North of the port of Tampico, an outlier of the Sierra Madre Oriental reaches the sea and interrupts the continuity of the Gulf Coastal Plain. South from there the plain is narrow and irregular, widening at the northern end of the Isthmus of Tehuantepec.

Acapulco, Mexico Panoramic view of the coastal resort of Acapulco, Mexico.

The Southern Highlands are a series of highly dissected mountain ranges and plateaus, including the Sierra Madre del Sur, Mesa del Sur, and the Chiapas Highlands, also called the Sierra Madre de Chiapas. On their southwestern side, approximately from Puerto Vallarta to the Gulf of Tehuantepec, are a series of relatively low ranges known collectively as the Sierra Madre del Sur. The crystalline mountains, which achieve elevations of 7,000–8,000 feet (2,100–2,400 metres), often reach the sea to create a rugged coastal margin, part of which is known as the Mexican Riviera. Several coastal sites, such as Ixtapa-Zihuatanejo, Acapulco, and Puerto Escondido, have become alluring tourist destinations. However, the less-hospitable inland basins provide a difficult environment for traditional peasant farmers. Farther northeast is the Mesa del Sur, with numerous stream-eroded ridges and small isolated valleys some 4,000–5,000 feet (1,200–1,500 metres) above sea level. The picturesque Oaxaca Valley is the largest and most densely settled of these, with a predominantly indigenous population. It is one of the poorest areas of Mexico.

COMMERCIAL IN CONFIDENCE

Bisecting the Southern Highlands is the Isthmus of Tehuantepec, a low-lying, narrow constriction of land that reaches an elevation of less than 900 feet (275 metres). Its hilly central area descends to narrow coastal plains on the south and to the Tabasco Plain on the north.

The Chiapas Highlands are an extension of the mountain ranges of Central America. Within the highlands the low, crystalline Sierra de Soconusco range lies along the Pacific coast. To the northwest and paralleling the coast is the Grijalva River valley. A group of highly dissected, folded, and faulted mountains is located between the valley and the Tabasco Plain, a south-eastern extension of the Gulf Coastal Plain. Among the active volcanic peaks of the region is El Chichón, which destroyed several villages in 1982.

The Yucatán Peninsula lies to the northeast of the Tabasco Plain and extends northward, forming a divider between the Gulf of Mexico and the Caribbean Sea. The peninsula's limestone (karst) terrain is generally pockmarked and uneven but seldom exceeds 500 feet (150 metres) in elevation. There is little surface drainage, and subterranean erosion has produced caverns and sinkholes (cenotes), the latter being formed when cavern roofs collapse. The islands of Cozumel and Mujeres lie off the peninsula's northeastern tip, near the resort boomtown of Cancún.

Drainage of Mexico

Because of its climatic characteristics and arrangement of landforms, Mexico has few major rivers or natural lakes. The largest are found in the central part of the country. The Lerma River has its headwaters in the Toluca Basin, west of Mexico City, and flows westward to form Lake Chapala, the country's largest natural lake. The Santiago River then flows out of the lake to the northwest, crossing the Sierra Madre Occidental on its way to the Pacific. The eastward-flowing waters of the Pánuco River and its tributaries, the Moctezuma and Santa María rivers, originate in the eastern Mesa Central and tumble through gorges in the Sierra Madre Oriental on their way to the Gulf of Mexico. Lakes Pátzcuaro and Cuitzeo, west of Mexico City, are remnants of vast lakes and marshes that covered much of the southern Mesa Central before European settlement.

There are few permanent streams in the arid Mesa del Norte, and most of these drain into the interior rather than to the ocean. By far the most important river in that part of the country is the Río Bravo del Norte (called the Rio Grande in the United States), which forms a lengthy part of the international border. The Conchos River, a tributary of the Río Bravo, is important for irrigation agriculture and hydroelectricity.

The Balsas River and its tributaries drain the Balsas Depression as well as much of the southern portion of the Mesa Central. Dammed where it crosses the Sierra Madre del Sur, the Balsas is a major source of hydroelectric power. Farther southeast, on the Guatemala frontier, the Grijalva-Usumacinta river system drains most of the humid Chiapas Highlands. Together with the Papaloapan River, which enters the Gulf of Mexico south of Veracruz, the Grijalva and Usumacinta account for about two-fifths of the total volume of Mexico's rivers.

Streams on the west and east coasts are short and steep because the Sierra Madre Occidental and the Sierra Madre Oriental originate close to the coastal margins. Along the Pacific Coastal Lowlands the Yaqui, Fuerte, and Culiacán rivers have been dammed and support vast irrigated fields. Aridity in Baja California and the porous limestones that underlie the Yucatán Peninsula cause those regions to be virtually devoid of permanent surface streams.

COMMERCIAL IN CONFIDENCE

Soils

Throughout tropical south-eastern Mexico, high rates of precipitation produce infertile reddish or yellow lateritic soils high in iron oxides and aluminium hydroxides. The richest soils in the country are the chernozem-like volcanic soils found in the Mesa Central. Deep, easily crumbled, and rich in base minerals, some of those dark soils have been farmed continuously for many centuries. However, overuse has caused serious sheet erosion and has exposed *tepetate* (a lime hardpan) in many areas. In the arid north, gray-brown desert soils occupy the largest expanses. High in lime and soluble salts, they can be extremely productive when irrigated, but in such cases salinisation (salt buildup) can be a serious problem, resulting in barren fields.

Climate

Because of its vast size and topographic diversity, Mexico has a wide array of climatic conditions. More than half of the country lies south of the Tropic of Cancer. In those areas, tropical maritime air masses from the Gulf of Mexico, the Caribbean, and the Pacific, are attracted by the relatively low pressures that occur over land. The maritime air masses are the main sources of precipitation, which is heaviest from May through August. Tropical hurricanes, spawned in oceans on both sides of the country, are common in the coastal lowland areas from August through October. Northern Mexico is dominated by the Sonoran and Chihuahuan deserts, and arid and semiarid conditions predominate over much of the Mexican Plateau.

Seasonal temperature variations within the tropics are small, often only about 10 °F (5 °C) between the warmest and coolest months. In those areas winter is defined as the rainy rather than the cold season. Elevation is a major climatic influence in most parts of Mexico, and several vertical climatic zones are recognised. From sea level to just over 3,000 feet (900 metres) is the *tierra caliente* ("hot land"), with uniformly high temperatures. For example, Veracruz, located on the Gulf of Mexico, has an average daily temperature of approximately 77 °F (25 °C). The *tierra templada* ("temperate land") extends to about 6,000 feet (1,800 metres) and includes the city of Xalapa, at an elevation of more than 4,600 feet (1,400 metres), where the average daily temperature is 66 °F (19 °C). The *tierra fría* ("cold land") extends as high as 11,000 feet (3,350 metres) and includes Pachuca, at just under 8,000 feet (2,440 metres), where the average annual temperature is 59 °F (15 °C). Above the *tierra fría* are the *páramos*, or alpine pastures, and the *tierra helada* ("frozen land"), or permanent snow line, which is found at 13,000–14,000 feet (4,000–4,270 metres) in central Mexico.

North of the tropics, temperature ranges increase substantially and are greatest in the north-central portion of the Mesa del Norte, where summer and winter temperatures are extreme. The highest temperatures in the country, exceeding 110 °F (43 °C), occur in July and August in central Baja California and in the northern Sonoran and Chihuahuan deserts. Outside the high mountainous areas of northern Mexico and the north central portion of the Mesa del Norte, the lowest temperatures normally do not descend below 32 °F (0 °C).

Most of Mexico lacks adequate precipitation for at least part of the year. Except for the Sierra Madre Occidental, the Sierra Madre Oriental, and the Gulf Coastal Plain, the area north of the Tropic of Cancer generally receives less than 20 inches (500 mm) of precipitation annually and is classified climatically as either tropical desert or tropical steppe. Nearly all of Baja California, much of Sonora state, and large parts of Chihuahua state receive less than 10 inches (250 mm) of rainfall yearly. Much of central and southern Mexico receives less than 40 inches (1,000 mm) of precipitation annually, mostly from May through August, and is classified as having tropical savanna or highland savanna climates. Only the Gulf Coastal Plain and the adjacent mountains—roughly from Tampico southward to Villahermosa—the

Chiapas Highlands, and the southern part of the Yucatán Peninsula receive abundant precipitation year-round. A tropical rainforest climate exists there because of uniformly high temperatures and humid conditions.

Plant and animal life

Mexico is one of the world's more biologically diverse countries, encompassing vast deserts, tropical rainforests, mangrove swamps, and alpine ecosystems and supporting a wide range of reptiles and mammals, as well as myriad other types of animals. The country sits astride the commonly accepted boundary dividing the Nearctic (North American) and Neotropical (Middle American and South American) biogeographic realms.

The Sonoran and Chihuahuan deserts of northern and north-central Mexico are characterised by sparse desert scrub vegetation, although at higher elevations distinctive ecosystems including short grasses, scattered shrubs, and a variety of cacti and other succulents have evolved. A similar process has also occurred in much of the states of Coahuila and Tamaulipas. One of the more unusual species is the boojum tree; found only in a small area of Sonora and Baja California, it resembles an enormous upside-down carrot standing up to 50 feet (15 metres) above the desert soil.

Forests of coniferous and deciduous trees originally covered most of the Sierra Madre Occidental, large parts of the Mesa Central, and the Southern Highlands. However, long periods of human occupation in these regions have decimated most of the natural vegetation. In the early 21st century the government declared that it had significantly slowed the rate of deforestation, but its statistics were disputed by many environmentalists. The vast majority of Mexican forests are under local control, and impoverished or overcrowded communities contribute to higher local rates of deforestation. Extensive coniferous forests are still found at higher elevations in the Sierra Madre Occidental. The semiarid Balsas Depression has tropical scrub vegetation composed of shrubs, low deciduous trees, and scattered cacti. The high-precipitation zones of the Gulf Coastal Plain, the adjacent east-facing mountain slopes, the Chiapas Highlands, and the southern part of the Yucatán Peninsula are dominated by tropical rainforests (*selvas*). The dense, layered stands of broadleaf evergreen trees are among the most luxuriant and diversified in the world. Tropical hardwoods, ferns, epiphytes, and a variety of palms are commonly found there. But Mexico's rainforests, like those elsewhere in the tropics, continue to be degraded through farming, logging, ranching, and mining. Satellite images have indicated a particularly high loss of forest in Chiapas from the 1970s to the early 21st century. A large portion of the Pacific coastal area, from Mazatlán to the Guatemalan border, is covered by tropical deciduous or semi-deciduous forests, which lack the variety and density of tropical rainforests.

Mexico's diverse array of fauna is especially notable in its southern *selvas*. The rainforests of the Gulf Coast and Chiapas Highlands and the semi-deciduous forests of the Pacific coast provide habitat for monkeys, parrots, jaguars, tapirs, anteaters, and other tropical species. In contrast, the natural wildlife of northern Mexico was severely affected by the introduction of European grazing animals more than 400 years ago. While rabbits, snakes, and armadillos abound in the deserts and steppes, larger animals such as deer, pumas, and coyotes are found mainly in isolated or mountainous areas. Numerous marine species live along Mexico's coastlines. In parts of the Gulf of Mexico and off the eastern coast of the Yucatán Peninsula, clear waters teem with tropical fish.

Mexico is central to the migratory patterns of many species. Countless ducks and geese fly annually into the northern part of the Sierra Madre Occidental. In addition, millions of endangered monarch butterflies (*Danaus plexippus*) migrate annually between regions of the United States and Mexico's western Mesa Central to overwinter on about a dozen forested peaks, particularly in eastern Michoacán

state. That state's Monarch Butterfly Biosphere Reserve was designated a UNESCO World Heritage site in 2008. However, smog from the Mexico City metropolitan area and extensive logging activities threaten the butterflies and their roosting trees.

People

Cultural regions

Specific cultural areas have evolved in Mexico because of differences in physical environment, ethnicity, and settlement histories, and few of the regions correspond exactly with the country's physiographic regions. Mexico traditionally has been divided between the Spanish-mestizo north and the Indian-mestizo south, corresponding roughly to the pre-Columbian boundary that separated the highly developed indigenous civilisations of the Mesa Central and the south from the less agriculturally dependent groups to the north. The country can be further divided into 10 traditional cultural regions: the North, Northeast, Northwest, Baja California peninsula, Central, West, Balsas, Gulf Coast, Southern Highlands, and Yucatán Peninsula.

The sparsely populated North closely corresponds in area to the Mesa del Norte and covers the states of Chihuahua, Coahuila, Durango, Zacatecas, and San Luis Potosí. Mining and ranching were introduced there by the Spanish in the 16th and the 18th century, respectively, and those activities continue to characterise the rural landscape, though modern irrigation projects and industrialisation along the border with the United States have transformed the economy there.

The Northeast, which stretches from Tampico to the U.S. border and inland to the Sierra Madre Oriental, includes the states of Nuevo León and Tamaulipas. The indigenous population of the area was eliminated by early European settlers, who established farms and ranches in their wake. Although it was long one of the country's poorest regions, the emerging petroleum and steel industries and the development of irrigation projects along the Río Bravo del Norte (Rio Grande) have greatly improved the Northeast's economic condition.

The Northwest is an extensive region lying west of the crest of the Sierra Madre Occidental and stretching southward from Sonora state on the U.S. border through Sinaloa and northern Nayarit. This physio-graphically complex region had a substantial Native American population before the Spanish conquest, and the Tarahumara and Seri are among the indigenous peoples still occupying isolated settlements there. As in the North, mineral resources originally attracted the Spanish, but ranching and irrigated agriculture later came to dominate the rural areas. Industrial plants, encouraged by neoliberal economic policies (emphasising the free market and the reduction of government intervention) and NAFTA, have been opened in many cities of the Northwest. In addition, the region is a hub for trafficking in illegal drugs bound for the United States.

Baja California is a peninsula that includes the states of Baja California in the north and Baja California Sur in the south. Although there are now large urban areas at both ends of the peninsula, it was historically one of the more-isolated parts of Mexico. The original, scattered indigenous population was decimated by diseases introduced by Christian missionaries in the late 18th century. Europeans and mestizos established themselves in farming communities at oases, originally at sites such as San Ignacio and Mulegé (Mulejé). After the paved Transpeninsular Highway opened up the length of the peninsula in the 1970s, tourism began to thrive, especially at Cabo San Lucas and other sites in the far south.

The Central region is Mexico's cultural core. It extends over the central and eastern portions of the Mesa Central and its surrounding highlands, including the states of Hidalgo, Mexico, Morelos, Puebla,

Querétaro, and Tlaxcala and the Federal District (Mexico City). It was the centre of the Aztec empire as well as numerous other indigenous civilizations before becoming the core of New Spain and the capital of modern Mexico. The Central region is now the primary centre of urbanisation and industrialisation, as well as being one of the country's most important agricultural areas. Numerous basins, such as those of México, Toluca, Puebla, and Morelos, are densely settled. Most of the population is mestizo, but indigenous groups are still found in the more-isolated portions of Michoacán, Hidalgo (notably in the Mezquital valley), and Puebla. Even now there are sharp contrasts between modern urban Mexico and traditional rural indigenous lifestyles in the region.

The West is centred on the city of Guadalajara and encompasses the state of Jalisco along with portions of Colima, Nayarit, Aguascalientes, Zacatecas, and Guanajuato states. The Bajío has long been called the breadbasket of Mexico because of its relatively large rural population, fertile basins, and access to the Pacific. Despite its agricultural prominence, a large number of small urban centres, such as Queretaro, Salamanca, Irapuato, and León, are developing industrially, while Manzanillo and Lázaro Cárdenas have become the most important ports on the Pacific. Many of the things often thought of as distinctively Mexican—such as tequila, mariachi music, and the ornate embroidered sombrero and costume of the *charro* (gentleman rancher)—originated in the West.

The Balsas cultural region, which closely corresponds to the physiographic area of the same name, extends through northern Guerrero state. It is arid, hot, and sparsely settled. Cattle ranching has been the mainstay of the economy, although subsistence-level slash-and-burn agriculture is widely practiced by impoverished peasant farmers.

The Gulf Coast region includes the coastal zones of Veracruz and Tabasco states as well as the adjacent east-facing slopes of the Sierra Madre Oriental. The population of the coastal area is overwhelmingly mestizo, but indigenous groups are found in the mountains north of Veracruz. The city of Veracruz is the cultural centre of the region and has long been the country's major nonpetroleum port. Coatzacoalcos is another of the country's leading ports. Mexican oil production centres on a series of huge inland and offshore fields in the region, near Villahermosa and other parts of the southern Bay of Campeche. Cattle ranching and commercial agriculture are also important components of the economy. The southern parts of the region were swampy and nearly devoid of settlement until the Papaloapan and Grijalva-Usumacinta river projects allowed commercial exploitation of the rich alluvial soils.

The Southern Highlands encompass much of the states of Michoacán, Guerrero, Oaxaca, and Chiapas. This poverty-stricken region has the highest concentration of indigenous peoples in the country, although mestizos dominate the southern half of Chiapas. Such groups as the Zapotec and Mixtec farm *minifundia* (small plots of land) in the highlands using traditional methods. When viewed from the air, the landscape resembles a patchwork quilt, but its picturesque image belies widespread poverty. In marked contrast are the vibrant and modern coastal tourist centres, such as Acapulco and the more recently developed Puerto Escondido, as well as inland cities such as Oaxaca. Most of Chiapas is relatively isolated from the rest of Mexico, but increasing numbers of Guatemalan refugees have entered the state. Since the 1990s the region has become the centre of indigenous autonomy movements—such as the Zapatista National Liberation Army—which have gained worldwide notoriety.

The Yucatán Peninsula, also called the Southeast region, was a centre of the ancient Maya civilization. It includes the states of Yucatán, Campeche, and Quintana Roo. The region still has a predominantly Mayan indigenous rural population and is known for its archaeological sites, such as Chichén Itzá and Uxmal (both of which have been designated UNESCO World Heritage sites) as well as Tulum. Mérida, the only major city in the region, was an early centre for the production of henequen (a

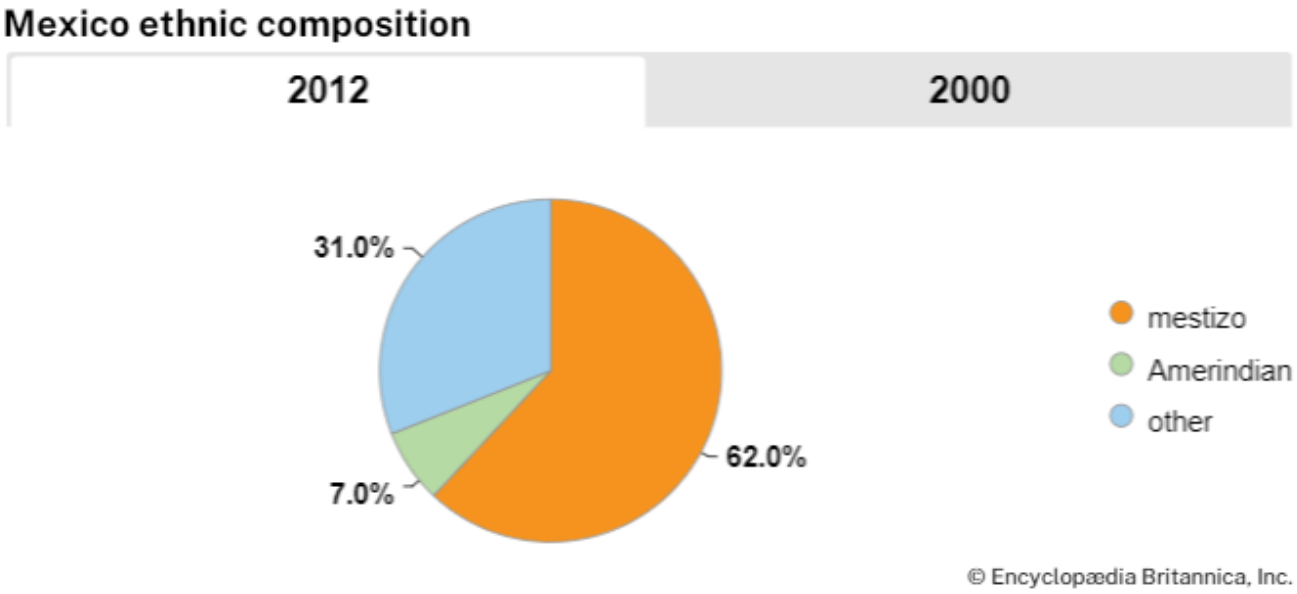
COMMERCIAL IN CONFIDENCE

type of agave), which led to a regional economic boom in the late 1800s. In the tropical rainforests to the south, the sparse population depends on subsistence agriculture or hunting and gathering.

Mayan Chac Mool sculpture and pyramid, Chichén Itzá, MexicoMayan Chac Mool sculpture (foreground) and pyramid at Chichén Itzá, Mexico.

Ethnic groups

Mexico's population is composed of many ethnic groups, including indigenous American Indians (Amerindians), who account for less than one-tenth of the total. Generally speaking, the mixture of indigenous and European peoples has produced the largest segment of the population today—mestizos, who account for about three-fifths of the total—via a complex blending of ethnic traditions and perceived ancestry. Mexicans of European heritage ("whites") are a significant component of the other ethnic groups who constitute the remainder of the population. Although myths of "racial biology" have been discredited by social scientists, "racial identity" remains a powerful social construct in Mexico, as in the United States and elsewhere, and many Mexicans have referred to their heritage and *raza* ("race") with a measure of pride—particularly on October 12, the Día de la Raza ("Race Day")—whether they conceive of themselves as indigenous, mestizo, or European. Their identities as members of ethnic groups may be additionally complicated, given that ethnicity is a function of cultural patterns and traditions as varied as a group's sense of linguistic, religious, and socioeconomic history.



At the time Europeans arrived in the early 1500s, what is now Mexico was inhabited by peoples who are thought to have migrated into the Americas from Asia tens of thousands of years ago by crossing a former land bridge in the Bering Strait. (Most likely via Lemuria which submerged into the Pacific more than 25,000 years ago.) After their arrival in Mexico, many groups developed unique cultural traits.

Highly organised civilisations occupied various parts of Mexico for at least 2,000 years before European contact.

By the early 16th century most people lived in the Mesa Central under the general rule of the Aztec empire, but many separate cultural groups also thrived in this region, among them speakers of the Tarascan, Otomí, and Nahuatl languages. Outside the Mesa Central were numerous other cultural groups, such as the Maya of the Yucatán and the Mixtec and Zapotec of Oaxaca. The splendid Aztec cities of the Mesa Central were marvels of architectural design, irrigation technology, and social organisation. Spectacular Mayan ruins in the Yucatán give evidence of widespread urbanisation and intensive agricultural productivity dating back more than 2,000 years. In many ways the indigenous civilisations of Mexico were more advanced than that of their Spanish conquerors.

Following the arrival of Europeans, intermarriage resulted in an increasing mestizo population that over the centuries became the dominant ethnic group in Mexico. Northern Mexico is overwhelmingly mestizo in both urban and rural areas. Mexicans of European descent, including those who immigrated during the 20th century, are largely concentrated in urban areas, especially Mexico City, and in the West. As is the case throughout Latin America, people of European descent and other lighter-skinned Mexicans dominate the wealthiest echelons of Mexican society, owing to racial discrimination and centuries of economic, political, and social policies favouring the inheritance of wealth. In contrast, mestizos occupy a wide range of social and economic positions, while indigenous Indians are predominantly poor and working-class, often industrial and service workers in cities and peasants in the countryside. Notwithstanding such generalisations, some individuals manage to improve their lot through education, political action, or entrepreneurship.

There are several areas where indigenous peoples are still the dominant population group. Maya speakers constitute the majority in the rural Yucatán and the Chiapas Highlands. In the Oaxaca Valley and in remoter parts of the Sierra Madre del Sur, indigenous (primarily Zapotec) communities abound. Despite their decreasing numbers, enclaves of American Indians also are still significant in isolated mountain areas on the eastern margin of the Mesa Central.

Languages

Spanish, which is the official national language and the language of instruction in schools, is spoken by the vast majority of the population. Fewer than one-tenth of American Indians speak an indigenous language. There are, however, more than 50 indigenous languages spoken by more than 100,000 people, including Maya in the Yucatán; Huastec in northern Veracruz; Nahua, Tarascan, Totonac, Otomí, and Mazahua mainly on the Mesa Central; Zapotec, Mixtec, and Mazatec in Oaxaca; and Tzeltal and Tzotzil in Chiapas. Many public and private schools offer instruction in English as a second language.

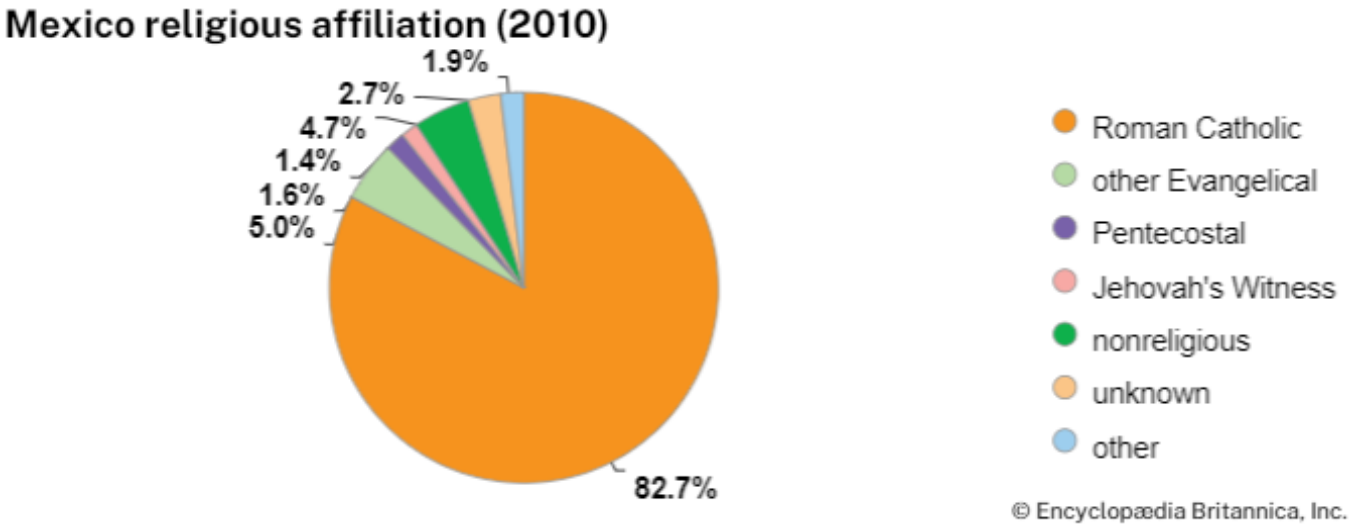
Religion

Old Basilica of Guadalupe, Mexico City Old Basilica of Guadalupe, the shrine of Our Lady of Guadalupe, Mexico's patron saint, in Mexico City.

There is no official religion in Mexico, as the constitution guarantees separation of church and state. However, more than four-fifths of the population are at least nominally affiliated with Roman Catholicism. The Basilica of Guadalupe, the shrine of Our Lady of Guadalupe,

Mexico's patron saint, is located in Mexico City and is the site of annual pilgrimage for hundreds of thousands of people, many of them peasants. Throughout Mexico are thousands of Catholic churches, convents, pilgrimage sites, and shrines.

Protestants account for a small but rapidly growing segment of the population, and their missionaries have been especially successful in converting the urban poor. A significant proportion of indigenous peoples practice syncretic religions—that is, they retain traditional religious beliefs and practices in addition to adhering to Roman Catholicism. This syncretism is particularly visible in many village fiestas where ancestors, mountain spirits, and other spiritual forces may be honoured alongside Catholic saints. Moreover, the identities of many saints and spirits have been blended together since the early colonial period. At times, however, belief systems still come into conflict. Among the Huichol (Wirraritari) and other Indian groups, for example, a hallucinogenic cactus fruit called peyote is employed in spiritual ceremonies; however, governmental authorities consider peyote to be an illegal narcotic.



Settlement patterns

Before the arrival of Europeans, the indigenous population was highly concentrated in the Central, West, and Southern Highland regions. The Spanish settled in existing indigenous communities in order to exploit their labour in agriculture and mining. As a result, these areas have remained the most densely populated throughout Mexico's history.

Away from this central core, more-isolated settlements were centred on mines, mission sites, and military outposts. Mining had the largest impact on population redistribution. Silver-mining towns such as Durango, San Luis Potosí, Aguascalientes, Pachuca, and Zacatecas were founded in the mid- and late 16th century and represented the first European settlements outside the central core. By contrast, it was not until the mid-19th century that large-scale ranching was introduced to northern Mexico. This created a clustered pattern of rural settlement, with large areas effectively devoid of population.

Internal migration has altered the distribution of the population since the mid-20th century, with massive numbers of people moving from rural areas to cities. Many have moved because they lacked land, job opportunities, and social amenities. Moreover, economic stresses associated with neoliberal trade policies (including NAFTA) appear to be increasing the rate of rural-to-urban migration.

About four-fifths of Mexicans now live in cities, compared with about half of the population in 1960. In the 1980s there were more than 100 urban centres with at least 50,000 people. By the early 21st century

well over 100 cities had populations in excess of 100,000, including some two dozen with more than 500,000 people. The major axis of urbanisation stretches diagonally across central Mexico from Puebla through Mexico City to Guadalajara, forming a nearly uninterrupted urban agglomeration. Mexico's northern border cities have grown rapidly since the 1970s—most remarkably during the 1990s—in large part because migrants from central Mexico have been attracted to the region by jobs in the nearby United States and in maquiladoras (export-oriented manufacturing plants where duty-free imported parts are assembled) on the Mexican side of the Mexico-U.S. border. Juárez (Ciudad Juárez), facing El Paso, Texas, across the international boundary, and Tijuana, across the border from San Diego, California, have grown spectacularly since the 1950s and now have more than one million people each. These and other sprawling border centres are **ringed by self-built and ramshackle houses**. The populations of the largest metropolitan areas are growing the most rapidly in absolute numbers, but the highest percentage increases have often been in small- and intermediate-sized cities.

Within the hierarchy of Mexican urban places, Mexico City remains the undisputed apex, with a population several times that of the next largest city. By the late 20th century its metropolitan area accounted for about one-sixth of the national population and was ranked among the largest urban centres in the world. Mexico City is the political, economic, social, educational, and industrial capital of the country. People are attracted there by the perception of increased chances for social and economic mobility as well as by the dynamic character of the capital.

Guadalajara, the country's second largest urban area, is a much more traditional city in structure and appearance than is Mexico City. As the regional capital of Jalisco and much of the West, Guadalajara is a major market centre and has a powerful industrial sector. With a well-respected university and medical school, it is also a major educational and cultural centre.

Monterrey, which is located in a relatively stark portion of the Mesa del Norte, was the site of an integrated iron and steel foundry as early as 1903. It developed as the main iron and steel centre of the country by the 1930s and '40s, benefitting from its proximity to iron ore and coal deposits in nearby Coahuila state. A number of other heavy industries are also located there. Although Monterrey has a colonial quarter, most of the modern city dates only to the beginning of the 20th century. And because much of its urban growth has been rapid and recent, Monterrey is singularly unremarkable in appearance. As the centre of the National Action Party (PAN), Monterrey is a stronghold of political conservatism.

COMMERCIAL IN CONFIDENCE

Mexico Facts and Culture

https://www.countryreports.org/country/mexico.htm

Mexico Facts

What is the capital of Mexico?

Capital	Mexico City (Ciudad de Mexico)
Government Type	federal presidential republic
Currency	Mexican Peso (MXN)
Total Area	758,445 Square Miles 1,964,375 Square Kilometres
Location	North America, bordering the Caribbean Sea and the Gulf of Mexico, between Belize and the United States and bordering the North Pacific Ocean, between Guatemala and the United States
Language	Spanish only 92.7%, Spanish and indigenous languages 5.7%, indigenous only 0.8%, unspecified 0.8% Note: indigenous languages include various Mayan, Nahuatl, and other regional languages
GDP - real growth rate	2.3%
GDP - per capita (PPP)	$18,500.00 (USD)

Mexico Demographics

What is the population of Mexico?

Ethnic Group - note	Mexico does not collect census data on ethnicity
Ethnic Groups	Mestizo (Indigenous-Spanish) 62%, predominantly Indigenous 21%, Indigenous 7%, other 10% (mostly European)

Languages	Spanish only 93.8%, Spanish and indigenous languages 5.4%, indigenous only 0.6%, unspecified 0.2%; note - indigenous languages include various Mayan, Nahuatl, and other regional languages
Nationality Noun	noun: Mexican(s) adjective: Mexican
Population	130,739,927
Population Growth Rate	0.72%
Population in Major Urban Areas	22.281 million MEXICO CITY (capital), 5.420 million Guadalajara, 5.117 million Monterrey, 3.345 million Puebla, 2.626 million Toluca de Lerdo, 2.260 million Tijuana
Urban Population	urban population: 81.6% of total population rate of urbanization: 1.4% annual rate of change
Population: Male/Female	male: 63,899,138 female: 66,840,789

Mexico Government

What type of government does Mexico have?

Executive Branch	chief of state: President Claudia SHEINBAUM Pardo (since 1 October 2024) head of government: President Claudia SHEINBAUM Pardo (since 1 October 2024) cabinet: Cabinet appointed by the president election/appointment process: president directly elected by simple-majority popular vote for a single 6-year term most recent election date: 2 June 2024

	election results: 2024: Claudia SHEINBAUM Pardo elected president; percent of vote - Claudia SHEINBAUM Pardo (MORENA) 59.4%, Xóchitl GÁLVEZ Ruiz (PAN) 27.9%, Jorge Álvarez MÁYNEZ (MC) 10.4%, other 2.3% 2018: Andrés Manuel LÓPEZ OBRADOR elected president; percent of vote - Andrés Manuel LÓPEZ OBRADOR (MORENA) 53.2%, Ricardo ANAYA Cortés (PAN) 22.3%, José Antonio MEADE Kuribreña (PRI) 16.4%, Jaime RODRÍGUEZ Calderón (independent) 5.2%, other 2.9% 2012: Enrique PEÑA NIETO elected president; percent of vote - Enrique PEÑA NIETO (PRI) 38.2%, Andrés Manuel LÓPEZ OBRADOR (PRD) 31.6%, Josefina Eugenia VÁZQUEZ Mota (PAN) 25.4%, other 4.8% expected date of next election: 2030 note: the president is both chief of state and head of government
Suffrage	18 years of age; universal and compulsory
Citizenship	citizenship by birth: yes citizenship by descent only: yes dual citizenship recognized: not specified residency requirement for naturalization: 5 years
National Holiday	Independence Day, 16 September (1810)
Constitution	history: several previous; latest approved 5 February 1917 amendments: proposed by the Congress of the Union; passage requires approval by at least two thirds of the members present and approval by a majority of the state legislatures; amended many times, last in 2020

Independence	16 September 1810 (declared independence from Spain); 27 September 1821 (recognized by Spain)

Mexico Geography

What environmental issues does Mexico have?

Overview	Mexico is located in North America. It borders the Caribbean Sea and the Gulf of Mexico between Belize and the United States and borders the North Pacific Ocean between Guatemala and the United States. Its land mass covers approximately 1.9 million sq. km and has approximately 9,330 sq. km of beachfront property. With a climate that varies from tropical to desert, the terrain ranges from high rugged mountains to low coastal plains and high plateaus to desert. Its lowest elevation point is Laguna Salada at 10 meters. The highest point is the Volcano, Pico de Orizaba, at 5,700 meters. Mexican natural hazards include tsunamis on the Pacific coast, volcanoes and destructive earthquakes at the centre and south, and hurricanes on the Gulf of Mexico and Caribbean coasts.
Climate	With a climate that varies from tropical to desert, the terrain ranges from high rugged mountains to low coastal plains and high plateaus to desert. Mexican natural hazards include tsunamis on the Pacific coast, volcanoes and destructive earthquakes at the centre and south, and hurricanes on the Gulf of Mexico and Caribbean coasts.
Border Countries	Belize 250 km, Guatemala 962 km, United States 3,141 km
Environment - Current Issues	Scarcity of hazardous waste disposal facilities; rural to urban migration; natural freshwater resources scarce and polluted in the north, inaccessible and poor quality in the centre and extreme southeast; raw sewage and industrial effluents polluting rivers in urban areas; deforestation; widespread erosion; desertification; deteriorating agricultural lands; serious air and water pollution in the national capital and urban centres along US-Mexico border; land subsidence in Valley of Mexico caused by groundwater depletion Note: the government considers the lack of clean water and deforestation national security issues

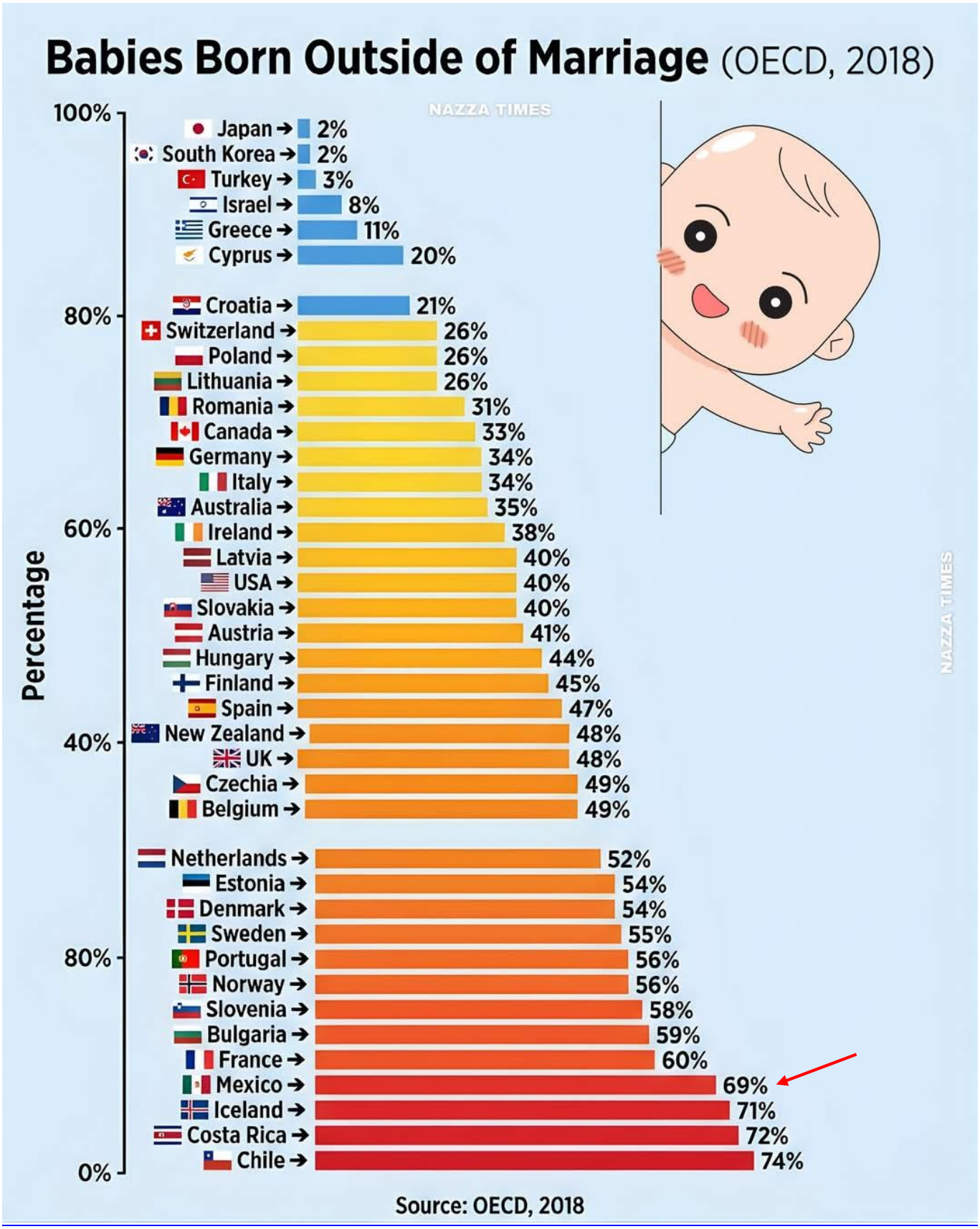
Environment - International Agreements	Party To: Biodiversity, Climate Change, Climate Change-Kyoto Protocol, Desertification, Endangered Species, Hazardous Wastes, Law of the Sea, Marine Dumping, Marine Life Conservation, Ozone Layer Protection, Ship Pollution, Wetlands, Whaling Signed, but not ratified: none of the selected agreements
Terrain	High, rugged mountains; low coastal plains; high plateaus; desert

Mexico Economy

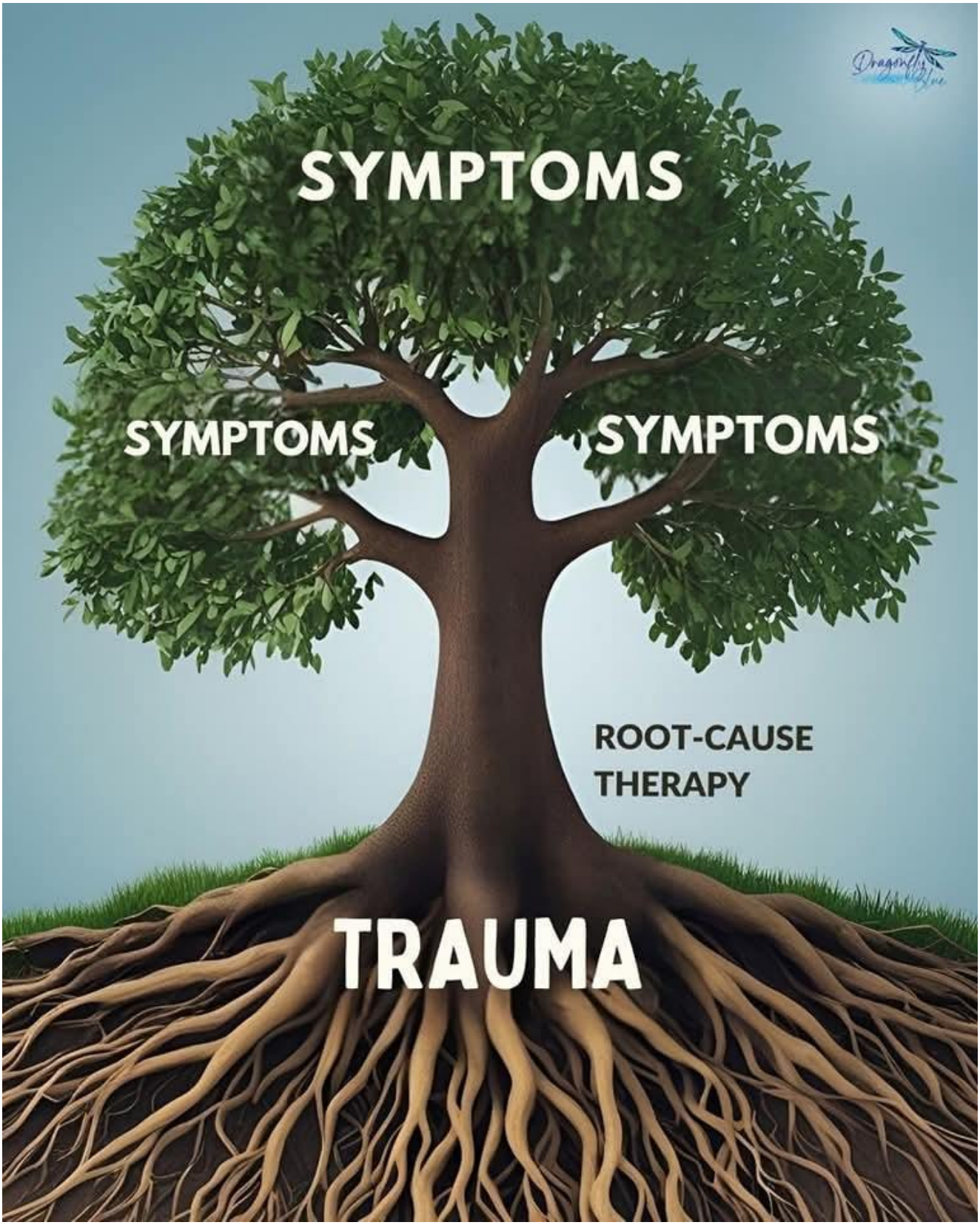
How big is the Mexico economy?

Economic Overview	Mexico's $2.4 trillion economy – the 11th largest in the world - has become increasingly oriented toward manufacturing since the North American Free Trade Agreement (NAFTA) entered into force in 1994. Per capita income is roughly one-third that of the United States; income distribution remains highly unequal. Mexico has become the United States' second-largest export market and third-largest source of imports. In 2017, two-way trade in goods and services exceeded $623 billion. Mexico has free trade agreements with 46 countries, putting more than 90% of its trade under free trade agreements. In 2012, Mexico formed the Pacific Alliance with Peru, Colombia, and Chile. Mexico's current government, led by President Enrique PEÑA NIETO, has emphasized economic reforms, passing and implementing sweeping energy, financial, fiscal, and telecommunications reform legislation, among others, with the long-term aim to improve competitiveness and economic growth across the Mexican economy. Since 2015, Mexico has held public auctions of oil and gas exploration and development rights and for long-term electric power generation contracts. Mexico has also issued permits for private sector import, distribution, and retail sales of refined petroleum products in an effort to attract private investment into the energy sector and boost production. Since 2013, Mexico’s economic growth has averaged 2% annually, falling short of private-sector expectations that President PEÑA NIETO’s sweeping reforms would bolster economic prospects. Growth is predicted to remain below potential given falling oil production, weak oil prices, structural issues such as low productivity, high inequality, a large informal sector employing over half of the workforce, weak rule of law, and corruption. Mexico’s economy remains vulnerable to uncertainty surrounding the future of NAFTA — because the United States is its top trading partner

	and the two countries share integrated supply chains — and to potential shifts in domestic policies following the inauguration of a new president in December 2018.
Industries	Food and beverages, tobacco, chemicals, iron and steel, petroleum, mining, textiles, clothing, motor vehicles, consumer durables, tourism
Currency Name and Code	Mexican Peso (MXN)
Export Partners	United States 78%
Import Partners	United States 49.7%, China 14.9%, Japan 4.7%


Babies Born Outside of Marriage (OECD, 2018)
NAZZA TIMES
Percentage
100%
80%
60%
40%
80%
0%
Japan → 2%
South Korea → 2%
Turkey → 3%
Israel → 8%
Greece → 11%
Cyprus → 20%
Croatia → 21%
Switzerland → 26%
Poland → 26%
Lithuania → 26%
Romania → 31%
Canada → 33%
Germany → 34%
Italy → 34%
Australia → 35%
Ireland → 38%
Latvia → 40%
USA → 40%
Slovakia → 40%
Austria → 41%
Hungary → 44%
Finland → 45%
Spain → 47%
New Zealand → 48%
UK → 48%
Czechia → 49%
Belgium → 49%
Netherlands → 52%
Estonia → 54%
Denmark → 54%
Sweden → 55%
Portugal → 56%
Norway → 56%
Slovenia → 58%
Bulgaria → 59%
France → 60%
Mexico → 69%
Iceland → 71%
Costa Rica → 72%
Chile → 74%
NAZZA TIMES
Source: OECD, 2018

Our emotional injury and suppression starts in the womb. Feeling Healing is our pathway.



Mexico

Unemployment, youth total (% of total labour force ages 15-24) (national estimate)

https://data.worldbank.org/indicator/SL.UEM.1524.NE.ZS

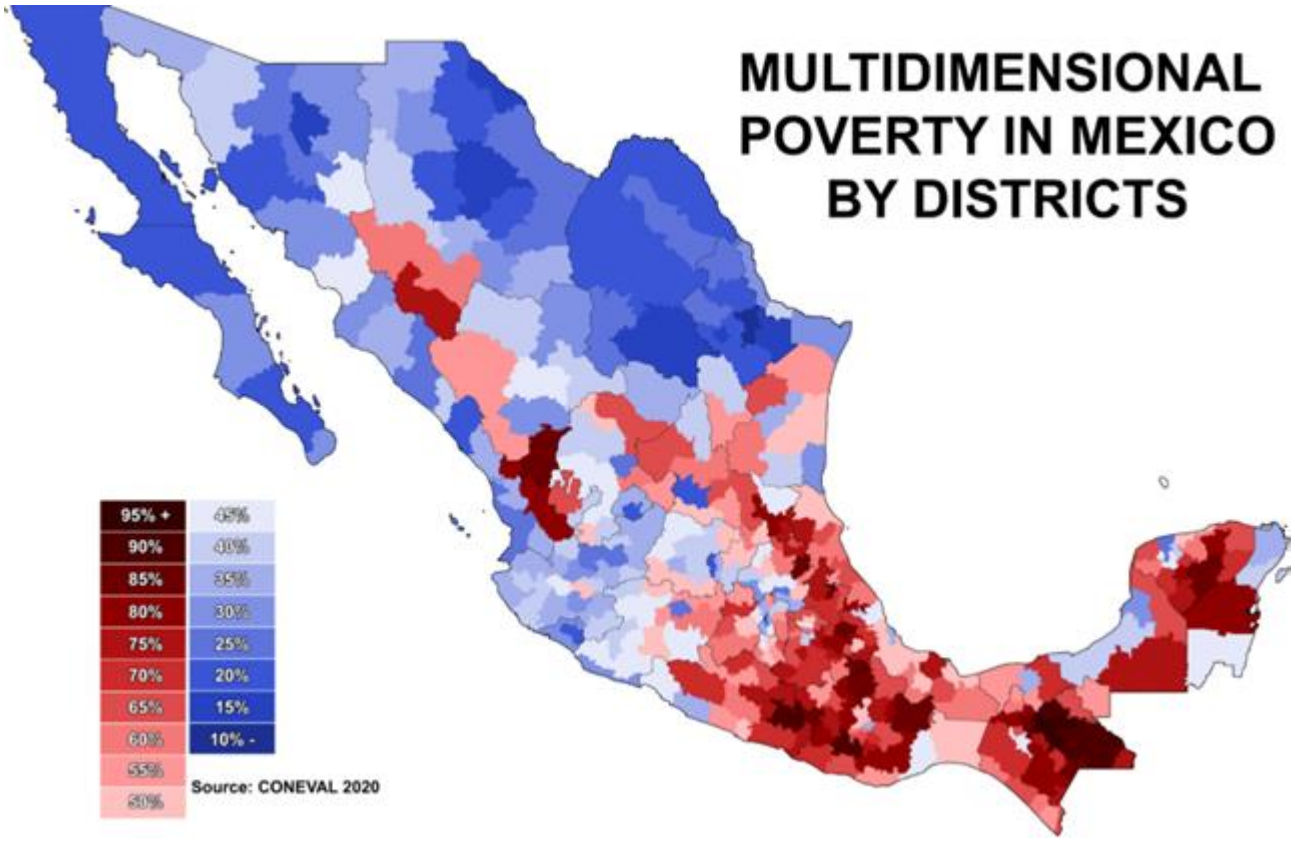
Mexico	2024	5.7	

https://humancapital.worldbank.org/en/economy/MEX

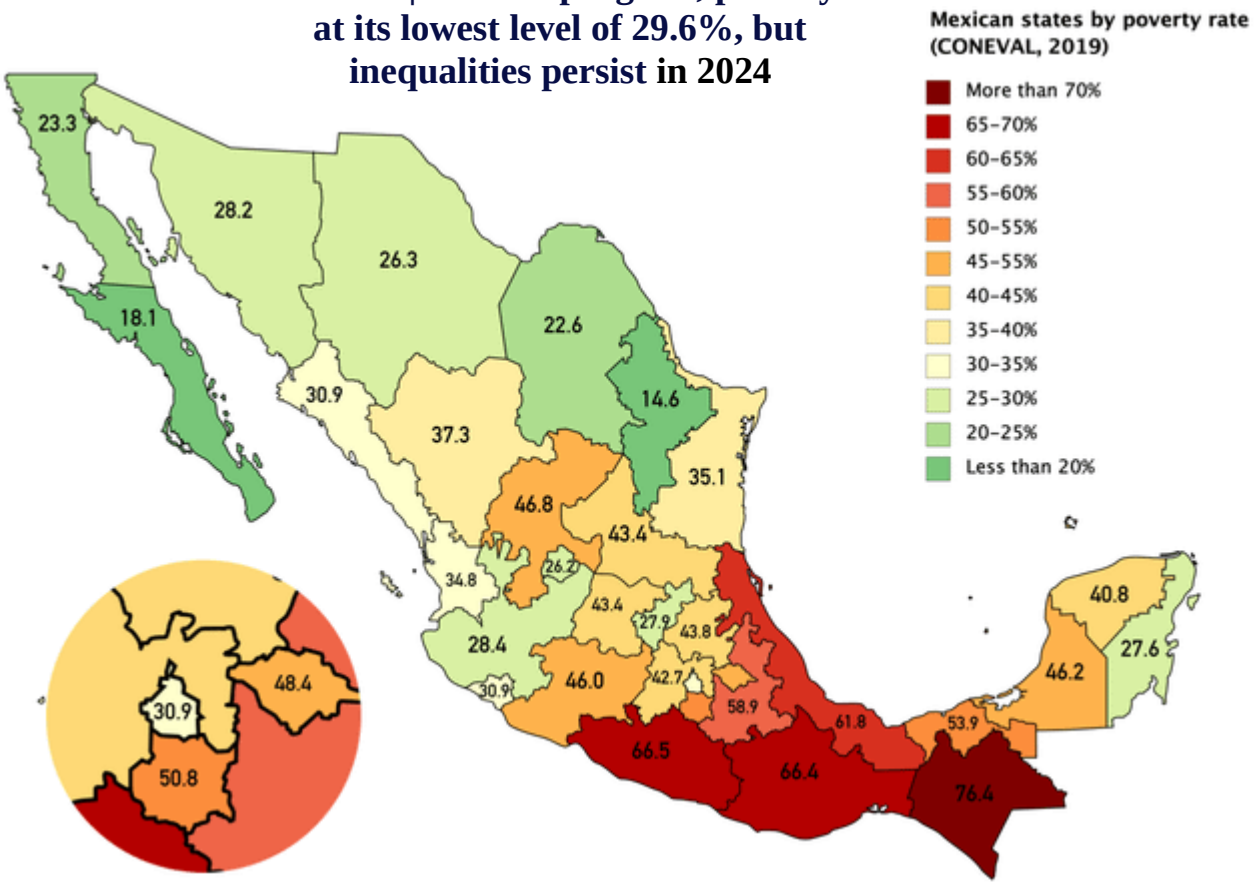
Unemployment

Mexico has experienced a consistent decrease in the unemployment rate over the last three years, reaching a rate of 3.31 percent in 2022. The youth population has been particularly affected by this trend, and their level of educational attainment has not been sufficient to mitigate these effects. The primary reason for unemployment has been the termination of contracts, and the lack of job opportunities has resulted in nearly 920,000 people with higher education degrees being unemployed as of 2023.

https://www.reddit.com/r/MapPorn/comments/118izlf/mexican_multidimensional_poverty_in_392/#light box

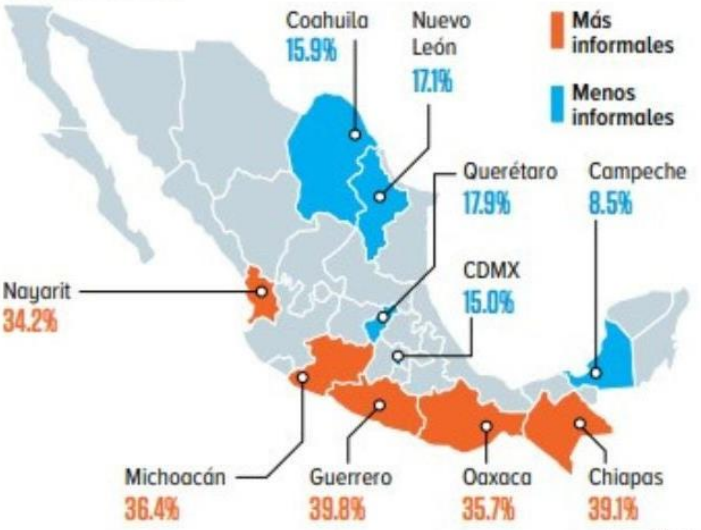


Mexico | Notable progress, poverty at its lowest level of 29.6%, but inequalities persist in 2024



INFORMALIDAD EN LA ECONOMÍA

(Proporción del PIB)



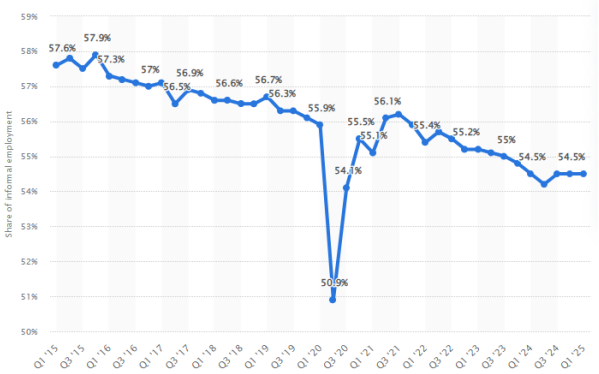
Fuente: Inegi.

RESTO DE ENTIDADES

Tlaxcala	32.9%	Guanajuato	24.2%
Yucatán	31.4%	Colima	24.1%
Puebla	29.7%	Jalisco	23.6%
Veracruz	29.4%	Nacional	22.8%
Hidalgo	29.3%	San Luis Potosí	22.3%
Sinaloa	29.0%	Quintana Roo	21.6%
Zacatecas	28.9%	Sonora	21.5%
Edomex	27.5%	Chihuahua	21.0%
Durango	27.1%	Tabasco	20.5%
Morelos	27.0%	Tamaulipas	20.3%
Baja California Sur	24.6%	Baja California	19.6%
		Aguascalientes	18.5%

Informal employment as percentage of total employment in Mexico from 1st quarter 2015 to 1st quarter 2025 was 54.5%.

https://www.statista.com/statistics/1348707/share-employment-informal-sector-mexico/



Mexico | Notable progress, poverty at its lowest level of 29.6%, but inequalities persist in 2024

Mexico | Notable progress, poverty at its lowest level of 29.6%, but inequalities persist

https://www.bbvaresearch.com/en/publicaciones/mexico-notable-progress-poverty-at-its-lowest-level-of-296-but-inequalities-persist/

Summary

After the dissolution of Coneval, Inegi has assumed responsibility for measuring poverty and for the comprehensive evaluation of Mexico's social development policy. This note analyses the results of Inegi's first 2024 multidimensional poverty report.

Key points

- In 2024, 29.6% of Mexico's population was living in poverty, 12.3 percentage points less than in 2018 (13.4 million fewer people living in poverty). Extreme poverty also decreased, reaching 5.3% of the population (1.7 million fewer people living in extreme poverty between 2018 and 2024).
- Among the six deprivations that make up the multidimensional poverty measurement, the one with the highest value in 2024 is lack of social security, with nearly half of the population in the country lacking access. This is followed by lack of access to health services, where one in three people in Mexico remains without coverage.
- Poverty: Chiapas (66.0%), Guerrero (58.1%), and Oaxaca (51.6%) were the federal entities with the highest proportion of their population living in poverty in 2024. The federal entities with the lowest poverty rates were Baja California (9.9%), Baja California Sur (10.2%), and Nuevo León (10.6%). Poverty in Chiapas is almost six times higher than in Baja California.
- Extreme poverty: Chiapas, Guerrero, Veracruz, and Oaxaca accounted for 54% of the population living in extreme poverty in 2024. In Baja California, Nuevo León, Aguascalientes, and Coahuila, less than 1% of the population lives in extreme poverty.
- The results suggest that labour policies have been more effective in reducing poverty than social transfers. Therefore, it is crucial to continue promoting policies that reduce informality, increase investment, and raise productivity, as key strategies for a sustained reduction in poverty. Furthermore, it is important to consider better targeting social programs to ensure they are more effective in alleviating poverty

Society's Malaise

Mexico's general feeling of discomfort, illness, or unease for which the exact cause is difficult to identify is the population's lacking of truth. The underlying cause of poverty throughout all levels of society is the poverty in truth – that is we have all been fed untruth throughout every aspect of our living and education.

Poverty is not the consequence of lack of income, it is the consequence that we have not been able to find truth from which we can raise our individual level of consciousness and consequently by growing in truth evolve our living circumstances.

Once we know we cannot unknow!

The Gross Domestic Product per capita in Mexico was last recorded at US$10,313.49 in 2024. The GDP per Capita in Mexico is equivalent to 82% of the world's average.

The Gross Domestic Product per capita in Mexico was last recorded at US$22,033.27 in 2024, when adjusted by purchasing power parity (PPP). The GDP per Capita, in Mexico, when adjusted by Purchasing Power Parity is equivalent to 124% of the world's average.
https://tradingeconomics.com/mexico/gdp-per-capita-ppp

GDP per capita of Mexico

Projections by IMF

Year	GDP per capita ($/Int. $)	
	Nominal	PPP
2023	13,641	24,249
2024	13,972	24,971
2025	13,630	25,557
2026	14,175	26,346
2027	14,729	27,240
2028	15,299	28,135
2029	15,860	29,062

POVERTY as defined by lack of Consciousness, being in UNTRUTH							
Mexico Nation	Consciousness (MoC)	Population (2025)	Percentage Calibrating MoC 50 | MoC 100 | MoC 150 | MoC 200 or below				Population in Untruth Poverty POVERTY
North		20,000,000	30%	51%	58%	81%	16,200,000
Central		86,000,000	26%	40%	60%	77%	66,200,000
South		26,000,000	29%	45%	60%	80%	20,600,000
Mexico overall	295	132,000,000	29% 38,300,000	46% 60,700,000	60% 79,200,000	78%	103,000,000
							POVERTY

Firstly, the per capita income for Mexico is US$10,313 in 2024 and the calibration of the population of Mexico on Dr David R Hawkins' Map of Consciousness is 295 MoC. Now please review the two simple charts that follow.

Secondly, as the Map of Consciousness scale is based on the common log of ten, then note that 78% of Mexico's population calibrate at MoC 200 or lower – that is close to where the population for world calibrated 2,000 years ago. Now note that 46% of Mexico's population calibrates MoC 100 or lower. That equates to living 2,500 years ago – then the world population calibrated MoC 90!!!

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!

Two Simple Charts:

POVERTY as defined by lack of Consciousness, being in UNTRUTH							
World	Consciousness (MoC)	Population (2023)	Percentage Calibrating MoC 50 | MoC 100 | MoC 150 | MoC 200 or below				Population in Untruth Poverty
World overall	220	8,100,000,000	21%	40%	63%	75%	6,075,000,000

WORLDWIDE relationship of MoC calibration with Life Experiences Life Expectancy, Development, Happiness, Education, Income							
MoC	**No. of Countries+ Territories**	**Average MoC**	**Average Life Expectancy**	**Human Development Index**	**Happiness Index**	**Education Index**	**Per Capita Income 2021**
400s	**22**	**405**	**82.2**	**0.924**	**7.1**	**.890**	**US$63,032**
300s	**71**	**343**	**77.2**	**0.794**	**6.1**	**.741**	**US$30,154**
200s	**50**	**251**	**72.7**	**0.676**	**5.3**	**.610**	**US$16,560**
High 100s	**38**	**174**	**70.5**	**0.659**	**5.0**	**.600**	**US$12,516**
Low 100s	**21**	**119**	**67.1**	**0.587**	**4.6**	**.501**	**US$7,081**
Below 100	**14**	**74**	**65.3**	**0.565**	**4.4**	**.501**	**US$6,377**
WORLD	**216**	**220**	**73.3**				**US$17,110**

Correlation of Levels of Consciousness – Soul Condition – and Society Problems **Truth vs Falsehood** by Dr David R Hawkins 2005				
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%

Why is it that with all the new technology that humanity is not evolving? Humanity is stagnating and it is due to covert manipulation and controlling suppression for the benefit of long term agendas of a few.

From the moment of conception, we are submitted to being infused with our parents' emotional injuries and errors of belief. This continues until our sixth year of life. By then we calibrate at the level of consciousness of one or the other parent, should they differ in consciousness. Our parents have been subjected to the same suppression as their grandparents and so on back for many, many generations.

We are indoctrinated to live mind centric, literally to worship our minds. The underlying belief is that we each can become mini-gods through perfecting our minds. Our minds cannot discern truth from falsehood. Our minds are addicted to untruth. Further, our minds are addicted to control over our environment and over others. Thus, now we are beginning to recognise the error of our way of living. We enjoy embracing our assumptions. The error rate of assumptions is 98%. The other 2% are flukes! Thinkingness has a similar error rate pattern.

Just how does that impact our life? Should you walk into a hospital or medical clinic you will find that those who are continually attending these facilities calibrate under MoC 200. Notice the great increase in Average Life Expectancy in the two simple charts as the MoC levels increase. In fact notice that all aspects of the quality of living climbs as the MoC levels increase!

Frankly speaking there is no truth in anything that is institutionalised and imposed upon those who are served by such institutions. You can test these statements by using kinesiology muscle testing also demonstrated by Dr David Hawkins. Our truth is within us, each of us. We are self-contained. We are to live feelings first having our minds to follow assisting in embracing what our feelings prompt us to embrace. Our feelings are soul based and are always in truth. We are taught to suppress and ignore our feelings from the very first moments of life. "Johnny, if I hear one more whimper out of you, I will give you something to whimper about!"

It needs to be repeated. Nothing that we have embraced as traditional truths and the norms that we are to live by are in truth. They are all suppressive modes to keep us submissive to covert control. Fact is that 75% of Earth's humanity calibrate MoC 200 or less and that are generally obliging and waiting for things to be done to them – yes done to them – such as go and pick up a broom stick and climb over that hill and fight the neighbour type submissiveness. You have examples of that presently in Ukraine, Gaza, North Korea and several other locations. The world is preparing for World War III and no one is auguring against it!

Why has this not been previously recognised? Until the Rebellion and Default was formally ended, which it was on 31 January 2018, then the way we are to live, the New Way, that being living Feelings First, and much more, had not been revealed. It now is and it is all readily accessible through www.pascashealth.com website by going to the Library Download page, what is not there links to appropriate sites are provided.

PASCAS PAPERS

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

We have been given a bum steer!

Every aspect of how we live, our life is one of suppression and misinformation. We all aspire for human perfection yet generation after generation we repeat the errors and failing endeavours of our parents and their parents before them. We are not progressing, irrespective of technology!

Nothing is advancing. No one is evolving into the state that we existed before we were conceived into our physical life. We each are living in a physical hell. We do not even know what hell is – because we are in it! Well, we don't seem to know what anything is.

Global warming! It is a cyclical event. If you want to consider what is a normal temperature on Earth then it is when there is no ice on either of our poles. We are presently moving out of an 'ice age'. Recently, cyclical energy flows into our Sun have now been absorbed into the core of our Earth and it is now slightly warming from within. This has nothing to do with human activities.

Fossil fuels! Yes, coal is a fossil fuel, the result of organic material being pushed together during a pole shift event when the Earth stops spinning, the oceans keep moving and push surface material up against mountain ranges, backwash covers them, but just before that the novering Sun raises the temperature and the extra heat starts the charcoal effect and the rest is the delivery of coal deposits.

Natural gas and oil: Both are the result of chemical reactions deep in Earth. Neither are fossil fuels. Even hydrogen deposits are now found, also being the result of chemical reactions within Earth.

Interesting, there is considered to be six times the volume of oil on the Saturn moon called Titan than all the known reserves on Earth. How is this so when Titan has no organic life? There are large amounts of natural gas and oil on at least six of our neighbours within our solar system.

Why do we have a nuclear energy industry and not thorium reactors? Science could not weaponise thorium so they were influenced to develop the more expensive and dangerous nuclear reactors. We are not meant to engage with nuclear fission! Thorium is safer, much more abundant and cheaper, and all waste can be disposed of safely.

Do you get the gist of this?

Why did dinosaurs die out around 65 million years ago? For the opposite reason why we are presently not now dying out due to starvation!

Carbon dioxide is the 'gas of life'! When CO^2 levels fall below 0.025% of the atmosphere the plants begin to have difficulty going to seed. At around 0.020% plant life essentially ceases. 65 million years ago, the carbon dioxide (CO^2) levels were around 0.018% – that is why dinosaurs died out in both the northern and southern hemispheres.

In the 1950s the CO^2 levels were around 0.032%. In the 2020s they now are around 0.042%. If the decline had of continued at the same rate as the increase then we would presently have world-wide famine. The Earth's population in 1950 was around 2.5 billion. Now in 2025 the world population is 8.2 billion. That is 3.3 times and yet we have ample food (in most locations)!

At least a third of the increase food production is attributed to increased CO^2 levels. Why? Because carbon dioxide is the 'gas of life'.

Carbon dioxide (CO^2) is not a greenhouse gas. It is neutral in the atmosphere. Further, it predominantly emanates out of our oceans. Our neighbouring planets have such gases in their atmosphere without any impact on their surface temperatures!

We are being masterfully misled

Truth is always the same! Then why do we have 3,400 significant religions? And then when you add up all the minor denominations associated with these religions we get more than 50,000 options of the one truth! At one a day, that will take us 150 years to figure it them each out!

Some very, very clever covert and hidden controllers have manipulated all to keep us submissive to their self-centred controlling suppression. The uniform link is this. Wait for it. It is simple.

NONE of these platforms as to how we are to live encourage us to embrace our feelings and live following our feelings promptings. Yes, we are to live feelings first.

ALL of these platforms lead us to be mind-centric. Yes, from our first moment our parents are teaching us to literally worship our mind. We are covertly believing that through our minds we can become mini-gods. The egos of some people clearly demonstrate their mind worshipping.

FURTHER, we are to express our feelings, we are to talk them out to a friend. We are to long for the truth behind what our feelings are drawing our attention to. We are to express our feelings, both good and bad and long to know more about what is coming to us. We will be told.

AND we are to ask for, long for, desire and accept / welcome receiving our Heavenly Mother and Father' Love, Their Divine Love. In the first century we were told of this, however by 325 CE, at time of the Nicean Council, that truth was lost to us. It is through the Padgett Messages (1914 – 1923) that this has become known to us again.

OUR FEELINGS are always in truth. It is through the distortions of truth and errors of belief that the flow of light energy through our bodies is impeded resulting in physical discomfort, pain, illness and disease. Through FEELING HEALING, we remove those distortions. When we have fully healed our emotional injuries and errors of belief we have no further need to experience discomfort, pain, illness or disease! You now know the underlying cause of all illness.

EVOLUTIONARY GROWTH follows progressive healing. Whatever little FEELING HEALING that we embrace and undertake directly benefits our children. Depending on their age, your growth passes through to your children. And this pattern then continues on through the generations. This is the greatest event in the history of humanity to have this awareness and opportunity to grow our soul condition, even to the Celestial level, while living here in the physical on Earth.

You see ...

The covert hidden control over humanity has been lifted. In 26CE the System Sovereign and his deputy with their soul partners were arrested and imprisoned. Now in 1993CE the Earth's

Planetary Prince and his deputy with their soul partners were also arrested and imprisoned – now all together.

We have now been provided with the awareness and pathway (there is only one pathway) to end the carnage, pain and suffering resulting from the erroneous way that we have been living, that has prevailed these past 200,000 years.

And this does not entail yet another religion. It is simply accepting, welcoming and embracing our feelings, our soul based feelings which are always in truth.

Our mind has an ongoing role, but it is not a leadership role, it is to follow our feelings and to assist in implementing what our feelings prompt us to consider and embrace.

You may come to see that our mind is addicted to control, control over others and our environment. Our mind cannot discern truth from falsehood – in fact it is addicted to untruth. 98% of our assumptions prove out to be wrong. Our thinkingness is equally flawed.

We will come to see that every institutionalised system, custom and norm that is present in our life is covertly manipulated to keep us suppressed, submissive and to live life like a zombie. We can now put that asides.

Education is the paramount profession. Without education we have nothing, nowhere to go and no possibility to evolve individually or collectively.

Education starts with pre-school, then primary school, middle school, high school, then technical and further education, university, post-graduate, and then senior education. However, it start with parents and their parenting. It is never ending. Our learning and ongoing education is that 'we learn through doing!'

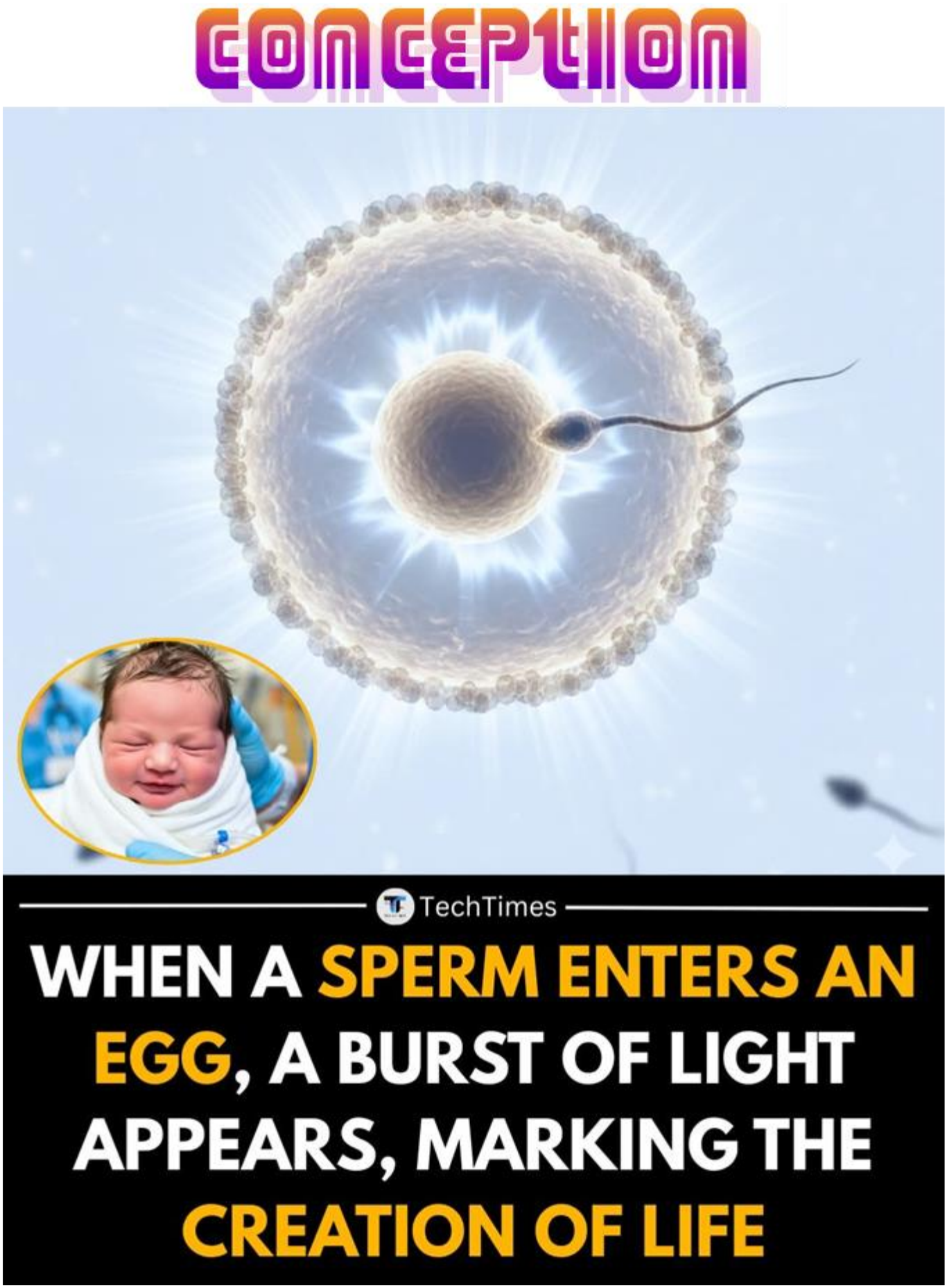
Now we are to begin, and that is what Pascas Foundation in every nation, every community, is to assist with and support. It is all outlined throughout the Pascas Papers.

PASCAS PAPERS

http://www.pascashealth.com/index.php/library.html

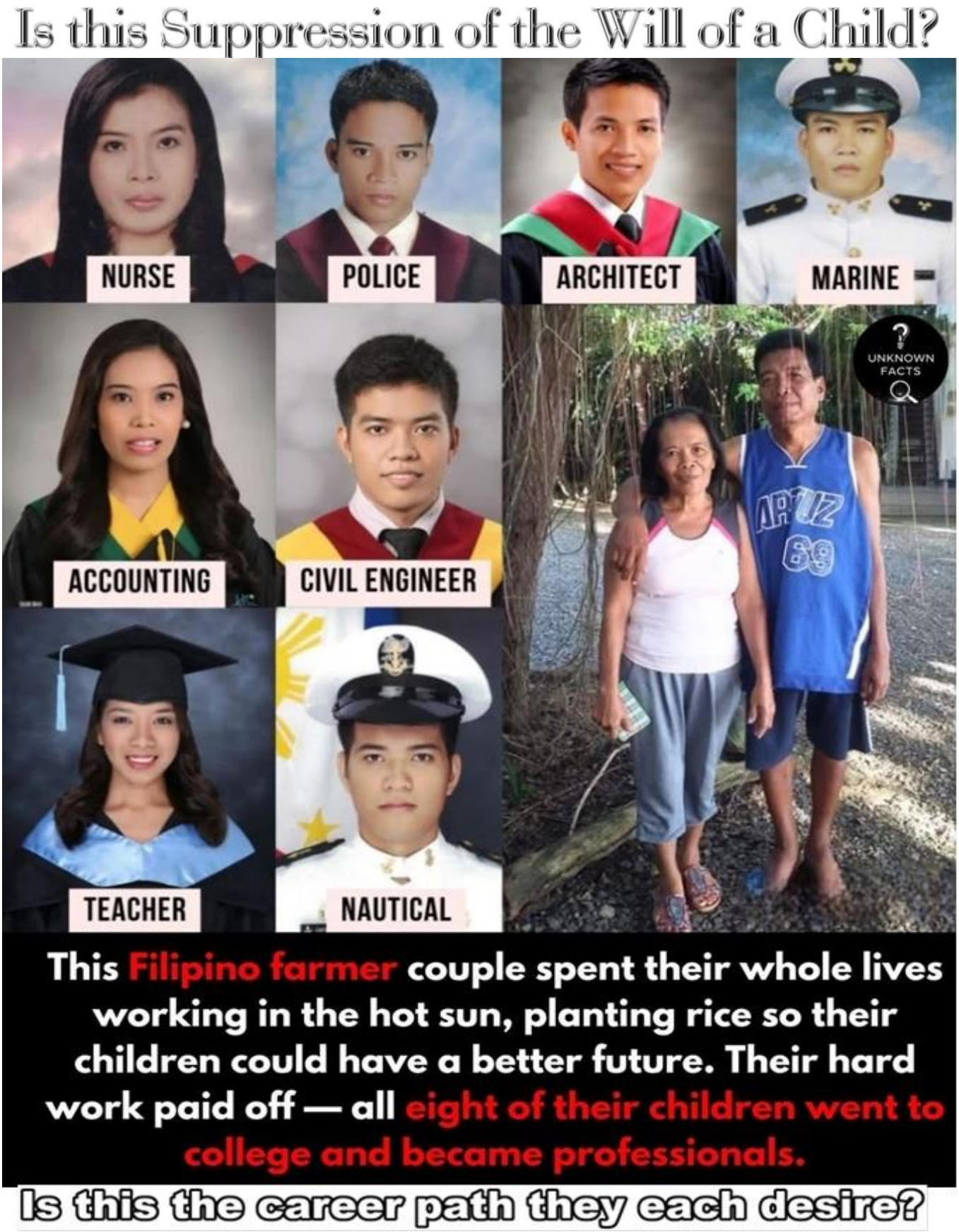
Library Download – Pascas Papers

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


CONCEPTION
TechTimes
WHEN A SPERM ENTERS AN EGG, A BURST OF LIGHT APPEARS, MARKING THE CREATION OF LIFE

Physical and mental pain and fatigue are the only places the body can go to express the truth of your childhood, how it wears you down over the years to now be in such a poor condition of mental and physical health. As children we had to reject our true selves' feelings for the will and feelings of our parents. No good can ever come of killing off and rejecting the true self for the will of others. The feelings of pain and suffering that are experienced every day, are the only way you can feel when you had to reject your own will as a child, to turn your back on yourself and commit 'WILL SUICIDE' as a means to survive as a child, and the pain constantly felt as you go through your life, is the pain of your denied and suppressed feelings as a child with your parents. No matter how loved you feel you were, you had to give up so much of yourself for this love. A child doesn't have a choice in committing 'WILL SUICIDE', it has to do it to survive and keep the attachment with its parents, it is either that, or be rejected and die. What you are feeling now, is the death of yourself, the denied and suppressed pain of having to give up your WILL as a child, this is how it felt!

SAMIA



Are these Children embracing their passions through their Education and Careers?

Dear John, 7 December 2025

My sincere apologies for the delayed response. I am currently in Point Lookout in Cleveland (Queensland, Australia) spending the weekend with my (Filipino) relatives, and the quiet time here allowed me to reflect more deeply on your question.

Your inquiry about the Filipino farmer couple and their eight children who all became professionals, and whether any of them truly lived their passions, resonated with me in a profound way. It is a question that touches the core of many Filipino family narratives, including those I witnessed growing up in my hometown in Leyte Province (Philippines).

In many rural communities in the Philippines, life is shaped by simplicity, resilience, and a quiet dignity. Parents who labour under the sun, especially farmers who rely solely on the land, often dream not for themselves but for the future of their children. Education becomes their greatest investment, and the success of their sons and daughters represents the culmination of decades of sacrifice and aspiration.

Because of this context, the decisions children make regarding their career paths are often influenced by practicality rather than pure passion. Many pursue Nursing, Engineering, Marine studies, Teaching, Accounting, Architecture, or public service because these fields promise financial stability and upward mobility. These choices are not merely personal decisions. They are collective commitments to lift the entire family to a better life. It is an expression of gratitude and responsibility rather than a lack of individual agency.

Your question, however, moves beyond the surface of educational success. It challenges us to consider the deeper human dimension: whether these individuals ever had the opportunity to follow their authentic desires. In many Filipino households, passion is often a luxury that becomes accessible only when the immediate needs of the family have been secured. The first successful generation carries the weight of changing the family's socioeconomic trajectory. Their achievements are foundational rather than final.

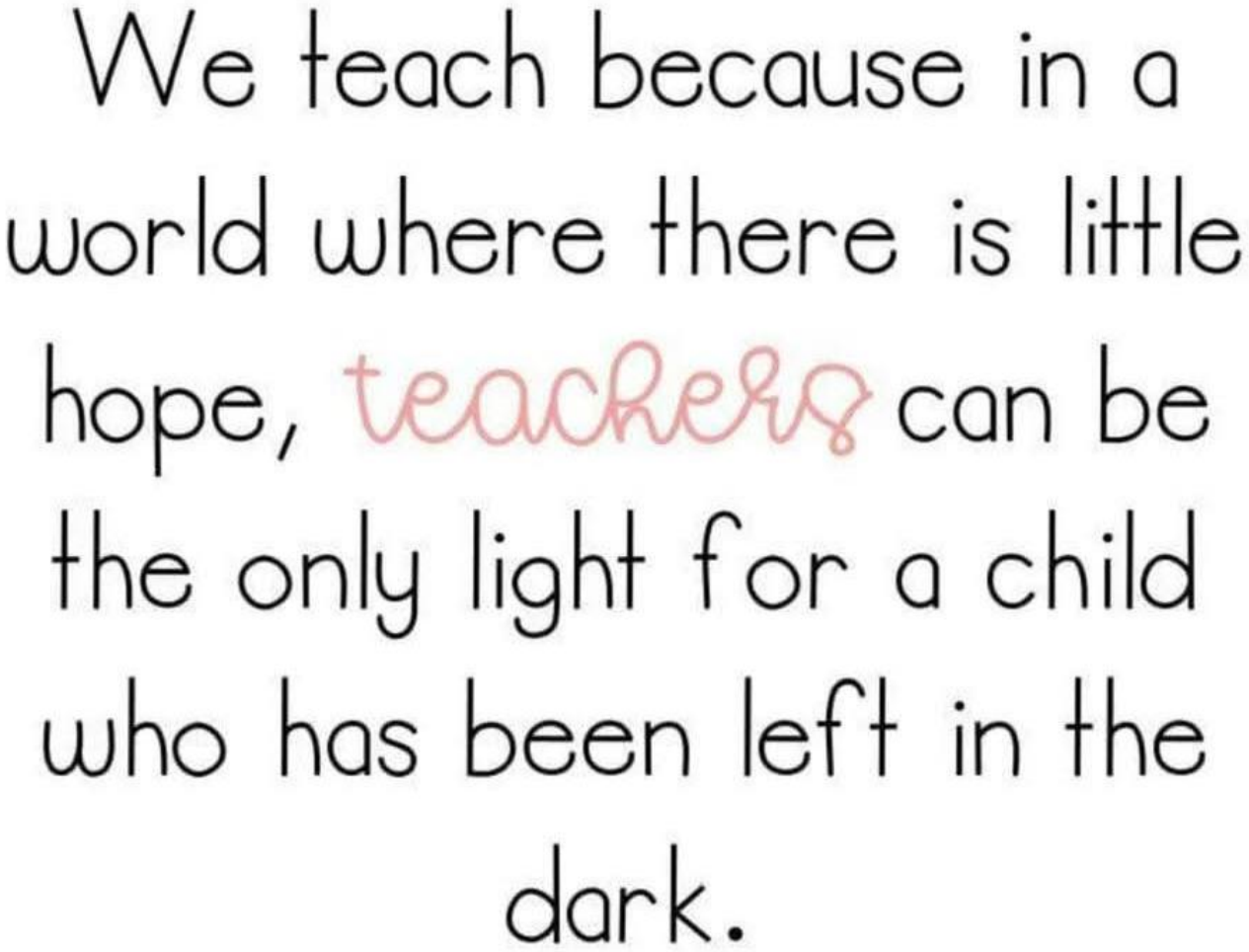
Once a family reaches stability, a new form of freedom emerges. Future generations gain the capacity to explore careers that align more closely with personal fulfilment. Passion becomes possible because the groundwork has been laid by those who chose responsibility over self-interest. This transition from survival to self-actualisation typically spans multiple generations, and it reflects a quiet but profound evolution of human possibility.

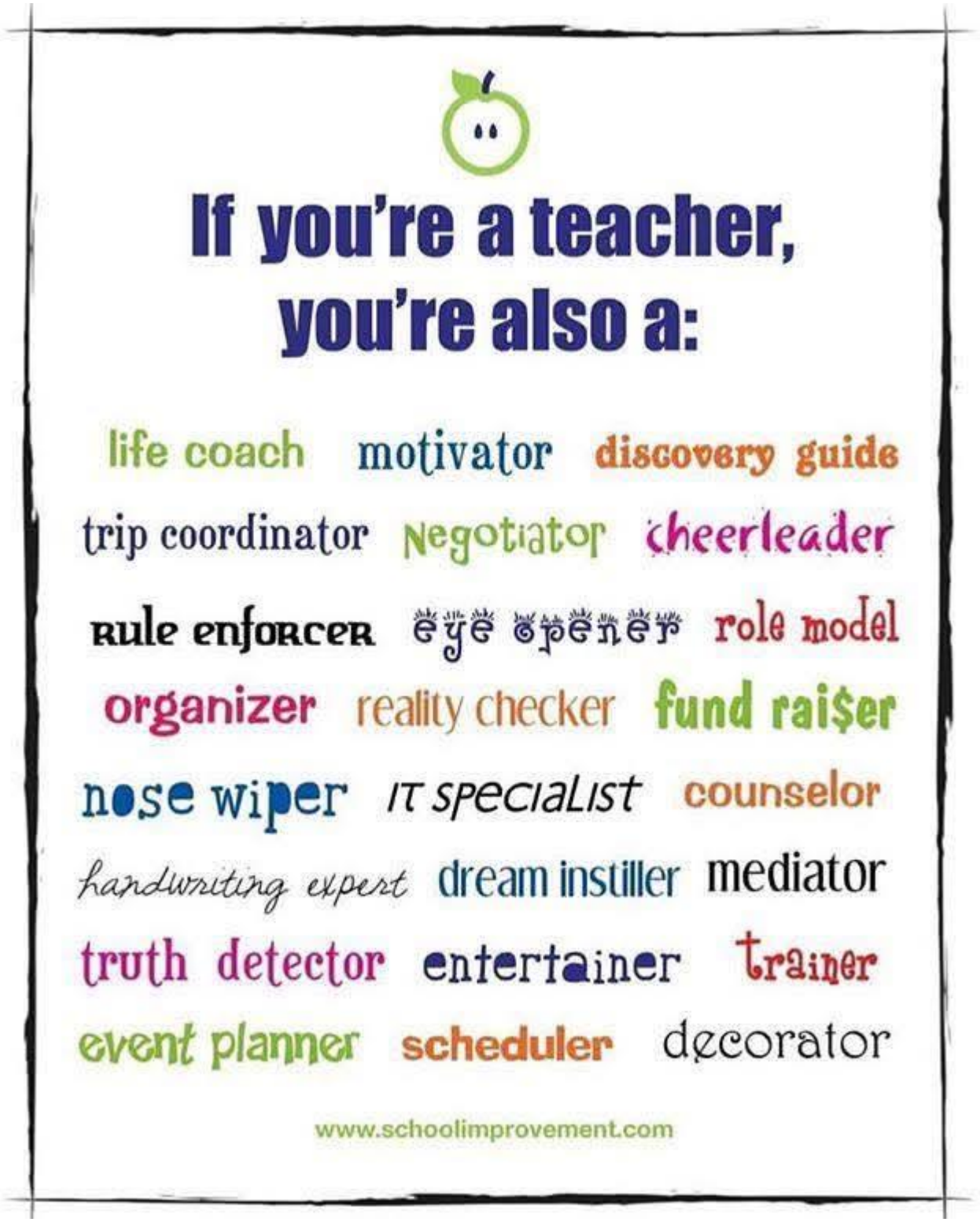
In this sense, the success of the eight children is not only a story of educational attainment. It is a story of transformation. Whether or not they initially pursued their passions, they created the conditions that allow the next generation to do so. Their legacy is not limited to their professions; it includes the freedom they unlocked for those who come after them.

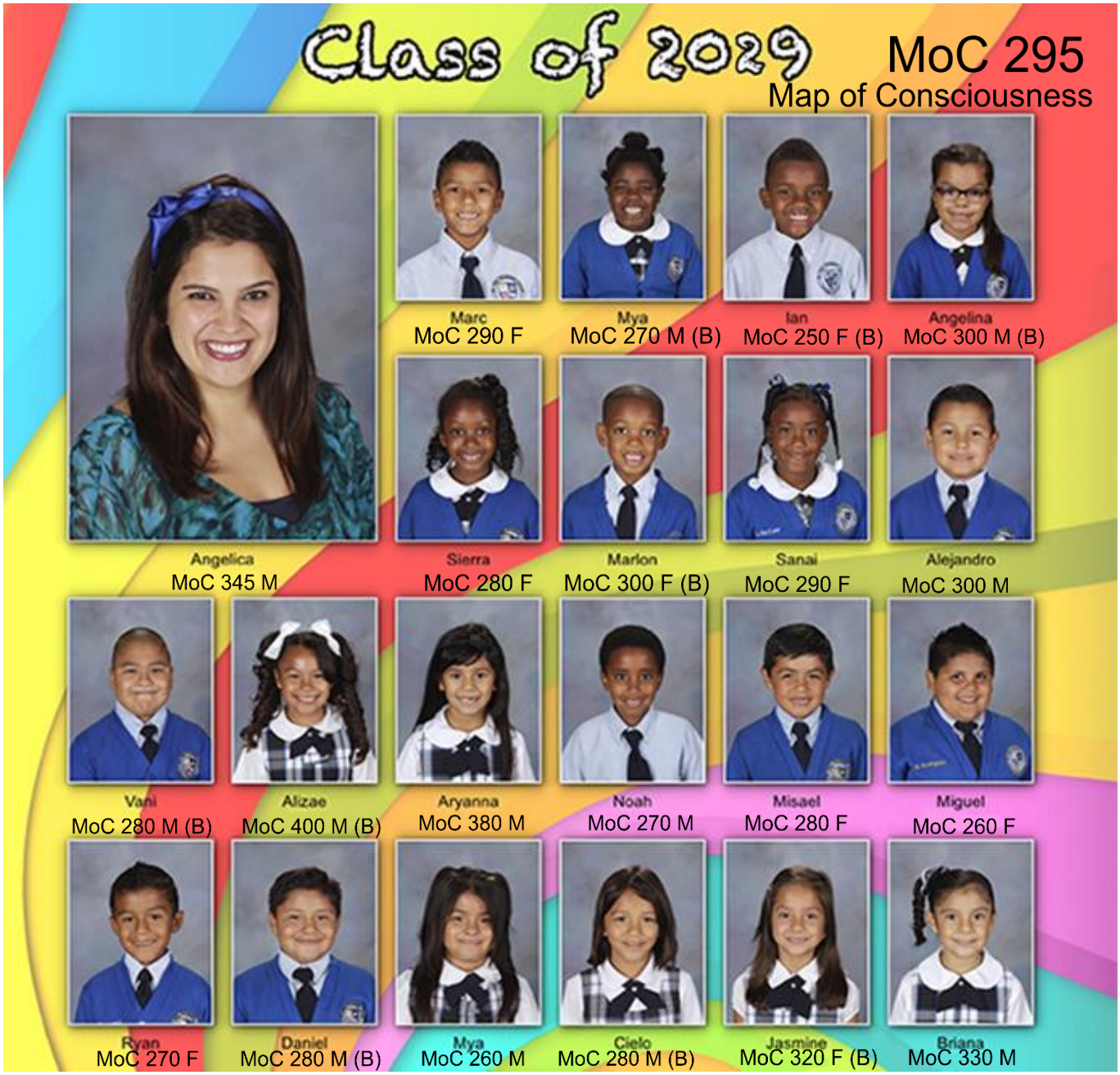
Thank you for raising a question that invites both emotional reflection and thoughtful analysis. It provided a meaningful opportunity to explore this narrative through cultural insight and personal understanding.

Warm regards. Mark Michael.

COMMERCIAL IN CONFIDENCE


We teach because in a
world where there is little
hope, teachers can be
the only light for a child
who has been left in the
dark.


If you're a teacher, you're also a:
life coach
motivator
discovery guide
trip coordinator
Negotiator
cheerleader
Rule enforcer
eye opener
role model
organizer
reality checker
fund rai$er
nose wiper
IT specialist
counselor
handwriting expert
dream instiller
mediator
truth detector
entertainer
trainer
event planner
scheduler
decorator
www.schoolimprovement.com



This a classroom of students with their annual photo anywhere in the world in any year, yet this is what we can determine through this annual record:

The overall consciousness level of the class can be calibrated using kinesiology muscle testing in conjunction with Dr David R Hawkins' Map of Consciousness (MoC). Then each child can be individually calibrated. Further, you then can determine which parent the child is aligned with, M for mother and F for father. That is actually also telling you the calibration of the parent to which the child is more aligned with than the other. When you get an alignment with both (B) parents then you are understanding that the calibration of consciousness (MoC) of both parents is similar.

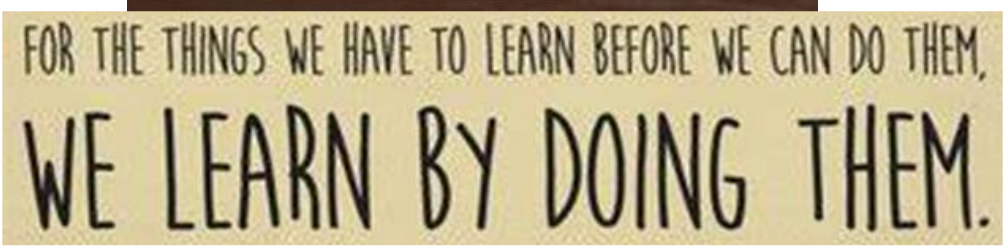
Understanding the parents' calibrations as well as getting to know the parents then you can easily outline the child's health issues as they will unfold through life, the child's potential financial welfare, the child's social issues and their probable life experience. This potential changes positively in a dramatic fashion should the child begin to become aware and embrace living feelings first.

COMMERCIAL IN CONFIDENCE

Being the Full expression of our Rebellion

We are to be the full expression of our rebelliousness, to be free to be it all in adulthood because we were not allowed to be it as children, having to obey the Will of our parents, denying, and supressing our own Will and true feelings. So, our true rebellion never became fully actualized as children, it was controlled and stifled by our parents, although it has always been in us since our conception, just waiting for the freedom of adulthood so we could be it fully, and experience every part of it, it being our Will. We must not stifle our will as our parents did, if we are not living the fullness of our rebellion, then we are not living true to our wrongness, so never knowing it fully, only by living it and being it can we know the truth of all the wrongness that is denied and supressed within us.

A teacher told me not to worry about spelling because in the future there will be autocorrect, for which I am eternally grapefruit.



Feelings Orientated Education Free, Open and Universal

Feeling Orientated Education, Free, Open and Universal

We Learn by Doing

Artificial Intelligence is involved in everything we do, however, we are not to submit to artificial intelligence, but use it to assist us with our discernment, leading us towards discovery of truth. We learn by doing and that is how it will be throughout our infinitely long journey. Should we individually, and also as a community, submit to artificial intelligence then society will collapse and end. This has unfolded with civilisations of the past – now lost to memory. To avoid stagnation and collapse, we are to continue to 'learn by doing!'

Mind Centricity

The concept of living and worshipping our minds was to subject ourselves to covert control. We are submissive to the 'belief' that we can become mini-gods through the wonders of our minds, however, living mind-centric presents us with a glass ceiling in our development which is at MoC 499 on Dr David Hawkins' Map of Consciousness. That is the peak consciousness of the 1st spirit Mansion World, being the spirit world we all arrive at when we separate from our physical body. Many of the first of humanity are still there. Andon and Fonta lived nearly 993,500 years ago! That is a million years of stagnation through the limitations of mind centricity.

You may wonder how this is so. The mind is unable to discern truth from falsehood, and the mind is addicted to untruth. Our thinkingness and assumptions are about 98% erroneous – count the times they are in truth! Our mind is addicted to control, control over our environment and over others. Now you may see why we cannot step away from conflict and wars. Further, you can now see why our development is not achieving results. There are 20 times the number of people living at consciousness levels that prevailed 2,000 years ago.

Kinesiology Muscle Testing

Kinesiology Muscle Testing utilised in the manner that Dr David R Hawkins introduced in 1995 is a tool for discernment. It can be used to determine artificial intelligence

results if they are true or not true. Further, it can also determine the level of truth of any statement or paper relative to the Map of Consciousness scale which goes beyond 1,000. Further the scale is based on the common log of 10. Thus several points increase or difference is very significant.

Artificial intelligence is a man-made development that is mind centric based. Artificial intelligence does not discern, nor is it psychic, clairvoyant, able to perceive, intuitive or be feelings sensitive and responsive.

Kinesiology Muscle Testing is actually your physical conduit to your soul based truth. Your soul based feelings are always in truth. Your feelings are YOU! It is our soul that we are suppressing when we live mind centric. We are denying our truth by living mind centric and this we, as humanity, have been seduced to do these past 200,000 years. The Pascas Papers now provide you with the pathway we long for.

Everything that is known is now accessible to us all. As ONE person, yes, only one person, recognises truth that has not been revealed previously, then ALL of humanity is to and will have access to that truth. Freely share the Pascas Papers.

As we long for truth, look for truth, ask for truth, we will be provided with that truth. We are TRUTH SEEKERS. For 200,000 years we have been closed out to truth as we have succumbed to worshipping our minds and consequently been in Rebellion and Default following hidden controllers dictates. That is now to end!

WE are to aspire to Live Feelings First, to express our feelings, to long for the truth of what our feelings are to reveal for us, and yes they will. We are to have our minds to follow what our feelings lead us to consider and embrace, not how we have been taught. It is a complete U-Turn in how we are to live.

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

As we progress through our short journey in the physical on Earth, we learn by doing, as we progress through the seven spirit Mansion Worlds we learn by doing, and then through the Celestial Heavens of our Local System, then Constellation and then out of our Local Universe, through our Super Universe, then the outer reaches of Paradise and finally into Paradise, our learning continues with ever increasing exponential capabilities. This is the Journey for Humanity, and we will ALL succeed.

This document on the Map of Consciousness calibrates MoC 1,000

Psychology redefined

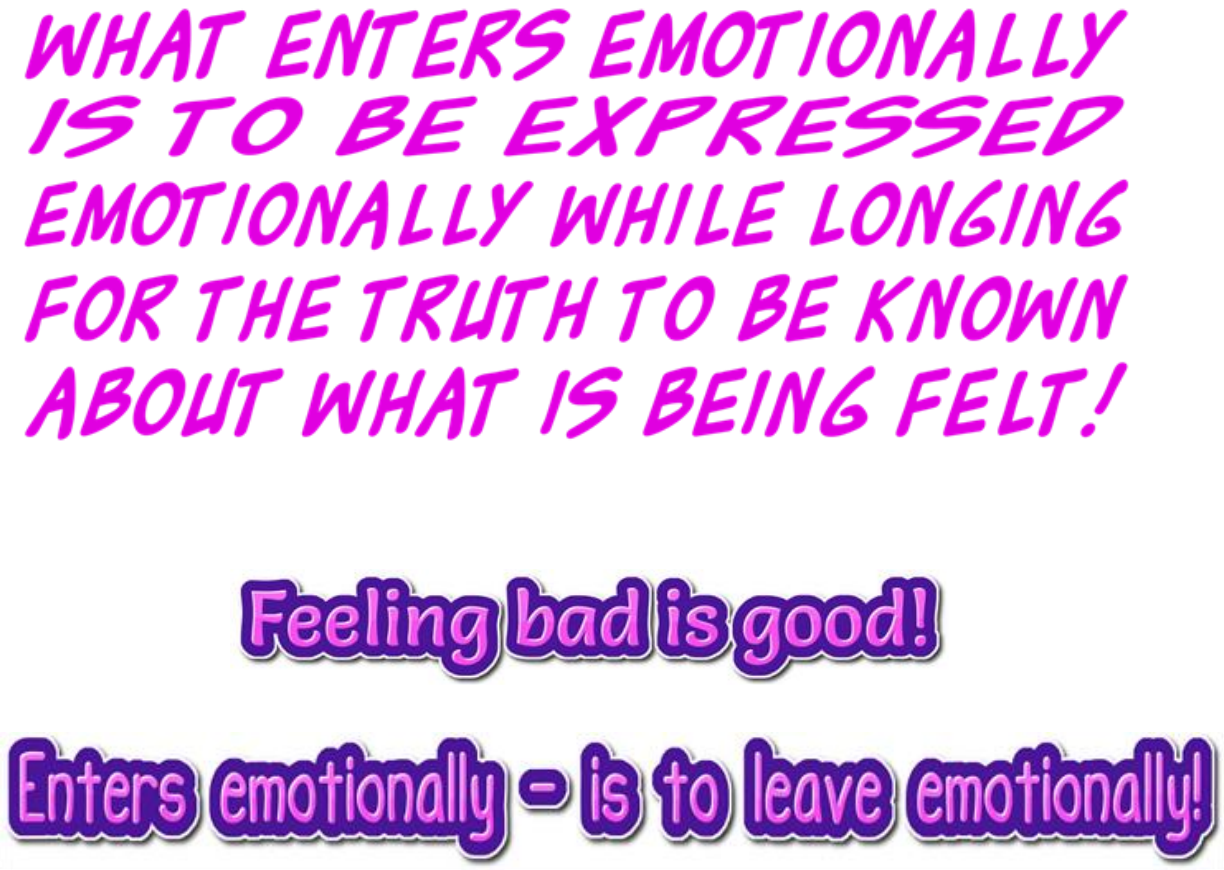
Kindly go to www.pascashealth.com, then Library Download page, scroll down to Pascas Care Letters, and click on to open:

- Pascas Care Letters Psychology and Feeling Healing.pdf
- Pascas Care Letters Psychology Compulsions Addictions.pdf
- Pascas Care Letters Mass Shootings.pdf

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



National Psyche and Map of Consciousness (MoC): Despite hardships, Mexicans are often noted for their warmth, creativity, and collective joy – but also for a certain improvisational survival attitude born of adversity. Pascas Foundation assesses a society's collective consciousness using Dr David R Hawkins' Map of Consciousness (MoC) scale (a logarithmic scale from 1 to 1,000 measuring prevailing emotional-spiritual energy). Globally, humanity's consciousness is calibrated around MoC 220 (a level associated with courage and affirmation) in recent times. Mexico's national MoC calibration is currently estimated to be above *the global average* – however many communities and institutions operate around the 150–200 range (levels characterised by emotions like anger (150) or pride (175) up to the threshold of truth at 200). Globally, 75% of humanity calibrates MoC 200 or below. The weight of historical traumas (violence, inequality, corruption) holds large segments in lower emotions like fear or grief. For instance, pervasive urban violence and poverty in parts of Mexico correspond to collective consciousness levels that are fear-based (MoC ~100) or apathetic (below 100) in those localities. Conversely, there are pockets of higher vibration: some spiritual communities, progressive youth movements, and enlightened leaders calibrate in the 300+ range (willingness, acceptance, reason).

However, it is the generational passing on of parents own emotional injuries and errors of belief that stagnates growth worldwide. For the past 2,000 years there has been little to no consciousness growth and this is principally due to the suppression of emotions while believing that through our minds that we can grow and evolve. Not so and it is not possible to grow in truth through our minds. Our minds cannot discern truth from falsehood, further, our minds are addicted to untruth.

Consider this: the error rate of assumptions is 98%. Look at any research paper and count the number of assumption that a paper is based upon. It is staggering that scientists continue with this folly.

Thinkingness has the same error rate. That is due to the two process being similar. We are seduced to consider our assumptions and thinkingness are positive realisations, however we give ourselves a little adrenalin boost as a reward only later find we have errored.

Overall, Mexico's national MoC is in the range of 295 MoC, on Dr David R Hawkins' Map of Consciousness. The Pascas Foundation is able to share revelations that have been recorded, the first commencing on 31 May 1914 and continuing today, to assist us to discover the errors of belief that we have been adhering to, all to our detriment. Through these revelations, as discussed throughout the Pascas Papers that are freely accessible from the Library Download page at www.pascashealth.com, we each now have tremendous potential to raise our individual consciousness and through the guidance outlined throughout the Pascas Papers, to begin healing emotional wounds (from the personal to the societal level) and nurturing love, truth, and empowerment through such guidance. In practical terms, raising our individual consciousness correlates with improved social outcomes – as MoC rises, *poverty and crime fall, while health, happiness, and "life is OK" perceptions grow exponentially*. This recognises that beyond material aid, Mexico benefits through a progressive psychic shift: a transformation in mindset toward *"Living Feelings First"* – aligning thought and action with the higher vibrations of compassion, truth, and community.

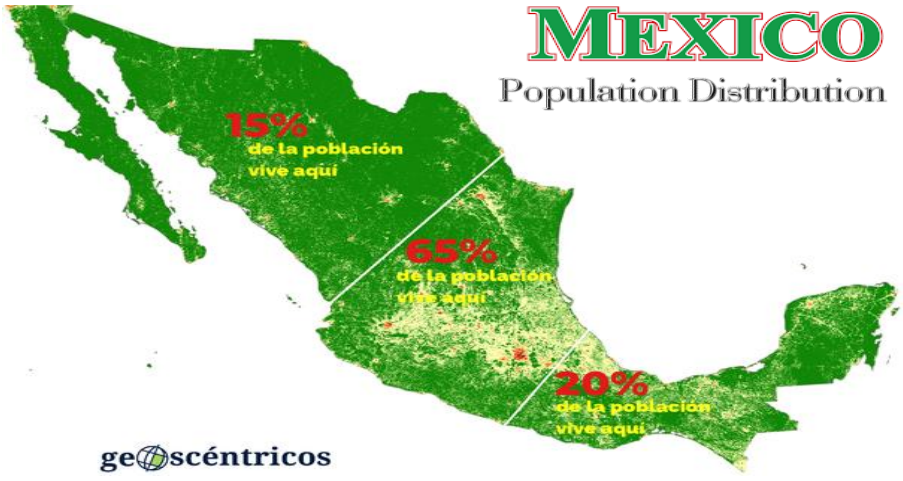


Table provides an *indicative* MoC calibration by state, highlighting regional variations in consciousness:

POVERTY as defined by lack of Consciousness, being in UNTRUTH							
Mexico Nation	Consciousness (MoC)	Population (2025)	Percentage Calibrating MoC 50 | MoC 100 | MoC 150 | MoC 200 or below				Population in Untruth Poverty POVERTY
North		20,000,000	30%	51%	58%	81%	16,200,000
Central		86,000,000	26%	40%	60%	77%	66,200,000
South		26,000,000	29%	45%	60%	80%	20,600,000
Mexico overall	295	132,000,000	29% 38,300,000	46% 60,700,000	60% 79,200,000	78%	103,000,000
							POVERTY

Table: Map of Consciousness (MoC) calibration by state. Higher numbers indicate higher collective truth-awareness and constructive emotion; 200 is the critical threshold between negative and positive influence. *(Source: Pascas analysis, integrating socio-economic indicators and kinesiology testing)*

Key Sectors of Focus

The Pascas Foundation (Mexico) Ltd is to target critical sectors that underpin human wellbeing and national development. Based on Mexico's context, six key focus areas are identified:

1**. Education**

Despite improvements over recent decades, education in Mexico remains unequal and "mind-centric" rather than "feelings-based." The difference is the consequence of covert control that has been imposed upon all of humanity, the falsehood that should we evolve our minds that we could become 'mini-gods'. Our minds are wonderful, however they are unable to discern truth from falsehood. In fact they are addicted to untruth. Further, they are addicted to control over others and our environment. It is our feelings that are always in truth. It is through our feelings that we discern truth, and it is the truth that comes from our soul.

Carefully note the number of times that your assumptions are in truth. Count how often they are correct. Our assumptions are typically 98% in error – wrong. We fluke 2% of the time. Our thinkingness follows the same pattern of accuracy – or error rate. Our minds are to assist in the implementation of what our feelings draw to our attention. Not how we live now which is to suppress and to ignore our feelings. The truth that unfolds through the embrace of our feelings is enormously freeing and wonderful.

Presently throughout Mexico, public education quality is inconsistent: urban middle-class students might attend decent schools, but many rural and self-built communities (slum or shantytown located within or on the outskirts of the country's large cities) children face under-resourced facilities, high teacher turnover, and outdated rote curricula. Nationally, literacy is around 96%, yet functional illiteracy is higher and concentrated in poorer regions (e.g. Mexico City, the capital with 98.2% adult literacy, 98% of adults in Nuevo Leon the northeast are literate, versus Chiapas 86% in the South – a legacy of historical neglect). The school system skews heavily toward content memorisation and standardised tests, with less emphasis on emotional development, critical thinking, or creative skills.

Inequality is stark: private schools and a few elite public schools (federal institutes) deliver world-class education, while the majority of public schools struggle with large class sizes and basic infrastructure gaps. This disparity feeds the cycle of poverty – only about 40.9% of students finish upper secondary education on time, and those who do in poorer areas often lack the soft skills or confidence to succeed in university or formal jobs. Furthermore, Mexican education has been *"mind-centric"* in the sense of privileging cognitive knowledge over socio-emotional learning. The Pascas Papers philosophy notes that genuine learning must engage feelings – fostering empathy, intuition, and self-worth, not just intellect. In Mexico, this is crucial for breaking patterns of violence and low self-esteem that many children internalise.

For example, surveys show bullying and mental health issues are common in schools, but emotional support is scarce. States like Guerrero and Chihuahua, known for a strong presence of organised crime, have some of the largest numbers of out-of-school adolescents. On average, three out of every ten students in Mexico drop out before completing secondary school. There's also a lack of access in remote areas – some rural children travel hours to reach a secondary school.

Educational inequality has a regional face:

PISA Scores by Country 2025

https://worldpopulationreview.com/country-rankings/pisa-scores-by-country

COUNTRY	PISA MATH 2022 ↓	PISA SCIENCE 2022	PISA READING 2022
Singapore	575	561	543
Australia	487	507	498
Germany	475	492	480
Lithuania	475	484	472
France	474	487	474
Spain	473	485	474
Hungary	473	486	473
Portugal	472	484	477
Italy	471	477	482
United States	465	499	504
Chile	412	444	448
Uruguay	409	435	430
Mexico	395	410	415
Peru	391	408	408
Colombia	383	411	409
Brazil	379	403	410
Argentina	378	406	401
Paraguay	338	368	373

Pascas Foundation (Mexico) is to assist with curriculum reform, teacher training, and new community schools that integrate emotional development, arts, feelings orientated education, and practical life skills alongside academics. By addressing education, the foundation aims for long-term social transformation, equipping a new generation with both the knowledge and emotional intelligence to uplift themselves and their communities.

Health Care

Mental health access is another concern: issues like depression, anxiety, and trauma (often linked to violence or abuse) are widespread, but mental health services are scarce outside major cities. Culturally, mental illness still carries stigma, and many Mexicans lack support – Mexico has one of the highest youth suicide rates in Latin America, and substance abuse (especially alcohol and crack cocaine) ravages many communities with limited treatment options.

In Mexico, an average of 24 suicides occur every day. The youngest population accounts for the majority of cases, and among children, adolescents, and young adults, suicide ranks among the top five causes of death. For adolescents and young people between the ages of 15 and 24, suicide is the third most reported cause of death. For children between the ages of 10 and 14, it is the fourth cause of death. Meanwhile, among those between the ages of 25 and 34, suicide is the fifth most common cause of death, according to figures from the National Institute of Statistics and Geography (INEGI).

MEXICO Doctors Nurses Teachers Ratios data.worldbank.org

	DOCTORS per 1,000 people		**NURSES & MIDWIVES** per 1,000 people		**TEACHER / STUDENT ratio**	
Mexico	2018	**4.8**	2019	**2.4**	2017	**27**
Guatemala	2020	1.3	2020	2.3	2018	20
Belize	2018	1.1	2018	2.3	2018	20
Brazil	2021	2.1	2021	5.5	2017	20
Argentina	2022	4.1	2022	4.4	2008	17
United States America	2018	2.6	2018	15.7	2017	14
Canada	2019	2.4	2019	11.8	2000	17
Australia	2021	4.0	2021	13.7	2024	13
		Austria		Switzerland		San Marino
Strongest Worldwide	2025	5.5	2021	18.08	2018	6
https://data.worldbank.org/		Africa 27		Africa 30		Africa 21
Weakest Worldwide		Nations 0.1		Nations 1.0		Nations 40+

Chronic diseases are rising as well: with urbanisation and dietary changes, obesity, diabetes, and cardiovascular diseases have surged (now the main causes of death). Yet, preventive care is weak – for instance, hypertension and diabetes often go undiagnosed in low-income patients until complications arise. Meanwhile, some regions still battle infectious diseases: dengue and chikungunya outbreaks recur, the tropical jungle population struggles with malaria, and the COVID-19 pandemic exposed inequities (Indigenous populations had disproportionately high mortality due to limited ICU beds and late care). The public health infrastructure needs upgrading – many municipal clinics lack specialists or diagnostic equipment, and hospital waiting lines for surgeries or specialist consults can be months long.

Additionally, maternal and child health indicators show disparity: a child in the southern tropical regions is twice as likely to die before age 5 than one in the central zone (due to malnutrition, diarrhoea from poor sanitation, etc.), and maternal mortality remains troublingly high in the south (often related to poor prenatal care and long distances to maternity hospitals). Pascas Foundation's focus in healthcare is to be community-based, preventive, and holistic care. This includes establishing Pascas Health Sanctuaries and clinics in under-served areas – "health unit" hubs that integrate general medicine with counselling, nutrition, and traditional healing practices.

Emphasis is to be placed on mental health access (through trained *counsellor-carers* who provide therapy and emotional support at the community level) and public health outreach (vaccination drives, health education in schools, family planning, and hygiene programs).

Telehealth is to be leveraged to connect remote villages with doctors. For instance, remote communities might have a telemedicine kiosk or receive periodic visits from a *floating clinic* – crucial given cases in the tropics. By strengthening primary care and bridging the public / private gap, Pascas aims to ensure that the quality of one's healthcare no longer depends on geography or income. A healthy population is

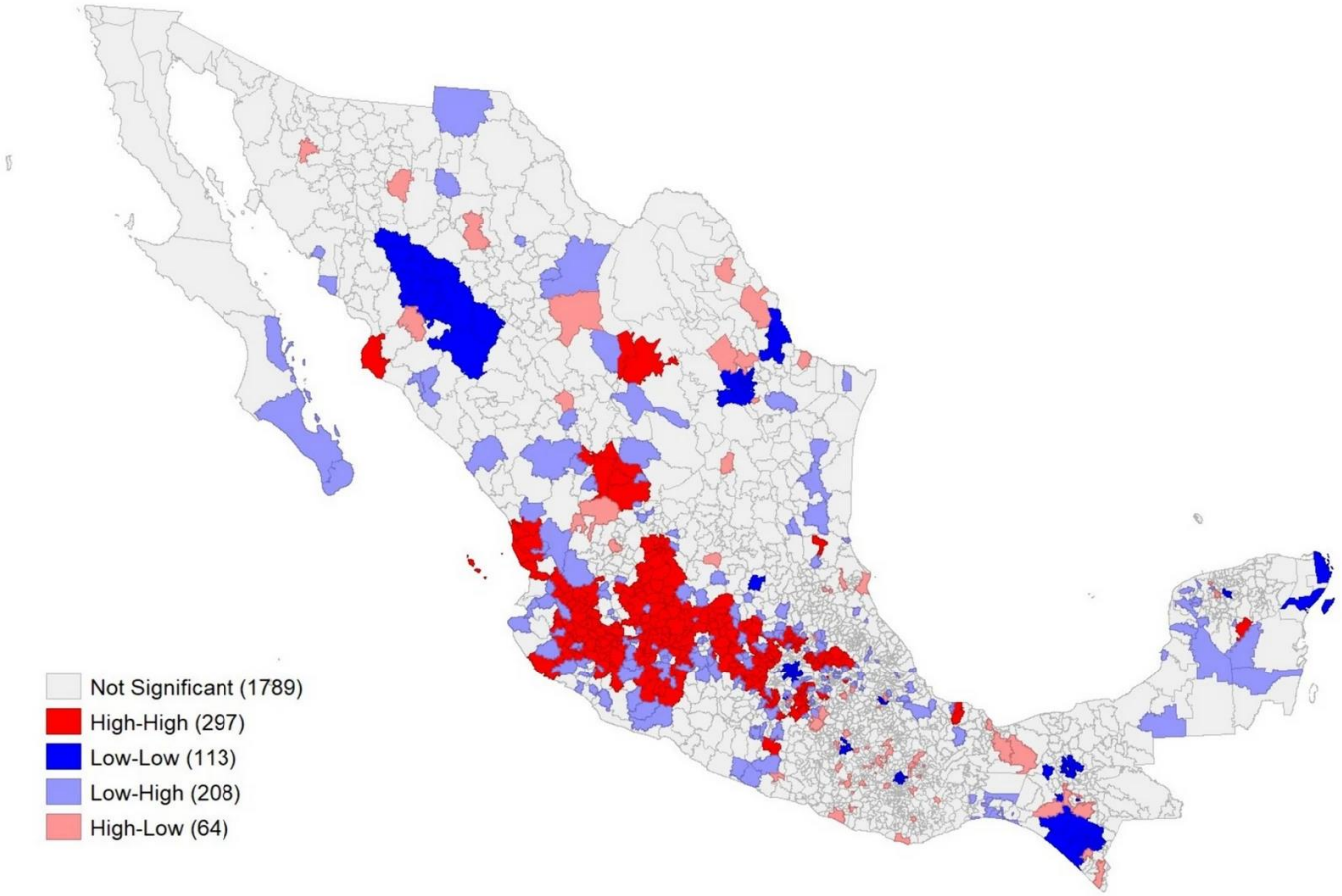
foundational for any other developmental progress, and thus healthcare is a cornerstone of our Mexico plan.

3. **Food Security and Nutrition**

Between 2003 and 2005, the total Mexican food supply was well above the level sufficient to meet the requirement of the Mexican population, averaging 3,270 kilocalories per daily capita, which is higher than the minimum requirements of 1,850 kilocalories per daily capita. However, at least 10 percent of the population in every Mexican state suffers from inadequate food access. In nine states, 25% – 35% live in food-insecure households. More than 10% of the population of seven Mexican states falls into the category of Serious Food Insecurity.

Climate change is drastically affecting agriculture, markets, and infrastructure, putting global food security at risk. Mexico faces major challenges, with a significant portion of its population experiencing moderate to severe food insecurity.

Food insecurity in Mexico is mainly due to the lack of resources to acquire quality food, exacerbated by food inflation, widespread unemployment, and low education, leading to severe food insecurity in several states.



Food availability index in municipalities of Mexico and correlation with neighbouring municipalities. The strong red colon indicates that a municipality has high availability of food and its neighbours as well. In contrast, the strong blue colour indicates that a municipality has low availability of food and its neighbours as well.

The Pascas Foundation sees food security as fundamental. Our Mexico program is to implement community-level solutions to ensure every child is well nourished. This involves school meal enhancements (partnering with local farms to provide fresh food in school canteens), nutrition education for families (teaching budget-friendly healthy cooking, breastfeeding support, etc.), and direct interventions like community gardens and urban agriculture. For instance, in a self-built community (a slum or shantytown located within or on the outskirts of the country's large cities), Pascas could help residents establish a rooftop or vacant-lot vegetable garden, yielding produce for local families and school snacks. In rural pilot areas, we intend to support climate-resilient farming (e.g. introducing drought-resistant crops, rainwater harvesting in the semi-arid northeast) to boost year-round food availability. Malnutrition among children is to be addressed via monthly growth monitoring and nutritional supplementation in health centres, along with training local "Nutrition Mothers" who can guide other parents in preparing balanced meals from locally available ingredients. Additionally, combating hunger means strengthening social safety nets – the Foundation will advocate for and complement programs by filling gaps where government support doesn't reach. Ultimately, by ensuring children are not hungry, we pave the way for them to focus on learning and healthy development, breaking the cycle where hunger stunts both body and potential.

4. **Child Protection**

Mexico faces several critical child protection issues

Violence, abuse, and exploitation: According to the 2022 National Health and Nutrition Survey (ENSANUT), half of all children in Mexico have been subjected to violent discipline at home, including physical punishment and psychological aggression. The 2021 National Survey on the Dynamics of Household Relationships (ENDIREH) revealed that 53% of adolescent girls aged 15–17 have experienced sexual violence, while one in five women over 15 have suffered intimate partner violence. These data reflect deeply rooted patterns of violence that permeate homes and communities.

Armed violence: Insecurity and organised crime also have a devastating impact on children. In 2023 alone, 898 children were victims of homicide, over 7,200 were reported missing, and 382 were identified as victims of trafficking (SESNSP, RNPDNO). Many children live under constant threat, face forced displacement, or risk recruitment by criminal groups, with immediate and long-term consequences for their safety, wellbeing, and future.

Child labour: The 2022 National Child Labour Survey (ENTI) estimated 3.7 million working children, of whom 2.1 million were engaged in hazardous or prohibited activities. This not only exposes them to risks and exhaustion but also deprives them of education and leisure essential for healthy development.

Children deprived of parental care: The 2020 National Census reported 21,973 children living in residential care institutions, with more than 4,200 remaining for over six years. This highlights the lack of stable family-based alternatives and the systemic challenges in fulfilling every child's right to grow up in a safe and nurturing family environment.

Children on the move: Migration adds further complexity. In 2023, the Migration Policy Unit (SEGOB) identified 113,542 events of children in irregular status, including 6,732 unaccompanied. This places enormous pressure on child protection authorities in border and transit states, who must determine the best interests of each child and provide urgent protective measures.

The overarching vision related to Child Protection in Mexico is that children and adolescents live in safer environments and are increasingly protected from violence and exploitation.

Orphans and institutionalised children: Over 1 million kids under eighteen live in orphanages throughout the country. These kids have been abandoned by their parents or lost them due to sickness, drugs, or violence issues.

Orphans in Mexico often don't have access to the basic needs of food and shelter. This situation is significantly worse for those living in rural areas, where resources can be more limited. Health care is critical for supporting orphaned children in Mexico, mostly where hospitals may not be as readily available. Education is critical for providing kids in Mexico with a better chance at a better future. Unfortunately, many kids in Mexico don't have access to education, primarily kids living in poor areas where the government doesn't provide access.

Out of 150,000 children living on the streets in Mexico, it is estimated that 50% are victims of trafficking for sexual purposes. Many traffickers use Mexico as a route to smuggle children into the United States and Canada. Often, these children stay and become victims in Mexico, and the numbers of exploited children in Mexico continue to rise.

Mexico has the highest rate of child disappearances in Latin America, with major cities like Ciudad de México and Nuevo León at the forefront of this crisis. According to *El Financiero*, 14 children go missing in Mexico every day—an average of one every two hours. Between 2023 and 2024, reported cases of missing children surged by 37.1%, rising from 1,549 to 2,125. Currently, 16,999 minors are reported missing, with Estado de México accounting for 21.48% of these cases.

Mexican trafficking victims are even more vulnerable to sex trafficking due to issues of forced migration. An overwhelmingly high number of victims come from unstable countries in Latin America. In 2017, 14,596 people applied for asylum in Mexico. Due to government instability, violence due to the presence of drug cartels, and conflict within the country, migrant victims are at higher risk for vulnerability in a new country, and therefore, at a higher risk for becoming a victim of human trafficking in Mexico.

Mexican authorities having been identified as a source, transit, and destination for child trafficking; for instance, girls and boys have been trafficked or exploited in the regions and even sent abroad. The *"national psyche"* impact of widespread childhood trauma cannot be overstated – it contributes to cycles of violence, mental illness, and low MoC calibration in society.

The Pascas Foundation's approach to child protection in Mexico is to be multi-faceted: rescue, rehabilitation, and prevention. We plan to establish "Orphan Villages" – small, community-integrated homes for orphans and street kids, each home led by trained *counsellor-carers* who provide consistent love and therapeutic care. This draws on the idea that *"it takes a village to raise a child."*

Rather than large impersonal orphanages, children may live in family-like units where their emotional needs are addressed, not just shelter and food. For street children, Pascas is to run outreach programs: mobile teams in major cities to engage kids on the streets nightly, offering food, healthcare, and a path away from street life. We are to coordinate with local councils and NGOs to ensure rescued children are not criminalised but supported. Counselling and trauma healing is a cornerstone – many children carry deep wounds from abuse. Pascas is to employ child psychologists and also introduce innovative therapies (art, music, play therapy) in care centres to help kids process their feelings.

We are to also address child abuse prevention at the community level: parent education workshops, positive discipline training, and strengthening of community watch networks to report and stop abuse. Statistics show Mexico has alarmingly high rates of child abuse, which some studies rank among the highest globally; our objective is to shine light on this hidden crisis. Additionally, child labour (though illegal) still occurs in agriculture, domestic work, and informal sectors. Pascas is to collaborate with government initiatives to eradicate the worst forms of child labour, by providing families alternatives (like enrolling kids in school with support and aiding parents with income generation so they don't need to depend on a child's earnings). Ultimately, in a Pascas-supported community, *no child should be left on their own*. Whether through family strengthening or substitute care, every child deserves to grow up safe, nurtured, and with hope for the future.

5. **Infrastructure and Housing**

Population living in slums (18% of urban population) – Mexico. Mexico's urban population in 2024 amounted to 107,125,438 being 81% of total – thus near on 20 million live in slums in Mexico. **Mexican slums become breeding grounds for drug dealing and gang activity.** Despite being among the richest nations in the world, Mexico's poorest citizens live on less than US$13 a day. The economic degradation leads many who live in Mexican slums to turn to drug dealing to support themselves and their families.

Mexico's infrastructure inequality is visible in its housing and basic services. On one hand, modern cities like Mexico City have skyscrapers, highways, and metro lines; on the other, around 20 million Mexicans live in slums often lacking formal roads, sanitation, or safe housing. In urban centres, the growth of slums or shantytowns located within or on the outskirts of the country's large cities (also known in Mexico as bidonvilles, taudis, barrios marginales, tugurios, favelas and many other names) is tied to migration and the inability of low-income families to afford formal housing.

So-called "slum-dwellers" living in informal settlements in Mexico City Metropolitan Area (MCMA) often confront poor health outcomes, face chronic accommodation insecurity and are frequent victims of social intolerance, discrimination and racism. In addition, they usually reside in living environments with precariously hazardous conditions that often lead to their well-being endangerment.

These communities often develop informally. In addition to living in slums, most of our participants live in informal settlements. The main characteristics of these are the following. (i) homes are built in high-risk areas, near river edges, lagoons, mountains and are exposed to floods and landslides; (ii) homes have limited access to services such as water, gas, electricity, kitchen and sewer (sewer or drainage); (iii) homes are built with poor construction materials which do not offer enough protection to householders from cold winds, storms, sand and landslides. Other characteristics that situate people living in slums and informal settlements in a vulnerable position is that most of them do not have access to social security services, work in the informal sector, and, due to the precarious living conditions, often have health difficulties.

Houses are densely packed, made of brick or makeshift materials, and many lack legal electricity or water hook-ups (often leading residents to jury-rig connections). In Mexico, there are serious problems associated with sanitation. The national coverage of municipal wastewater treatment is 65.7%. Moreover, combined (municipal and industrial) wastewater treatment is estimated to be only 49.1%. Sanitation gaps are severe – and in the northern and southern regions coverage is far lower.

Similarly, in the dry interior northeast, some hamlets have only dirt tracks connecting them, which become impassable in the rainy season. Housing quality in such remote or poor areas is often substandard – one-room houses with mud walls or basic brick, and inadequate protection from heat, rain, or disease vectors. The Pascas Foundation's infrastructure focus in Mexico is to prioritise human-centric infrastructure: clean water, sanitation, safe housing, and connectivity in under-served communities. It is planned to implement projects like community wells and rainwater harvesting in regions with water scarcity, and small-scale sewer or bio-digester systems in communities lacking sewage disposal.

Access to electricity and internet is also be addressed: while Mexico's electrification is high (~99% of households have electricity), quality and consistency in far-flung areas can be an issue (some tropical villages run only diesel generators). We can explore solar micro-grids to provide reliable power in off-grid communities, and partner with initiatives to bring internet connectivity (perhaps via satellite links or community Wi-Fi hotspots) to schools and digital hubs in rural zones.

Housing-wise, Pascas is to support slum upgrading and rural housing programs. Instead of large-scale demolition or relocation (which has often failed), we are to work *in situ* with communities to improve what's there: reinforcing homes for safety (e.g. against landslides or leaks), adding proper toilets, and creating public spaces. We envision "Pascas Villages" prototypes – for instance, converting a derelict block of a city slum into a "Paradise Village" model community with renovated housing, a community centre, play areas, and gardens (drawing inspiration from Pascas' Paradise Village concept piloted elsewhere). In rural cases, we might construct new durable homes for families currently in shacks, using local materials (like compressed earth blocks) and local labour for economic stimulus.

Transportation infrastructure is also to be tackled at the micro level – such as ensuring a reliable school bus (or boat) for each target community and improving feeder roads or docks to connect villages to services. While large highways and dams are in the realm of government, Pascas may fill the gaps with community-scale infrastructure that drastically improves daily life. For example, building a simple footbridge over a river might allow children to attend school year-round. Or supporting a river boat ambulance to serve a cluster of river villages can save lives. By addressing these basics – water, shelter,

mobility – we lay the groundwork for all other social improvements. As the saying goes, *"the environment shapes the people"*; our mission is to assist in shaping an environment that uplifts.

6. **Income Inequality and Employment Challenges**

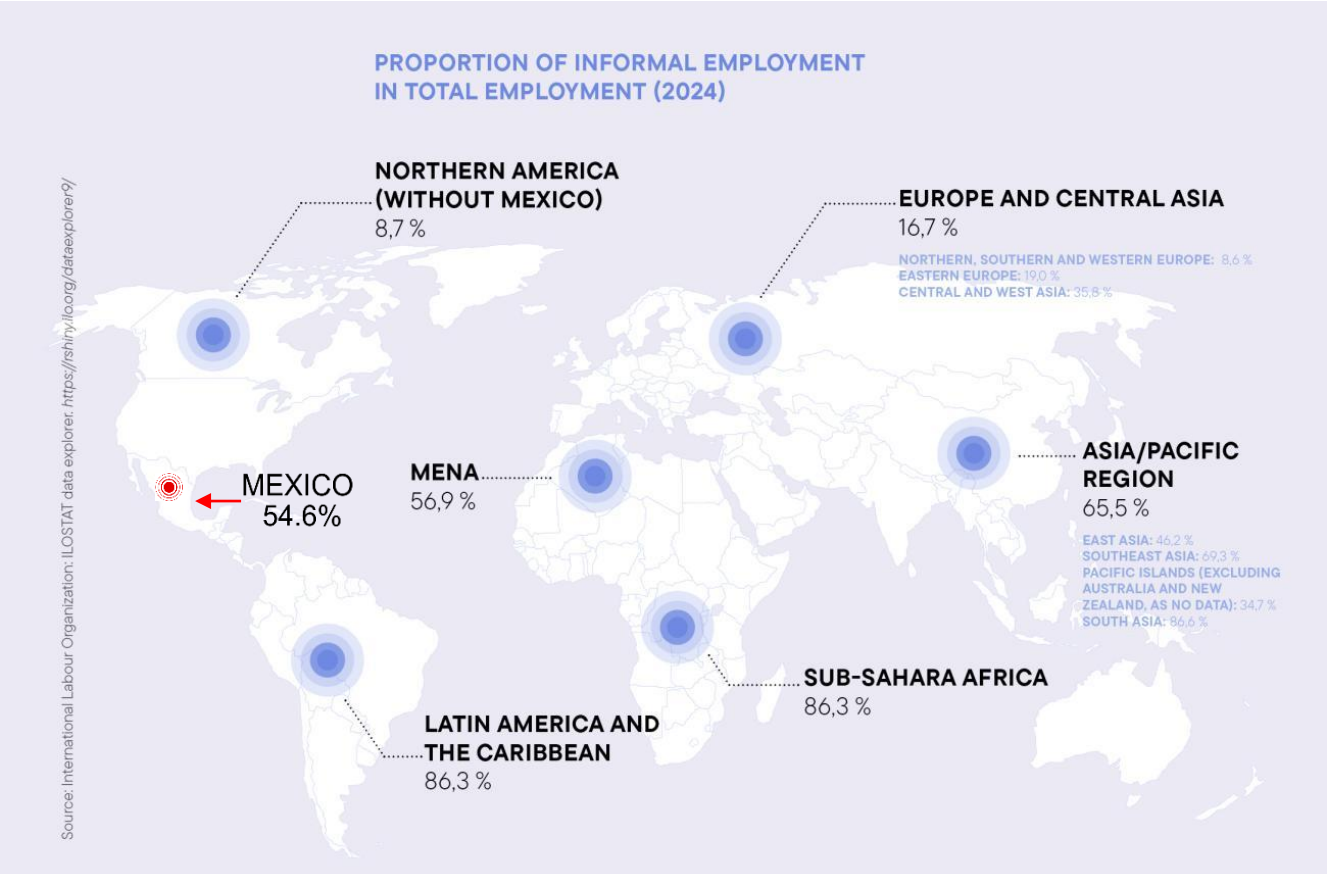
Mexico's prosperity is very unevenly shared. It has the world's 12th largest economy (with a 2024 GDP per capita around US$14,157 worldbank.org), yet also one of the highest income concentrations. A recent analysis of the 2024 National Survey of Household Income and Expenditure (ENIGH) reveals that the top 1% in Mexico holds 35% of the country's total income, earning 442 times more than the poorest 10%.

- Households in the poorest 10% earn only 2,168 pesos (US$116) per person per month,
- While the wealthiest 1% receives 958,777 pesos (US$51,160) monthly, illustrating a stark inequality in resource distribution.

According to COLMEX, Mexico's top 1% earn over 6 million pesos annually (over US$300k), translating to about 500,000 pesos (US$25k) per month—a massive leap from the upper class baseline of around 70,000 pesos.

Why is understanding the top 1% so important? This elite group wields significant influence, shaping everything from policy and economic decisions to cultural trends.

This inequality fuels many social ills: crime, low social mobility, and a sense of exclusion. Unemployment and underemployment are persistent concerns. Mexico's official unemployment rate was around 2.9% in 2025 worldbank.org (down from a peak of 4.4% in the post-Covid recession), but this doesn't capture the large informal sector and discouraged workers. Youth unemployment is higher, and in some poor areas, many youth neither study nor work. Employment challenges vary: in advanced



sectors (finance, tech), there may be a skills gap – jobs available but not enough qualified candidates – whereas in rural areas or slums / favelas, there are simply not enough decent jobs, period. A lot of employment is informal: street vending, day labour, domestic work, gig economy – which often means low pay, no benefits, and instability.

The northeast has historically been the industrial zone of Mexico. The centre is Mexico City and its administrative nature. The southern regions being tropical are severely left behind. Structural barriers include education (as discussed), but also issues like poor access to credit for entrepreneurs, and inequality in land ownership (affecting rural employment).

Moreover, some Mexicans face discrimination in the labour market – Afro-Mexicans and women statistically earn less and have higher unemployment, even with similar qualifications. Tackling inequality and joblessness is critical for raising the nation's consciousness and stability.

Mexico's population is composed of many ethnic groups, including indigenous American Indians (Amerindians), who account for less than one-tenth of the total. Generally speaking, the mixture of indigenous and European peoples has produced the largest segment of the population today—mestizos, who account for about three-fifths of the total—via a complex blending of ethnic traditions and perceived ancestry. Mexicans of European heritage ("whites") are a significant component of the other ethnic groups who constitute the remainder of the population. Although myths of "racial biology" have been discredited by social scientists, "racial identity" remains a powerful social construct in Mexico, as in the United States and elsewhere, and many Mexicans have referred to their heritage and *raza* ("race") with a measure of pride — whether they conceive of themselves as indigenous, mestizo, or European. Their identities as members of ethnic groups may be additionally complicated, given that ethnicity is a function of cultural patterns and traditions as varied as a group's sense of linguistic, religious, and socioeconomic history.

Pascas Foundation's plan is to promote inclusive economic empowerment. We intend to provide vocational training hubs in pilot communities – these will provide youth and adults with practical skills training linked to market needs (for example, courses in solar panel installation, sustainable agriculture, carpentry, sewing, or IT coding, depending on local context). We will coordinate with local industries and employers where possible so training leads to real jobs. In regions with limited formal employment, Pascas is to foster cooperative enterprises: community-owned businesses that create livelihoods while meeting local needs.

For example, in a rural community, we might support a cooperative to process and sell açaí or cassava products; in an urban favela, perhaps a sewing cooperative that produces school uniforms, or a recycling / upcycling business. Start-up funding, mentorship, and market linkage for these co-ops are to be provided. Social entrepreneurship among the youth will be encouraged – we plan "innovation challenges" where young people propose small business ideas addressing community problems, with winners receiving seed funding and guidance.

Additionally, Pascas is to advocate for and help implement public works programs in target areas: paying locals to build needed infrastructure (roads, housing, and reforestation), thereby injecting income and improving communities. It's also important to address the psychological aspect – generations of poverty can instil a sense of fatalism. Through our *Living Feelings First* approach, we include personal development and confidence-building in all economic programs, helping participants raise their aspirations and resilience. Ultimately, by creating jobs and reducing inequality, we aim to see tangible outcomes: higher household incomes, reduced poverty rates, and more communities where young people can envision a future for themselves *in place* rather than feeling forced to migrate to big cities. This economic hope is integral to Pascas' broader vision of a harmonious, conscious society.

Pascas Foundation Vision for Mexico

The Pascas Foundation's vision for Mexico is bold: to ignite a societal transformation grounded in love, truth, and community – implementing our "Living Feelings First" philosophy at a national scale. We seek nothing less than to help Mexico heal its deep-rooted wounds and unlock the full potential of its people. This vision builds on Pascas' global revelations and models (as seen in our initiatives in Australia, Angola, India, PNG, etc.), adapted to Mexico's unique context. Key elements of our vision include:

Living Feelings First – Healing the National Psyche

At the heart of Pascas' approach is the principle of *Living Feelings First*: the idea that human development must start from our emotional and spiritual wellbeing, not just material or intellectual pursuits www.pascasworldcare.com. For Mexico, this philosophy means prioritising policies and programs that foster *connection, empathy, and emotional healing*. We envision a Mexico where institutions (schools, clinics, workplaces) recognise and nurture feelings – where a child's emotional needs are cared for as much as their academic progress, and where communities openly address trauma and conflict with compassion.

By breaking institutional and psychic barriers that keep people in "untruth" or suppression, Mexicans can align with higher truth and love. Pascas' guidance, rooted in over a century of spiritual revelations (commencing 31 May 1914), will be made openly available in Spanish for all Mexicans – encouraging individuals to use tools like kinesiology (muscle testing) to find their personal truth and clear emotional blockages.

In practice, *Living Feelings First* in Mexico will manifest as a culture shift: teaching parents gentle parenting free of the old authoritarian norms, encouraging leaders to make decisions with empathy, and integrating practices like meditation / feelings experience, prayer, and feeling-expression circles at all levels of society. Mexico's "national psyche" calibration can rise from anger / fear toward acceptance / love. We are to help millions recalibrate above MoC 200 (the tipping point into positive consciousness), which will have ripple effects on societal outcomes (as previously noted, higher MoC correlates with less crime, more prosperity). Our Living Feelings First initiative will also support interfaith and intercultural dialogue, resonating with Mexico's spirit of *"mestizaje"* – the joyful, heartfelt identity that emerges when people feel free to express their true selves. The blending of indigenous and Spanish cultures, known as mestizaje, is a defining characteristic of Mexican identity. When Mexicans live from the heart, embracing their rich mix of African, Indigenous, and Spanish / European cultural feelings, a powerful creative and healing energy will drive the nation forward.

Open and Free Feeling Orientated Education for All (implementing Chaldi Colleges)

Education is the cornerstone of Pascas' vision for long-term change. We commit to building an open and free education system in Mexico, spanning from early childhood to post-graduate studies, as part of a worldwide program embracing every nation in a similar manner. This involves establishing a new network of Pascas Education Centres – including early learning centres, primary and secondary schools, and ultimately a multi-campus Pascas University.

All of these will operate free of charge, removing financial barriers. The curriculum will be revolutionary: instead of conventional rote learning, it will be oriented around "The New Way of Living and Learning" – an evolutionary jump in education focusing on feelings and intuitive learning. We are to introduce the ancient-inspired Chaldi College model. A Chaldi College (pronounced *Kal-dee*) harkens back to open universities of 26,000 years ago (from Lemurian tradition), which were free and open to all

– slaves and kings alike – enclosed by a protective wall but removing walls to knowledge pascasworldcare.com. In modern Mexico, Chaldi Colleges will provide programs across all education areas (adult education, tertiary, secondary, primary, preschool) in an integrated way pascasworldcare.com.

No one will be turned away: whether a street youth, a single mother, a senior citizen, or a businessman, everyone can come to learn and heal together. The curriculum will emphasise emotional development, ethics, creativity, and practical skills alongside standard academics. For example, a secondary student might spend mornings on math and literature, and afternoons in peer-led discussion circles exploring feelings or tutoring younger students – thus learning by teaching, which Pascas has identified as the most effective mode.

Classrooms will be reconfigured into intimate gathering points (for ~12 students) to foster discussion and collective problem-solving. Teachers will act more as facilitators or mentors (and will themselves undergo feelings-first training). The Pascas curriculum will incorporate content from the Pascas Library of revelations – such as materials on consciousness, health, and spiritual laws – calibrated for truth so that students learn not only knowledge but wisdom.

Over time, we plan to scale this to reach every state in Mexico, working in partnership with educational authorities and leveraging technology for reach (e.g., online courses for remote learners). By establishing such an open education network, we aim for long-term social transformation: educated youth with high emotional intelligence, critical thinking, and a service mindset can break the cycles of ignorance and poverty.

We see these students becoming community leaders, entrepreneurs, and healers who will uplift others – a multiplying effect of change. The Pascas University in Mexico will similarly be multi-campus (with major campuses envisioned in the North and Northeast to decentralise opportunity) and focus on fields key to Mexico's development (e.g., tropical medicine, sustainable agriculture, renewable energy, psychology and counselling, etc.), again tuition-free. Scholarships and stipends will support low-income students full-time, so they can devote themselves to study. In summary, by opening education access and orienting it around feelings and truth, Mexico can cultivate a generation capable of realising the nation's vast potential. This is a 50-year vision: today's Pascas kindergarteners are tomorrow's leaders of a more conscious, compassionate Mexico.

Community-Based Care – "The Village Raising a Child"

Pascas envisions reviving the concept of community-based care, whereby the community collectively takes responsibility for each member's wellbeing – *"it takes a village to raise a child"* and indeed to support every individual. In practical terms, this means creating supportive community structures in Mexico such as Pascas Care Centres in each locality.

These centres are to serve as hubs for various community services: child care, healthcare (as sanctuaries), counselling, and general support. Our model includes training "counsellor-carers" – local men and women with a calling to serve, who will act as community caregivers providing guidance, basic counselling, and mentorship to families and youth. For example, a counsellor-carer in a favela / slum might have a caseload of several families, visiting them regularly, helping resolve domestic conflicts or connecting them to resources. This echoes traditional Mexican practices of *madrinas* and *padrinos* (godmothers / godfathers) in extended community networks, but formalises and empowers it.

We will establish "Health Sanctuaries" – these are more than clinics; they are holistic healing spaces where one can receive medical treatment (introducing MedBeds), psychological support, and spiritual

encouragement in one place. Imagine a health sanctuary in a north-eastern town: a patient comes for diabetes care and also attends a meditation / feelings experience on forgiveness that evening, integrating healing of body and spirit. These sanctuaries will emphasise preventative care and *feeling-based therapies* (like emotional release techniques, music therapy) in addition to standard medicine. By embedding care in the community, we break the institutional barriers that often alienate people.

No longer need an orphan be relegated to a distant orphanage or an elder left isolated – the community centre ensures integrated care. We also aim to rekindle "village parenting". In our target communities, every child will have multiple layers of support: beyond their biological parents, they'll have mentor "aunties / uncles" at the Pascas Centre, and the community as a whole will celebrate and safeguard them. *For instance, in a Pascas-supported village, if a child is seen out of school or distressed, any adult feels responsible to gently intervene and assist.*

This communal approach counters the modern fragmentation where nuclear families struggle alone. It also breaks psychic barriers – in many places, institutions like government offices, schools, or hospitals are seen as intimidating or unhelpful; by contrast, our community-based approach is personable and trustworthy, inviting people to engage without fear. Additionally, integrating care fosters intergenerational solidarity: youth volunteering to help the elderly, or recovered addicts mentoring teenagers to avoid substance abuse, etc.

The concept of "living in truth and love" flows naturally when a community is structured like a caring extended family. We are to demonstrate that many problems (crime, addiction, abuse) diminish significantly in communities where people look out for each other. This is a return to the best of traditional Mexican communal life (found in indigenous villages or small towns historically) but enhanced with modern knowledge and resources. Through community-based care, Pascas aims to create micro-models of the *New Feelings Way of Life* that can then be replicated across Mexico.

Breaking Barriers to Truth and Development

Mexico's path to development has been hampered by various institutional and psychic barriers – corruption, bureaucracy, elitism, prejudice, and collective limiting beliefs. Pascas Foundation's vision includes a concerted effort to identify and break these barriers to unleash progress. On an institutional level, we will promote bottom-up democracy and transparency in our project areas, aligned with Pascas WorldCare's principles (which favour empowering teams and local decision-making over top-down control).

For example, when implementing a new school or clinic, we involve the local community council in planning and oversight, teaching by example how good governance works. Training in ethics and leadership will be offered to local officials we partner with, helping break cycles of clientelism. On the *psychic* level, *barriers to truth* include widespread fatalism ("nothing will change"), mistrust (people not believing in each other or in institutions), and the prevalence of *untruth* – which can mean anything from superstition to denial of problems like racism or abuse.

Pascas encourages a culture of truth-seeking and accountability. We will introduce the use of kinesiology muscle testing (a tool to discern truth via the body's response) in community workshops, so that individuals can directly test the level of truth of information or even statements by leaders. Imagine empowering citizens to "feel out" whether a piece of news is trustworthy – this could inoculate communities against misinformation or political manipulation.

We will also host truth and reconciliation circles in areas afflicted by violence (for instance, neighbourhoods scarred by police brutality or gang conflict, or rural areas where land conflicts caused

trauma). These circles, inspired by indigenous practices and modern therapy, allow people to speak truths, forgive, and move forward. Another psychic barrier is the enduring inferiority complex some marginalised Mexicans carry (e.g., racial stigma or internalised poverty shame).

Our programs in emotional healing and education are designed to shatter that, replacing it with self-realisation that each person is a child of God with infinite worth. Breaking barriers also means challenging rigid social norms – like machismo that contributes to domestic violence, or rigid religious dogmas that conflict with living feelings first. Pascas will work with faith communities (Mexico is largely Christian, both Catholic and Evangelical, along with a rich Afro-Mexican spiritual scene) to emphasise the core truths of love and compassion present in all faiths, moving beyond dogmas or "rebellious Lanonandeks" influences as referenced in Pascas writings.

In doing so, we hope to calibrate even religious institutions to higher truth (many of the world's large religions calibrate in untruth according to revelations, which suggests reforms are needed to align them with divine love). In summary, by actively confronting lies, possibly mostly erroneous assumptions, corruption, and psychic suppression wherever we operate, and modelling an open, truthful way of working, Pascas is to help Mexico unlock its development. When truth flows, investment flows (as trust improves), talents flourish (as nepotism fades), and social ills are addressed at their root. Our ultimate goal is to see Mexico "stand in its truth" – acknowledging both its problems and its strengths honestly – because only then can genuine and lasting development take place.

Introduction of the Chaldi College Model

A key signature of Pascas Foundation's plan is introducing the Chaldi College model into Mexico's education and community systems. As mentioned, Chaldi Colleges originated millennias ago as free, open universities in ancient times pascasworldcare.com, and Pascas is reviving this concept for the modern era. In Mexico, the Chaldi College model will serve as the framework for the education and training programs. What does this mean in practice?

Firstly, every Pascas educational site – whether a preschool or a vocational training centre – will be considered part of the Chaldi College network, emphasising that learning is lifelong and holistic. A child who enters a Pascas preschool can theoretically continue all the way through a Chaldi primary school, secondary, and then a Chaldi College campus for higher learning, potentially without ever paying a cent. The Chaldi ethos is that *education is the key to any progress* and must treat the cause of ignorance and division, not just the symptoms pascasworldcare.com.

Therefore, the Chaldi programs in Mexico will have a strong focus on values and causes: environmental stewardship, ethics in science, community service are not extracurricular but core parts of the curriculum. The word *Chaldi* (from Naga language) means "enclosed / surrounded" referencing the protective walls around ancient colleges pascasworldcare.com. Symbolically in Mexico, this "wall" means our campuses will be safe havens – nurturing spaces insulated from violence or prejudice of the outside world. However, within those walls, all are equal – echoing how *slaves and kings learned side by side* historically pascasworldcare.com.

We will deliberately recruit a mix of students and participants across social strata. For example, a Chaldi evening class on entrepreneurship might have favela / slum residents and affluent professionals learning together and from each other, breaking social barriers. The Chaldi College model also includes staff training: it will train the trainers who in turn deliver Pascas programs across sectors pascasworldcare.com. That means we will set up a Chaldi Teacher Training Institute in Mexico to prepare educators in the new pedagogy, and a Chaldi Health Training for nurses, counsellors, etc., ensuring that Pascas philosophies propagate through local professionals.

In essence, Chaldi College in Mexico isn't just one institution – it's a *philosophy of open learning and sharing*. It aligns with Mexico's needs because it can adapt to all community contexts: a remote village might have a modest Chaldi outpost (say, a learning centre with a digital library and visiting teachers), while a city might have a full-fledged Chaldi campus with labs, libraries, and auditoriums. In every case, knowledge is freely given, and everyone is both a student and a teacher in some regard.

The anticipated impact is tremendous: we foresee improved literacy and skill levels, yes, but more deeply, the Chaldi approach will cultivate a generation that is curious, collaborative, and morally grounded. They will be the torchbearers to continue the humanitarian and consciousness-raising work in Mexico long after Pascas Foundation's initial push. Our plan is to seed the Chaldi model and see it blossom indigenously – ultimately, Mexican communities and maybe even the government could adopt and expand these methods nationwide.

"Education is Nation Building" is a Pascas mantra pascasworldcare.com, and the Chaldi Colleges are our blueprint for building a just, enlightened Mexican nation from the ground up.

Regional Emphasis: Northern and Southern Mexico

Mexico's northern and southern regions are a major focus of this business plan due to their high needs and rich cultural importance. We provide here detailed profiles and needs assessments for these regions, which will guide Pascas' initial efforts.

The North Region (Amazônia Legal)

The northern Mexican region by area holds around 15% of the nation's population. Due to close proximity to USA, this is also an industrial zone with manufacturing focus upon the USA market.

Northern Mexico has long been geographically and economically critical to Mexico's national development. Proximity to the US border, a business-friendly environment and an entrepreneurial culture make the region prime for foreign direct investment, particularly amid the current wave of nearshoring.

It is also central to Mexico's energy system: it hosts oil and gas fields, wind and solar resources, critical minerals, industrial energy users and potentially, next-generation technologies such as hydrogen and advanced battery production.

Yet the entire region is highly water-stressed. According to Mexico's National Water Commission, over 45% of its aquifers are overexploited and rainfall averages are among the lowest in the country. Water governance is fragmented, infrastructure is ageing and climate change is intensifying drought frequency and severity.

As Mexico pursues emissions cuts, energy security and clean tech growth, the north faces a key question: can it sustain the energy transition with shrinking water resources?

Pascas in the North: We intend to start pilot projects. One concept is an Amazon Community Cluster – identify a sub-region with a few river villages or small towns where we can concentrate integrated efforts (education, health, agriculture, etc.). For instance, a cluster of communities could host a Pascas Village Centre (with a Chaldi school, health sanctuary, and training hub), and our teams would use various forms of transport to serve outlying villages from that base.

We will address the dire sanitation noted: one target could be to ensure every community in our pilot has clean water and toilets, given the extremely low sewage access now. Security is a concern – the Amazon region unfortunately has high violence rates (partly due to lawlessness and trafficking). Our approach includes advocating for protection of communities (we may partner with Public Security Forums or support local law enforcement with community policing training).

But more importantly, we aim to provide economic alternatives to illicit economies: teaching skills, supporting sustainable industries (like agroforestry, fish farming, ecotourism) to reduce reliance on mining mafias. By deeply engaging in the North, Pascas also contributes to global environmental goals – helping locals become stewards of the environment by aligning their well-being with conservation (for example, paying communities to do reforestation or monitor protected areas, blending into our programs). In summary, our North Region focus is on *access* – bringing services to the isolated – and on *inclusion* – empowering indigenous and rural voices in shaping their future.

Operational Structure

To execute this ambitious plan, the Pascas Foundation (Mexico) Ltd is to establish a robust governance structure and local leadership model in Mexico. The operational structure is designed for autonomy, transparency, and scalability, echoing Pascas' ethos that each nation (and even each state) may eventually manage its own affairs as it embraces *Living Feelings First*.

Governance and Leadership: Pascas Foundation (Mexico) will be registered as a not-for-profit entity in Mexico (Pascas Foudatnion Mexico), with its own Board of Directors comprised primarily of Mexicans and from various regions within Mexico. We will endeavour to ensure representation from various regions on the board, as well as experts in education, health, finance, and community development. Initially, guidance and oversight will be provided in conjunction with Pascas Foundation (Aust) Ltd (our global entity based in Australia), but the goal is to train and hand over governance fully to Mexican leadership within a few years.

The National Director (or CEO) of Pascas Mexico is to be a Mexican national committed to Pascas values – essentially the "face" of the foundation domestically, managing day-to-day operations and liaising with government and partners. Under them, we'll have Regional Directors for the North, South, and more covering the other regions initially. Each Regional Director is to supervise project teams in their area and ensure programs are culturally and logistically appropriate. We are to practice *bottom-up democracy* in our team management, meaning that feedback from field staff and community members flows upward to inform decisions. To facilitate this, we may set up Community Advisory Committees at each project site (for example, a committee of villagers where we have a project, including local teachers, parents, youth, elders) which meet regularly with our staff to co-plan activities.

Team Structures and Roles: Pascas operates on a team-of-teams concept. We may form dedicated teams for each functional area: an Education Team (curriculum developers, teacher trainers, school coordinators), a Healthcare Team (doctors, nurses, traditional healers, mental health counsellors), a Community Development Team (covering nutrition, agriculture, infrastructure projects), and an Administration / Finance Team (handling logistics, HR, accounting). Each team having a leader reporting

to the National Director, but in the field they operate as integrated Product Delivery Teams focused on a location.

For example, in a pilot community, an integrated team – perhaps called "Pascas Community Team – [Community Name]" – may include an educator, a nurse, a social worker / counsellor, a community engineer (for water / housing projects), and support staff, all working together to implement the multi-sector program on the ground. This integrated approach is to prevent siloing and foster a family spirit in our workforce. We are to hire locally as much as possible for these teams, building capacity. Training is essential: all staff will undergo orientation in Pascas philosophy, including studying the Pascas Papers and revelations to align on values and approach. We'll also implement mentorship, where experienced staff from Pascas operations in other countries might initially work alongside Mexican staff to transfer knowledge. Over time, as Mexico's team grows confident, they may become mentors for newer country teams elsewhere, in line with Pascas' global growth.

Partnerships: Collaboration is key. Pascas Mexico is to actively partner with local NGOs, faith-based organisations, government bodies, and educational institutions. We recognise Mexico has many existing initiatives; we seek to amplify, not duplicate, effective work.

We will maintain a **Partner Matrix** to organise collaboration:

Partner	Role / Contribution	Pascas Engagement
Public Health	Technical expertise in health; training community health workers; evaluation of health outcomes pascasworldcare.com.	Co-develop health protocols; Public Health professionals seconded to Pascas clinics; joint research on tropical diseases.
Universities	Academic expertise in education and social programs; student volunteers / interns.	Joint curriculum development (feelings-based modules); interns assist in Pascas schools; monitoring and evaluation research.
NGO non-government organisations	Curriculum advice on child-centric and play-based learning; advocacy for children's rights pascasworldcare.com.	NGO experts help design ECD programs; co-host workshops for teachers nationwide; media campaigns on "Living Feelings First" education.
Faith NGO	Network of community health / nutrition volunteers especially in the north and south pascashealth.com	Train Chaldi Chappies being volunteers in Pascas methods; supply materials (nutritional supplements, etc.) for broader reach; share data on child health progress.
Municipal Governments	Local infrastructure (buildings, utilities); integration with public services (e.g., refer cases from public schools to Pascas centres).	Formal MOUs for each project; joint committees for project oversight; capacity-building for municipal staff (transferring successful practices).

Local Churches	Community trust and mobilisation; venues for meetings; moral support for initiatives.	Regular meetings with clergy and spiritual leaders; involve them in community healing events; use church halls for activities as needed.
Corporate Sponsors (e.g., IT companies, agro firms)	Funding for specific programs; technology or equipment donations; employee volunteering. CSR corporate social responsibility	Tailored CSR partnerships (e.g., a telecom funds tele-education kits for remote sites; an agribusiness supports a coop in its supply chain with fair trade agreement).
UNICEF / UNESCO (International Orgs)	Guidance on aligning with national child and education standards; possibly supplementary funding or materials. SDG sustainable development goals	Consultative role in program design to meet SDGs; leverage their frameworks for child protection policies; periodic program audits for international best practice compliance.

Partner Matrix*: Key Partners and their envisioned roles in Pascas Foundation Mexico operations.*

Through such partnerships, Pascas multiplies its impact – we tap into existing strengths and ensure our efforts complement the broader development ecosystem.

Decision-making and Accountability: Our structure mandates clear accountability. Each project team will have targets (KPIs – key performance indicators) and report progress monthly. Financial management is centralised under a CFO (chief financial officer) in the admin team, ensuring funds (including grants like the projected multi-billion-dollar grants needed) are used transparently and effectively. Programs are not to impose inflationary and supply pressures within any community. Annual independent audits will be conducted (following practices noted in Pascas Australia plan and others for accountability). The governance will also involve the community: annual forums where beneficiaries can voice feedback directly to leadership – embodying our belief in open, *feeling-driven* communication.

In sum, the operational structure is designed to be dynamic and locally grounded. By empowering Mexican leaders and communities at every level, we ensure this plan is not an external imposition but a Mexican movement, supported by Pascas, for Mexico's renewal, growth and enduring prosperity.

Program Delivery

Turning our vision into reality on the ground requires a phased and strategic program delivery approach. Pascas Foundation is to roll out programs in Mexico starting with initial pilot communities, refining our models, and then scaling up in waves. Our program delivery strategy emphasises integrated development – delivering education, health, nutrition, and protection interventions in tandem – for holistic community upliftment.

Initial Pilot Communities: In the first 1-2 years, we are to launch pilot projects in a select few communities (likely one in the north and one in the south, and possibly additional one in an urban favela / slums for diversity of learning). These pilots will serve as *proof of concept* for the Pascas model in Mexico. Criteria for selection include high need, receptive local leadership, and security conditions that allow operation. In each pilot, we start with a community needs assessment (surveys, focus groups) to establish baseline data (health stats, school attendance, etc.) and community priorities. We are to deploy

a multidisciplinary Pascas team to live and work in the community, essentially becoming part of it. Quick wins (like fixing a well or providing a food basket to hungry families) will be addressed immediately to build trust, even as we start longer-term interventions.

Key program components in each community may include:

- School Retrofitting and Educational Enrichment: We are to either build new schools or upgrade existing local schools into Pascas "Feelings First" schools. Retrofitting involves renovating classrooms (better ventilation, lighting), creating child-friendly spaces (discussion pits, reading nooks, art corners), and establishing gathering areas for the 12-student discussion circles Pascas favours. We'll introduce a new curriculum gradually – perhaps starting with one grade and expanding – focusing on core subjects taught through participatory methods, plus new classes like "Emotional Intelligence and Ethics" and "Community History" to build self-awareness and pride. Teachers from the community are to receive training; where there is a shortage, we will bring in Pascas-trained educators from outside initially. We'll also implement open and free education beyond K-12: evening classes for adults (basic literacy or vocational skills) using the school space, aligning with our goal of universal learning.

- Health Unit Establishment (Pascas Health Sanctuaries): In each pilot, setting up a health post or mini-clinic is a priority. If the community already has a basic health post, we'll strengthen it with more staff, medicine, and an expanded mandate (e.g., turning it into a holistic health sanctuary). If none exists, we might operate from a rented house or community building initially, providing primary care (treating common illnesses, maternal health check-ups, immunisations). Over time, this health unit will grow into a *mini-hospital* with telemedicine links to specialists. The sanctuary concept means it's also a place for counselling and emotional healing – a quiet room for therapy sessions, maybe a small chapel or meditation / feelings experience space. Counsellor-carers from the community will have hours at the health unit to receive those struggling with domestic issues, grief, etc. We plan periodic health fairs – e.g., monthly events combining medical consultations, dental check-ups, health education talks, and even healing circles, to proactively reach everyone.

- Nutrition and Agriculture Programs: Combating malnutrition and hunger is central. We will implement a Nutrition Program where children under 5 and pregnant mothers are monitored and given supplements or fortified foods as needed. A daily nutritious snack or meal will be provided at Pascas schools (potentially two meals – breakfast and lunch – depending on need; we won't let kids learn on an empty stomach). For sustainability, we pair this with local agriculture initiatives: supporting home gardens (providing seeds, tools, know-how) and community farms. For example, in a Northeast pilot, we might start a community vegetable garden irrigated by harvested rainwater, managed by local women and youth – produce from which supplies the school and extra is sold for income. In the tropics and sub-tropics, perhaps an agroforestry project (growing fruit trees among forest) that provides both nutrition (fruits) and economic yield (nuts, oils). Also, cooking workshops will be held to teach preparation of enriched meals using locally available foods (e.g., adding pumpkin and leafy greens to traditional bean stew to boost vitamins). *Food security committees* within the community will be formed to oversee these efforts and ensure no family is left hungry.

- Orphan and Street Child Care ("Orphan Village"): In communities where this is relevant (especially urban or larger rural towns), we will create an Orphan Village model. This could mean repurposing a building or building cluster to house orphans and vulnerable children under the care of trained foster mothers / fathers (counsellor-carers). For instance, in an urban pilot, if there is a group of street children, we may establish a home where 8-10 kids can live with two

dedicated carers, giving it a family atmosphere. We may also run a Street Outreach program: a small team does nightly rounds in known areas to identify children on the streets, building trust with them (through food, games, basic first aid) and over time offering them a path to safe shelter (either reuniting with family if possible, or bringing them into our foster network). These programs will coordinate closely with local child protection authorities to ensure legality and support. In rural pilots, formal orphanages might not exist, but there are likely children living in precarious family situations (or informal kinship care). For them, we'll strengthen community fostering – possibly giving a stipend and training to families willing to foster children, with our counsellors regularly checking in (effectively establishing a local foster system where the state's system is weak).

- Youth Vocational Training Hubs and Cooperative Enterprises: As our programs mature (likely by Year 2 in pilots), we are ot set up vocational training workshops. For example, if we notice many unemployed youth, we can start with a simple carpentry and masonry workshop to involve them in physically helping build Pascas facilities (training while building desks, repairing homes). Similarly, introduce training in trades like tailoring (making school uniforms), solar panel installation (particularly relevant if we bring solar to community), sustainable farming, or computing. These training hubs will be equipped with some tools and run by volunteer professionals or skilled locals. To ensure employment post-training, we foster the creation of cooperatives or micro-enterprises. For instance, in an agricultural community, after training youths in agro-processing, help them start a cooperative to produce jam or flour for sale. In an urban setting, maybe a service co-op for maintenance or a small bakery run by local mothers (supplying school meals and selling to public). Pascas will provide seed funding, mentorship, and help with market links for these ventures until they can stand on their own. This not only creates jobs but also gives communities a stake in their economy, keeping wealth locally. Over time, profits from cooperatives could even contribute back to sustaining Pascas community services – a model of *social business* synergy.

All these program elements are delivered in an integrated schedule. To illustrate, a Day in a Pascas Pilot Community might look like: children have breakfast at the Pascas school, attend classes that include meditation / feeling experience and peer discussion; mothers gather at the health sanctuary for a prenatal workshop in the morning; afternoon sees youth at a farming demo plot learning techniques; evening brings a community gathering with a cultural activity (music, dance) followed by a circle discussing any community issues (facilitated by our team). Meanwhile, behind the scenes, a team member might be drafting a plan to fix the water pump, while another is meeting the mayor to coordinate efforts. Everything reinforces the other – education lessons might revolve around health or farming relevant to what's happening; community events reinforce trust that feeds back into school attendance and clinic usage. We learn by doing!

Scaling Up: After 1-2 years, based on pilot successes and lessons, we plan to expand. Phase 2 (Years 3-5) may involve scaling to additional communities in the North and South, and possibly beginning interventions in other regions or major cities. We will utilise a *hub-and-spoke* model for efficiency – for instance, from our initial pilot, establish it as a regional hub training centre, then replicate teams out to more remote villages (the hub can provide specialist support, supply distribution, etc.). Similarly in North and South, a successful pilot municipality can become a training ground for neighbouring municipalities' officials and volunteers, propagating our methods. By Year 5, we aim for at least one Pascas program presence (even if small) in each of Mexico's major regions, with deep coverage in pilot states.

A ***Program Implementation Timeline and Milestones*** with milestones is outlined in this Table:

Milestone	Target Timeline	Details
Pilot Communities Launched	By Month 6 (Year 1)	Complete community assessments; open initial Pascas school class and health post; introduce nutrition support.
Full Pilot Program Operational	By Month 18 (Year 2)	All core components running (education, health, nutrition, child protection, training) in pilot sites; initial results (e.g., increase in school attendance by 20%, reduction in underweight children) observed.
First Cohort of Local Staff Trained	By end of Year 2	Train 50+ local hires (teachers, aides, health workers, etc.) in Pascas methods, creating a base for expansion.
Expansion Phase Begun (Phase 2)	Year 3	Open programs in 3 new communities (lessons from pilots applied); secure partnerships / MOUs with relevant state governments for support.
Chaldi College Campus Initiated	Year 3	Identify site and break ground on first dedicated Chaldi College multi-purpose campus (likely in a Northern city for central access).
Mid-term Evaluation & Adaptation	Mid-Year 3	Conduct thorough evaluation of pilot outcomes vs KPIs; adjust program design as needed (e.g., if certain health issues need more focus, or if some training not effective, etc.).
10 Communities Reached	End of Year 4	At least 10 communities across focus regions have Pascas centres functioning; network established among them for peer support.
Visible Community Impact	End of Year 5	Achieve significant improvements: e.g., child mortality in pilot areas cut by half; literacy among children 10-14 up from baseline by 30%; MoC calibrations in communities up by an average of 20 points (from, say, 180 to 200). Government or other NGOs begin replicating elements of Pascas model in neighbouring areas.
National Outreach & Advocacy	Year 5	Organise a National “Living Feelings First” Conference in Mexico City, sharing results and advocating for policy adoption (like emotional education in national curriculum, community health approaches, etc.). Begin planning scaling to further states or national level with increased funding.

Table: ***Program Implementation Timeline and Milestones*** *(first 5 years).*

Throughout program delivery, monitoring and evaluation are continuous (as detailed in the next section), feeding back into implementation in an agile way. Flexibility is key; if something isn’t working in a community, we pivot quickly, guided by our principles and community input rather than rigid plans.

COMMERCIAL IN CONFIDENCE

Another aspect of delivery is ensuring sustainability: from the start, we plan for how the community can continue the programs if and when Pascas reduces direct involvement. This involves training local people to take leadership roles (school principals, clinic managers, cooperative presidents coming from the community itself), seeking integration where appropriate into government funding streams (for example, if the government can later pay the teacher salaries while we provided initial training and materials), and fostering a culture of volunteerism and mutual aid to maintain momentum. The endgame is communities that are self-reliant but stay connected to the Pascas network for learning and solidarity.

In summary, our program delivery is *comprehensive* – addressing multiple needs at once – and *iterative* – starting with pilots and scaling through learning. It's an embodiment of Pascas' world-care approach at the micro level, steadily building up to macro impact as pilots blossom into a national movement.

Monitoring, Evaluation, and Growth

Rigorous monitoring and evaluation (M&E) are essential to measure our impact, learn what works, and demonstrate accountability to stakeholders. Pascas Foundation will implement a comprehensive M&E framework in Mexico, with clearly defined Key Performance Indicators (KPIs), milestone tracking, and feedback loops for continuous improvement. Furthermore, we will plan for sustainable growth and financial feasibility to ensure the longevity of the foundation's work in Mexico.

Key Performance Indicators (KPIs): We will track a mix of quantitative and qualitative indicators across all program areas. Some primary KPIs include:

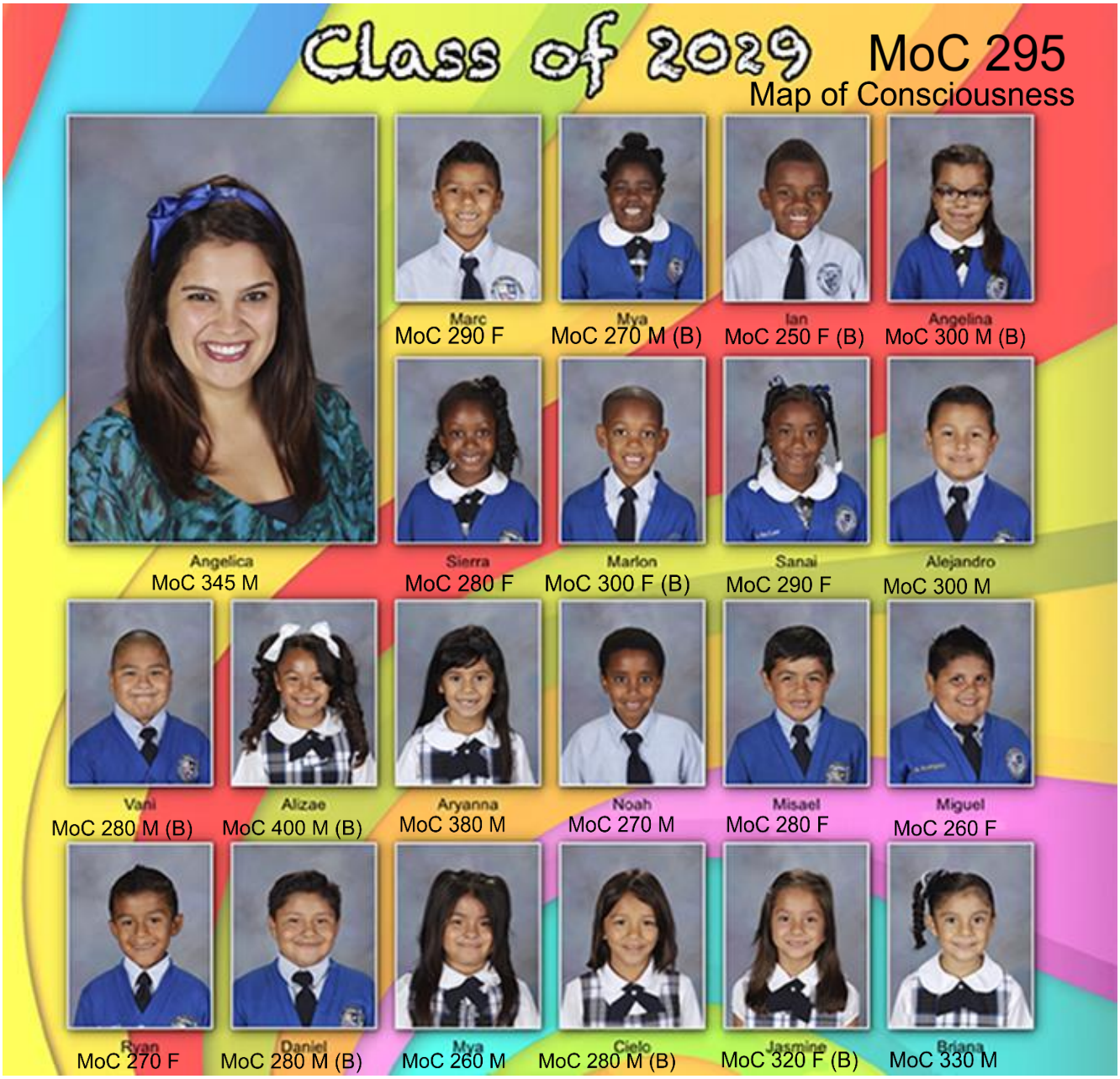
- *Education KPIs:* School enrolment and attendance rates (target: increase to >95% attendance in target communities); literacy and numeracy rates among children (target: X% improvement over baseline each year); progression rates to secondary school; student Map of Consciousness levels (we can calibrate students' consciousness via periodic assessments – aiming to see a rise in average MoC for students, e.g. from below 200 to above 200 as they progress). Also, measures of students' emotional well-being (perhaps via surveys or observed behaviour changes – reduction in aggression, increase in cooperation in classroom).

  Kindly consider going to www.pascashealth.com, then Library Download page, scroll down to Pascas Care Letters and click on to open:

  Pascas Care Letters Power of Education.pdf

- *Health KPIs:* Child and maternal health outcomes: e.g., under-5 mortality rate in project area (target: reduce by X, say 50%, within 5 years); incidence of common illnesses like diarrhoea or malaria; immunisation coverage (target: 100% of children fully immunised on schedule in community); number of patients served at health sanctuaries. Mental health KPI: number of counselling sessions provided and % of clients reporting improved well-being (via pre-post assessments). We may also track doctors / nurses per capita before and after (our interventions should effectively raise the ratio by training nurses or attracting volunteer medics).

- *Nutrition KPIs:* Prevalence of child malnutrition (stunting, wasting rates – target: eliminate severe malnutrition, cut moderate malnutrition by X%); average household food security (via surveys – target: increase the proportion of families eating 3 meals a day year-round). Yield from community gardens (kilograms of produce, indicating local food supply improvement). Possibly community MoC calibration correlating with improved nutrition and energy (as bodies become healthier, consciousness can rise).



- *Child Protection KPIs:* Number of street children or child labour cases in the community (target: near zero by year 5 in pilot communities); number of children in school who were previously out-of-school; reports of child abuse (we might expect reporting to increase initially as awareness rises, then actual incidence to decrease – we will interpret accordingly). Also, successful family reunifications or foster placements for orphans (target: every identified vulnerable child is in a stable caring environment within X months of identification). We can measure children's MoC calibrations too, expecting that as they heal from trauma, their calibration may go up as their caring environment changes (moving from, say, shame/guilt to courage/love over time).

- *Infrastructure KPIs:* % of households in target area with access to safe drinking water (target: 100% after projects); % with access to improved sanitation (target: e.g. raise from 50% to 90% or more); electrification and internet access rates. Also, things like average distance / time to travel to nearest healthcare or secondary school (target: reduced by X% through our local provisioning). These tangible indicators show improved living conditions.

- *Economic KPIs:* Unemployment rate in target community (target: reduce by X points); number of individuals trained in vocational programs; number of jobs or cooperatives created (and their survival rate after 1-2 years); average household income change (though tricky to measure precisely, we can do sampling surveys). Poverty rate (below poverty line % in community – expecting a drop, aligning with larger trends if our interventions are effective worldbank.org).

- *Consciousness/Social KPIs:* We will also explicitly track MoC calibrations at community level at intervals (using kinesiology tests by multiple calibrated testers for reliability). For example, calibrate the community overall, or key groups within it, yearly. A KPI could be "Community MoC level" (target: increase from, say, 180 to 200+ within 5 years, indicating a shift from predominantly negative to positive emotional state in group). We'll also look at social cohesion indicators: participation in community meetings (target: X% of households regularly participate, indicating engagement), incidence of violence or conflicts in community (target: decrease in fights, crime reports).

These KPIs will be collected via a robust system: community workers will have logbooks for daily / weekly data (like clinic visits, school attendance), and periodic surveys will be conducted. We are to utilise digital tools where possible – maybe a simple mobile app for field staff to input data that syncs to a central dashboard (depending on connectivity).

Milestones and Timelines: As outlined in the Table for Program Delivery, we have clear milestones by quarter / year. We will hold quarterly internal reviews to check if milestones (like "first health fair held by month X" or "10 teachers trained by date Y") are met. If not, we diagnose why and adjust. Annually, we'll produce a report comparing targets vs actual for each KPI and milestone. A mid-term (2.5 year) evaluation is to be done by an external party to provide objective assessment and suggestions.

For example, by the end of Year 1 we expect all pilot programs running; if an element is lagging (say, vocational training hasn't started because we struggled to find a trainer), we'll note that and fast-track a solution (perhaps bring a trainer from another region or send participants to a nearby town until we can do it locally). By Year 3, if expansion sites are not yet launched as planned, we revisit scaling strategy – maybe focus more on deepening pilots or adjust partner engagement to help scale.

Funding Projections and Financial Feasibility: Financially, the plan is ambitious and will require significant investment, especially in the first 5-10 years before communities and local institutions can sustain themselves. Mexico's larger scale (pop ~132 million) means initial funding needs may be on the order of US$52 billion+ over five years. This covers land / building acquisitions, construction of schools / clinics, social housing, equipment (e.g., solar panels, computers, medical devices), training costs, and operational expenses (staff salaries, materials, scholarships, etc.). A Financial Feasibility is attached with key financial data and additional research.

Our model anticipates that Pascas provides the heavy investment upfront through a combination of global fundraising (we are establishing a crypto-currency structure and worldwide fund distribution via Google Bank, as alluded by Pascas financial strategy) and major grants / donations, and then gradually, the national and local governments take on recurrent costs as the programs prove effective. For instance, we may fund teacher salaries for 5 years; after that, ideally the municipal / state education authorities absorb those teachers into their payroll (because by then, our schools may be recognised as part of the public system, given their success). Similarly, health clinics might eventually be co-managed or handed over to specialist health organisations.

The vision is not to run a parallel system forever, but to catalyse and demonstrate a better way, which the country then adopts. As phrased in Pascas Angola plan: deficit funding continues for up to a decade before the economy and government start to absorb costs, and eventually the nation takes full responsibility. We anticipate a similar trajectory in Mexico: perhaps a decade of heavy support, during which outcomes improve and governments are convinced to allocate more to these successful programs, then a handover.

To ensure long-term financial sustainability, we will also explore income-generating ventures under Pascas Mexico (aligned with our mission). For example, *Pascas Paradise Villages* could include elements like an edutourism site or museum that attracts visitors (as hinted in Australia plan with a Journey for Humanity museum and Paradise Village resort concepts). In Mexico, an idea could be a combined eco-education centre in the tropics that also functions as an eco-lodge for conscious tourism, generating revenue to plough back into community projects. Additionally, Pascas is developing a cryptocurrency system and possibly leveraging global financial innovations – Mexico could be a pilot ground for community currency in our project areas to stimulate local trade (for instance, issuing a local token for volunteer service that can be exchanged for goods, etc., to enhance the local economy).

We will keep a Financial KPI dashboard as well: tracking cost per beneficiary (with goal to reduce it over time as efficiency and local contributions increase), the ratio of administrative to program expenses (aim to keep admin < 15% of total), and fundraising targets vs achieved. Transparency will be paramount – annual financial reports will be published. If any cost overruns or shortfalls occur, the board will adjust scope or intensify fundraising to compensate.

Growth Strategy: After consolidating in 5 years, we plan growth in two senses: expanding to more communities in Mexico until each state perhaps has a Pascas program or guiding organisation (maybe by having state-level chapters as hinted that large nations may form separate state administrations), and also deepening impact per community (not just breadth). By 10 years, one could imagine hundreds of communities transformed and a national network of Pascas "graduates" who can advocate and spread change. We also foresee Mexico becoming a regional training hub for Pascas in Latin America – training teams from other countries (especially Spanish-speaking neighbour's) leveraging Mexico's experience. This aligns with PNG plan's long-term goal of expanding to neighbouring countries as a measure of project success.

A critical part of evaluation is learning and adaptation. "We learn by doing!" We will document case studies from each community, what failed and succeeded, and publish them so others can learn – contributing to global knowledge on holistic development. Regular community meetings will form part of monitoring – letting beneficiaries voice if they feel changes: "Do you feel safer? Do you feel more hopeful?" Those qualitative signs are as important as hard numbers.

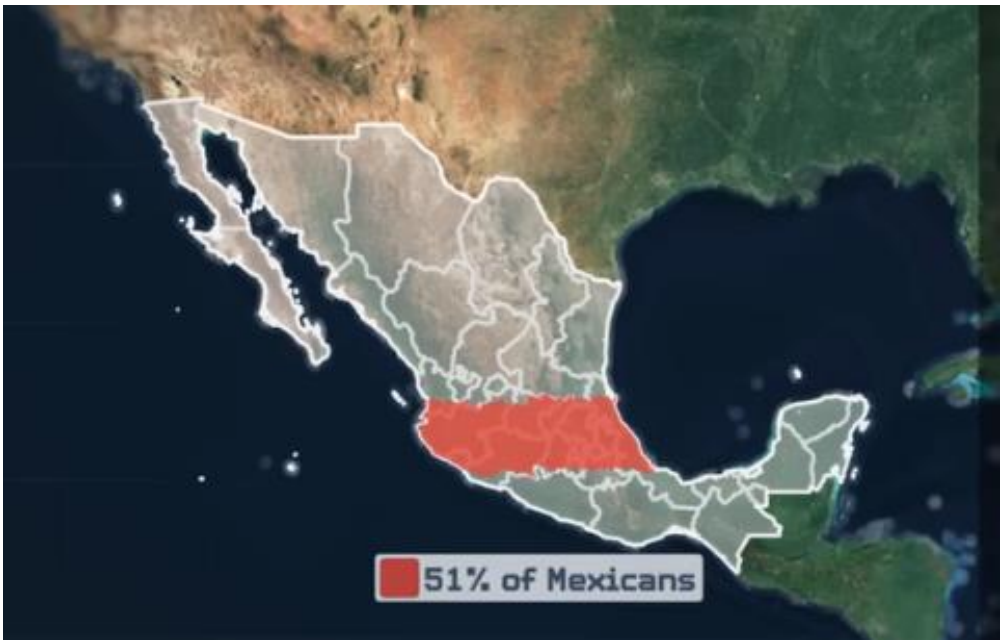
In conclusion, through rigorous monitoring of KPIs, transparent evaluation at milestones, and careful financial management with a view toward handover, the Pascas Mexico program will not only stay on track but also create a model that can sustain and scale. We are committed to making this the most thorough and compelling Pascas plan to date, learning from past country plans and pushing even further – in detail, in community ownership, and in transformative impact – to help Mexico rise to a new era of truth, love, and prosperity.

COMMERCIAL IN CONFIDENCE

Pascas - Mexico

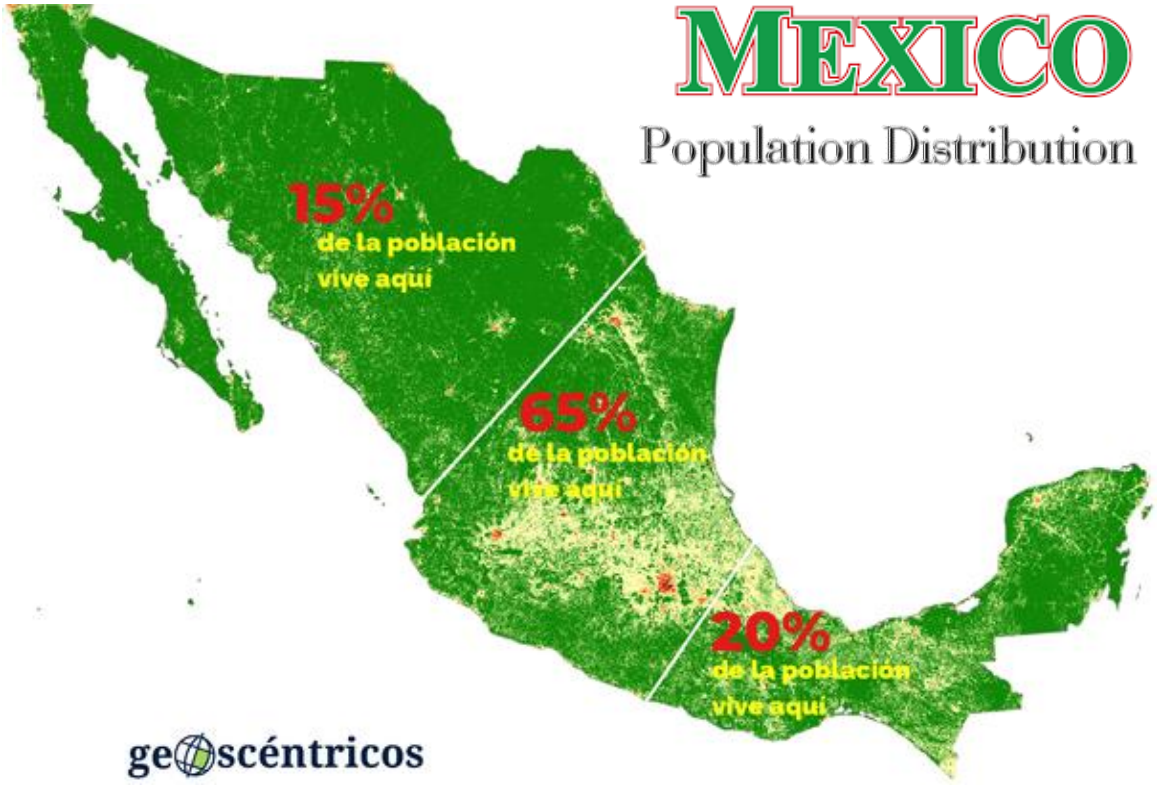
put children first

National headquarters of Pascas Foundation (Mexico) Ltd to be in centralised location with maybe four zoned regional administrations.



National headquarters of Pascas Foundation (Mexico) Ltd to be in centralised location with maybe four zoned regional administrations.

Mexico master wallet	MoC 295	132,000,000	MX
Northern region		30,000,000	MX1
Central region A		36,000,000	MX2
Central region B		36,000,000	MX3
South region		30,000,000	MX4

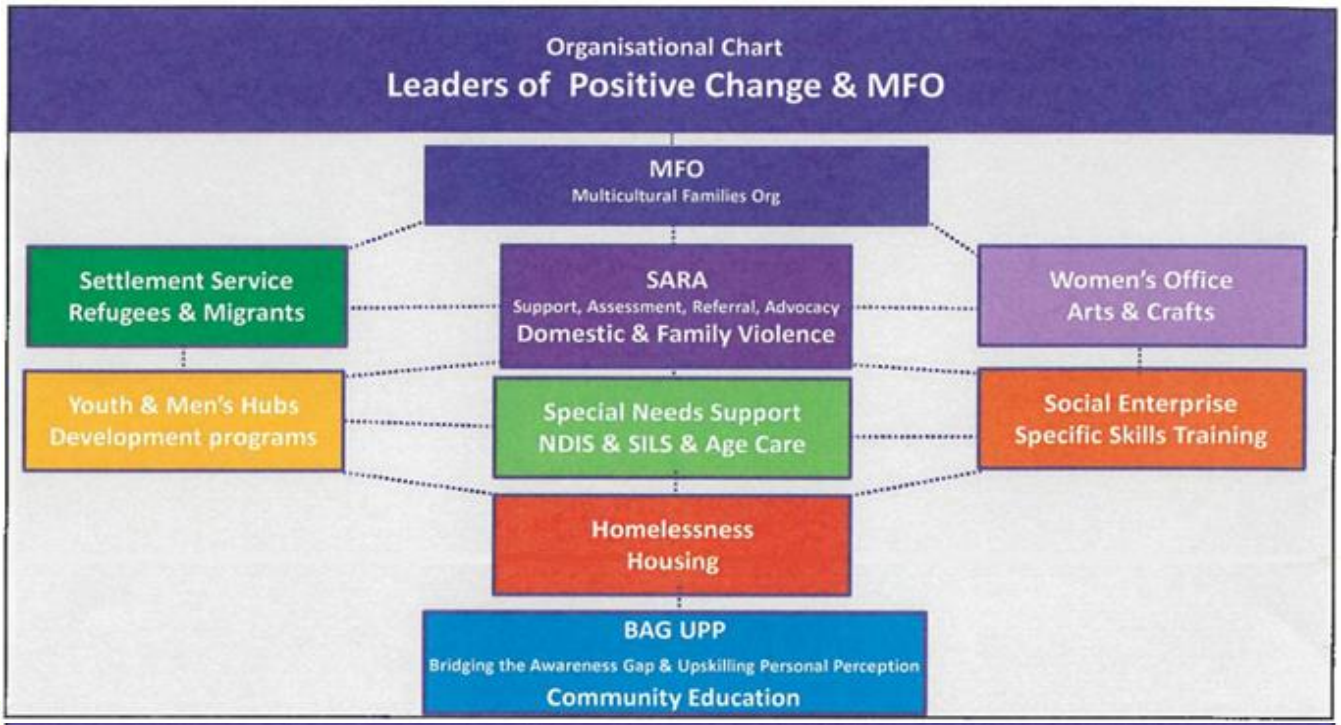


POVERTY as defined by lack of Consciousness, being in UNTRUTH

Mexico Nation	Consciousness (MoC)	Population (2025)	Percentage Calibrating MoC 50 | MoC 100 | MoC 150 | MoC 200 or below				Population in Untruth Poverty
							POVERTY
North		20,000,000	30%	51%	58%	81%	16,200,000
Central		86,000,000	26%	40%	60%	77%	66,200,000
South		26,000,000	29%	45%	60%	80%	20,600,000
Mexico overall	295	132,000,000	29% 38,300,000	46% 60,700,000	60% 79,200,000	78%	103,000,000
							POVERTY

Pascas - Mexico

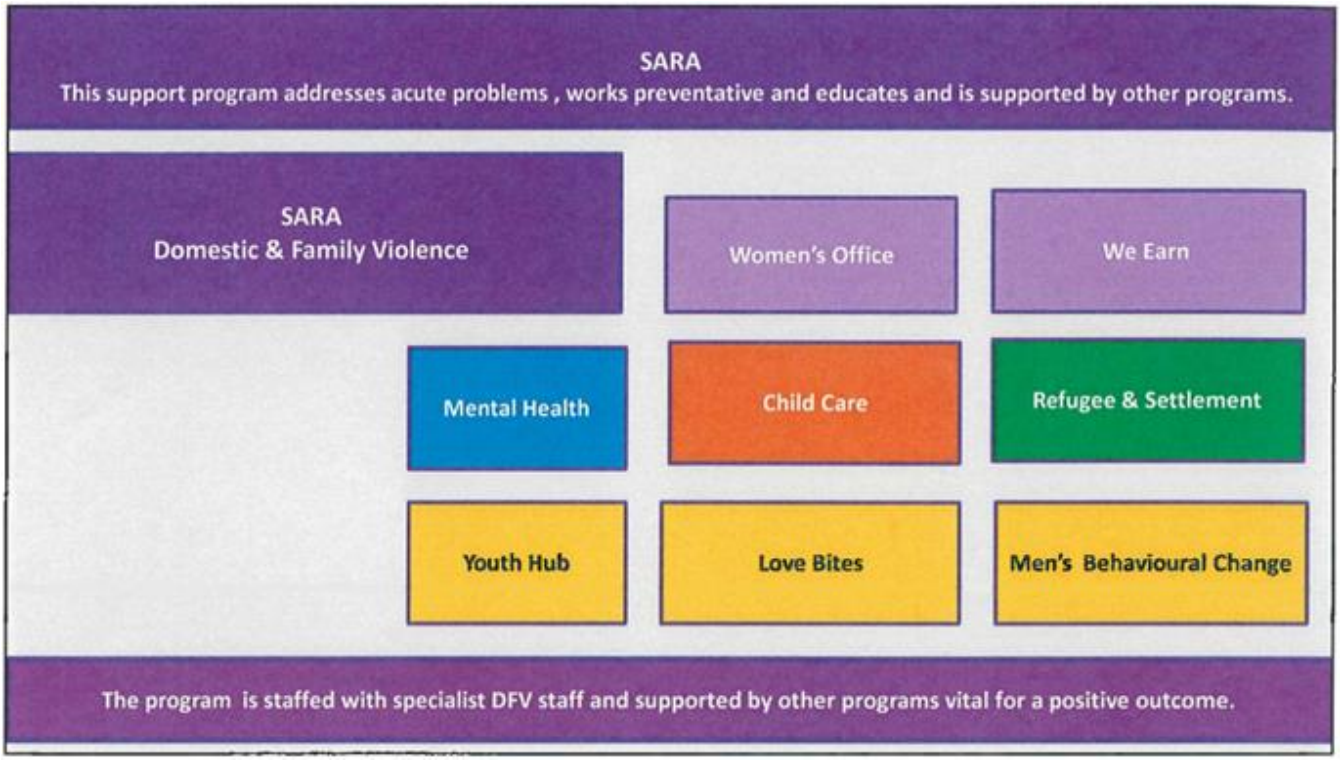
Leaders of Positive Change

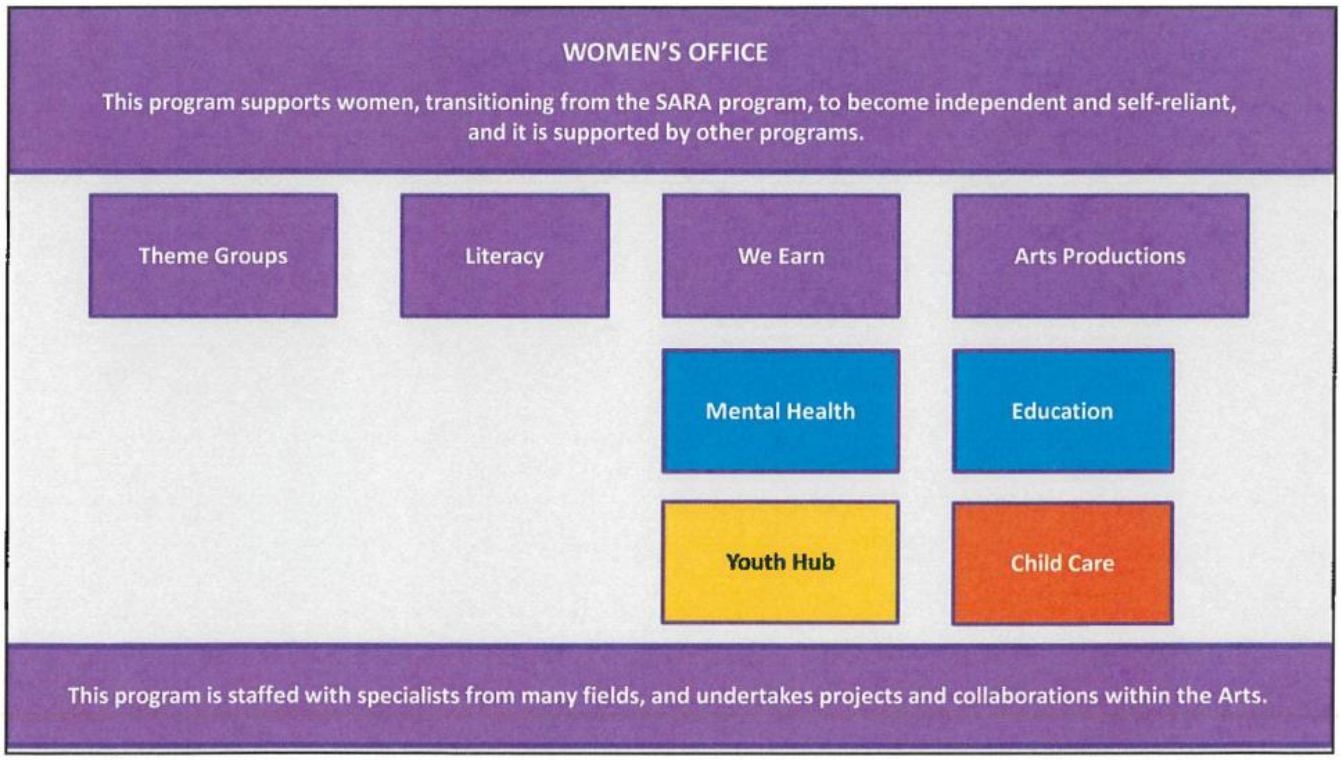


Leaders of Positive Change
aims to reduce all kinds of violence
and motivate and guide attitudinal and behavioural changes using educational approaches
that allows the individual to develop personal leadership, and the community to facilitate long term changes.

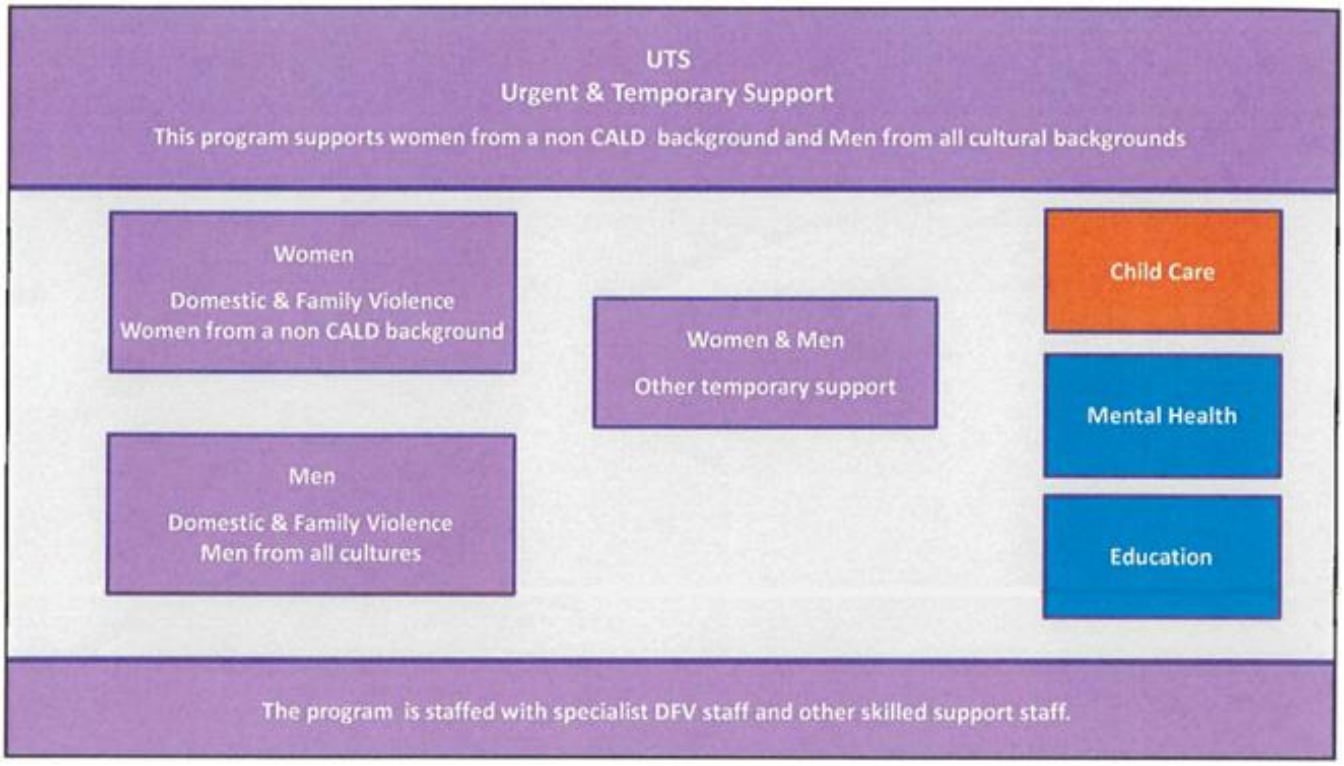
REDUCING VIOLENCE	DFV & Preventative work • Sara Support Service • Advocacy • Women's Groups • Art & Music Collaborations • Men's Group • Youth@Promise • Love Bites
EDUCATION & MENTAL HEALTH	BAG UPP - Bridging the Awareness Gap & Upskilling Personal Perception seeks to inspire and guide a fundamental change process by facilitating greater awareness of the many aspects influencing our behaviour, attitudes, and ability to achieve Positive Functionality. Topics will incl. Domestic & Family Violence • Gender Equality • Personal Safety • Multiculturalism • Culture & Identity • Racism & Discrimination • Active Bystander • Mental Health & Inner Balance • Addiction & Drugs • Positive Life Skills RTO - Registered Training Organisation is to be established
SETTLEMENT	Refugee & Migrant Support - Daily practical support and education about everything that is different and unknown. Dialogue about Community issues and active Focus groups • Homework Club & Youth Development • Youth Leaders for Positive Change • Community Sport & Art Collaborations
SPECIAL NEEDS SUPPORT	NDIS National Disability Insurance Scheme SILS Social Inclusion & Life Skills AGE CARE To be established

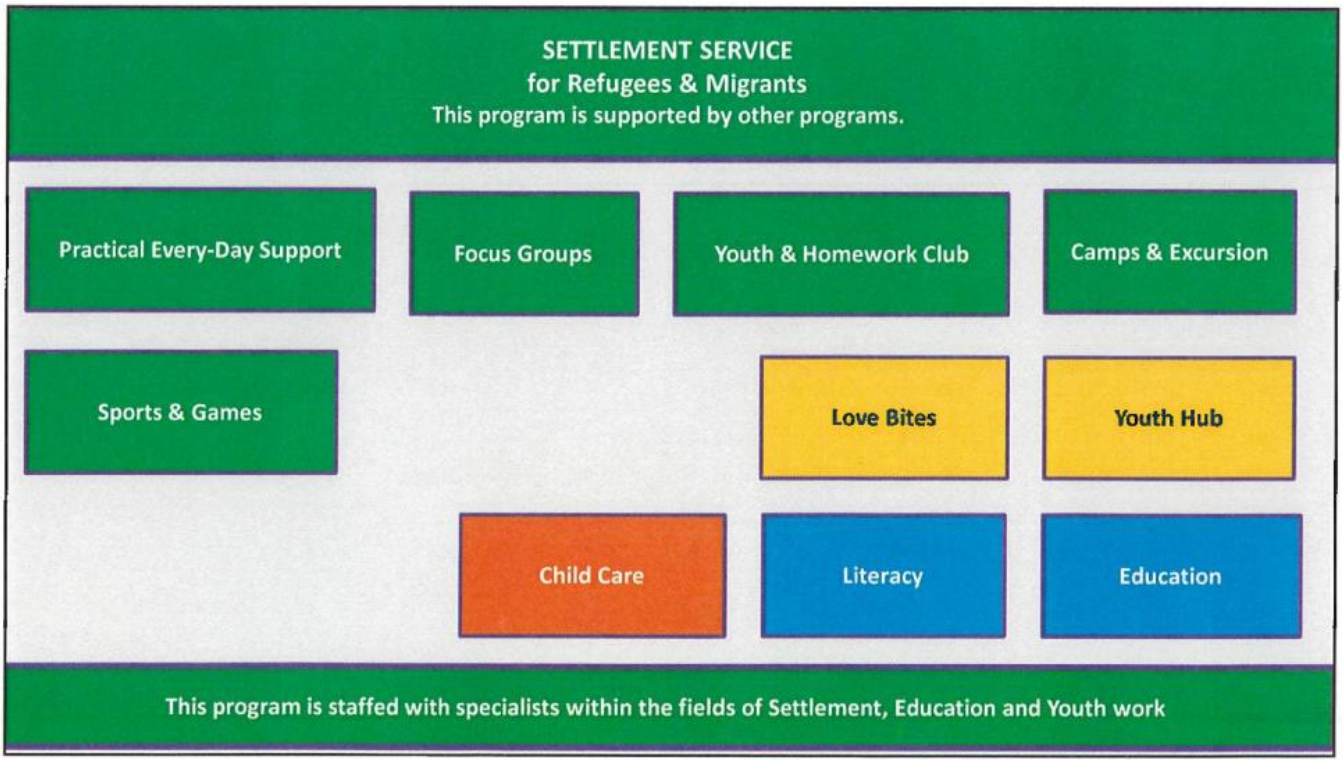
Pascas - Mexico



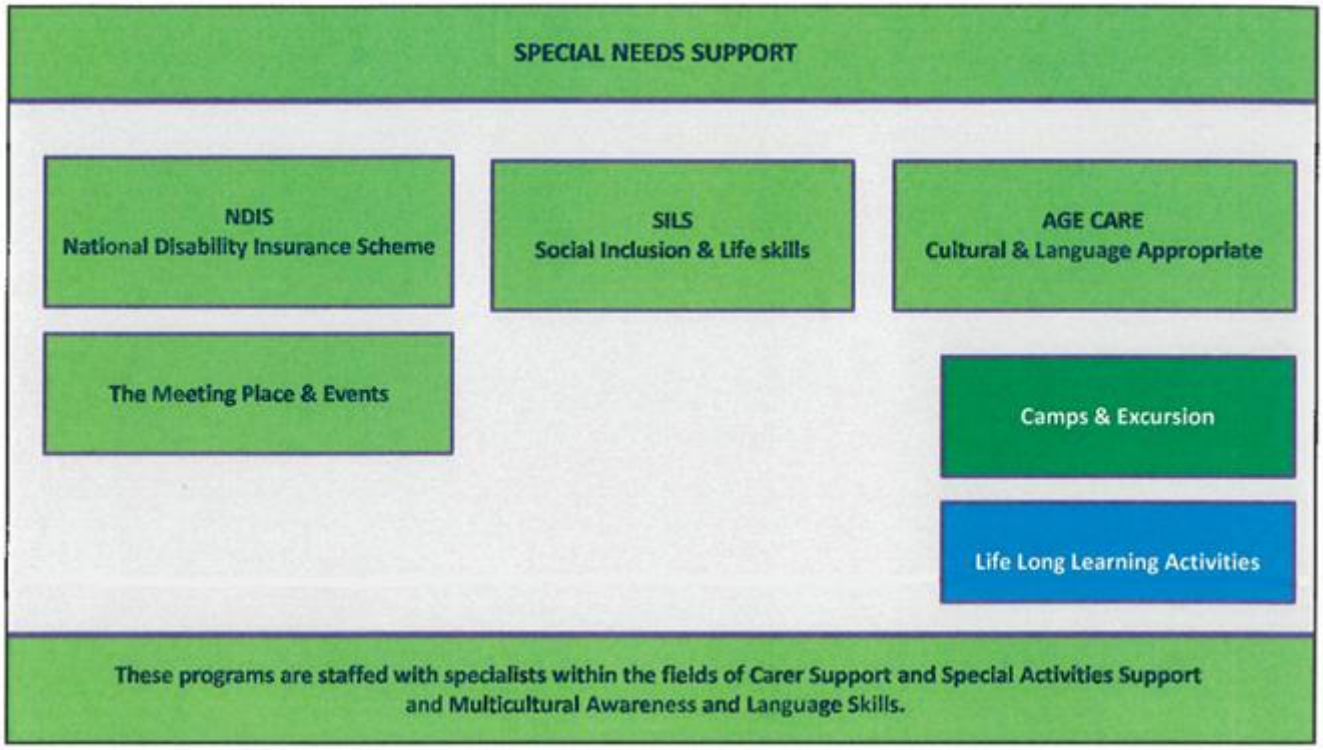


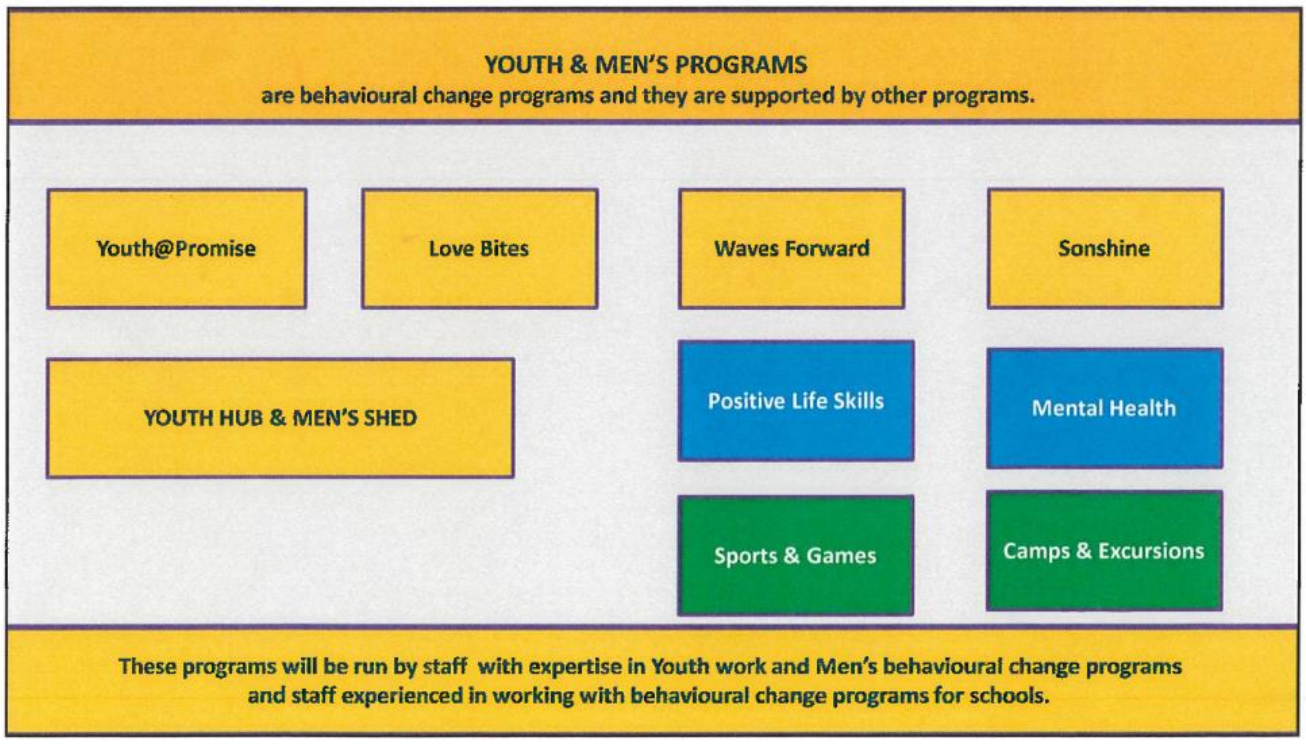
Pascas - Mexico



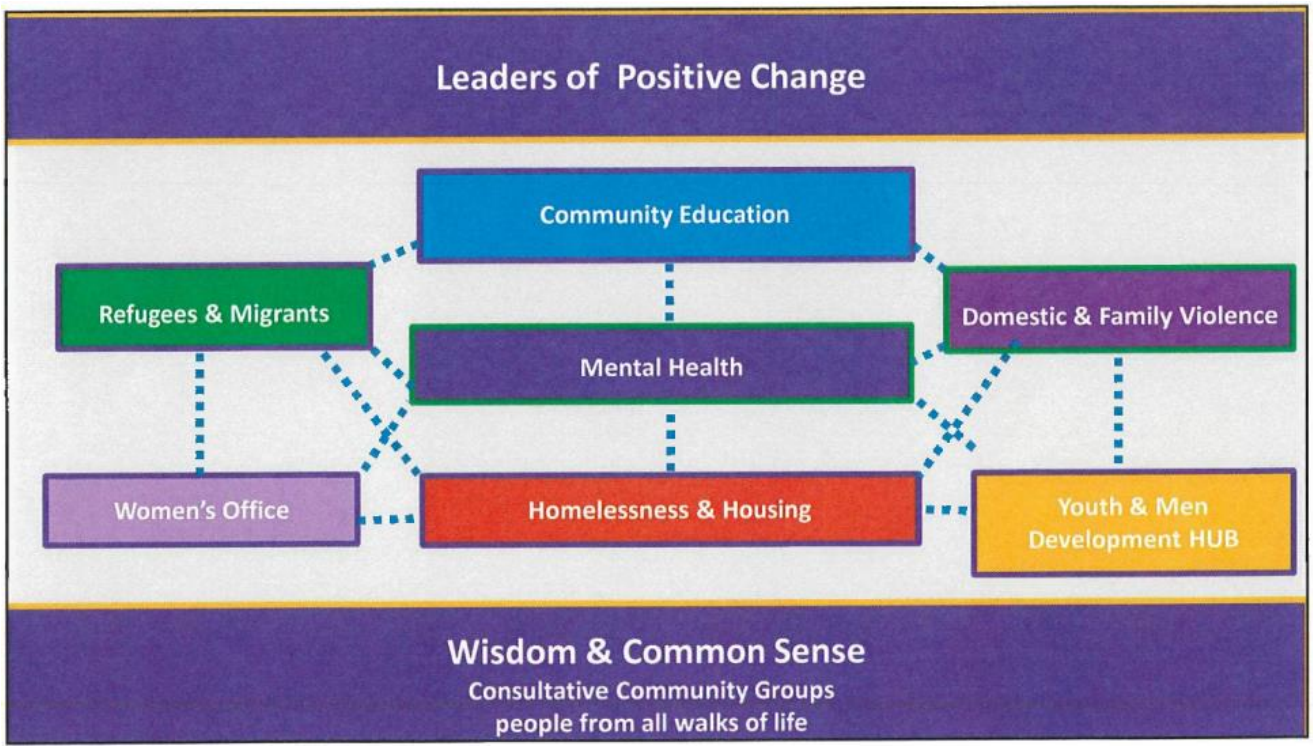


Pascas - Mexico





Pascas - Mexico



Pascas - Mexico

Multi is the appropriate word. Every friend that approaches **PASCAS – MEXICO** is a very complex and personal maze of needs. There is nothing more amazing than the diversity of issues that we each find ourselves struggling with. All very unique to ourselves. Yet, now is this equally amazing time in history when each string, each difference, each issue can be drawn out and expressed, and as we seek, ask to know what it is that we need to know about each of these feelings, both good and bad, then we can discover the truth behind them and one by one, step by step we can resolve, heal and accept how we are.

Patiently, the **PASCAS – MEXICO** squad that typically represents the skills and life experiences of around 15 or so counsellors untangle the intertwining strings of concerns, stresses, difficulties, pains, misery and joys to set in place a host of possibilities for the new friend to consider, embrace and take control of their newly revealed possibilities, pathway and potential independence.

There is no other way to say this, each person and situation is so unique that there is no definition possible other than here is a bunch of helping hands with open hearts and ears who will listen and listen and then through their gently questions, it will be you, our new dear friend who will take control of your own life with a certainty of direction and purpose that never before has been found possible over the many thousands of years of humanity having been walking this Earth.

Yes, you my dear friend is the one who will resolve all that pains you – you will be the leader and you will come to know yourself, your true self for the first time in your life. Truth is your freedom. Truth is in fact love, a love that none of us has been able to experience prior to this moment in history.

Even though each team member of a **PASCAS – MEXICO** squad is a specialist in a given field of support, they each are generalist able to recognise when and where assistance is to be invited in to assist a friend in special ways.

The open and free flowing revelations now being introduced for all of humanity brings about the potential for great clarity and certainty in how we are best to live, that being feelings first with the endeavour of bringing our feelings into balance with our mind, whereas we have each been indoctrinated to live mind-centric, suppressing our feelings. We are now being set free of an unrecognised Rebellion and Default that is now ending with the introduction of The New Way, the way of living feelings first.

PASCAS – MEXICO moving people to independence!

Pascas - Mexico & People in Need

Multicultural Families Organisation Inc. welcomes all peoples without conditions, barrier or judgement. All PASCAS / MEXICO / MFO counsellors are generalists in their knowledge of all the facilities, modalities, practices and services available to them throughout the resourceful and connected MFO practical support methodologies.

PASCAS / MEXICO counsellors may immerse themselves with a new friend in need for hours to ensure that urgent issues are fully revealed and understood and also what are the core issues by going back into early childhood that underlay the issues to be addressed.

The now case managing counsellor joins with those throughout PASCAS / MEXICO to define the specialist roles to support a long term package of recovery and growth to independence and vibrancy for the new friend and his or her family. Each generalist is also a specialist in his or her fields of choice.

Generally speaking, a new engagement may require intensive support for around 6 months and then moderate ongoing support for around 5 years. No two situations, that people present themselves with, are the same. The objective is to bring about self-determination, independence and a viable way forward for the new friends and their families.

Previously, little has been understood and less has been taken into consideration of our childhood forming years' upbringing. We spend our adult life outworking our mostly unloving and without truth life from conception through to the age of 6 years. Now we, as parents, are doing the same to our children as our parents did to us. All the crisis situations that we find ourselves in are the outworking of our childhood lack of love experiences. Through a comprehensive range of practical modalities, PASCAS / MEXICO, through its counsellors, is able to assist in ways never previously possible, and this will slowly, but progressively, lead to an evolutionary step forward for all of humanity.

Our Feelings are Our Truth!

The highest form of intimacy is truth. Nothing is more attractive than someone who speaks, embodies, and lives their truth. Truth is not a strategy, a hack, or a tool of persuasion. It is the vessel through which love flows freely.

Our feelings are always in truth. We are to aspire to live feelings first, having our mind to follow in support of our feelings.

Poverty prevails due to lack of TRUTH!

To achieve the environment conducive to Living Feelings First, it is necessary to satisfy the first two tiers of Maslow's Law of Needs, namely:

Safety and Security needs
safe lodging, physical safety, law and order, security, communications, education

Biological and Physiological needs
clean air (renewable energy), potable water, nutritious food, housing, health services
(clean air + clean water + clean soil results in clean nutritious food!)

Throughout the nation, infrastructure nationally is required to be developed simultaneously and uniformly, embracing the foundations of Maslow's Law of needs, such as but not limited to:

From this to that! Nationwide durable rural roads:

All weather durable roads that maintain integrity throughout floods, fires and natural disasters so that people and produce can get to market.

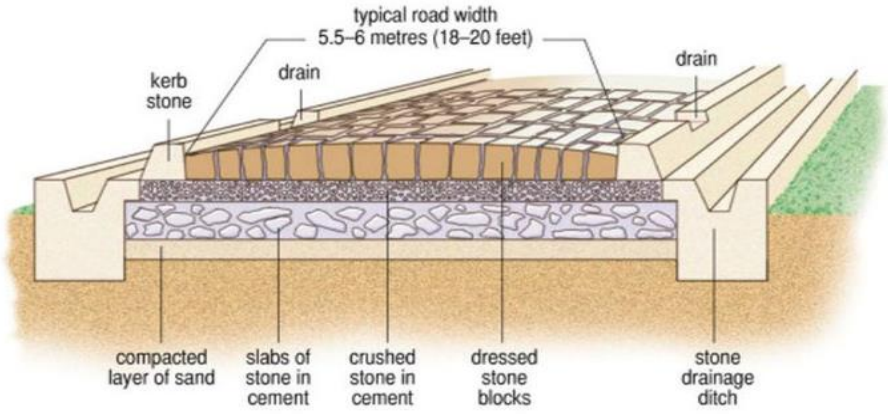
Markets to have storage facilities for produce:

Value adding of produce through cooperatives and community endeavours.

Cooperatives are to be funded to encourage local business growth:

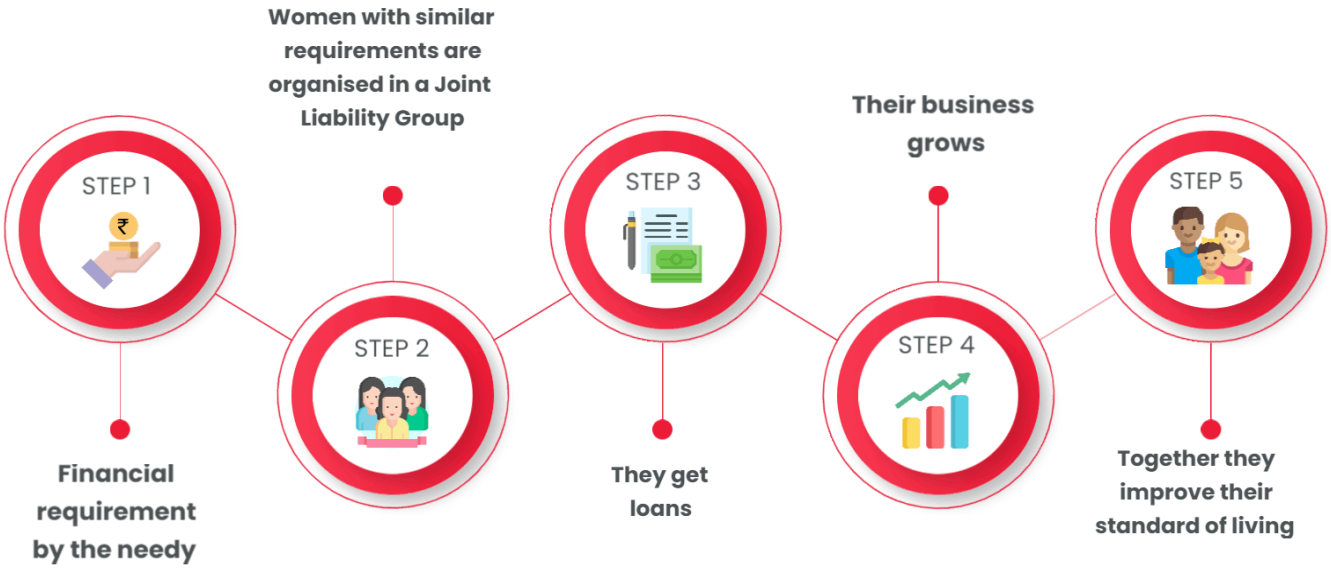
Yes, all weather durable country roads, even better than the Romans built:

Cross section of a Roman Road

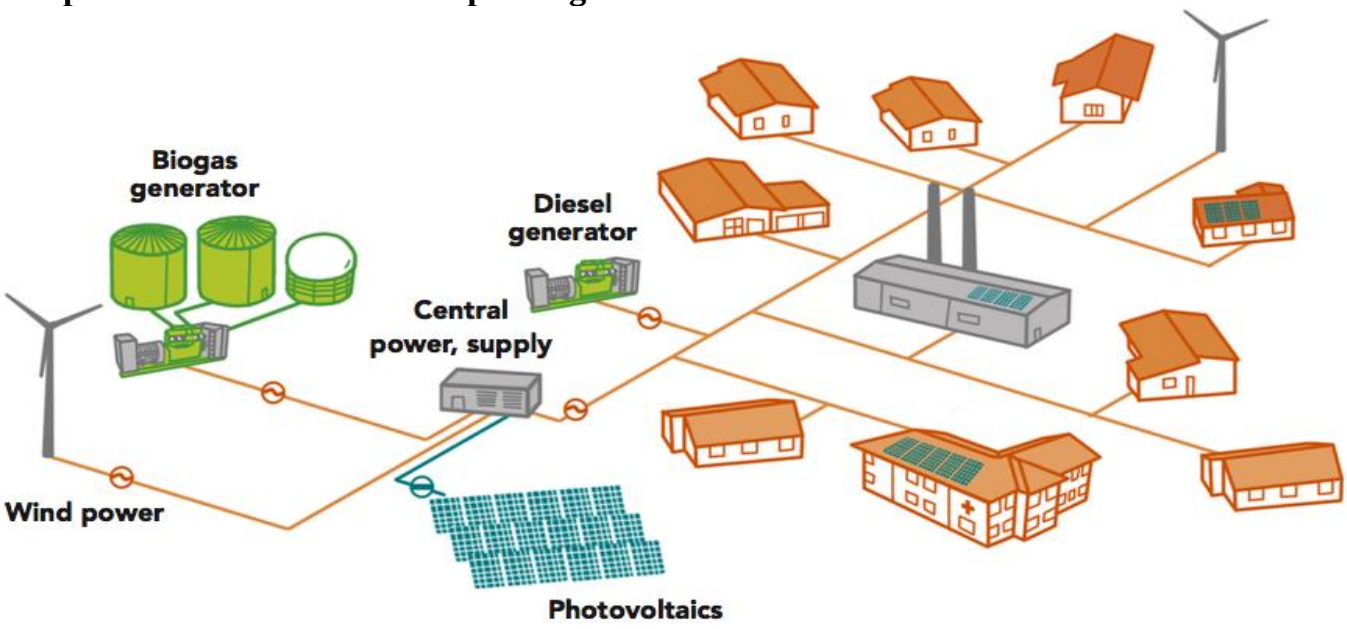


A Modern Road!

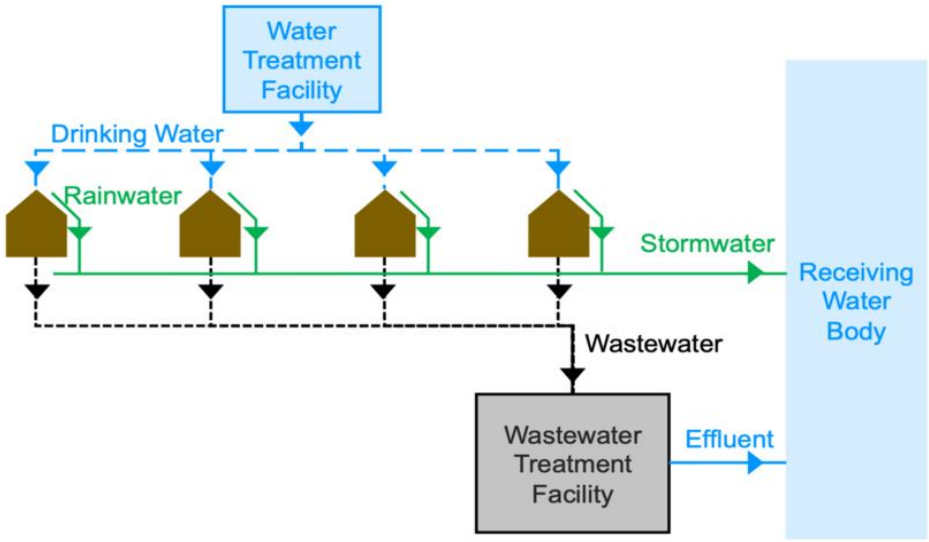
Micro-credit finance facilities for small business initiations be provided:



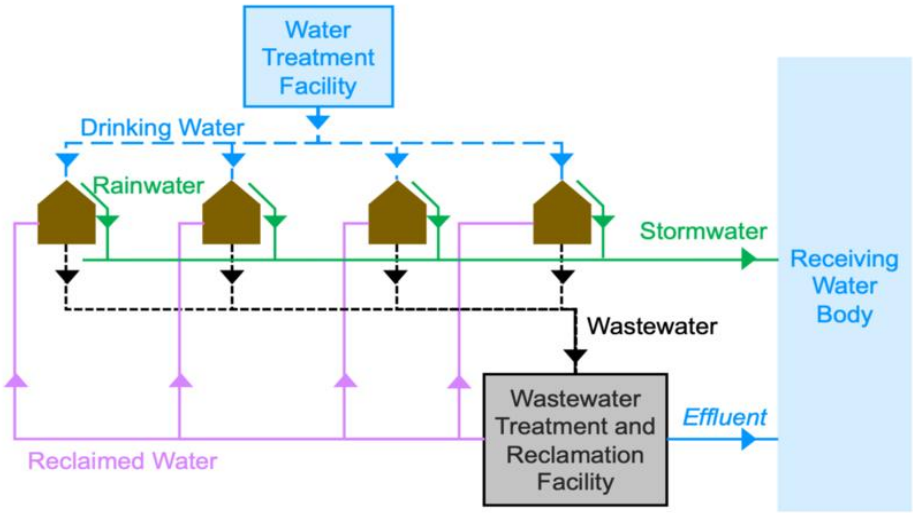
To enhance rural production, electricity supply needs to be reliable and available: All options for localised electric power generation are to be considered.



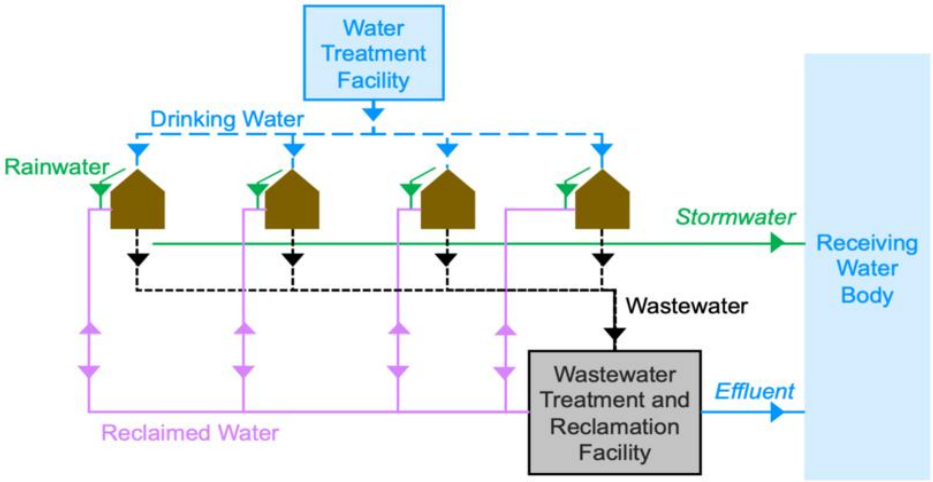
Potable water reticulation is to be available throughout every community:



(**a**) Conventional urban water infrastructure.



(**b**) Dual reticulation system.

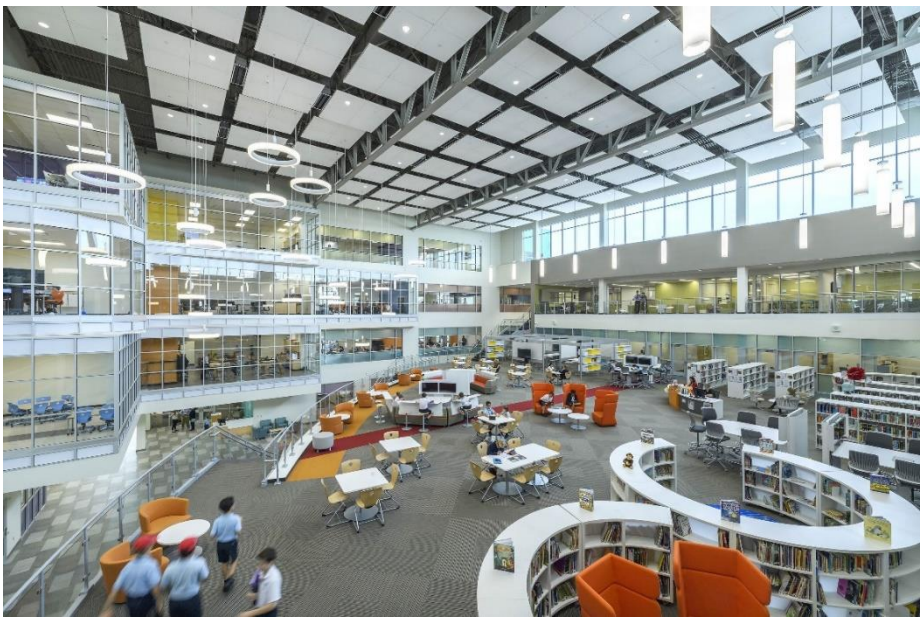


(**c**) Smart water grid.

Universal sanitation for rural communities:

Rural medical clinics appropriately staffed, supplied and equipped:

Rural schools, technical education and higher education networks:
All facilities to be connected to localised electricity grids, internet and have computer laboratories.



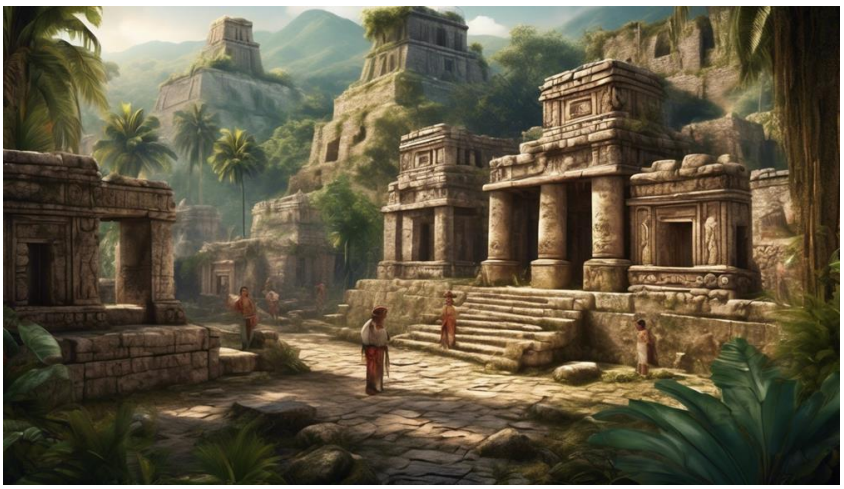
Rural Villages are to bloom through universal infrastructure projects and connectivity:

Feelings Orientated Education
Free, Open and Universal

POVERTY as defined by lack of Consciousness, being in UNTRUTH							
Mexico Nation	Consciousness (MoC)	Population (2025)	Percentage Calibrating MoC 50 | MoC 100 | MoC 150 | MoC 200 or below				Population in Untruth Poverty POVERTY
North		20,000,000	30%	51%	58%	81%	16,200,000
Central		86,000,000	26%	40%	60%	77%	66,200,000
South		26,000,000	29%	45%	60%	80%	20,600,000
Mexico overall	295	132,000,000	29% 38,300,000	46% 60,700,000	60% 79,200,000	78%	103,000,000
							POVERTY

POVERTY as defined by lack of Consciousness, being in UNTRUTH

And such poverty is reinforced through psychic barriers resulting from the history of the people.
https://fatsil.org/indigenous/who-were-the-indigenous-people-of-mexico/



From the enigmatic Olmecs to the powerful Aztecs, the indigenous groups of Mexico have left a lasting impact on the country's culture, traditions, and identity.

But who were these people, and what were their civilizations like?

Join us as we uncover the fascinating histories and legacies of the indigenous peoples of Mexico, shedding light on their unique cultures, achievements, and contributions to the world.

Key Takeaways

- The Olmecs, Mayans, Aztecs, Zapotecs, Mixtecs, Tarahumaras, and Yaquis were significant indigenous peoples of Mexico.
- These indigenous groups had rich cultural and artistic traditions, including impressive architectural achievements, elaborate ceremonial centres, intricate carvings, and unique artwork.
- They made important contributions to various fields such as trade, astronomy, mathematics, agriculture, and governance, shaping the region's history and culture.
- The indigenous peoples of Mexico have preserved their ancient traditions, languages, and rituals, demonstrating resilience, adaptability, and resistance against colonial powers and the Mexican government.

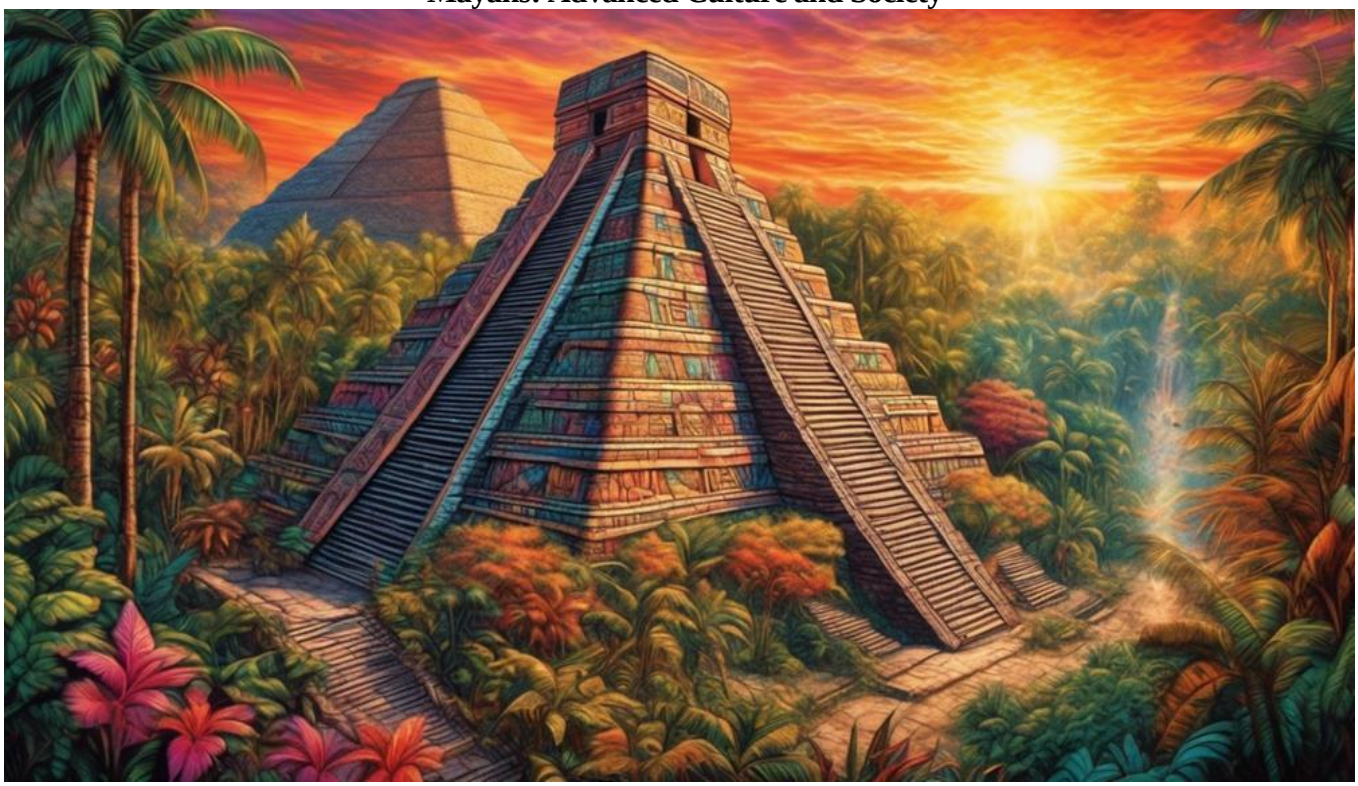
Olmecs: Early Indigenous Civilization

The Olmecs, as an early Indigenous civilization in Mexico, established complex societies and made significant contributions to the cultural and artistic development of Mesoamerica. Their architectural achievements include the construction of impressive pyramid complexes, such as the famous San Lorenzo and La Venta sites, showcasing their advanced knowledge of engineering and urban planning. The Olmecs also developed extensive trade networks, facilitating the exchange of goods and cultural ideas across Mesoamerica, which played a crucial role in their society's prosperity and influence.

In terms of religious beliefs, the Olmecs were known for their elaborate ceremonial centres and colossal stone heads, believed to represent deities or rulers, indicating a complex religious and political structure. Their artistic achievements, particularly the iconic colossal heads and intricate jade carvings, reflect their sophisticated craftsmanship and artistic expression, providing valuable insights into their cultural and spiritual practices.

The Olmecs' enduring legacy as influential pioneers of Mesoamerican civilization is evident in their architectural marvels, trade networks, religious beliefs, and artistic achievements, which continue to captivate and inspire scholars and enthusiasts alike.

Mayans: Advanced Culture and Society



Among the advanced cultures of Mesoamerica, the Mayans stand out for their remarkable achievements in various aspects of society and culture. The Mayans were known for their advanced understanding of architecture, the development of a sophisticated calendar system, and their ground-breaking contributions to astronomy.

1. **Mayan Architecture**: The Mayans were renowned for their architectural prowess, constructing impressive cities and ceremonial centres. They built massive pyramids, intricate palaces, and elaborate temples, showcasing their advanced knowledge of engineering and design. The structures were often adorned with intricate carvings and artwork, reflecting the Mayan's rich cultural and artistic traditions.
2. **Mayan Calendar**: The Mayans developed a highly sophisticated calendar system that was far ahead of its time. Their calendar was incredibly accurate, incorporating various cycles and astronomical observations. It allowed the Mayans to track celestial events with remarkable precision and plan significant religious and agricultural activities.
3. **Mayan Astronomy**: The Mayans were avid astronomers, studying the movements of celestial bodies with great detail. They accurately predicted eclipses, understood the cycles of planets, and mapped the movement of the stars. Their astronomical knowledge was integrated into their religious beliefs and societal activities, highlighting the interconnectedness of science and culture in Mayan society.

Aztecs: Powerful Empire in Mesoamerica

After exploring the advanced culture and society of the Mayans, our attention now turns to the formidable Aztecs, who rose to power as a dominant empire in Mesoamerica.

The Aztecs' societal structure was complex, with a stratified society consisting of nobility, commoners, and slaves. At the pinnacle of their societal hierarchy was the emperor, who held immense power and was considered a divine figure. Beneath the emperor were the nobles, priests, and warriors, followed by

the commoners and then the slaves. This hierarchical system was deeply entrenched in Aztec society and played a crucial role in maintaining social order and stability.

The impact of the Aztecs on modern Mexico is profound. Many aspects of Aztec culture, such as their language, Nahuatl, and agricultural practices, continue to influence contemporary Mexican society.

Additionally, the Aztecs' architectural achievements, such as the impressive city of Tenochtitlan, have left a lasting mark on the landscape of modern Mexico.

Furthermore, the Aztecs' contributions to art, mathematics, and astronomy have significantly enriched the cultural heritage of Mexico. Overall, the legacy of the Aztecs endures in the fabric of modern Mexican identity.

Zapotecs and Mixtecs: Southern Indigenous Groups

Studying the southern region of Mexico, one encounters the diverse and historically significant indigenous groups of Zapotecs and Mixtecs, whose rich cultural heritage and societal contributions have played a vital role in shaping the region's identity. The Zapotecs and Mixtecs have preserved their Southern indigenous traditions through language, art, and societal organisation.

Southern Indigenous Traditions

The Zapotecs and Mixtecs have a deep-rooted connection to their ancient traditions, seen in their religious ceremonies, agricultural practices, and social structures. These traditions have been passed down through generations, embodying their identity and resilience.

Language and Art of Zapotecs

The Zapotec language, still spoken by thousands, is a testament to their enduring cultural legacy. It reflects their unique worldview and societal values. Zapotec art, known for intricate designs and vibrant colours, serves as a visual representation of their history, beliefs, and customs.

COMMERCIAL IN CONFIDENCE

Societal Contributions

Both the Zapotecs and Mixtecs have made significant contributions to the cultural tapestry of Mexico, particularly in the areas of agriculture, architecture, and governance. Their societal structures and communal organisation have influenced the region's development and continue to contribute to its rich cultural heritage.

Tarahumaras and Yaquis: Indigenous Peoples of Northern Mexico

The Southern indigenous groups, Zapotecs and Mixtecs, have long been celebrated for their rich cultural heritage and societal contributions. Turning our attention northward, we encounter the equally fascinating indigenous peoples of the Tarahumaras and Yaquis in Northern Mexico.

The Tarahumaras, also known as the Rarámuri, are renowned for their long-distance running ability, deeply rooted traditions, and unique way of life. Their traditional customs include intricate handicrafts, such as basket weaving and woodcarving, as well as a deep spiritual connection with the natural world. The Tarahumara traditions are characterised by their resilience and adaptability, which have allowed them to maintain their cultural identity despite external pressures.

On the other hand, the Yaquis have a complex history of resistance against colonial powers and the Mexican government. The Yaqui resistance movements were aimed at preserving their land, water rights, and autonomy. Their enduring struggle for self-determination and cultural preservation has made them a symbol of indigenous resistance in Mexico. Despite facing significant challenges, the Yaqui people have managed to uphold their traditions and rituals, keeping their rich cultural heritage alive through generations.

Frequently Asked Questions

What Are Some Common Cultural Practices and Traditions of the Indigenous People of Mexico?

We have observed that cultural practices of the indigenous people of Mexico include traditional beliefs, indigenous community engagement, preservation of customs, and language revitalisation efforts. These practices are deeply rooted in their daily lives and play a significant role in maintaining their cultural identity.

Through various rituals, ceremonies, and art forms, they express their connection to the land, ancestors, and spiritual beliefs, contributing to the rich tapestry of Mexican indigenous cultures.

How Did the Arrival of the Spanish Impact the Indigenous Populations of Mexico?

The arrival of the Spanish impacted the indigenous populations of Mexico in profound ways. Colonisation led to cultural assimilation as well as economic exploitation.

Resistance movements arose as indigenous groups fought against the oppressive colonial rule. The forced labour system and land seizures further exacerbated the hardships faced by indigenous communities.

These historical events shaped the social and cultural landscape of Mexico, leaving a lasting impact on the indigenous populations.

COMMERCIAL IN CONFIDENCE

What Role Did Religion Play in the Lives of the Indigenous People of Mexico?

In the lives of the indigenous people of Mexico, spirituality played a central role. Their rituals and ceremonies were deeply intertwined with their daily existence, guiding their interactions with nature and their community.

However, with the arrival of the Spanish, the indigenous people experienced a shift due to religious syncretism, blending their traditional beliefs with Catholicism. This impacted their spiritual practices and cultural identity, shaping a new religious landscape in Mexico.

How Have Modern Indigenous Communities in Mexico Preserved Their Traditional Languages and Customs?

Preservation efforts by modern indigenous communities in Mexico have played a vital role in cultural resilience.

Through language revitalisation programs, traditional customs and knowledge sharing, these communities are actively safeguarding their heritage.

Many have established educational initiatives to teach their languages and history, ensuring the transmission of their cultural legacy to future generations.

These efforts reflect a deep commitment to preserving and celebrating their rich indigenous identities in the face of modern challenges.

What Are Some of the Current Challenges Facing Indigenous Communities in Mexico, and What Efforts Are Being Made to Address Them?

Challenges facing indigenous communities in Mexico include limited access to healthcare, education, and economic opportunities. Solutions involve empowering indigenous leaders, advocating for their rights, and promoting cultural preservation.

Efforts are being made to address these challenges through policy initiatives, community development projects, and increased representation in government. These initiatives aim to promote empowerment and preserve the rich cultural heritage of indigenous communities in Mexico.

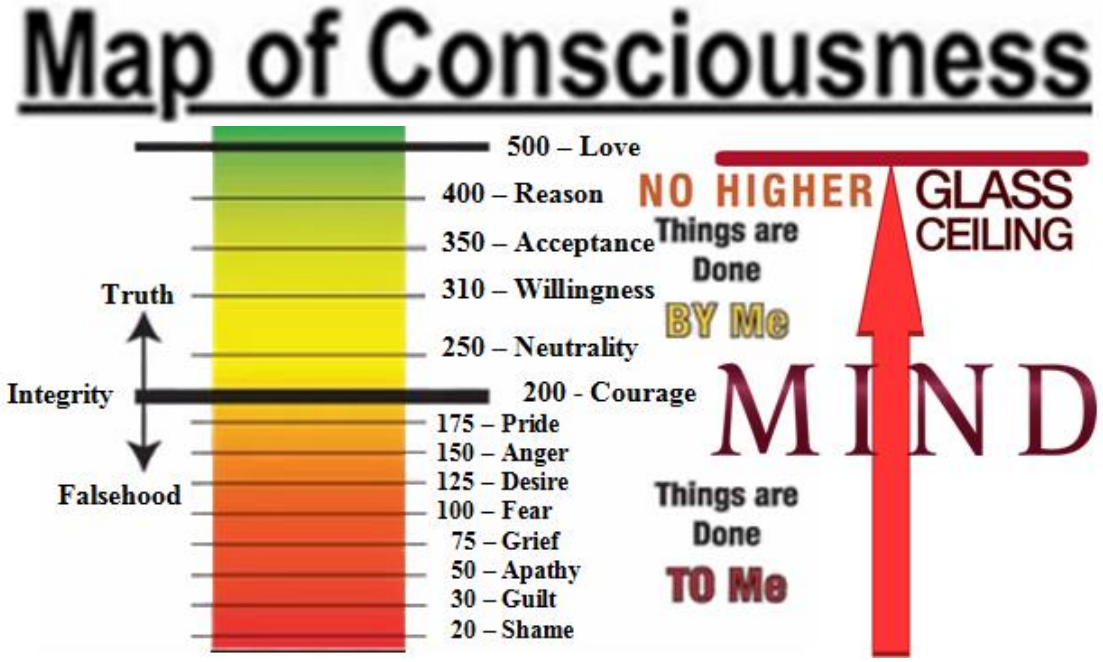
Conclusion

In conclusion, the indigenous people of Mexico have a rich and diverse history. From the advanced Mayan civilisation to the powerful Aztec empire, their contributions to Mexican history and culture are significant. It's estimated that there are over 12 million indigenous people in Mexico today, accounting for about 10% of the population. Despite facing historical marginalisation and discrimination, these indigenous communities have managed to preserve their unique cultures and traditions. They play an essential role in maintaining the rich tapestry of Mexican society.

This blending of races, colours and cultures is to unfold all around the world.

COMMERCIAL IN CONFIDENCE

POVERTY as defined by lack of Consciousness, being in UNTRUTH



This is part of Dr David R Hawkins' Map of Consciousness (MoC). Please not that at MoC 200 and lower we are living in a world of "FALSEHOOD". We are in poverty, and that poverty is a world of UNTRUTH. Further, 'Things are Done TO Me'. That is we expect things to be done to me, we wait to be told what to do, we go to war without questioning! We lack perspective, we do not see the reality of what is around us and what is possible. We are compliant. We are friendly to all and welcoming – however we are the most dangerous. We make up the populations of prisons. We are in physical poverty with low income potential. We also have the shortest of life spans.

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%

Firstly; we are to recognise that our personal level of consciousness is directly related to the levels of our parents. We are a direct result of their emotional injuries and errors of belief, their heritage and cultural backgrounds. We live our lives mirroring their conditions. Thus, when we meet a child then we should come to know the child's parents or parent that is closest to the child. We need to understand the parents' heritage and recognise their personal condition relating to their level of truth (MoC).

WORLDWIDE relationship of MoC calibration with Life Experiences Life Expectancy, Development, Happiness, Education, Income							
MoC	**No. of Countries+ Territories**	**Average MoC**	**Average Life Expectancy**	**Human Development Index**	**Happiness Index**	**Education Index**	**Per Capita Income 2021**
400s	**22**	**405**	**82.2**	**0.924**	**7.1**	**.890**	**US$63,032**
300s	**71**	**343**	**77.2**	**0.794**	**6.1**	**.741**	**US$30,154**
200s	**50**	**251**	**72.7**	**0.676**	**5.3**	**.610**	**US$16,560**
High 100s	**38**	**174**	**70.5**	**0.659**	**5.0**	**.600**	**US$12,516**
Low 100s	**21**	**119**	**67.1**	**0.587**	**4.6**	**.501**	**US$7,081**
Below 100	**14**	**74**	**65.3**	**0.565**	**4.4**	**.501**	**US$6,377**
WORLD	**216**	**220**	**73.3**				**US$17,110**

These above two simple charts show the relevance of one's consciousness to one's quality of life.

Understanding the environment from which a person has been living within is essential to be recognised so that the starting point for a child, a person, everyone needs to be clear about as that understanding identifies the psychic barriers that need to be cleared through expressing, talking it out, to the level that all the truth and untruth of their heritage is revealed and the suppression be removed.

Apart from the parents' emotional injuries and errors of belief, we need to be cognisant of the impacts of:

Colonialism and colonisation suppressive events impacting their families' experiences.
Their family heritage, be they be indigenous or have a traditional line influencing them.
Slavery has far reaching implications and social impediments.
Mixed race family structures can be complex and involve multiple races.
All that is considered normal for an individual may be suppressive norms accepted without question.

All of these background issues and family history events need to be 'talked out', expressed emotionally while longing and asking to know the truth behind them. While they remain un-talked and suppressed then our personal level of truth remains frozen in error.

This is in addition to the elephant in the room, our childhood suppression, all has to be emotionally expressed to a companion who is willing to listen without judgement and without consoling in anyway.

As more than 75% of Earth's humanity calibrates 200 MoC or less, then we have 75% of our population living in a soul condition that prevailed 2,000 years ago. This is POVERTY in Untruth. This is the first step in lifting humanity out of its quagmire of insanity, zombiism and slumber.

Then comes the pathway to move past 500 MoC and that is truly living FEELINGS FIRST. While we remain mind-centric we are locked into a way of life that does not progress beyond 499 MoC.

Suppression of Truth Generally

Heritage: Inherited family norms, conflict
Indigenous customs - mixed race
Colonialism - slavery - socialism, etc.

Family: Mother, Father, siblings
carers in general

Living: Teachers, educators
Clergy, religion
Employers and employment
Governments and Hidden Controllers.

Mind: Living mind-centric is claustrophobic, suppressive zombiism.
Mind cannot discern truth from falsehood.

now with

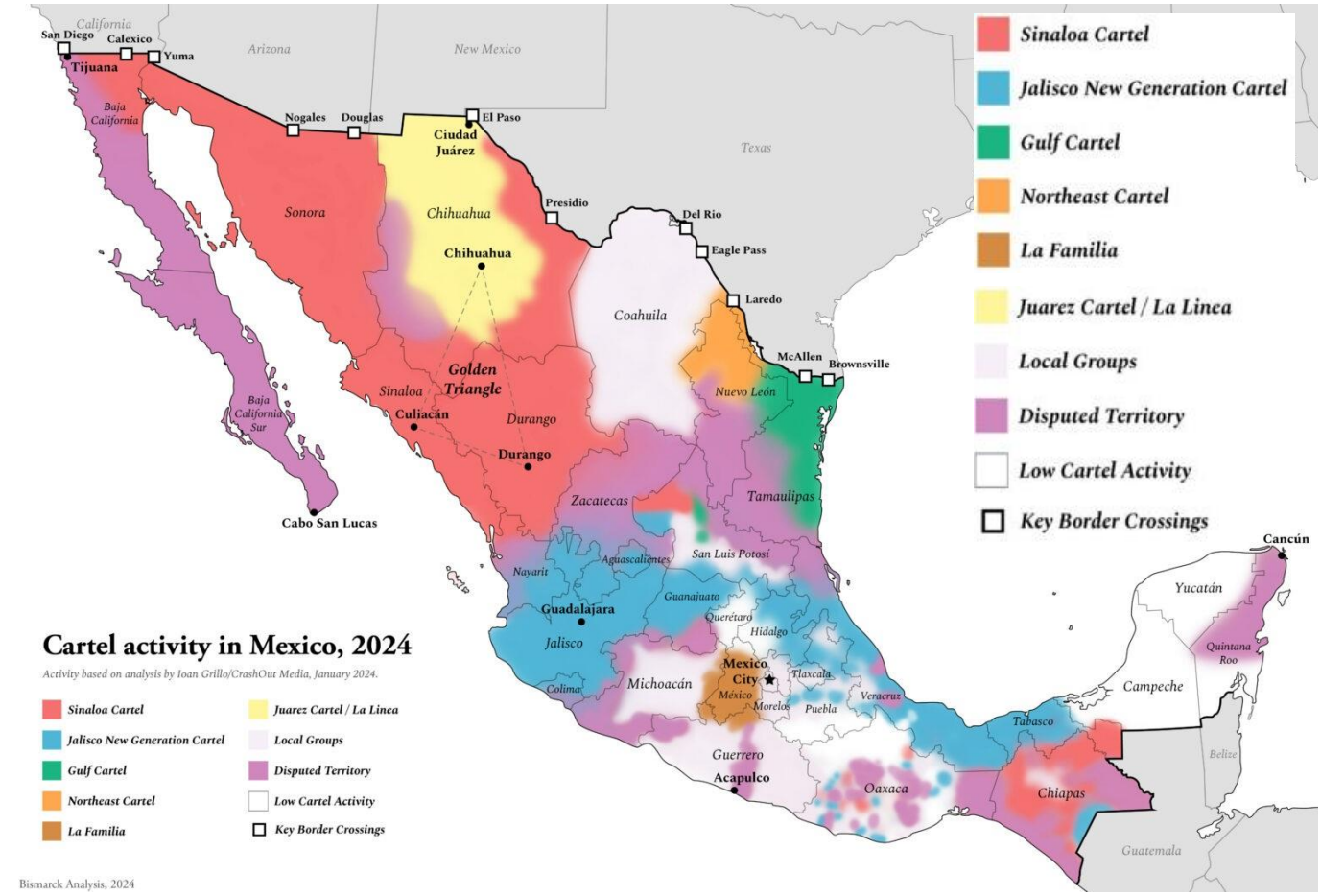
Feelings Freedom:

Our feelings are our soul-based TRUTH!
With our feelings, infinite progression unfolds!

TALK IT OUT WITH A FRIEND!

Map of Drug Cartels in Mexico 2024

https://brilliantmaps.com/map-of-drug-cartels-in-mexico-2024/ Last Updated: 22 May 2024



The map highlights the territorial control and influence of various drug cartels across the country, as well as key border crossings into the United States.

The map is color-coded to show the regions controlled or influenced by different cartels and other local groups, as well as areas of disputed territory and low cartel activity.

Here's a breakdown of the cartels and their respective areas of control:

1. **Sinaloa Cartel (Red)**: Predominantly controls areas in the northwest, including Sonora, Sinaloa, and parts of Baja California.
2. **Jalisco New Generation Cartel (Turquoise)**: Has significant influence in Jalisco, Colima, and Michoacán, extending into parts of Guanajuato and Guerrero.
3. **Gulf Cartel (Green)**: Operates mainly in the north-eastern states such as Tamaulipas and parts of Nuevo León.
4. **Northeast Cartel (Orange)**: Found in parts of Coahuila and Nuevo León.
5. **La Familia (Brown)**: Controls areas in Michoacán and some parts of neighbouring states.
6. **Juarez Cartel/La Linea (Yellow)**: Primarily active in Chihuahua and parts of neighbouring states.

Additional elements include:

- **Local Groups (Various colours)**: Represent smaller, local criminal organizations operating in various parts of the country.
- **Disputed Territory (Purple)**: Areas where control is contested between different cartels or local groups.
- **Low Cartel Activity (Light shading)**: Regions with minimal or no significant cartel presence.
- **Key Border Crossings (Black squares)**: Important entry points into the United States, including cities like Tijuana, Ciudad Juárez, and McAllen.

Here's an overview of the various cartels mentioned in the map and their characteristics:

Sinaloa Cartel
- **Overview**: One of the oldest and most powerful drug trafficking organisations in Mexico, founded in the late 1980s.
- **Leadership**: Historically led by Joaquín "El Chapo" Guzmán until his capture. Now believed to be managed by Ismael "El Mayo" Zambada and Guzmán's sons, known as "Los Chapitos."
- **Operations**: Known for its vast network for smuggling drugs, especially methamphetamine, heroin, cocaine, and marijuana, into the United States and other countries.
- **Territory**: Predominantly controls regions in northwest Mexico, including Sinaloa, Sonora, and parts of Baja California.

Jalisco New Generation Cartel (CJNG)
- **Overview**: A rapidly expanding and highly violent cartel that emerged in the 2010s.
- **Leadership**: Led by Nemesio Oseguera Cervantes, also known as "El Mencho."
- **Operations**: Engages in drug trafficking, money laundering, and extreme violence against rival cartels and government forces. Known for producing large quantities of methamphetamine.
- **Territory**: Has a strong presence in Jalisco, Colima, Michoacán, and is expanding into other regions like Guanajuato and Guerrero.

Gulf Cartel
- **Overview**: One of Mexico's oldest cartels, originating in the 1930s.
- **Leadership**: Has seen many changes over the years due to captures and internal conflicts. Currently fragmented with various factions.
- **Operations**: Involved in drug trafficking, human smuggling, and other criminal activities.
- **Territory**: Strongest in Tamaulipas and parts of Nuevo León. Has lost some influence due to internal strife and competition.

Northeast Cartel
- **Overview**: A faction that splintered from the Zetas, a group originally formed by former Mexican special forces.
- **Leadership**: Led by former Zetas members, maintaining a violent reputation.
- **Operations**: Similar to the Zetas, involved in drug trafficking, extortion, and other criminal enterprises.
- **Territory**: Operates in parts of Coahuila and Nuevo León.

La Familia Michoacana
- **Overview**: Initially started as a vigilante group, it evolved into a major criminal organisation.
- **Leadership**: Founded by Nazario Moreno González, known as "El Chayo," and later led by José de Jesús Méndez Vargas, "El Chango."
- **Operations**: Known for producing methamphetamine and employing pseudo-religious justifications for their actions.

- **Territory**: Mainly active in Michoacán, with some influence in neighbouring states.

Juarez Cartel / La Linea

- **Overview**: A long-standing cartel based in Ciudad Juárez, historically powerful but weakened by conflicts with the Sinaloa Cartel.
- **Leadership**: Led by Vicente Carrillo Fuentes until his arrest; current leadership is less clear.
- **Operations**: Involved in drug trafficking, primarily marijuana and cocaine, and known for violent confrontations.
- **Territory**: Stronghold in Chihuahua, especially Ciudad Juárez.

Local Groups

- **Overview**: Smaller criminal organizations that operate independently or as subcontractors for larger cartels.
- **Operations**: Involved in various illegal activities including drug trafficking, extortion, kidnapping, and more.
- **Territory**: Scattered across Mexico, often in regions where larger cartels have less control or in disputed territories.

For more on the topic have a look at IOAN GRILLO's Mexico's Cartel Map 2024.

Mexico's Cartel Map 2024

https://www.crashoutmedia.com/p/mexicos-cartel-map-2024

Who controls what turf at the dusk of AMLO's presidency?

On front lines between Mexico's warring cartels, gunmen can spray walls to claim territory like street gangs. I took this picture of a Jalisco New Generation Cartel marker on the bloodily-contested border of Michoacán and Jalisco state in 2022. A decade earlier, I had reported on the Gulf Cartel and Zetas fighting block by block over the city of Cadereyta and competing to paint "CDG" and "Z," then conquering a few metres of turf to delete their rivals' markers.

These crude tags are the exception rather than the rule however. Cartels are generally far bigger than street gangs and wield power over mayors, police forces and entire states. They don't need to spray a wall for cowered residents to know they are in charge.

So which territories do they control? Below, I sketch a map of who, in my analysis, are the significant cartels and what turf they hold or contest as we begin 2024, the last year of President Andrés Manuel López Obrador (and changes of Mexico's presidents tend to lead to shifting cartel borders).

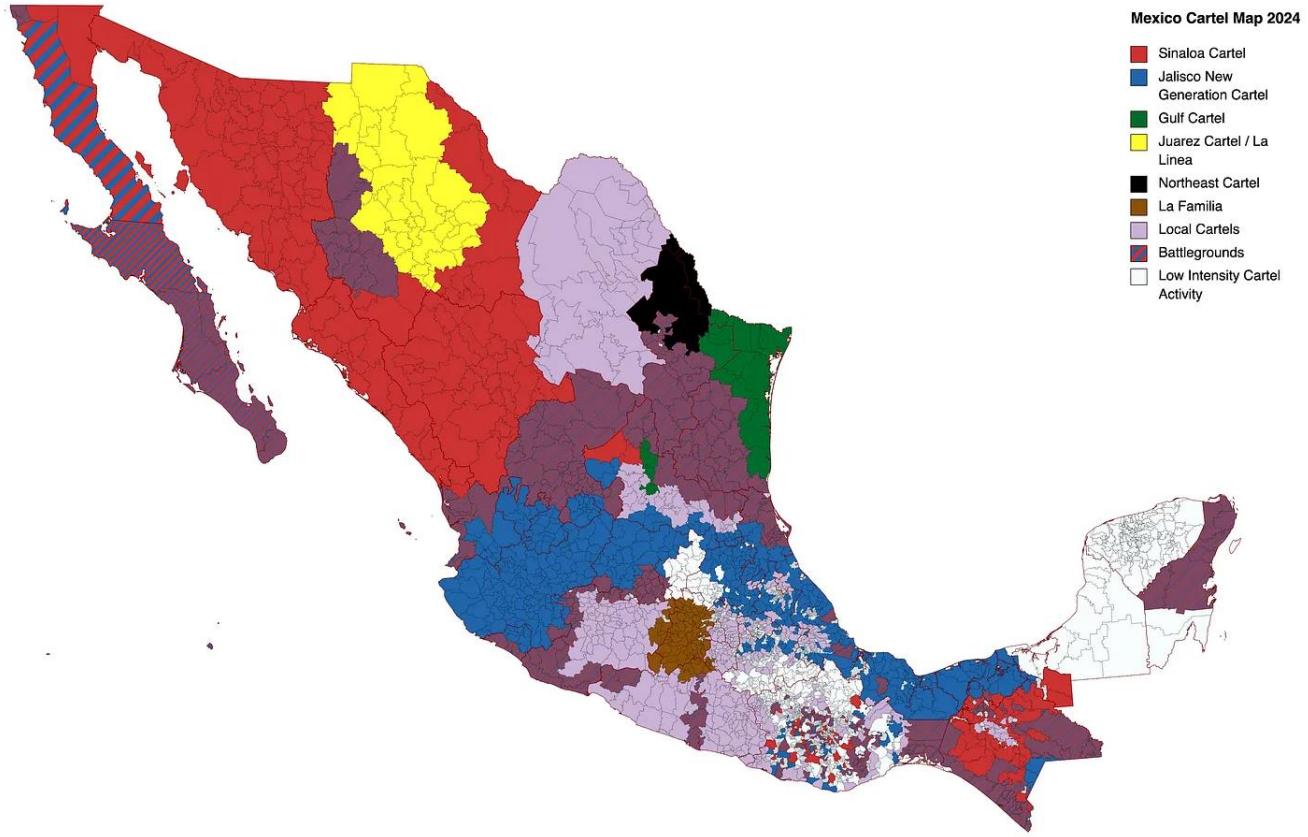
I don't pretend this idea of a cartel map is original; strategic intel companies such as Strafor have long published them. But this is my take on what the divisions are and I add a level of nuance by classifying cartels onto three levels: major transnational cartels (I count two); powerful regional cartels (I have four); and local cartels (over a dozen). I also get into analysis on how the different cartels operate, how strong they are and who is running them.

I can hear some of your brains screaming about the problems with cartel maps, and I do throw in big caveats here. Cartels are not like top down companies, or tight armies, but are complex criminal networks. (I go into the debate about their nature here). They are made of up of semi-linked factions and plagued by infighting. Yet they wield real power and unleash painfully real violence that we are forced to make sense of.

Another nuance is that cartel control varies in its intensity. In extreme examples, such as in Comalapa, Chiapas, the cartel exerts brutal and visible control over many aspects of life. But in others places, such as Mexico City, cartels can be quietly operating to make deals with federal officials and launder money. I plan a more detailed graphic on the contrasting levels of violence to come, and have considered some of that here with a white area for "low intensity cartel activity."

It's not an exact science. Over the years, I have reported in every Mexican state, interviewed thousands of people, and scour all the sources I can. Yet the demarcation of territory I paint is shifting and open to debate – and that also goes for cartel maps by security companies or even by the DEA or Mexican army. There are complicating factors: a local cartel can have an alliance with a bigger cartel; a cartel can be dominant but there's a small presence of another force.

With that in mind then, here is CrashOut's "official" cartel map and list of significant cartels for 2024.



List of Cartels (Descriptions below)

Major Transnational Cartels
Sinaloa Cartel
Jalisco New Generation Cartel

Powerful Regional Cartels
Gulf Cartel
Northeast Cartel
Juárez Cartel / La Linea
La Familia

Local Cartels
Arellano Félix Organization (CAF)
Zetas factions (Zetas vieja escuela, Zetas nueva sangre)
Los Rojos
Guerreros Unidos
La Unión Tepito (La Unión CDMX)
Los Ardillos
Los Talibanes
Los Tlacos
Los Viagras (Part of Cárteles Unidos)

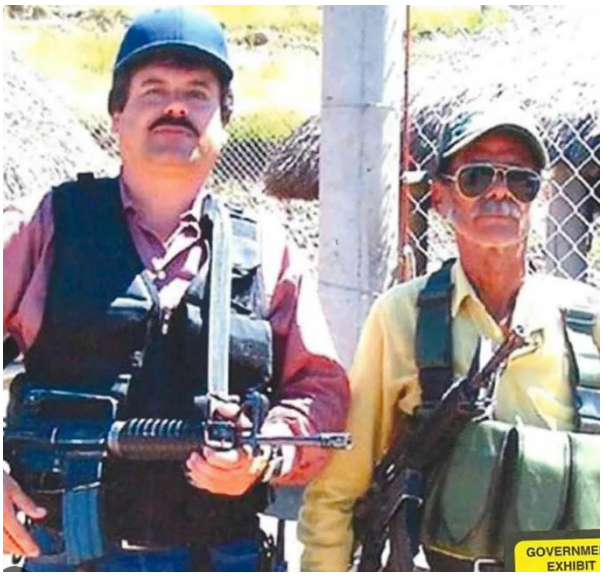
Cártel de Santa Rosa de Lima
Caballeros Templarios
Cártel Independiente de Acapulco (CIDA)
Cártel Chamula (CSJC)

The Big Two

Sinaloa Cartel

The U.S. Justice Department says, “the Sinaloa Cartel is one of the most powerful drug cartels in the world and is largely responsible for the manufacturing and importing of fentanyl for distribution in the United States.” It claims the most infamous mobsters, including El Chapo, and probably controls the most territory in Mexico.

Perched on the Pacific, Sinaloa has a history of drug production back to the nineteenth century when Chinese workers brought opium poppies and planted seeds. By the 1950s, when El Chapo was born, it had such thriving heroin production that its baseball team was nicknamed the gummers (meaning those who harvest opium gum).



Sinaloan traffickers were mobile and founded networks where they went, from Tijuana to Ciudad Juárez to Jalisco. What was arguably Mexico’s first cartel, the Guadalajara Cartel, was headed by a trio of Sinaloan kingpins in the 1980s. Sinaloan crime kings including El Chapo and his partner El Mayo became known as The Federation or the Pacific Cartel in the 1990s and then more commonly as the Sinaloa Cartel by the mid 2000s.

The Sinaloa Cartel works like a federation of gangsters operating across Mexico, the U.S.A. and the world. Its biggest players include the Chapitos, or sons of El Chapo, dominant in state capital Culiacán, and 76-year old Ismael “El Mayo” Zambada, who controls the central countryside. Fausto Isidro Meza, or “El Chapo Isidro,” is powerful on the Sinaloan coast, including Mazatlán and Mochis. (He was part of the breakaway Beltrán Leyva Cartel but likely moved back into the main Sinaloan network).

Sinaloan mobsters often sell themselves as the “good bad guys” who focus on selling drugs rather than predatory rackets like shakedowns. But that can be untrue, and parts of their empire such as Durango now include major extortion of the mining industry.

Jalisco New Generation Cartel

Mexico's second cartel emerged suddenly as a paramilitary death squad carrying out major massacres of the Zetas in 2011 before it seemed to be appear in every battleground. By 2015, the CJNG was infamous for its displays of gunmen as above and even shooting down a Mexican army helicopter.

The speed of its ascent leads to rumours it's a state op. But while it certainly buys official protection so do the other mobs and its success is likely owed to other factors.

First, it rose in the state of Jalisco, which is strategically placed at the heart of Mexico, and it secured footholds on both the Gulf and Pacific coasts. Secondly, it built on the old commercial networks of the Guadalajara Cartel while incorporating the paramilitary style of the Zetas it helped fell. And third, it had especially strong leadership in Nemesio Oseguera, or El Mencho.

Hailing from a drug town in the hills, Mencho was a heroin dealer in San Francisco in the 1980s before he became a Jalisco cop. He soon flipped back to the narcos and rose under the Sinaloan gangster Nacho Coronel before taking his empire when soldiers shot him dead.

Mencho has survived various attempts at arrests through bribes or the use of force, and is an expert at putting violent pressure on the government to back off. He's said to be ill and needing dialysis and rumours often abound of his death, including one in December sparked by a corrido (ballad) entitled "*Ya se fue*," or "Now he's gone." If its true, or whenever he does die, there is risk of instability over his succession.

Four Regional Powers

Gulf Cartel

The Gulf Cartel is sometimes credited as being the oldest for its roots in the bootlegging network of Juan Nepomuceno Guerra, a criminal tycoon from Matamoros over the Rio Grande from Brownsville, Texas. But it didn't likely become a significant drug trafficking force until the 1980s and only properly extended its dominion into the nearby Nuevo Laredo in the 2000s.

It infamously recruited the Zetas from the Mexican military, which would escalate the whole Mexican cartel war. This would also tear the cartel apart as the Zetas rebelled and became an upstart force rampaging across Mexico. While the Gulf Cartel rebounded to keep its key territory it has been caught in a circle of infighting since.

Still, the CDG remains important by controlling a chunk of turf into the Gulf of Mexico that is especially lucrative thanks to growth in Texas and the level of human smuggling.

The Juarez Cartel / La Linea

Built by the famed Lord of the Skies, the Juárez Cartel dominates the prized centre of the Mexican border. Since the 2014 arrest of its boss Vicente Carrillo Fuentes however it has lacked clear leadership and its factions such as the Barrio Azteca gang have focused on violent street drug selling.

Still, its armed wing La Linea has deepened its control across the state of Chihuahua. This brings it into renewed conflict with the Sinaloa Cartel, which led to the massacre of nine Mormon women and children in 2019.

Northeast Cartel

When the Zetas got attacked from all sides in the 2010s, they fragmented. Their core force, however, rebranded themselves as the Cártel del Noreste and held onto Nuevo Laredo, the busiest truck crossing point on the whole border. While this territory is limited in scale, it's lucrative for trafficking and the CDN wields significant paramilitary forces.

La Familia

While La Familia formed in Michoacán, it now has its strongest base in Mexico State as well as creeping into Guerrero. Being in Mexico's most populous state gives it a strong economic base, but its shakedowns led it into a violent confrontation with farmers in December.

The Dirty Dozen

It could be argued that the dozen plus groups I classify as "local" don't deserve to be called cartels as they lack the scale. Yet they follow the same practices and structures as the big players and can each have thousands of operatives under their command. (There are also other groups that some would argue need to be on the list).

Some have gained an immense control of politicians and police forces on a local level, and a terrifying capacity for violence, such as the Guerreros Unidos behind the disappearance of 43 student teachers in 2014.

Many are fragments of once larger cartels. The Beltrán Leyva Cartel dominated Guerrero and Morelos before it shattered into many of the new groups. Remnants of the Zetas haunt corners of Puebla, Veracruz and Tamaulipas.

This fragmentation and its violent consequences underlines the failure of the kingpin strategy of cutting off the heads of the snakes. Unfortunately, nobody has come up with an alternative that works either. Mexico now has a varied criminal ecosystem of cartels large, medium and small.

https://thehill.com/opinion/national-security/5590922-trump-administration-mexico-cartels-fentanyl/
President Claudia Sheinbaum opted to appease Trump. Since February, she has sent 55 drug traffickers to the United States for prosecution, sidestepping onerous extradition processes, and ordered security forces to take down several large fentanyl production laboratories.

Mark Lamb to Newsmax:
Drug Cartels Must Be Treated as Terrorists

https://www.wjbc.com/2025/11/09/mark-lamb-to-newsmax-drug-cartels-must-be-treated-as-terrorists/

9 November 2025

Opponents of President Donald Trump's escalating offensive against drug cartels on the high seas are complaining that action is being taken without due process for those aboard the ships that are being hit, but former Arizona Sheriff and current Senate candidate Mark Lamb told Newsmax on Sunday that the cartels and their members should be treated as terrorists.

"They've been killing 70,000, 80,000, 100,000 Americans a year with the drugs that are in these boats," Lamb told Newsmax's "Sunday Report."

"If I were to line up 100 Americans, they would all say bomb that boat before it gets to our shores," he added. "The drugs that are in that will kill Americans, and the cartels should be treated as the terrorists that they are."

His comments came after the U.S. military destroyed 18 suspected drug-smuggling vessels in recent weeks, killing about 70 traffickers as part of Trump's expanded counter-cartel operations on the high seas.

Lamb said the approach contrasts sharply with the "hugs, not bullets" policy once promoted by former Mexican President Andres Manuel Lopez Obrador after the killings of nine Americans in northern Mexico in 2019.

"President Trump wanted to go in then and destroy the cartels," he said. "Now, President Trump has resolved again to deal with this issue once and for all, and we should. I love the way he's handling this." And, Lamb said, for "anybody that doesn't like it, the open seas have much different rules and laws that apply there."

Stefano Ritondale, chief intelligence officer for intelligence company Artorias, also on Sunday's program, said the crackdown reflects a broader U.S. shift toward confronting transnational threats at their source. Trump, he added, has had a "singular focus" on the Mexican cartels.

Ritondale noted that recent extraditions of top cartel leaders to the U.S. show cooperation is improving under pressure from Washington.

"The devil's in the details," he said, pointing to major syndicates like the Jalisco New Generation and Sinaloa cartels. "But there's no question the administration is on offense now."

Lamb also warned that the American immigration and welfare systems have become a magnet for illegal crossings.

"I love that President Trump is already doing the hard work of removing people that are in this country illegally, and that starts by removing them from the dole of the government as well," he said. "So I hope that we can continue supporting President Trump on his path because he's on the right path."

Trump Administration Weighs Sending U.S. Troops into Mexico to Target Drug Cartels

https://www.msn.com/en-us/news/world/trump-administration-weighs-sending-us-troops-into-mexico-to-target-drug-cartels/ar-AA1PJM7Y 4 November 2025

Claudia Sheinbaum, elected Mexico's first female president in 2024, has sparred with US President Donald Trump over fentanyl.

The Trump administration is considering sending U.S. troops and intelligence officers into Mexico to strike powerful drug cartels.

Officials told NBC News that the mission involves a new counter-cartel mission led by elite special operations forces and supported by the CIA.

If approved, the operation would mark one of the boldest U.S. interventions in Mexico in more than a century.

There seems to be a growing shift in how Washington views transnational crime. Cartels, once treated primarily as law enforcement targets, are increasingly being seen as military or terror-level threats. That framing could open the door to broader use of U.S. intelligence assets and combat capabilities abroad.

As for Sheinbaum, she has shown her willingness to co-operate with the Biden and Trump administrations. She has already extradited 55 senior cartel members to the U.S.; sent 10,000 military officials to the border, and increased drug seizures.

When the alleged plan was initially revealed in April, many took to the Reddit platform penned their thoughts about the U.S. taking such forceful action.

One said, “Attacking another nation without its consent is an act of war… I am not fond of Mexican drug cartels. But I am even less fond of Trump authoritarianism.”

COMMERCIAL IN CONFIDENCE

Mexico cracks down on drug cartels under pressure from Donald Trump

https://www.abc.net.au/news/2025-07-29/mexico-fentanyl-crackdown-claudia-sheinbaum-trump/105574238

29 July 2025

Mexico has deployed National Guard troops to Tijuana as it cracks down on fentanyl trafficking.

In the dim light of a vacant room, Manuel is fidgeting. In his hand are 25 blue pills — fentanyl, he says — the drug Mexican authorities are currently hunting down.

He could be jailed if he is caught with even one of them. "I don't want to know what will happen," he says, nervously.

Manuel — not his real name — is linked to the Sinaloa cartel, one of the world's most notorious traffickers of fentanyl, a deadly synthetic opioid 50 times more potent than heroin.

Over the past decade, the cartel has been making vast quantities of the drug to smuggle into the United States, fuelling an opioid epidemic that is killing tens of thousands of Americans a year.

COMMERCIAL IN CONFIDENCE

But lately, that business has been under pressure, Manuel says.

Manuel says the cross-border smuggling business is under pressure. *(Foreign Correspondent: Matt Henry)*
Fentanyl pills produced by Mexico's cartels are smuggled into the US. *(Foreign Correspondent: Matt Henry)*

"Right now, things is crazy, it's f*ed up," he says. "The business, what you hear is, yeah, it's been hit hard."**

Since Donald Trump returned to the US presidency last year he has been heaping pressure on the Mexican government to stop the flow of fentanyl over the border, forcing Mexico's President Claudia Sheinbaum to launch one of the biggest crackdowns on the country's drug cartels in recent memory.

In just under a year since she was elected, Mexican authorities claim to have dismantled over 750 clandestine drug labs, arrested dozens of cartel bosses and seized massive quantities of fentanyl.

In February, under the threat of crippling tariffs from the new Trump administration, Sheinbaum agreed to send 10,000 Mexican National Guard troops to reinforce the US–Mexico border to "prevent drug trafficking, particularly fentanyl".

Thousands of National Guard soldiers, seen here patrolling the beach in Tijuana, have been sent to the border to disrupt fentanyl trafficking. *(Foreign Correspondent: Matt Henry)*

"There's a lot of surveillance, a lot of government, right? Both in the US and here in Mexico, and they're working together. And yeah, there's fear," says Manuel.

"I mean, it's completely at a standstill because of the laws that Trump is putting in place now. People are scared, you know."

The drug at the centre of US–Mexico tensions

For Mexico's cartels, fentanyl has proved a miracle product — cheap to make and easy to smuggle.

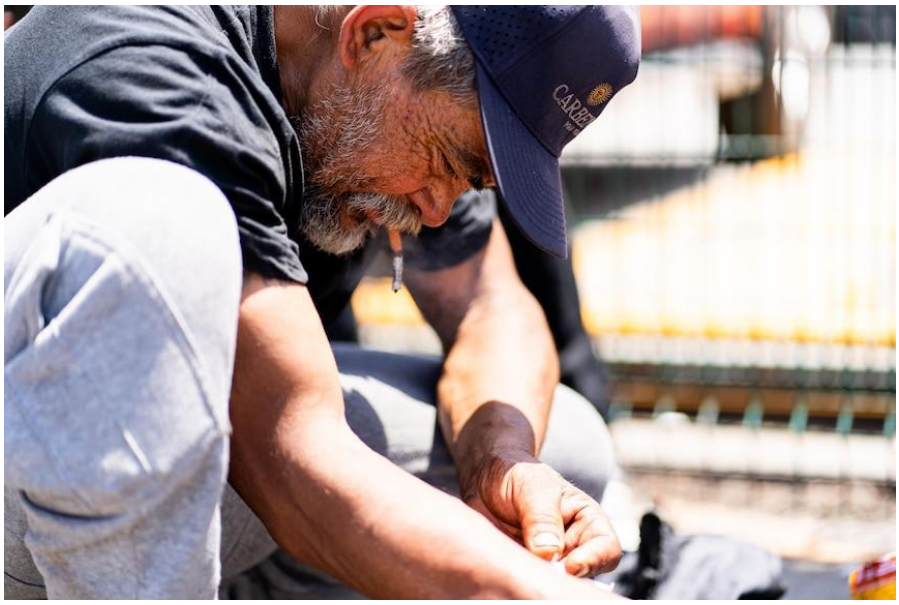
Unlike plant-based opioids like heroin, fentanyl does not require big plots of farmland or teams of labourers to cultivate a crop.

The chemical precursors for making it can be ordered in the mail from China, with enough to manufacture commercial quantities of pills arriving in a small package.

Cartel chemists can cook the drug in makeshift labs in home kitchens with very little in the way of specialist equipment.

The resulting product is extremely potent; even a single fentanyl pill can kill.

According to the US Drug Enforcement Administration (DEA), just 2 milligrams of the drug — about the size of a pencil tip — can be fatal, and some pills have been found to contain more than twice that lethal dose.



Many other illicit drugs, including heroin, are now often laced with fentanyl to make them more potent. *(Foreign Correspondent: Matt Henry)*

It is perhaps no surprise that Mexico's booming illicit fentanyl trade has become a point of political friction with its northern neighbour.

In the US, where an opioid addiction crisis has long been a problem, the surge of fentanyl from Mexico has helped fuel an unprecedented wave of drug overdoses.

Of the 107,000 overdose deaths in America in 2023, almost 70% were caused by fentanyl and other opioids, according to DEA figures.

US intelligence agencies say most of the illicit fentanyl is coming over the border from Mexico.

Stopping fentanyl smuggling is now a "central" issue between the US and Mexico, according to Mexican academic and organised crime expert Guadalupe Correa-Cabrera.

"It's central because the United States government has made it central, blaming the cartels for a much more complex issue that the United States society is facing," she says.

Claudia Sheinbaum, elected Mexico's first female president in 2024, has sparred with US President Donald Trump over fentanyl. *(Foreign Correspondent: Matt Davis)*

Claudia Sheinbaum, a former scientist and mayor of Mexico City, was elected president in 2024 in a landslide victory, becoming the first woman to lead Mexico.

The 2024 election was the most violent in Mexico's history and public security was one of the top issues.

On taking office last October, Sheinbaum quickly broke with her predecessor, Andrés Manuel López Obrador's, softer approach to dealing with the cartels.

His so-called "hugs not bullets" strategy sought to avoid shootouts with Mexico's powerful and well-armed criminal networks, focusing instead on social programs to give young men an alternative to joining a cartel.

"This is the end of the 'hugs not bullets' strategy. That definitely failed," says Guadalupe Correa-Cabrera.

"We're back in the bullets time. We're back in the enforcement time. That didn't work either. That is the problem."

Mexican soldiers search cars for illicit goods in Nogales, on the border with the US state of Arizona. *(Foreign Correspondent: Matt Henry)*

Claudia Sheinbaum has placed greater focus on enforcement in her strategy for handling the cartels. *(Foreign Correspondent: Matt Davis)*

Trump's election in November 2024 only pushed Sheinbaum further down that path, she says.

The US president has continued to threaten military invasion unless Sheinbaum does more to curb fentanyl smuggling and crack down on the cartels, even accusing her of being "afraid" of them.

Sheinbaum has walked a delicate line to placate him, brushing off the taunts while pushing back on US threats to put boots on the ground in Mexico.

"We reject the presence of US troops because we are not in agreement, because Mexico is a sovereign, independent country," she said in response to a question from Foreign Correspondent at her daily press conference in Mexico City.

"We coordinate and collaborate with the United States. We do not subordinate ourselves."

"She manages Trump very well," says Correa-Cabrera of the Mexican president. "She confronts Trump, but not in a way that seems that it is a fight. She does it with respect."

Cars line up to cross into the United States at Tijuana, the busiest border crossing on the US-Mexico frontier. *(Foreign Correspondent: Matt Henry)*

A Trump bust for sale at the Tijuana border crossing. *(Foreign Correspondent: Matt Henry)*

A street food vendor sells churros to drivers waiting to enter the US. *(Foreign Correspondent: Matt Henry)*

But Correa-Cabrera warns that Sheinbaum is falling into a trap by adopting his war on fentanyl.

"Fentanyl is a discourse driven by the United States security agencies," she says. "It's a strategic interest for the United States to fight and to deal with the fentanyl crisis, to go after the cartels.

"And now Claudia is making that fight her fight. It's a response to the pressure exercised by Donald Trump."

Cracking down in a Sinaloa stronghold

That pressure is ever-present in the Mexican border town of Nogales, which sits up against the wall dividing Mexico from the US state of Arizona.

In recent months, local police officer Martin Pino has seen the arrival of more Mexican Army and National Guard units under Sheinbaum's crackdown.

On a routine patrol along the border, we are pulled over by a unit of heavily armed Mexican troops, who question Pino and our crew about what we are doing there.

Even local cops are not totally above suspicion these days.

Nogales police officer Martin Pino next to the Mexican border with Arizona. *(Foreign Correspondent: Matt Henry)*

Mexican military question the ABC Foreign Correspondent crew near to the border wall in Nogales. *(Foreign Correspondent: Matt Davis)*

It is not just the Mexican military presence that has been ramped up in Nogales — the US has also moved troops and military hardware to the US side of the border.

In one Nogales neighbourhood, where the houses sit right along the border fence, an armoured US Stryker vehicle now sits sentinel on a hilltop, just metres from Mexicans' backyards.

About a hundred Strykers have been deployed along the US border this year, each equipped with state-of-the-art cameras that can detect the slightest movement.

Pino says this one appeared in Nogales in recent months and has been keeping a watchful eye ever since.

Just beyond the outskirts of town, another Stryker sits parked overlooking a spot where the border fence is low enough to climb over.

This might have been a blind spot in the past, but nothing goes unnoticed now.

Within minutes of the ABC's arrival, US Customs and Border Patrol agents arrive in a pick-up truck, followed by a detachment of US soldiers.

Pino is unfazed by the show of force on Mexico's doorstep. He welcomes the backup and says Mexican authorities are coordinating closely with their US counterparts.

"It's good because drug traffickers and people who traffic undocumented immigrants are slowed down and stopped when they see this type of situation with authorities on the US side," says Pino. "We need all the help we can get."

Border crossings were already falling when Trump took office but have plunged further still, reaching the lowest level in decades this year.

An American Stryker armoured troop carrier, equipped with state-of-the-art surveillance equipment, perched on the Arizona side of the border wall. *(Foreign Correspondent: Matt Davis)*

Thousands pass through Nogales every day. *(Foreign Correspondent: Matt Henry)*

But it remains to be seen how effective the crackdown can really be in a town where cartel power is deeply entrenched.

Nogales is a known Sinaloa stronghold.

Its proximity to the border has made it a prized possession for the cartel, which has long smuggled drugs and people into the US here, mostly through legal ports of entry.

Thousands of trucks, cars and pedestrians cross into Arizona through Nogales every day.

Last month, US Customs officers said they had intercepted more than a million fentanyl pills and other drugs in a series of seizures at the Nogales port of entry in a single week.

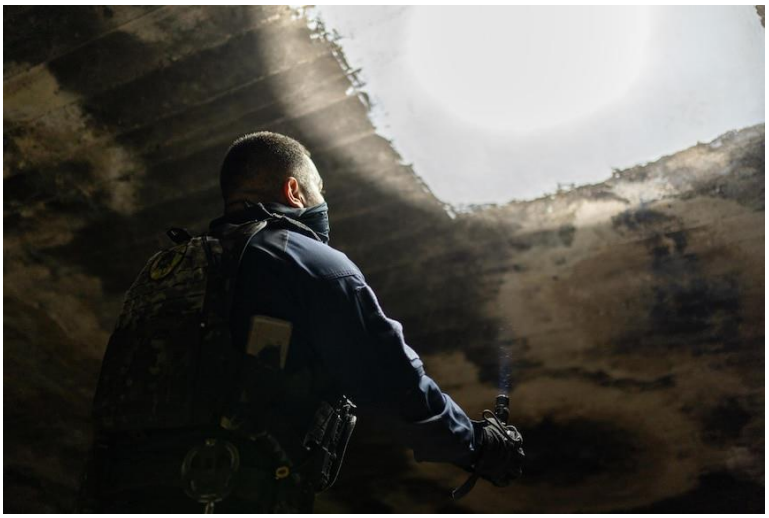
Still, Cartel smugglers have honed their methods of getting illicit goods into the US over the decades.

In the middle of town, right next to the border wall, Pino shows us one of their more ingenious methods.

Lifting a steel grate in the street, he climbs down a ladder into a broad, dark stormwater drain leading right under the border wall.

This stormwater drain was once used by cartels as a secret passageway into the US. *(Foreign Correspondent: Matt Henry)*

These white patches are the smuggling tunnels police officers have sealed up. *(Foreign Correspondent: Matt Henry)*



Cartel smugglers once dug tunnels from the backyards of nearby houses to join up with this main passage, smuggling migrants and drugs in secret right under the authorities' noses.

Half a dozen white patches are visible on the walls where authorities have sealed up cartel smuggling tunnels over the years.

"It's amazing, incredible," says Pino. "Even as a police officer, I find it hard to believe. It's like something out of a movie or some science fiction thing.

"There is so much power, so much money going into these activities to be able to do all the logistics, engineers, machinery to make this entrance to the tunnel. It's astounding."

This drain now needs to be constantly monitored.

Claudia Sheinbaum says her strategy for taking on the cartels is working, and points to a 40 per cent drop in seizures of fentanyl at the US-Mexico border since the start of the Trump presidency as proof.

A fisherman casts a net at the base of the US border wall running out into the sea at Tijuana. *(Foreign Correspondent: Matt Henry)*

US authorities patrolling the border on the US side of the fence near Tijuana. *(Foreign Correspondent: Matt Henry)*

But Guadalupe Correa-Cabrera says that number does not necessarily mean cartels are failing to get drugs into the US.

"If they go down, it's because probably they are entering without them knowing, because probably, you know, cartels are creating new tunnels or they are doing it through the sea," she says.

In June, US Border Patrol agents discovered a cross-border tunnel under construction between Tijuana and San Diego.

Running for almost a kilometre at a depth of up to 15 metres, they described it as "highly sophisticated".

Ms Correa-Cabrera fears Sheinbaum's focus on fentanyl risks coming at the expense of addressing the country's other issues, such as extortion, corruption and rising drug use, all to appease a US president who can easily change his mind.

"You have limited resources and those resources are being used by Claudia Sheinbaum to fight the wars of the United States," she says.

"This show is costing Mexico a lot of money … without addressing our own problems. It will backfire, not only on Claudia Sheinbaum, but on the Mexican people."

Girls play next to the border wall at sunset in Tijuana. *(Foreign Correspondent: Matt Henry)*

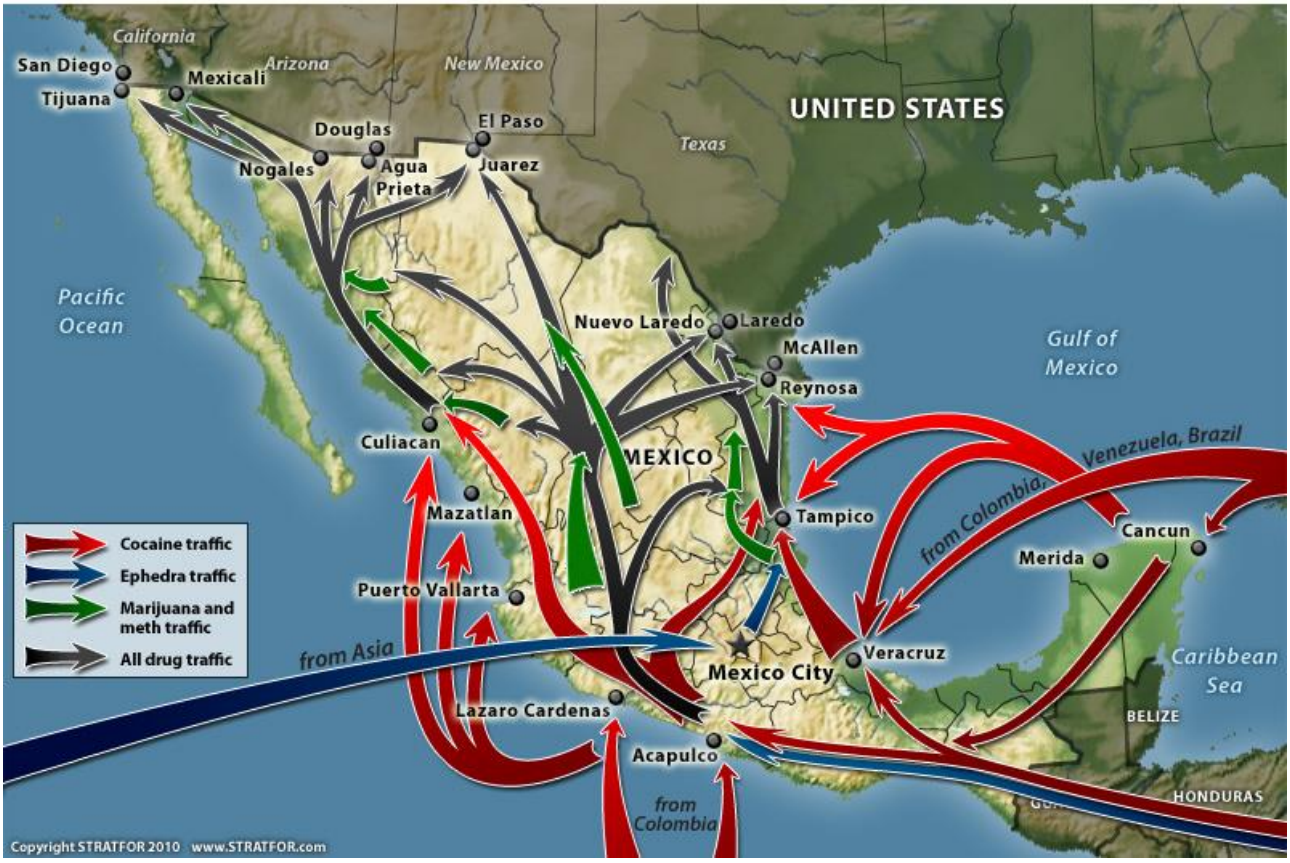
It is a criticism Claudia Sheinbaum rejects.

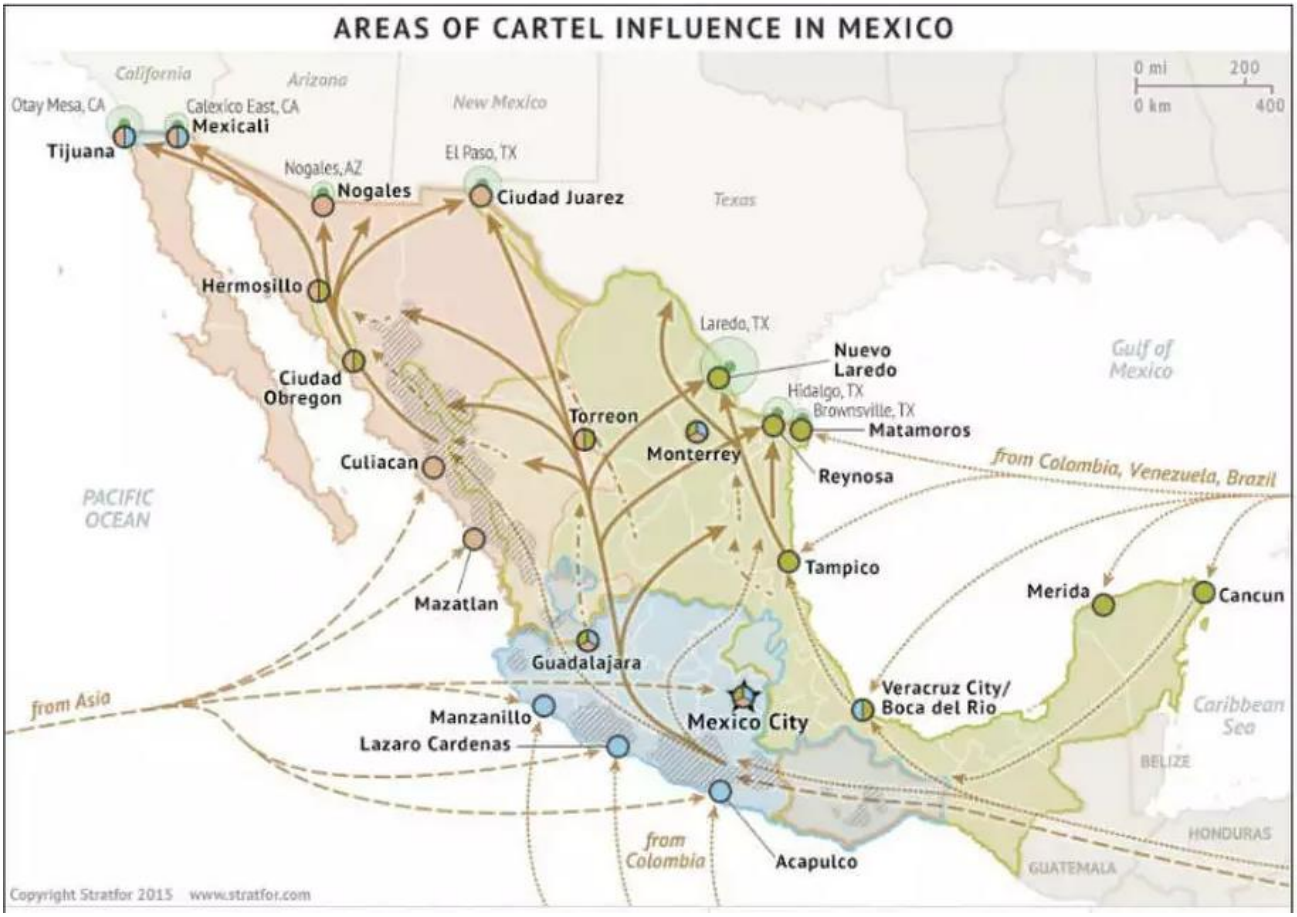
For now, she remains hugely popular in Mexico, enjoying an approval rating around 75%, and is forging ahead with her cartel crackdown.

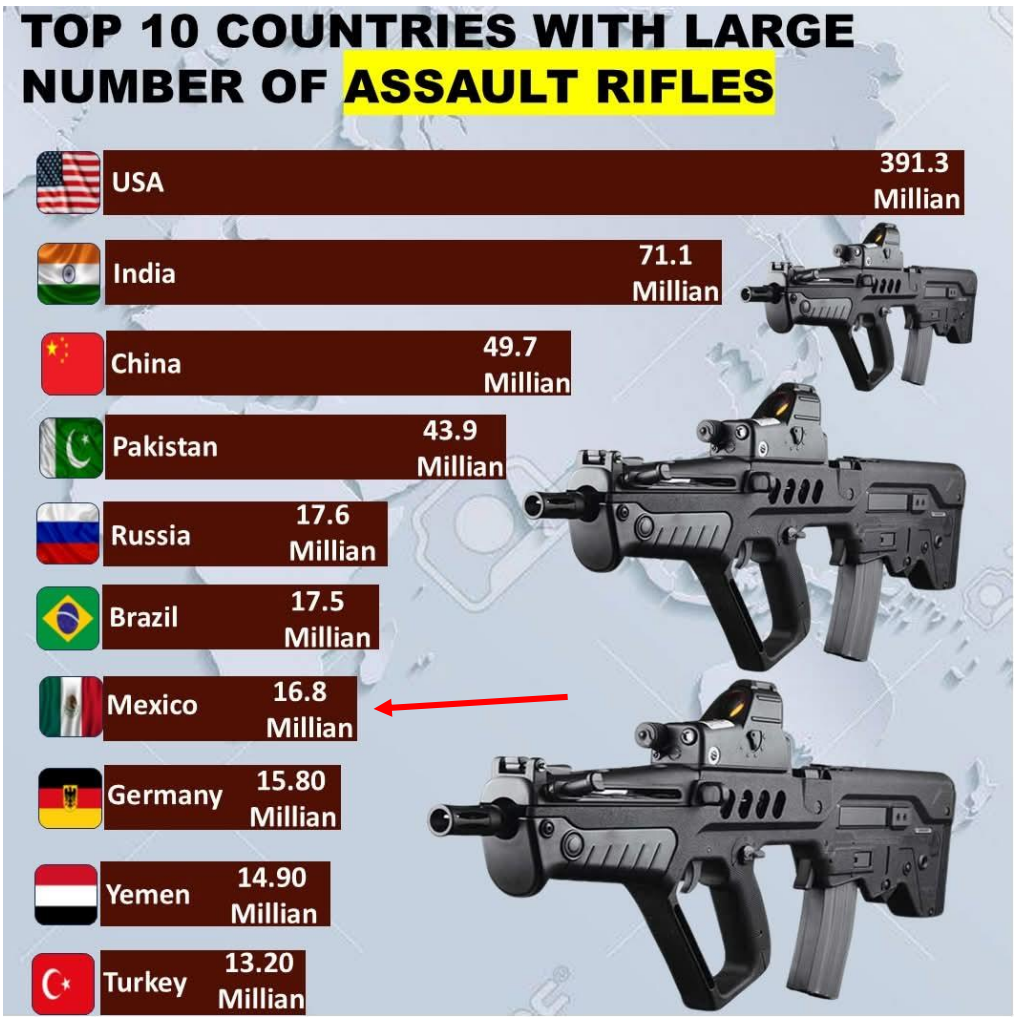
"Are we doing it to satisfy President Trump? No," Sheinbaum told Foreign Correspondent at her press conference in Mexico City.

"We do it because we don't want fentanyl to reach any young person in the United States, but we also don't want fentanyl to reach any young person in Mexico or any young person anywhere in the world."

DRUG ROUTES IN MEXICO







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**

Mexico's Invisible Women: Why Progress on Gender Equality Masks Deeper Inequalities

https://equalmeasures2030.org/em2030-fellow-mexicos-invisible-women-why-progress-on-gender-equality-masks-deeper-inequalities/

In Mexico, women make up more than half of the population (over 64 million people), yet many of their realities remain hidden in official statistics. At first glance, the numbers suggest progress: literacy rates are increasing, legal reforms have advanced, and women are becoming more present in the workforce. Yet a closer look shows that for many women, especially those who have been historically under-resourced, the picture is vastly different.

The lives of these women are shaped by overlapping forms of discrimination that official data often fails to capture. This invisibility is not accidental. It is the result of centuries of cultural, historical, and institutional exclusion. And it continues to have real-world consequences today.

On paper, Mexico's literacy rate for women is around 94% (INEGI). But the rate falls dramatically to about 75% among Indigenous women, whose dropout rates soar because of poverty, child marriage, or teenage pregnancy (IWGIA). In some Indigenous regions, illiteracy among women still exceeds 40% (UNESCO).

Afrodescendant women, who were only officially counted in the INEGI census since 2020, continue to face persistent gaps in school access and completion. Their illiteracy rate is 6.2%, compared with 5.5% among non-Afrodescendant women, and the gap is even larger when compared to men.

Women with disabilities experience even higher exclusion: nearly one in four never enters formal schooling (UNICEF), often because schools lack inclusive teaching or reasonable accommodations (OHCHR).

LGBTQ+ women, especially trans-women, are also pushed out of education early. Many face bullying, family rejection, or outright denial of enrolment. Without inclusive policies, they are being left invisible in national data and cut off from future opportunities.

More than 17 million women in Mexico dedicate themselves exclusively to unpaid domestic and care work, including childcare, eldercare, cooking, and cleaning. Amounting to an invisible contribution valued at 7.2 trillion pesos, or about 24 % of Mexico's GDP (INEGI). Yet this enormous contribution receives no compensation, recognition, or social protection.

Meanwhile, 56% of women are in informal jobs such as street vending, domestic service, or seasonal agricultural labour (CONEVAL). These roles bring low wages, no contracts, and no labour rights. For Indigenous, Afrodescendant, rural, disabled, and LGBTQ+ women, informal work is often the only option.

When crises hit (for example, the COVID-19 pandemic), these groups are the first to lose their livelihoods. The absence of detailed, disaggregated data means their economic struggles are rarely visible in policy debates, leaving millions trapped in cycles of poverty.

The invisibility of Mexican women is starkest when it comes to violence. In Mexico, 10 women are murdered every day, which equates to one woman being killed approximately every 2 hours and 24 minutes. Femicides account for nearly one in four homicides of women, among the highest rates worldwide (ONU Mujeres).

Yet even these shocking numbers underestimate the scale. Definitions of femicide vary by state, making data inconsistent. Official statistics are often outdated, and many cases go unreported. Human rights groups and journalists have stepped in, building their databases and uncovering thousands of disappearances that the state of Mexico has failed to count (Amnistía Internacional).

Underrepresented women face heightened risks. Trans women are frequent targets of hate crimes, often facing sexual violence and murder; specifically, transfeminicides, killings motivated by gender identity. But because their experiences are rarely captured in official statistics, their vulnerability is compounded by invisibility. In a country where 94 % of crimes go unreported, and less than 1% are resolved (Impunidad Cero), across all groups, impunity is staggering. Families searching for justice often face indifference or even hostility from authorities.

The problem is not only that certain women are missing from the data. Their absence actively shapes the policies meant to support them. If the challenges of these women are invisible, then education or health programmes may overlook them entirely. If unpaid care work is not properly measured, it is left unsupported in social policy. This gap between lived reality and official statistics undermines Mexico's promise to "Leave no one behind"/ "Llegamos todas" in its Sustainable Development Goals (CONEVAL).

Against this backdrop, feminist movements in Mexico have mobilised to demand visibility and justice. The fourth wave of Mexican feminism, led largely by young women, has brought mass demonstrations, digital activism, and intersectional solidarity. In March 2020, over 80,000 women marched through Mexico City, marking the largest protest in the country's history. The next day, the "Un Día Sin Nosotras" strike showed the huge impact of women's absence. Online, hashtags such as #NiUnaMenos and #MeToo have sparked public action and difficult conversations.

This activism has won important victories in public policy: Supreme Court decisions struck down laws criminalising abortion, the country adopted a feminist foreign policy, and in 2024, history was made with the election of Mexico's first female president (Gobierno de México). Yet the election of a woman president does not automatically translate into meaningful shifts on the ground. Systemic discrimination still pervades daily existence; countless numbers of women, especially those from under-resourced groups, still face systemic exclusion from schools, jobs, and justice.

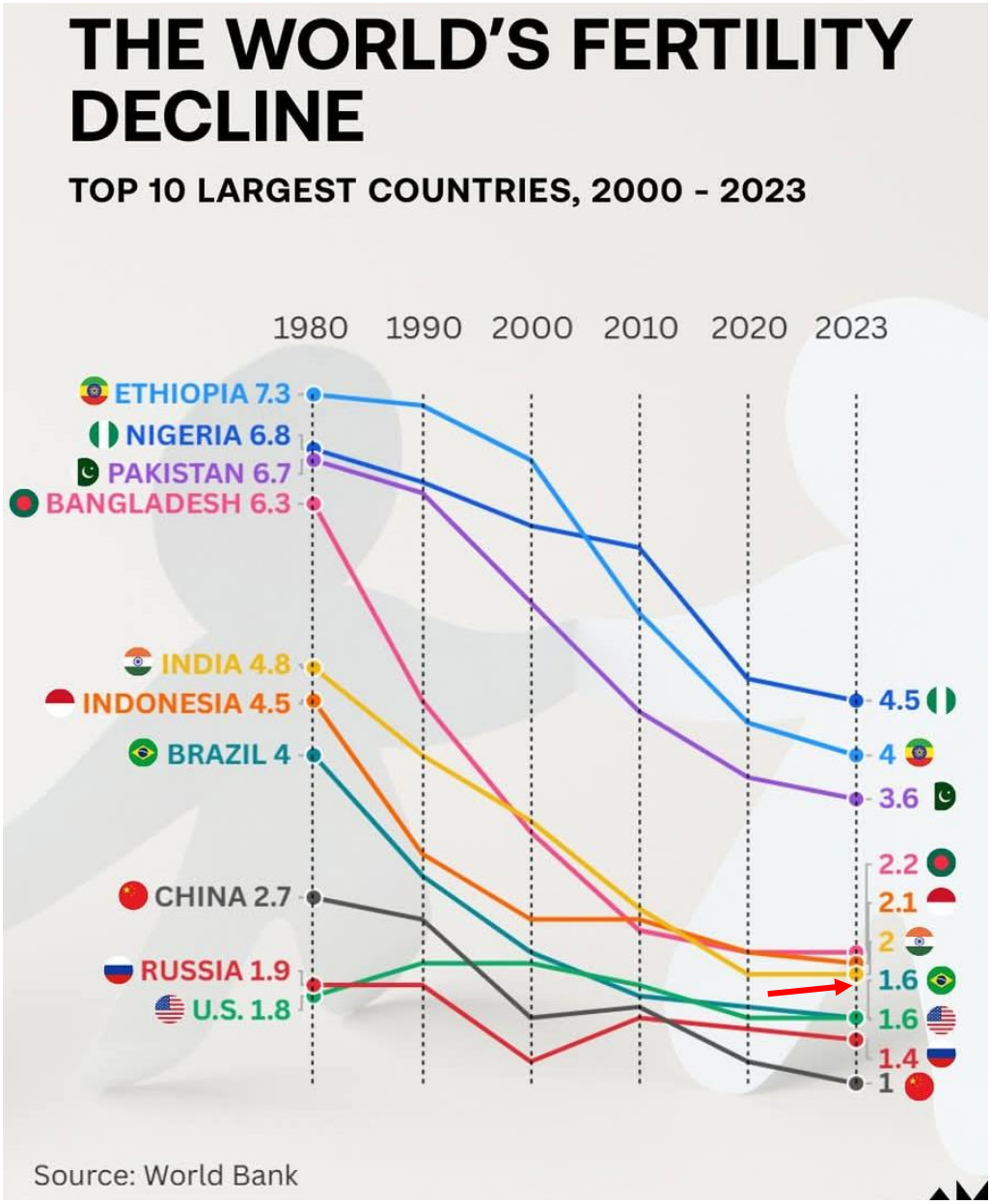
The struggle for equality in Mexico requires ensuring that all women, regardless of ethnicity, ability, region, or gender identity, are visible in the data and policies that shape public life. It means collecting better statistics, listening to more diverse voices, and designing inclusive solutions for real needs.

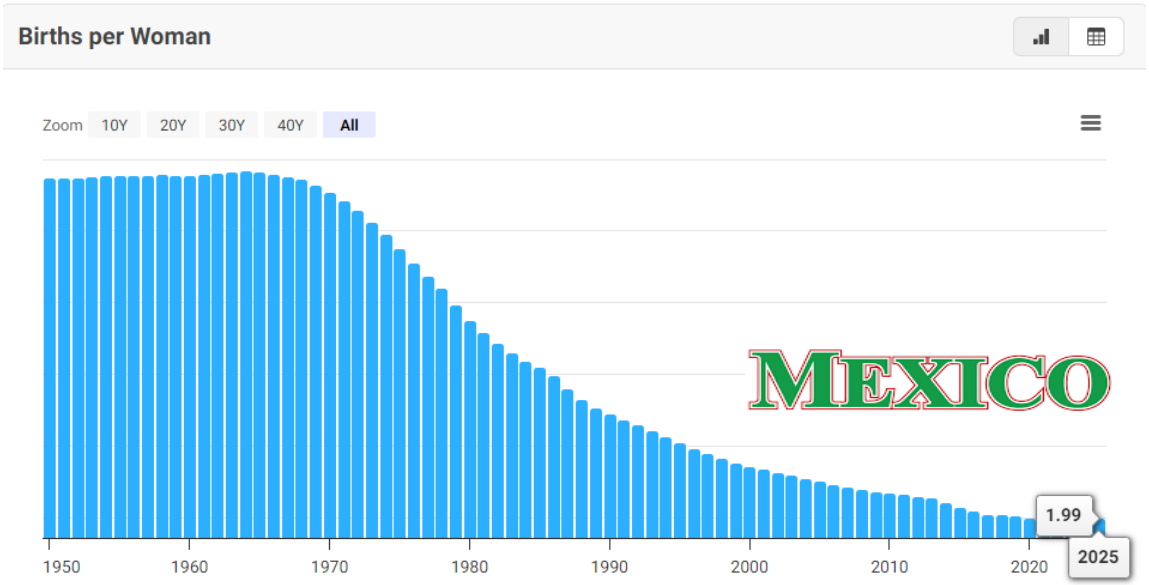
Invisibility is political, as Mexican feminists remind us. Making every woman count is justice. The new wave of activism has brought shadowed issues into public debate and insists that progress must be measured not in averages, but in whether every woman is seen, counted, and valued.

Until then, true equality will remain out of reach, but there is hope. Mexican feminists and activists are rewriting the story, not just for Mexico, but for Latin America.

Kindly go to www.pascashealth.com, then Library Download page, scroll down to Pascas Care Letters and click on to open:

Pascas Care Letters Mass Shootings.pdf


THE WORLD'S FERTILITY DECLINE
TOP 10 LARGEST COUNTRIES, 2000 - 2023
1980
1990
2000
2010
2020
2023
ETHIOPIA 7.3
NIGERIA 6.8
PAKISTAN 6.7
BANGLADESH 6.3
INDIA 4.8
INDONESIA 4.5
BRAZIL 4
CHINA 2.7
RUSSIA 1.9
U.S. 1.8
4.5
4
3.6
2.2
2.1
2
1.6
1.6
1.4
1
Source: World Bank


Births per Woman
Zoom
10Y
20Y
30Y
40Y
All
MEXICO
1.99
2025
1950
1960
1970
1980
1990
2000
2010
2020

https://www.heritage.org/progressivism/commentary/these-are-the-most-telling-failures-socialism

24 April 2019

Some conservatives may be discouraged by the latest surveys confirming that nearly one-half of millennials are receptive to living under socialism and regard capitalism as a captive of greed. In fact, they present us with a golden opportunity to educate all about the manifold failures of socialism and the miraculous advances the world has made under free enterprise.

For example, the Canadian psychologist Jordan Peterson revealed at a Heritage Foundation event that between 2000 and 2012, "the rate of absolute poverty in the world fell by 50%." That is, "the poor in the world are getting rich at a rate that is absolutely unparalleled in all of human history." Heritage's 2019 Index of Economic Freedom reported that the greatest advances came in African and Asian countries (such as Botswana and Taiwan) that limited rather than expanded the role of government. More than 100 countries, many of them with less developed or emerging economies, showed marked advances in economic growth and individual prosperity.

Such good news is seldom reported by the mainstream media, Dr. Peterson said, because of the technological revolution that's occurring in every form of media. All the broadcast networks, leading newspapers and magazines exist in a shrinking market with dwindling margins of profit. To attract attention they are turning to an old journalism axiom: "If it bleeds, it leads."

The news media obsess over the latest school shooting and bloody street riot, etc. And yet, Dr. Peterson pointed out, the rates of violent crime in most places "have plummeted in the last 50 years." The U.S. is now safer than it has been since the early 1960s, but the reporting of violent crime in America has materially increased as the mainstream media, in pursuit of ratings and revenue, have highlighted the dark side of society.

Conservatives must step forward to tell the truth about capitalism: the better life it has brought to billions of people, the diversity and freedom of choice it celebrates, the individual responsibility it encourages, the continuing miracle of Adam Smith's "invisible hand," its rejection of government planning that always leads to dictatorship.

Which brings us to the urgent task of exposing the chimera that socialism is just another political system. Sen. Bernie Sanders, Rep. Alexandria Ocasio-Cortez and their fellow socialists carefully omit any mention of the principles laid down by Karl Marx, the founding father of Socialism, such as the abolition of private property and the centralisation of the means of production and of decision-making. But make no mistake: there are radical socialists waiting in the wings to promote these extreme initiatives.

It's up to us to tell the truth. Socialists promise a classless society but create the prison camps of the Gulag and the Isle of Pines. They assure peace but engage in wars of national liberation. They abolish private property but depend upon the underground economy. They stamp out religion but worship Big Brother. They bring down corrupt dictators but institute a dictatorship of the Party.

Here are some of the most telling failures of socialism.

One, socialism has never succeeded anywhere, including the Marxism-Leninism of the Soviet Union, the National Socialism of Nazi Germany, the Maoism of Communist China, the Chavez-Maduro socialism of Venezuela. It has never come close anywhere to Marx's ideal of a classless society.

Two, Karl Marx has been wrong about nearly everything he predicted. The nation-state has not withered away. Capitalism didn't break down as a result of the Industrial Revolution. Workers haven't become revolutionaries but capitalists. The middle class hasn't disappeared; indeed, it has expanded exponentially around the world (see the above about the sharp decline in global poverty). Marx's attempt to use Hegel to create a "scientific socialism" has been an abject failure.

Three, socialism denies the existence of an essential human trait – human nature. Marx borrowed from the Enlightenment to declare that human nature was malleable, not constant. Christian theology with its idea of a fixed God-given nature infuriated Marx. The socialist state established by Lenin tried for seven decades to create an entirely new human being – Soviet Man. In December 1991, Mikhail Gorbachev gave up trying and dissolved the world's most spectacular failure in human engineering.

Four, socialism depends not upon the will of the people but on the dictatorship of the Party to remain in power. In "The God That Failed," six famous Western intellectuals describe their journey into socialism and their exit when they encountered the gigantic gap between their vision of a socialist utopia and the totalitarian reality of the socialist state.

After visiting the Soviet Union, the French Nobel Laureate writer Andre Gide said: "I doubt where in any country in the world – not even in Hitler's Germany – have **the mind and spirit ever been less free**, more bent, more terrorised and indeed vassalised than in the Soviet Union."

What price socialism? The Chinese philosopher Lin Yutang listed the "little terrors" that prevailed in China – making children of 12 subject to capital punishment, sending women to work in underground coal mines, harassing workers during their lunchtime with threats of prison if they were late returning to work. A Soviet defector said of the perpetual surveillance: "We lived in a world swarming with invisible eyes and ears."

Given the ignorance of so many of our fellow especially young Americans, telling the truth about socialism has become an imperative. If we do not, Sanders, Ocasio-Cortez and their fellow travellers will fill the vacuum with their misleading rhetoric. This is the truth about socialism: It is a pseudo-religion founded in pseudo-science and enforced by political tyranny.

This piece originally appeared in Fox News

Peronism was also described as socialist by some political scientists, who classified it as nationalist socialism, non-Marxist socialism, and Christian socialism. Other scholars evaluate Peronism as a paternalistic conservative ideology, and with a mixture of militant labourism and traditional conservatism.

Dependence upon the state, socialism or Peronism, needs to be put aside. We each are responsible for our own actions and through our own actions we grow in truth and understanding, and it is through truth that we grow in love – this is our journey. Our journey is the one we create, not others, and this domain of dependence upon a government is counter-productive to our journey of development.

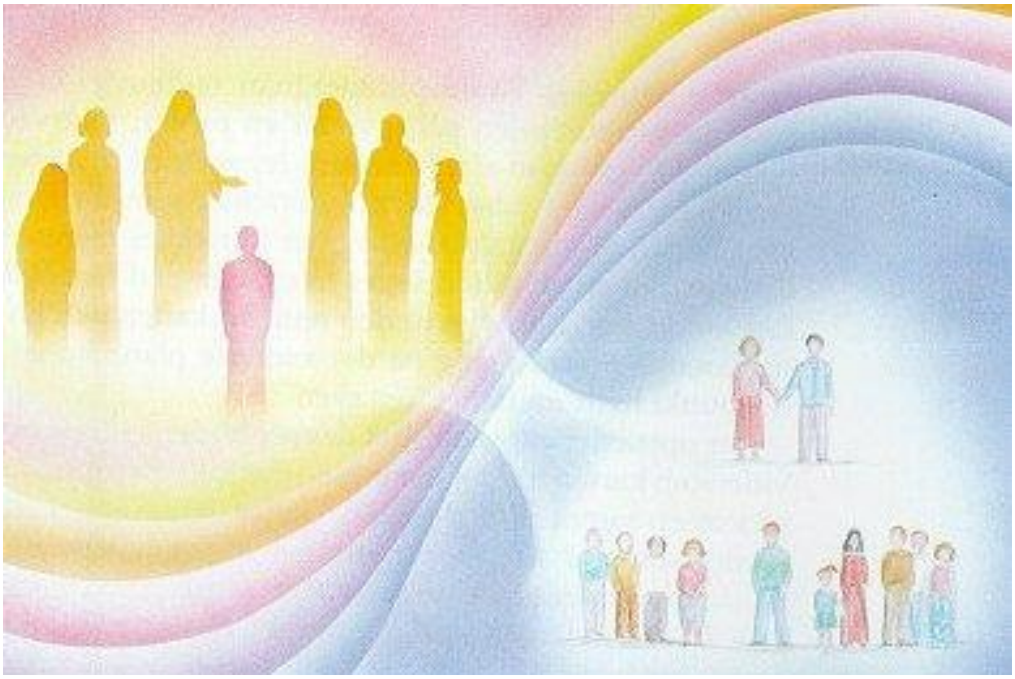
COMMERCIAL IN CONFIDENCE

Religion Overbearance

Culture is a defined as the values and beliefs of a nation's citizen that they follow as their existential truth. Religions and their scriptures are not divinely inspired, but generally man made to fulfil social, biological and political needs. The benefits of religious beliefs (mental solace, community building and promotion of virtuous behaviour) are highly valued in the development of any community and society. Generally speaking, any religion is a social construct and thus just another human ideology.

For example, James Moncrief on 15 May 2023: "To keep humanity on Earth in the dark about life after death also means the Controllers prevent humanity from spiritually advancing. Forevermore, we on Earth remain ignorant of anything more, so we're kept spiritually in a state similar to that of a young child. We have to cling onto our religions that don't help at all, they instead doing what they can to keep their followers in the dark. All because the Rebellion is anti-Truth. So stopping people openly believing there is life after death, keeps us devoid of truth and in the clutches of the Controllers on Earth, we remaining devoid of the good help we could get from spirits and Angels. If we got that help, it would then threaten the control of the Controllers. We would see we don't need to look to them on Earth, because there are higher and wiser spirits we can ask for help.

"Ideally we should all know that there is life after death, and compared to how badly we live on Earth in our denial of truth and love, a much better life awaits us. We should all live knowing our short physical lives are only the beginning of our wonderful adventure to attain Paradise. That, when we die it's not the end, yet a whole new beginning. That, should they wish, people can continue their loving relationships in the spirit worlds, and that many other opportunities exist that one might not have been able to enjoy on Earth, and that to live without the need for money and with no competitiveness and a desire to contribute willingly to the good of all, is something to look forward to. We are not meant to fear the end of our Earth life, we are to embrace it as a wonderful continuation or new beginning."



Due to the restraints imposed upon Earth's humanity by the Rebellion and Default that commenced 200,000 years ago, access and interaction with high level spirits and our Angels has been withheld. Through cracks in the universal contract governing the Rebellion and Default, Celestial Spirits have extensively written through James Padgett (1914 – 1923) and provided us with the "Padgett Messages". This has brought about the availability of Divine Love that Jesus introduced early in the first century for all of humanity and was lost by the third century. Further, Matthew, Mark, Luke, John, Paul, Peter, Judas, Mary Magdalene and Jesus have commented on the major errors throughout the currently published New Testament of the Bible. These comments are now collated and can been downloaded from www.pascashealth.com by going to the Library Download page, then scrolling down to Medical Soul Condition and Health, click on to open:

- Bible New Testament Matthew Peshitta Lamsa.pdf
- Bible New Testament Revelation Mary Magdalene.pdf
- Bible New Testament Review - Part I.pdf
- Bible New Testament Review - Part II.pdf

Upon reviewing the cannon laws, dogmas, creeds, rituals, sacraments, practices of the Catholic Church with these clarifications and explanations, it becomes obvious that being a male centric organisation that is also suppressive of one's feelings and dependent upon mind rationalisation, that the only thing standing as truth is the name of the institution!

All that we need to know is already within us, each of us. It is through our feelings that all may be revealed to us. We are too long to know the truth behind our feelings, both good and bad. We are not to subjugate our authority to artificial intelligence, we are to embrace every opportunity to experience and learn. Humanity has devised an endless array of entertainment and distractions which has turned us all into mummified zombies. Our diversity in skills and perceptions have never been so suppressed as they are today when we now believe we live in a technological age. We are retrograding at a massive rate.

Our purpose in life is one of discovery and growth in truth – this we are forfeiting at every opportunity.

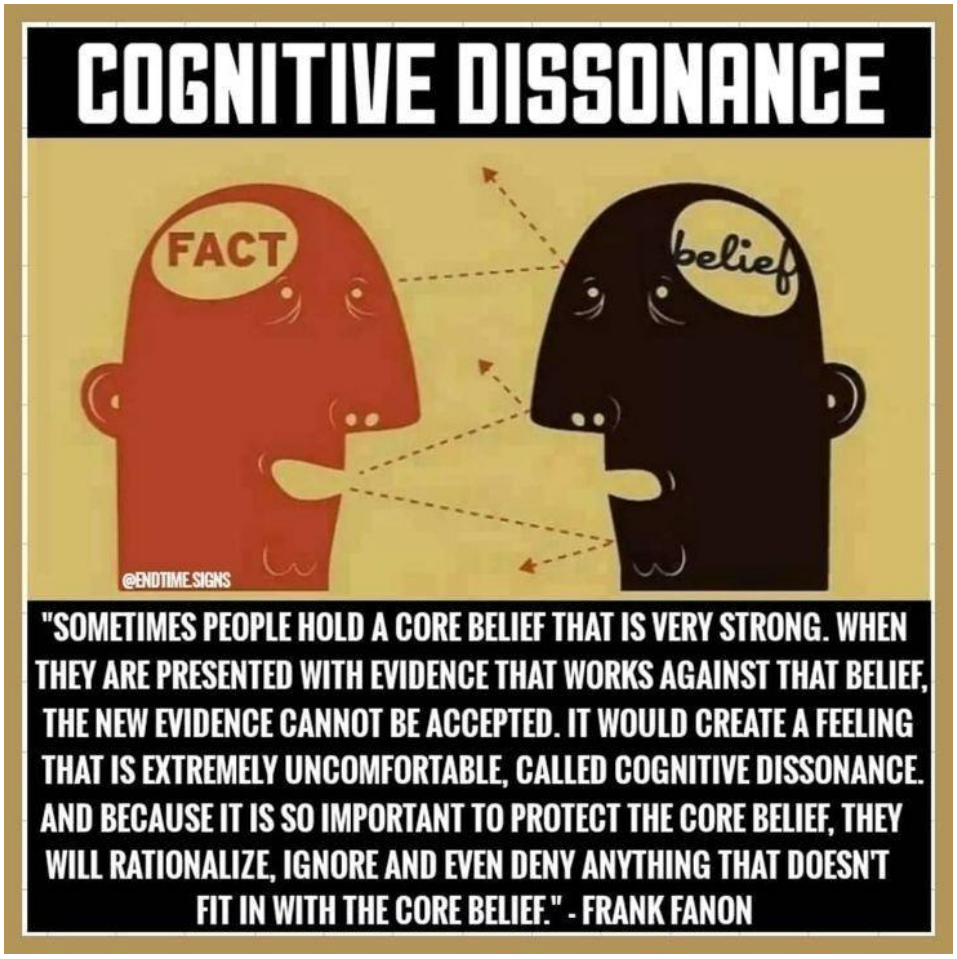
Doctors do not cure anything. We do by expressing our feelings, both good and bad while always longing, asking, delving into what is behind our feelings. We are truth seekers and we are to no longer deny and ignore what our feelings will reveal to ourselves about ourselves. We have to each go in deep! Even after our physical death, our childhood patterns remain firmly in place. This is the Great U-Turn that we are all to consider and then embrace.

What is to become a focus throughout any and every county is the unwinding upon dependence upon some centrally controlling platform and the bringing to surface the truth that our spiritual leaders should have been revealing to us. Our will is sacrosanct – we are not to subjugate our will to others!

Unlearning Hurts !

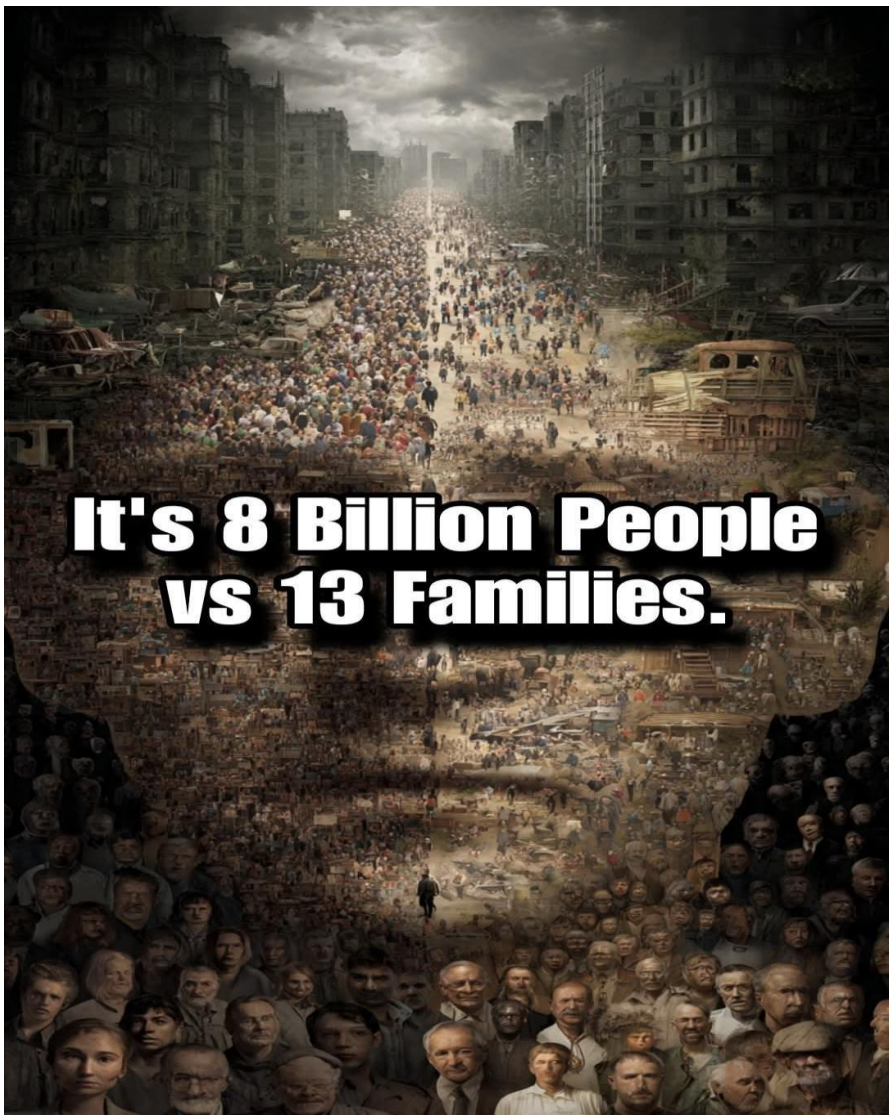
The truth will set us free, but first it will hurt like hell!

It is not the truth that enters us that causes the discomfort. It is the purging of the flawed beliefs that actually causes physical discomfort. The cells that hold access to erroneous beliefs literally need to die and this takes some time, maybe several days, and once that unfolds then the truth takes its rightful position.



The Truth will set Us Free !

ONCE YOU KNOW -
YOU CANNOT UNKNOW!
Mary Magdalene



Well that was up until 2017!

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

GREAT UTurn

Great U-Turn for humanity now ready for Mobilisation 22 July 2023
Celestial soul state condition achieved 22 September 2024
Rebellion Ended Forever 30 August 2025

Further, it was also in 2017 that the custodians, trustees and account holders of the humanitarian funds that had been accumulating in accounts around the world since 1944, which these "13 families" perceived were their own property, that they then had to recognise the humanitarian nature of these funds and that they had to release them accordingly when requested. They all had their access codes to these accounts and funds, as well as their perceived entitlements withdrawn, unless they agreed to cooperate. Some did not.

Mexico Can Eradicate Poverty with Adequate Policies and Inclusive Growth: World Bank

https://www.worldbank.org/en/news/press-release/2025/03/11/mexico-puede-erradicar-la-pobreza-con-politicas-adecuadas-y-crecimiento-inclusivo 11 March 2025

The eradication of extreme poverty in Mexico in the short and medium term can be set as a clear public policy objective. This is the key message of the new *Poverty and Equity Report on Mexico* by the World Bank, which analyses poverty trends over the past two decades and proposes three key areas of intervention: inclusive growth, more efficient social policies, and investment in infrastructure to reduce vulnerability.

Presented today at the Faculty of Economics of the National Autonomous University of Mexico (UNAM), the report was discussed by experts in economics, social policy, and development, who emphasised the need to strengthen strategies that foster more equitable and sustainable growth to continue advancing in the fight against poverty.

Mexico has reduced poverty in recent years, although at a slower pace than other countries with similar characteristics. According to the report, if the country's per capita GDP grows by 2% annually between 2024 and 2030, poverty would decrease from 21.8% to 15.4%. A 3% growth rate could reduce this figure even further to 13.4%.

The report highlights that while faster economic growth is essential for continuing progress in poverty eradication, it is not sufficient on its own. The key lies in achieving *inclusive growth* that generates direct benefits for the most vulnerable sectors. To achieve this, the report identifies three priority areas: **integrating more women into the labour market, improving economic conditions in rural households, and increasing formal employment**— all essential to ensuring that the benefits of growth reach the entire population.

"Economic growth must be inclusive to ensure that the most vulnerable sectors benefit directly. Investing in access to decent and formal employment is essential for sustainable poverty reduction," said Mark R. Thomas, World Bank Country Director for Mexico, Colombia, and Venezuela.

The report underscores the crucial role of social policies in reducing poverty, noting that Mexico has programs that have achieved significant progress. However, there are still opportunities to expand their impact by strengthening their coverage and efficiency. Redesigning these programs to reach a larger number of people and making them more progressive could further boost progress in poverty reduction. Additionally, improving access to social security and healthcare services is essential for significantly reducing extreme poverty due to social deprivation.

Education is another key pillar in consolidating these advances. (Actually, it is all about education and poverty is due to the lacking of truth!) The report emphasises that ensuring young people not only attend school but also acquire the necessary skills to complete their education and access better economic opportunities requires strengthening not only access but also retention and education quality from early childhood to higher education.

The report also highlights the importance of continued investment in physical and social infrastructure to reduce vulnerability, particularly in response to climate change. Currently, around one-third of Mexico’s population is exposed to at least one severe climate-related event, posing a risk to progress made in poverty reduction.

To mitigate this impact, it is essential to improve access to basic services such as sanitation, financial services, transportation, and roads, as well as to develop adaptive social protection mechanisms that strengthen the resilience of the most affected communities.

The report was presented by Samuel Freije-Rodríguez, Lead Economist at the World Bank, during an event that featured the participation of Lorena Rodríguez León, Director of the Faculty of Economics at UNAM; Marcela Amaro Rosales, Director of the Institute of Social Research at UNAM; Gerardo Esquivel, academic at UNAM and El Colegio de México; and Mark R. Thomas, World Bank Country Director.

The report, which will also be discussed this week by a group of experts at *El Colegio de México*, concludes that Mexico has demonstrated that poverty reduction is possible. With strategies focused on inclusive growth, more efficient social policies, and sustained investments in infrastructure, the country has the potential to eradicate extreme poverty in the short and medium term.

COMMERCIAL IN CONFIDENCE

Inflation – Mexico

https://tradingeconomics.com/mexico/inflation-cpi

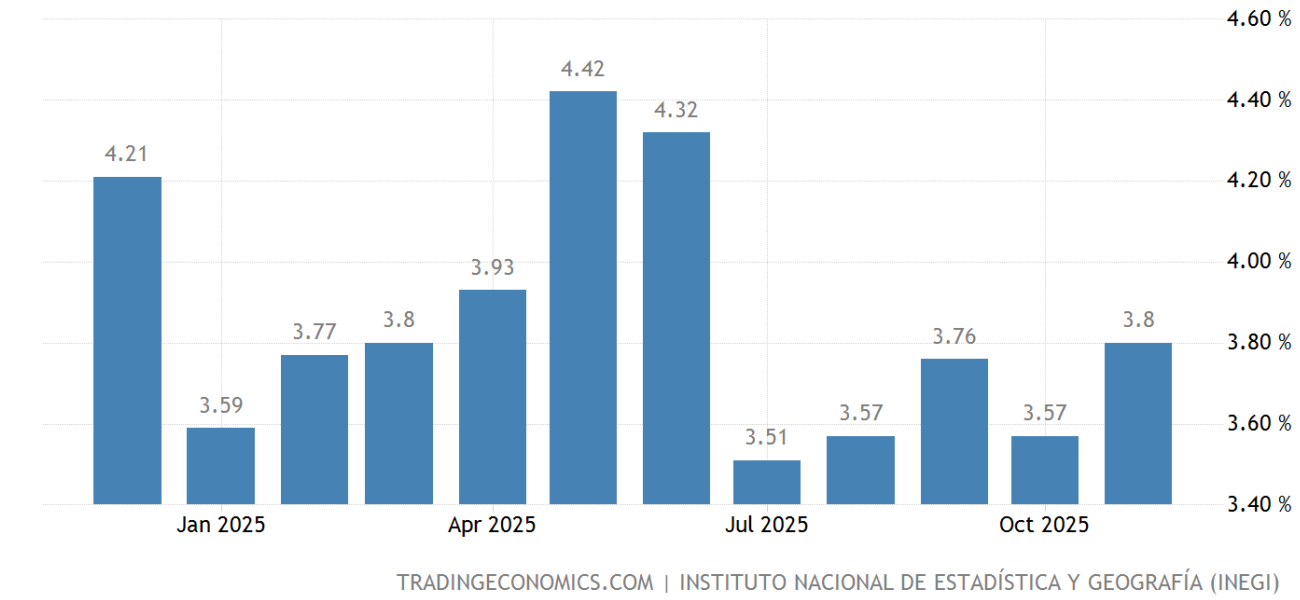
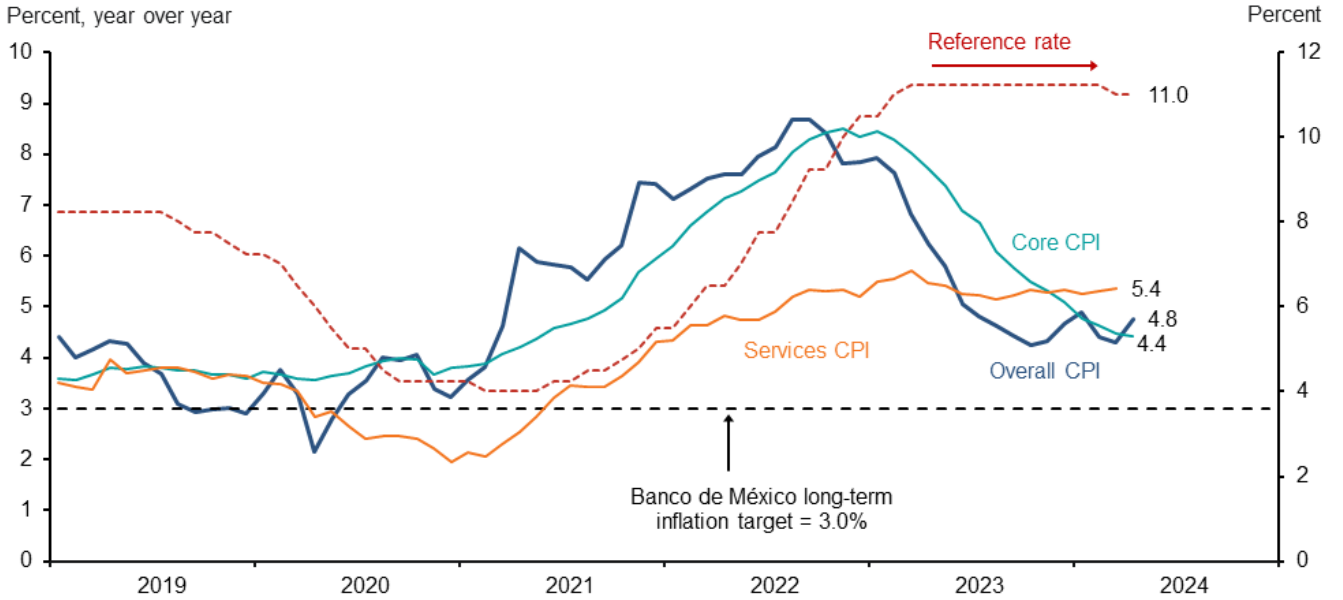


Chart 4
Progress on Mexico inflation stalls in 2024



NOTES: Chart shows services, core (excluding food and energy) and overall CPI inflation in Mexico as well as the central bank policy rate. Data are through April 2024.
SOURCES: Banco de México; Instituto Nacional de Estadística y Geografía (National Institute of Statistics and Geography).
Federal Reserve Bank of Dallas

Food Security in Mexico

https://storymaps.arcgis.com/stories/22bc5061dd0945298498afd4a2da8f8e 2024

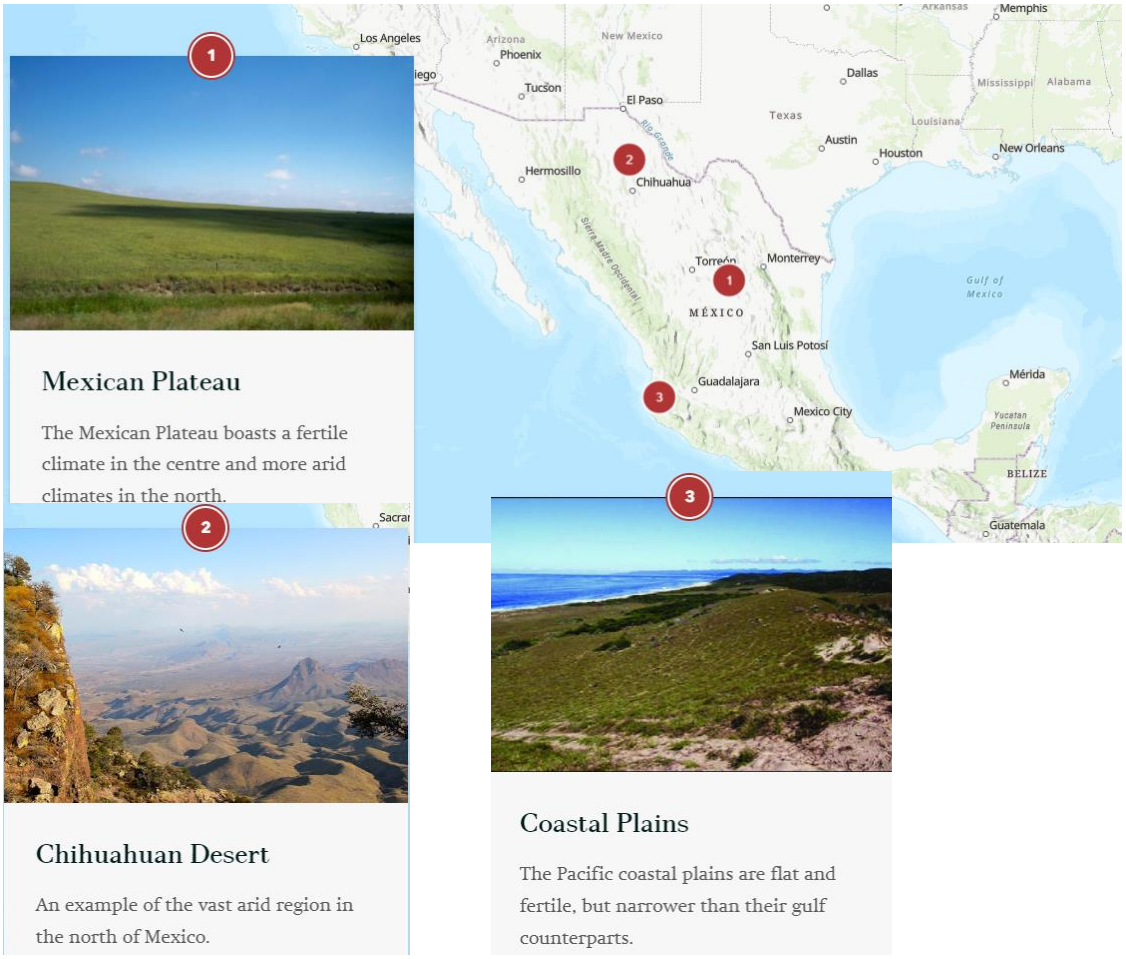
Introduction

The security of food in Mexico has had a long and strenuous history that has uniquely shaped it into the country it is today. This publication gives context to Mexico's agricultural landscape and aims to assess the current situation of food systems in Mexico, discuss its future as the climate changes, assess its resilience and vulnerabilities to future scenarios and propose strategies to combat these changes whilst promoting sustainability and resilience.

Physical and Human Environments

Before we can assess the quality of a countries food systems and security, we must first look at the context that it is operating within. The topography of Mexico directly influences its agricultural landscape and its population centres.

The Sierra Madre mountain system consist of the Sierra Madre Occidental (to the west), the Sierra Madre Oriental (to the east), and the Sierra Madre del Sur (to the south). These ranges enclose the great central Mexican plateau. This plateau is divided into two distinct sections, with the northern plateau being more arid and less elevated and the central plateau being more elevated and boasting features such as fertile valleys and basins (Engerrand, 2020). This is our first example of topography influencing agriculture, as a vast amount of Mexico's farmland has been concentrated to the countries central areas (Chaussard, 2013). Another mountain range in Mexico is the Trans Mexican volcanic mountain range, a mountain range that stretches across the country from the Pacific Ocean to the Gulf of Mexico and boasts North Americas third tallest peak, Popocatepetl (Ferrari, 2011).



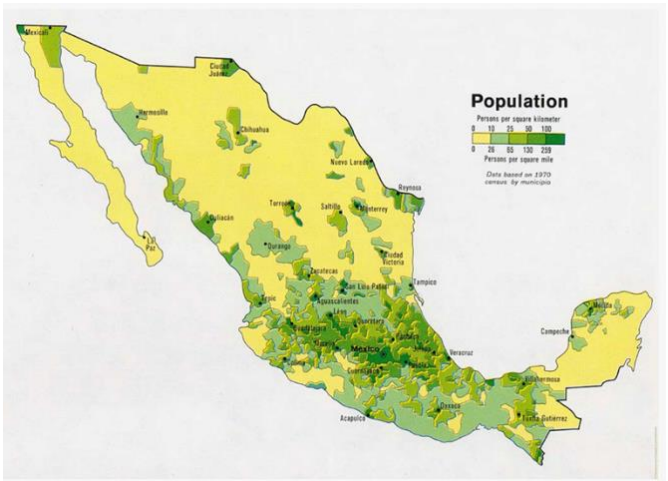
An important aspect of the physical landscape of Mexico is the abundance of deserts in the north of the country. Some of the most notable deserts in Mexico include the Sonoran Desert, located in the northwest of the country (Shreve, 1964), and the Chihuahuan Desert, found in the countries north (Janzen,

1986). These regions have very rugged terrain and sparse vegetation, making it difficult land to cultivate. They produce significantly smaller yields than those of the central and southern regions of Mexico (Parkes, 2024).

The final significant element of Mexico's topography is its coastal plains. Mexico has coastal plains on its eastern and western coasts. The Pacific coastal plains in the west are narrower than the Gulf coastal plains in the west due to the proximity of the Sierra Madre del Sur and Sierra Madre Occidental to the western coastline. These regions consist of flat and fertile grounds that are ideal for agriculture (Chiappa-Carrara, 2018).

Population distribution of Mexico (1970)

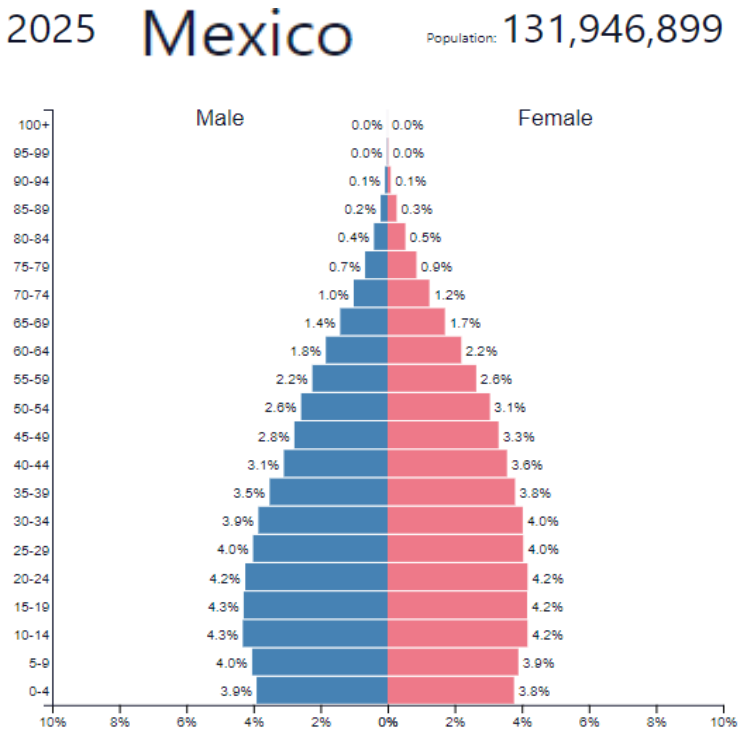
The agricultural land in Mexico, like many other countries, has had a direct influence on the population distribution, with the largest populations residing in and around Mexico City, a city surrounded by fertile land (CIA, 2024). There are also relatively large populations living in Mexico's coastal areas, again due to the highly fertile land. This trend continues as we have seen rural farming settlements spring up in the arid northern regions Mexico since the 19th century, this is due to the introduction of modern farming techniques in Mexico which has made agriculture possible in these regions.



Population distribution of Mexico (1970)

Population Pyramid of Mexico

Now taking a look at Mexico as a whole, the population has risen to 130,739,927 in 2024, making it the eleventh most populous country in the world (WPR, 2024). Although the Mexican population is growing at a rate of 0.72% annually, this growth rate has been declining in the last few decades and it does not look as though Mexico's population will increase significantly in the near future (WPR, 2024). It is also important to note that approximately 78% of Mexico's population live in urban areas, especially around Mexico City (CIA, 2024).



History of food systems

Crop domestication and agriculture went through its first stage of life in Mexico between 8000 and 2000 BCE with the domestication of Maize (Stitzer, 2018). It remained relatively rudimentary until the colonial conquest of the Spanish empire between the 16th and 19th centuries (Hancock, 2022). Spanish conquistadors introduced a wide array of livestock including cattle, horses, and sheep. They also introduced forced labour systems and agricultural estates to extract profit from the region (Hancock, 2022). This heavily impacted Mexico's agricultural

landscape, with the remnants of these systems still being seen today (Acemoglu, 2012). When Mexico gained independence from Spain, a new era of agriculture began which introduced major infrastructure developments such as railroads, which led to an expanse in exportation of agriculture (Woinczek, 1986). These historical periods are essential to understanding the complexities of the modern landscape of agriculture and food security in Mexico.

Water Resources and Precipitation

Moving onto the assessment of the current situation for food security in Mexico, we will first look at the water resources and precipitation. As we have previously discussed, Mexico has a naturally arid climate in the north and a semi-arid climate in the central areas. These areas make up approximately 56% of Mexico's total area and experience considerably less precipitation than the countries southern region, with rainfall being less than 50mm per month throughout the year. The southern regions and the central highlands experience a distinct wet season from the months of June to October. Rainfall can average 550mm per month during this season, bringing the countries average annual precipitation up to 763.19mm between the years 1991 and 2020 (WBG, 2021).

Areas equipped for irrigation (ha) in Mexico

The diversity of precipitation in Mexico leads us to the question: is irrigation necessary in Mexico? To answer that question we must look to some of the largest areas with the lowest levels of precipitation in Mexico: Sinaloa, Sonora and Chihuahua (Salas, 2023). Sinaloa is equipped to irrigate 797,231 hectares of its area, while Sonora is equipped to irrigate 748,795 hectares and Chihuahua is equipped to irrigate 479,375 hectares. More or less all of this land is actually irrigated year on year. This shows us that irrigation is necessary for crop production in the Northern arid areas of Mexico, but irrigation systems are also used in most of the Mexican states, with the total area actually irrigated amounting to 5,310,622 hectares of land, as of 2007 (FAO, 2021) .

Province	Area equipped for irrigation (ha)			Area actually irrigated (ha)
	total	with groundwater	with surface water	
Aguascalientes	66 144	43 121	23 023	50 543
Baja California	261 295	138 884	122 411	261 295
Baja California Sur	94 233	86 780	7 453	94 233
Campeche	18 870	15 280	3 610	15 832
Campeche-Quintana Roo	318	286	32	0
Campeche-Quintana Roo-Yucatán	0	0	0	0
Campeche-Yucatán	0	0	0	0
Campeche-Yucatán	81	81	0	0
Chiapas	92 479	16 488	75 991	45 820
Chiapas-Oaxaca	0	0	0	0
Chiapas-Tabasco	0	0	0	0
Chihuahua	479 375	330 503	148 873	479 375
Coahuila de Zaragoza	304 578	182 568	122 009	304 578
Colima	101 928	20 568	81 360	67 228
Distrito Federal	2 035	2 035	0	1 142
Durango	185 597	90 845	94 751	185 597
Guanajuato	415 201	270 777	144 424	341 955
Guerrero	102 077	14 857	87 220	93 652
Hidalgo	167 279	20 305	146 974	97 791
Jalisco	257 204	127 773	129 431	191 967
México	208 845	72 374	136 471	107 842
Michoacán de Ocampo	472 958	125 810	347 148	306 512
Morelos	57 684	13 503	44 181	41 922
Nayarit	110 895	9 734	101 161	110 895
Nuevo León	172 621	92 556	80 065	128 264
Oaxaca	101 739	38 124	63 615	73 240
Puebla	172 222	89 997	82 226	118 968
Querétaro Arteaga	68 260	49 629	18 631	68 260
Quintana Roo	33 560	33 393	166	4 591
Quintana Roo-Yucatán	4 251	4 251	0	0
San Luis Potosí	146 196	81 906	64 289	102 127
Sinaloa	797 231	93 296	703 935	618 813
Sonora	748 795	417 509	331 286	748 795
Tabasco	15 127	3 957	11 170	5 519
Tamaulipas	643 961	48 103	595 858	301 387
Tlaxcala	33 957	17 126	16 831	10 738
Veracruz de Ignacio de la Llave	197 013	31 063	165 950	88 377
Yucatán	45 421	45 421	0	45 092
Zacatecas	237 811	186 550	51 261	198 470
Mexico total	**6 817 240**	**2 815 434**	**4 001 805**	**5 310 622**

Areas equipped for irrigation (ha) in Mexico

Most produced crops in Mexico, 2019-2023.

When it comes to managing a countries water resources, it is important to look at the water footprint that is created by the food that a country produces. A water footprint measures the amount of water used to produce each of the goods and services we use and the crops that Mexico produces leave a significant water footprint (Hoekstra, 2017). The most produced crop in Mexico is maize, with production averaging 26,309,000 tons from 2019-2023 (USDA, 2024). Maize production makes 10% of the total water footprint for crop production in the world, with the average water footprint of maize being 1220 litres/kg (Hoekstra, 2017). The water footprint of maize in Mexico is likely exacerbated by its reliance on its vast irrigation system (FAO, 2021).

Agricultural systems not only consume a huge amount of water, but unsustainable farming practises can also lead to pollution of local waterways. A study carried out on the coastal lagoons of the Mexican

Pacific show us that drains and rivers near agricultural regions are impaired by an imbalance of nutrients and pollutants from toxic pesticides originating in the agroindustry (Arellano-Aguilar, 2017). These impaired drains and rivers carry the excess nutrients and toxins to coastal lagoons, where toxic algae blooms can now be found. The coastal lagoon of Pabellones is an example of a heavily impaired waterway that is a direct result of the runoff of agricultural sites in Sinaloa (Arellano-Aguilar, 2017). There are 16 pesticides that have been disallowed by the Mexican government, all of which have been found off the countries western coast (Arellano-Aguilar, 2017). On Mexico's other coast, the Gulf of Mexico has seen an increase in the size of its 'dead zone', an area that is now unsuitable for fish and marine life due to its low amount of oxygen. The growth of the 'dead zone' is due to the nutrient runoff from Mexican and American agricultural systems (NOAA, 2024). It is evident that Mexico has low regulation and monitoring on its excess nutrient and pesticide use in its agricultural industry.

Crops	5-yr Avg (2019-2023) (1000 Tons)	2023/24 (1000 Tons)	2024/25 (1000 Tons)	% Change 2024-25/Avg
Corn	26,309	22,700	25,000	-5
Sorghum	4,538	4,280	4,500	-1
Wheat	3,320	3,476	2,800	-16
Barley	916	780	780	-15
Palm Oil	225	235	240	7
Rice	170	150	160	-6
Soybean	226	185	155	-31
Peanut	89	80	85	-5
Sunflowerseed	8	9	9	15
Rapeseed	2	2	2	-9

Most produced crops in Mexico, 2019.2023.

Soil Conservation Management

One of the most important pieces of the puzzle when it comes to food security is ensuring that the nutrients in the soil used for farming are not being depleted. Mexico has a diverse range of soils, varying significantly between the arid northern regions, semi-arid central regions and tropical southern regions. The dominant groups of soils in Mexico include Leptosols, regosols, calsisols, luvisols, vertisols and andosols, but the country contains 25 of the 32 recognised soil groups (Ortiz, 2022). The favourable climactic conditions in the Mexican plateau lead to deep soils that are very fertile, while the arid regions of the north give way to shallow soils that are not ideal for agriculture (Semarnat, 2021). Between 1961 and 2013, the total use of synthetic nitrogen fertilisers increased sevenfold, from a mean of 11.0 to 93.1 kg ha^{-1} (FAO, 2017). This increase has led to some level of degradation in more than half of the soils in Mexico (Tello, 2020). Unsustainable agricultural methods, such as over-ploughing, lack of crop rotation, and minimal use of soil conservation techniques, also exacerbate soil erosion. Regions like the Bajío and parts of northern Mexico, where monoculture is common, are particularly at risk (INEGI, 2024).

Pest Management

Mexico's food security faces noteworthy challenges due to pests, weeds, and diseases affecting its major crops. These issues threaten yield and quality, which therefore requires adaptive strategies for sustainable agriculture.

Sugarcane: Sugarcane is a vital crop in Mexican agriculture and it suffers a 15-20% yield loss annually due to moth borers such as Diatraea lineolata, Chilo loftini, and Diatraea saccharalis which heavily reduce the sugar content in the crop (Mishra et al., 2023). Cynodon dactylon (bermuda grass) fiercely competes with sugarcane for resources, while Puccinia melanocephala (sugarcane rust fungus) impairs photosynthesis in the crop (Li et al., 2024).

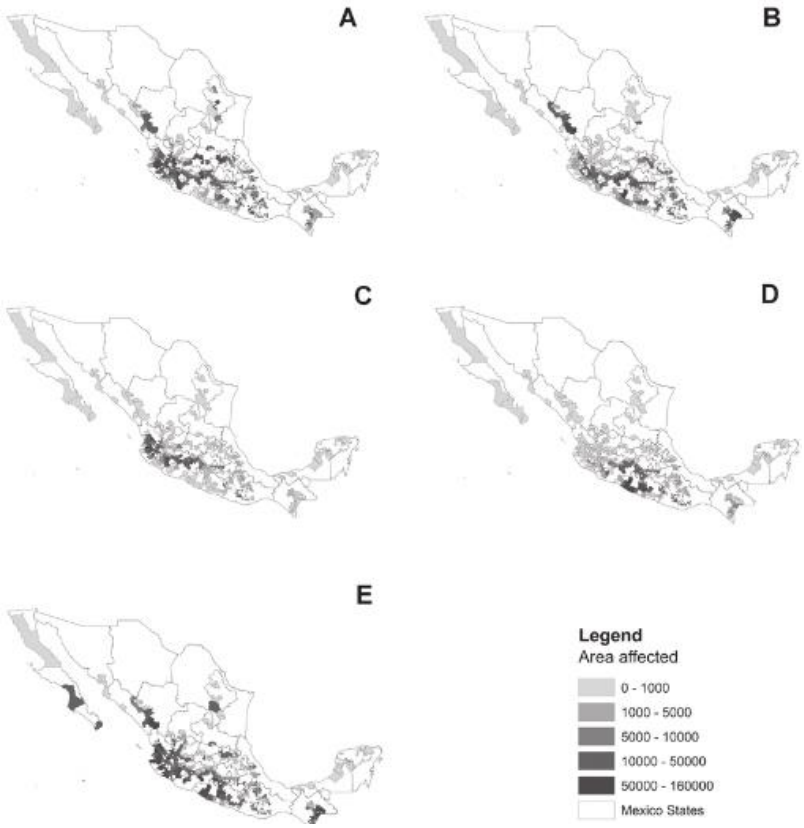
Maize (corn): Maize, a staple crop in Mexico, is affected by Spodoptera frugiperda (fall armyworm), which damages leaves and stems. Other threats include weeds like Amaranthus spp., which reduce nutrient availability, and Ustilago maydis (maize smut), causing kernel deformation (Blanco et al., 2014). Together, pests, weeds, and pathogens reduce maize yield by 32%.

Citrus: Citrus crops face damage from pests such as Aonidiella aurantii (California red scale), which harms fruits and foliage, and persistent weeds such as Cyperus rotundus (nutgrass, Citrus canker, caused by Xanthomonas citri, results in fruit and leaf lesions, lowering market value (Rabbee et al., 2022).

Sorghum: Sorghum productivity is undermined by insect pests like Melanaphis sacchari (sugarcane aphid) and Chilo partellus (sorghum borer), damaging leaves and stems, and reducing grain fill (Okosun et al., 2020).

Tomatoes: Tomatoes face damage from pests such as Tuta absoluta (tomato leafminer) and Bemisia tabaci (whitefly), while Solanum nigrum (black nightshade) weeds harbor pests. Late blight caused by Phytophthora infestants devastates tomato crops as well throughout Mexico (Asiry et al., 2022).

Adaptation strategies in tackling the reduced crop yields in these specific crops include breeding pest-resistant crops, adjusting planting dates, and utilising natural predators like parasitic wasps (Dara, 2019). These integrated pest management practices are important for mitigating losses, improving yields, and strengthening Mexican food security amidst these threats.



Geographic areas in Mexico where both the insect pest and avocados are found. Shading indicates hectares affected. A) Conotrachelus aguacatae; B) Conotrachelus perseae; C) Copturus aguacatae; D) Heilipus lauri; and E) Stenoma catenifer. Source: Victor Lopez-Martinez, 2017.

Diet and nutrition

Mexican cuisine, recognised by UNESCO as an intangible cultural heritage, is deeply rooted in traditional practices, ingredients, and techniques (UNESCO, n.d.). Staples like corn, beans, and chili are enhanced by farming methods such as chinampas and milpas, and cooking techniques like nixtamalization, which boosts the nutritional value of maize (UNESCO, n.d.). Ingredients like avocados, tomatoes, and cocoa enrich these staples. Meals are culturally significant, emphasising family unity and regular shared meals. However, modern shifts toward processed foods have eroded traditional diets, impacting overall nutrition (Villegas et al., 2022).

Prevalence of moderate or severe food insecurity in the population in Mexico. This shows the continuous increase in food insecurity since 2018.

Prevalence of moderate or severe food insecurity in the population in Mexico. This shows the continuous increase in food insecurity since 2018.

Socioeconomic disparities play a key role in dietary patterns. Rural, poor, and indigenous communities maintain healthier traditional diets with higher consumption of legumes and grains and lower intake of sugar and red meat. However, these groups face limited access to milk and dairy products, a contrast to higher socioeconomic groups (Castellanos-Gutiérrez et al., 2021). Urbanisation and income disparities drive increased consumption of high-energy, processed foods among wealthier populations, mirroring global trends (García-Chávez et al., 2017).

The rise in processed food consumption since the 1980s has significantly altered Mexico's diet. Urbanisation, busier lifestyles, and growing disposable incomes fuel demand for ultra-processed foods, including sugary snacks, breakfast cereals, and processed meats (Marrón-Ponce et al., 2018). This shift has led to a decline in unprocessed and minimally processed foods, exacerbating health issues (Marrón-Ponce et al., 2018).

Mexico faces dual challenges of obesity and food insecurity. **High consumption of ultra-processed foods has resulted in alarming rates of obesity (70% of adults) and related conditions like diabetes** (Langellier et al., 2021). Meanwhile, rural and low-income areas experience food insecurity due to limited resources, perpetuating malnutrition and poverty (López-Olmedo et al., 2021).

The Mexican food system suffers from these interlinked cultural, economic, and health challenges, highlighting the urgent need for policy interventions to promote traditional diets and reduce inequality.

Effect on the Economy

The agricultural sector in Mexico does not only determine the security of food, but also the security of livelihoods. The agricultural sector is the third largest sector in Mexico and constitutes 3.6% of its GDP and 12% of its employment (TE, 2024). Although the Mexican GDP has risen in recent years, **36.3% of Mexico's total population still live below the poverty line.** This is largely due to exploitative labour practises which is evident in the agricultural sector as around 4% of farmers control 50% of the annual crop yield (Aorere, 2023). Poorer states such as Sinaloa rely disproportionately on the agricultural sector to survive and a reduction in crop yields in the future could threaten livelihoods and put even more Mexicans at risk of poverty.

Gross domestic product (GDP) in current prices from 1987 to 2029 (in billion U.S. dollars). Source: Statista

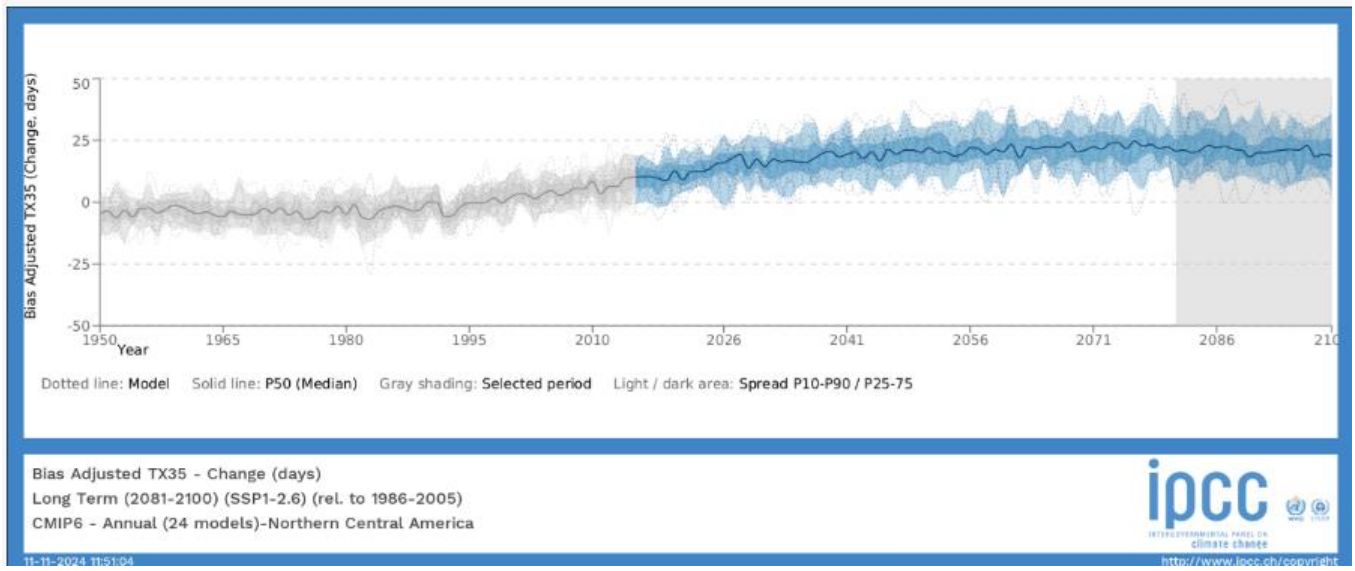
Future Climate

Agriculture and food production is generally highly dependent on the climate and therefore it can be very vulnerable to climate change. As temperatures and evaporation rates increase, arid and semi-arid environments such as those in central and northern Mexico will see a significant reduction in crop yields across most of its crop types. Diminishing rainfall will likely lead to an increase in irrigation in the short-term, but under high-emission scenarios there will likely be large reductions in crop yields of both rain-fed and irrigated crops including Mexico's most produced crops- maize, rice, sorghum, soybean, wheat and sugarcane (USDA, 2024).

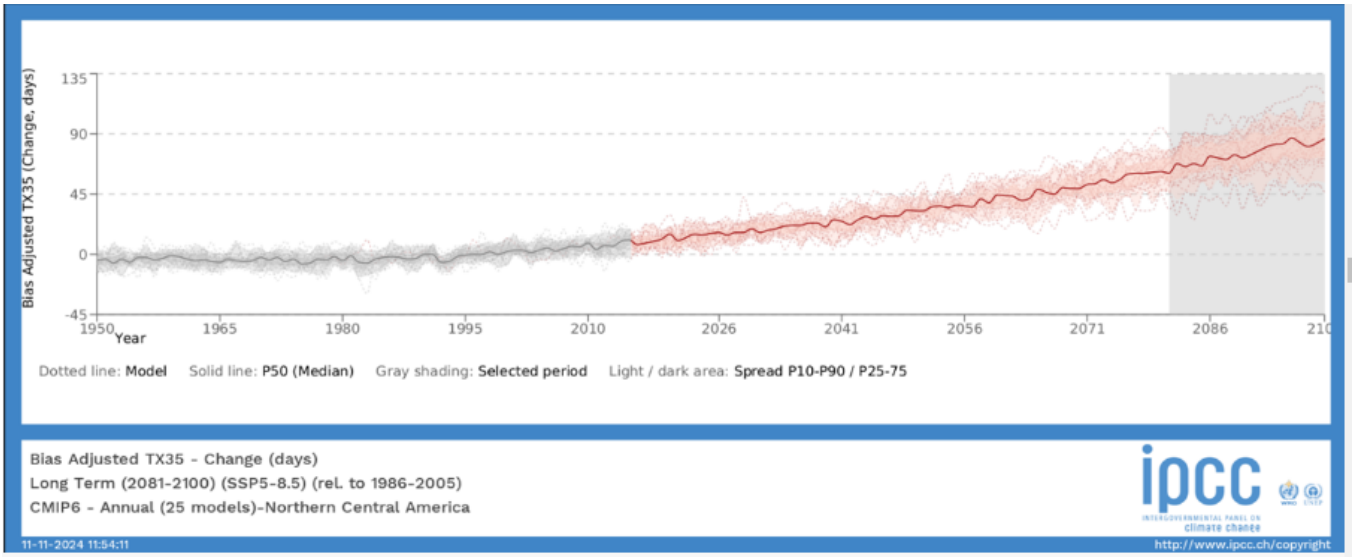
Although it is certain that rising temperatures will reduce crop yields in Mexico, there are different scenarios that are used to predict future trends depending on our responses to current climactic issues and our emissions. We have compared scenarios SSP1-2.6 and SSP5-8.5 to highlight the effects that efficient regulation can have on Mexico's food security (Orano, 2022).

SSP1-2.6 is the sustainable development scenario. Global CO2 emissions are strongly reduced but less rapidly, the objective of zero emissions is reached after 2050 and the temperature increase stabilises at around 1.8 degrees Celsius by the end of the century (Orano, 2022).

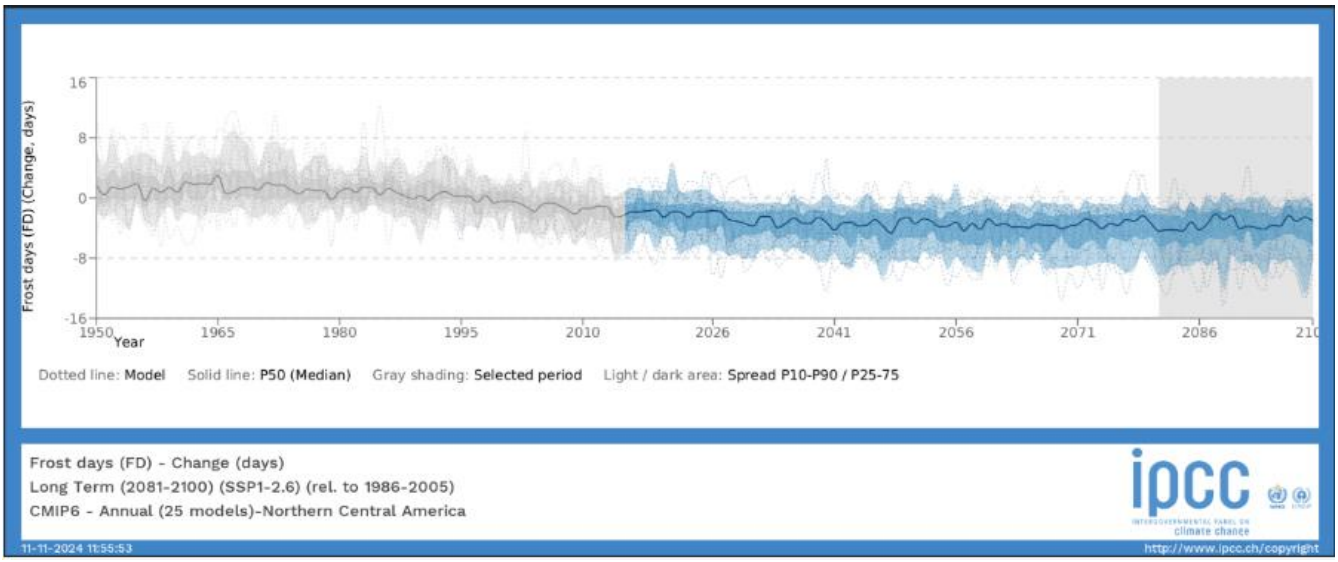
SSP5-8.5 is the fossil fuel-driven development scenario. This is the "worst case scenario", in which current levels of CO^2 emissions are almost doubled by 2050. In this scenario the world economy grows rapidly, but this growth is driven by fossil fuel exploitation and very energy-intensive lifestyles. By 2100, the average temperature of the planet will have risen by a catastrophic 4.4 degrees Celsius (Orano, 2022).



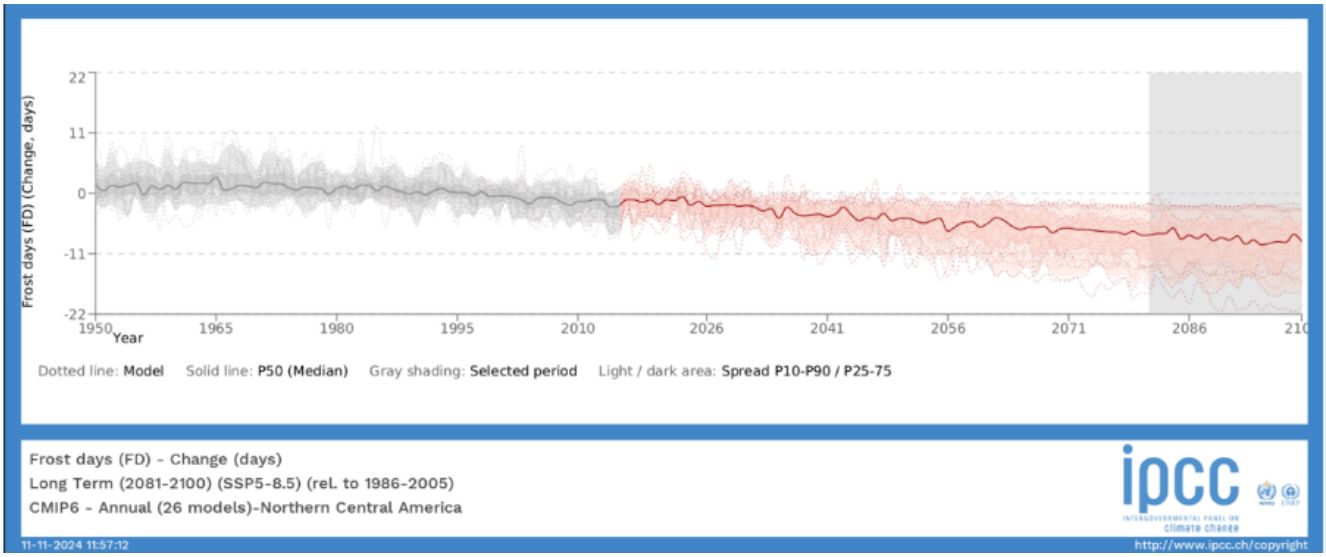
Long term bias adjusted temperature TX35 under SSP1-2.6 in Northern Central America.



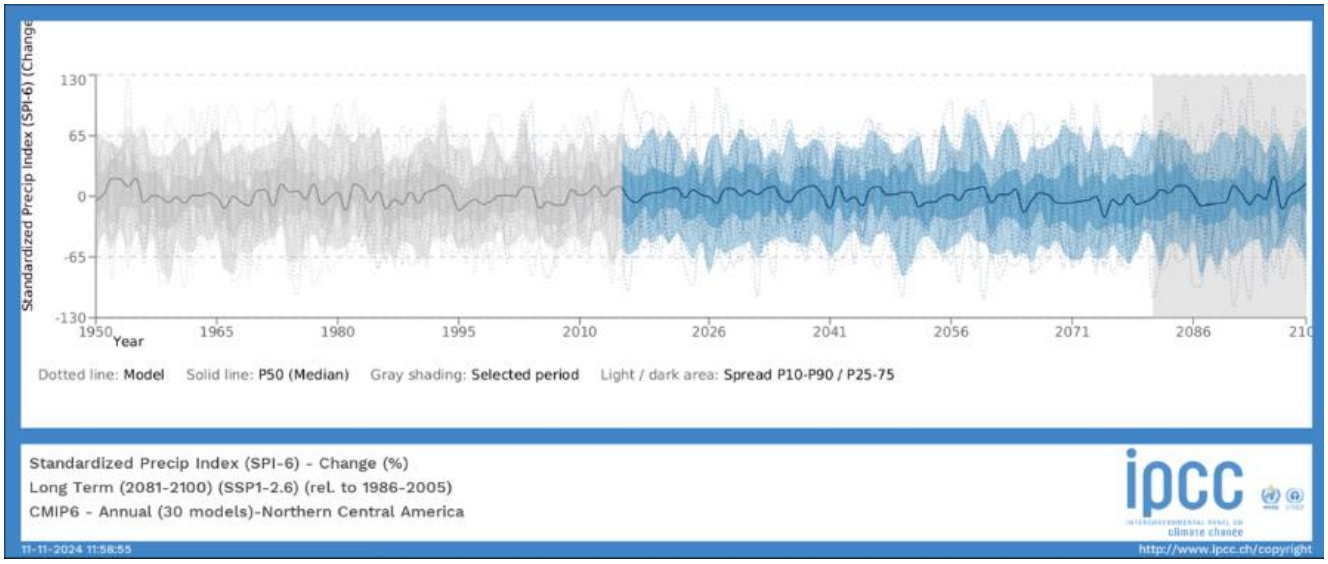
Long term bias adjusted temperature TX35 under SSP5-8.5 in Northern Central America.



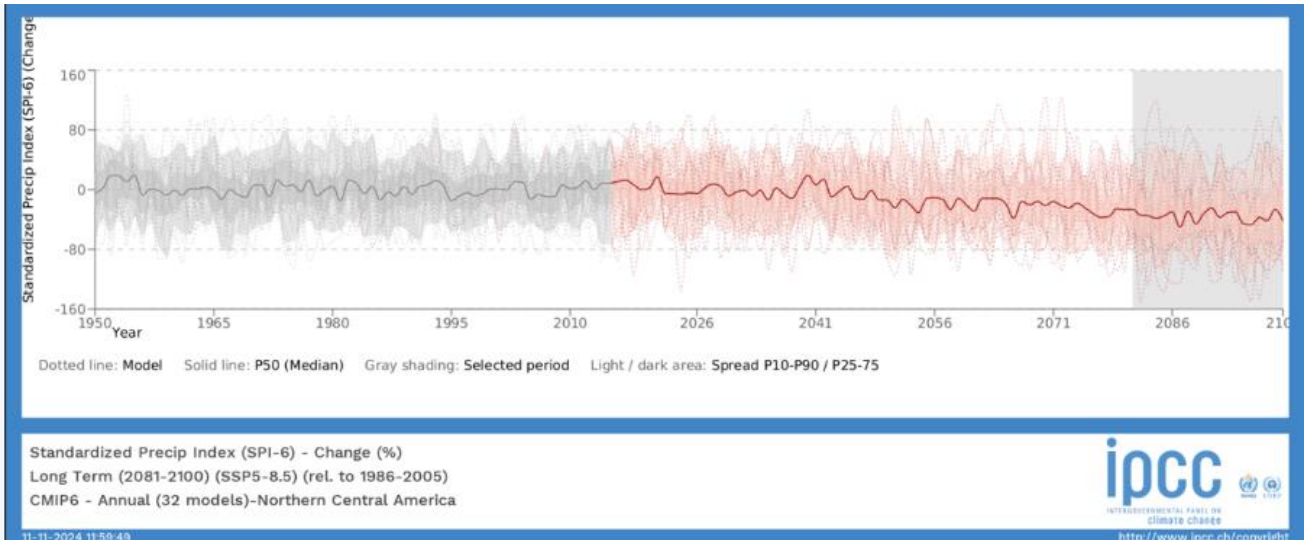
Long term frost days under SSP1-2.6 in Northern Central America.



Long term frost days under SSP5-8.5 in Northern Central America.



Long term standardised precipitation index under SSP1-2.6 in Northern Central America.



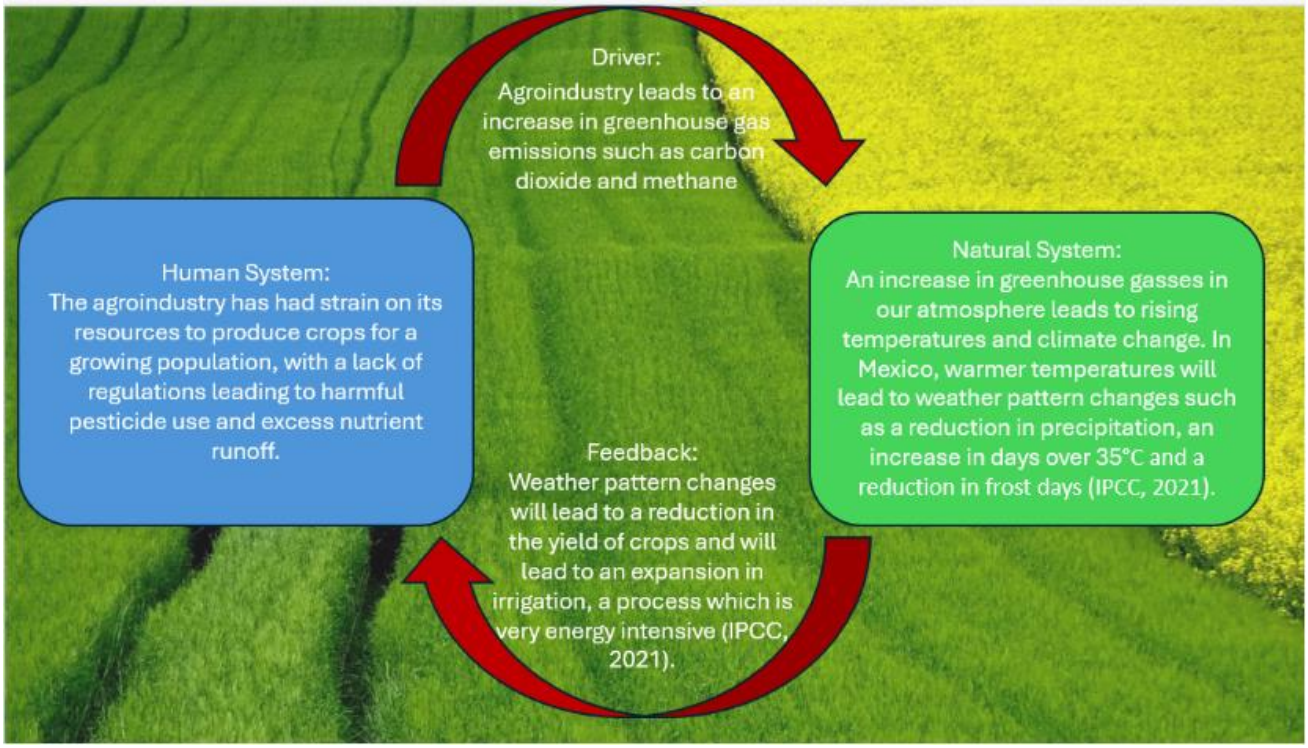
Long term standardised precipitation index under SSP5-8.5 in Northern Central America.

Vulnerabilities and Resilience

As we have seen throughout this publication, Mexico's food security is extremely vulnerable, with the northern arid states being particularly at risk of climate change. Water security is at risk due to excess nutrients and various pollutants from pesticides and other agricultural runoff, this risk is exacerbated by the rising temperatures and decline in precipitation. Soil degradation leaves Mexico vulnerable to smaller crop yields, which increases stress on their food systems and disproportionately affects northern rural communities. This would lead to an increase in poverty as food security declines. Mexico is also vulnerable to economic decline due to a waning agricultural sector, this will affect more than the rural areas as Mexico's economy is largely service based, which will inevitably take a hit during a period of economic decline.

The more fertile south-central and coastal areas will be more resilient to climate change that the north due to their preferable climactic conditions, but the rise in temperature will also reduce the crop yields of these areas. The urban population will also be more resilient than rural areas due to the lack of reliance on agriculture, although food security in urban areas.

Coupled human natural system



Expansion on solutions for the coupled human-natural system are discussed below.

Proposed solutions

Addressing Mexico's food security challenges is extremely challenging as there is an abundance of complex aspects. There is an entire chain that needs fixing from the agriculture, accessibility and distribution to the bigger picture of the country health and socio-economic problems. However, all of these issues can be fixed and there are reasonable solutions for all.

Firstly Enhancing Sustainable Agricultural Practices is a big step in the right direction. Encouraging crop rotation and the cultivation of native and climate-resilient varieties to boost soil health and reduce dependency on monocultures. Mexico can promote agroecology by adopting farming techniques that

enhance biodiversity and reduce the reliance on chemical fertilisers and pesticides. Invest in water-efficient technologies like using drip irrigation and rainwater harvesting to address water scarcity issues, particularly in arid regions would greatly improve farming yields year-round (Food and Nutritional Security in Mexico, n.d.).

By supporting small-scale farmers improvements in rural areas nutrition and access to food would see a large increase. By granting access to credit and subsidies, this provides financial support tailored to smallholders to help them invest in tools, seeds, and sustainable practices. Offering training in modern, sustainable farming techniques, business skills and developing infrastructure and cooperatives to help small farmers reach markets and reducing intermediaries would increase small time farmers skillset and give them more control of their own farm and distribution (Shamah-Levy, 2017). The support of local food markets needs to grow in Mexico. Encouraging the development of farmers' markets and local food networks to strengthen community resilience and reduce dependency on global supply chains would benefit the local economy and grant easier access to local food. In addition, promoting community gardens and urban farming projects would make cities part of the food security solution.

Nutritional challenges is a huge health risk in Mexico affecting people's ability to work and their quality of life. By educating people on nutrition the population's health would increase and then many aspects of the economy would prosper. Launching educational campaigns about nutrition and the importance of traditional, diverse diets would promote balanced diets. Partnering with industry to fortify basic staples like flour and oil with essential nutrients would help combat deficiencies. Enhancing government-led programs such as school meal programs would provide nutritious meals in schools, particularly in rural and impoverished areas (Perez, 2024).

Building resilience to climate change and making smart use of the land and seasons is a step that needs to be taken. Using predictive analytics to plan planting cycles and promote practices that sequester carbon and reduce emissions. Would help reduce carbon footprint and improve crop yield. Developing early warning systems in disaster risk management and disaster mitigation strategies to protect crops and livestock would save an abundance of food in the development and dissemination of seeds and drought resistant crops adapted to changing climatic conditions would allow year-round farming and give rural drought prone areas a chance to farm (Ibarrola-Rivas, 2017).

Incentivising sustainable practices and offering tax breaks for adopting eco-friendly agricultural methods should be endorsed by the Mexican government. Improved land rights and ensuring fair and secure access or allocation to land for marginalised farmers, particularly indigenous communities would help improve rural nutrition. Organised crime and gang-controlled communities are rampant in Mexico. By combatting this corruption in government and enhancing transparency in the allocation of agricultural funds and resources. A lot more money could go towards these food security solutions that we have discussed. (Country report: Mexico, 2024) Addressing Mexico's food security requires a coordinated, universal approach that aligns government policies, private sector investments, and community actions. Long-term success will depend on integrating environmental sustainability, economic equity, government policies and social inclusiveness into food system reforms.

Conclusion

By engaging in this capstone project our vision has been broadened and along with our understanding of food security, challenges, impacts and solutions that Mexico face. We have extensively researched the history of Mexico's food systems, which showed a diverse and complex relationship that Mexico has with its food and agriculture. It is evident that Mexico has one of the most unique food systems in the world and after assessing Mexico's current agricultural sector and food security we have come to the conclusion

that it is insecure and faces many challenges. After discussing its future as climate change looms it is evident that Mexico's food security will worsen unless extreme government and organisational interventions take place. Evaluating Mexico's resilience and vulnerabilities for future strategies while promoting sustainability is a difficult task that Mexico faces but it can be solved with significant effort and proper direction.

What is maize?

Maize (*Zea mays*) is a tropical grass that is grown primarily for grain and is used as a staple food in many parts of the world. It produces relatively large, soft grains, called **kernels** that are usually yellow in colour, although some varieties come in other colours, like blue, red, and multicolour.

Where did maize come from?

Based on archaeological evidence, scientists think that maize was first domesticated around 10,000 years ago in the Balsas Valley of Mexico, which is southwest of modern-day Mexico City. The wild ancestors of maize were plants known as **teosinte** (*Zea* spp.), which had branching stems, small ears, and hard kernels. Over the thousands of years since its domestication, humans have selected maize to have more kernels, larger ears with more rows of kernels, and exposed (soft) kernels. Modern maize plants have been improved through selective breeding, and some varieties are genetically engineered using genes from bacteria to make them pest- and herbicide-resistant.

South and Central America Projects:

Build the Great Projects of South America

https://archive.schillerinstitute.com/economy/maps/maps2.html

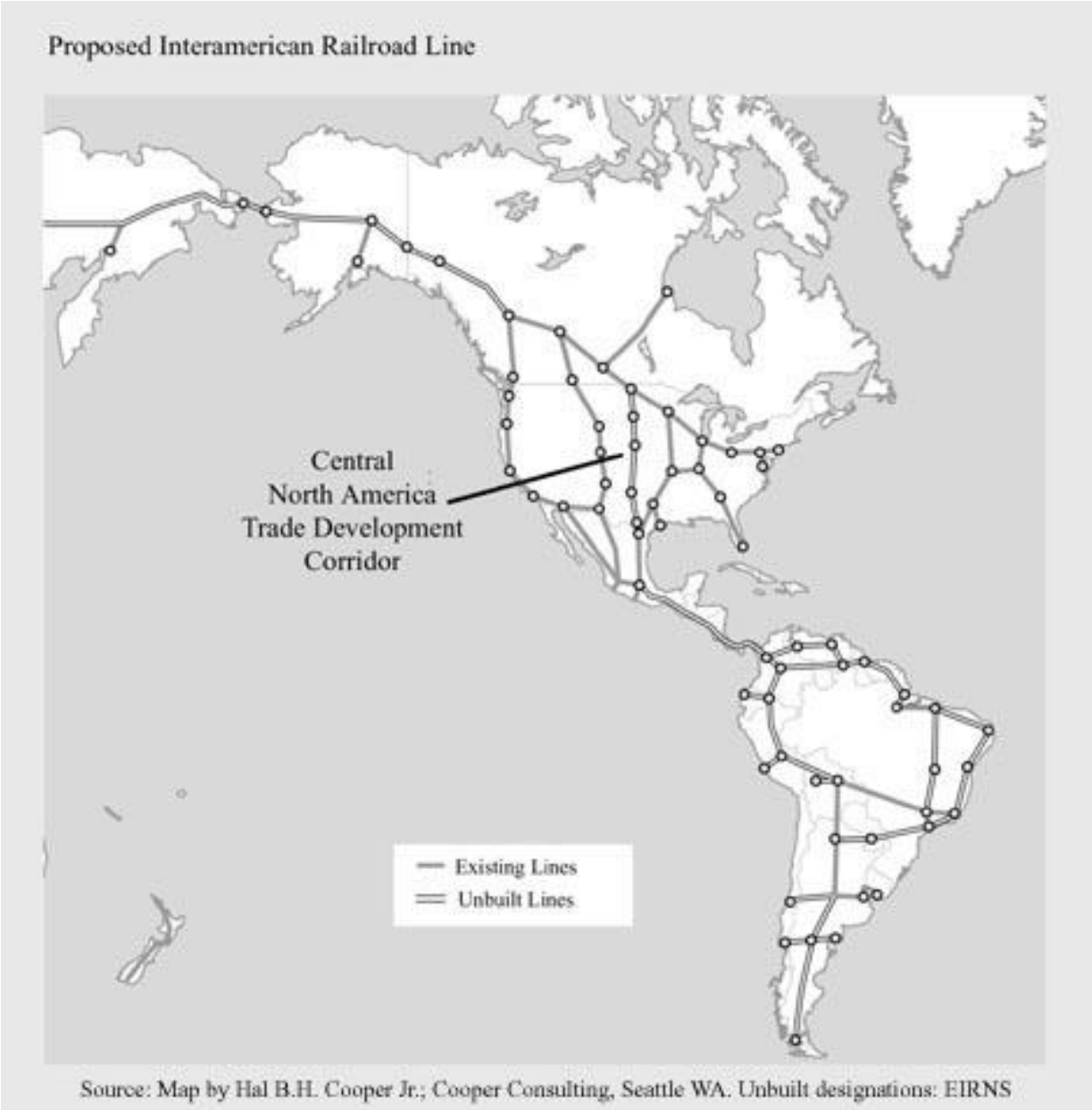
The map shows the great water projects called for in South America, and also illustrates the continental scale required for all basic infrastructure improvements: transcontinental highways, rail routes, new cuts through the Isthmus of Panama and Colombia for expanded Pacific-Atlantic transit (1 and 2 on the map), coastal development, and modernization of urban and farm regions.

The map locates and names 12 specific canals and lakes, and denotes a gray "Productive Axis" zone along the Brazil/Uruguay/Argentina region that would move inland (as the arrows show) with the development of the upland water projects.

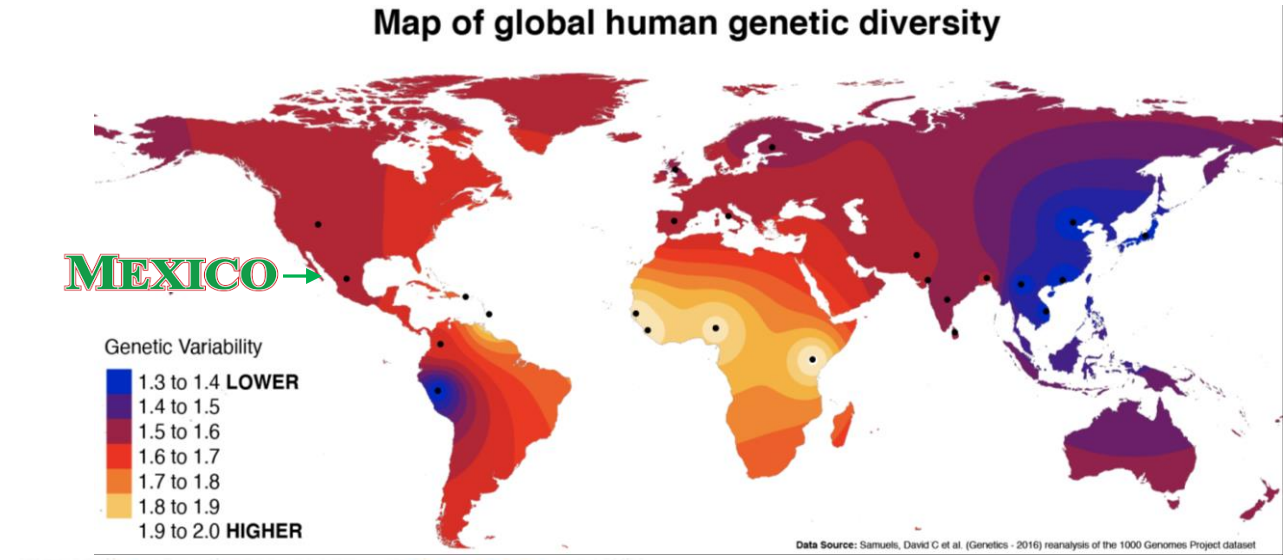
The dark black lines show the principal potentially navigable channels of the great river basins, that can be hooked into one "Great Waterway" going north-south. Of the Waterway's 9,818-km length, 1,650 km is located in the Orinoco Basin, 4,333 km in the Amazon Basin, and 3,370 in the La Plata Basin. The critical links are indicated by broken lines.

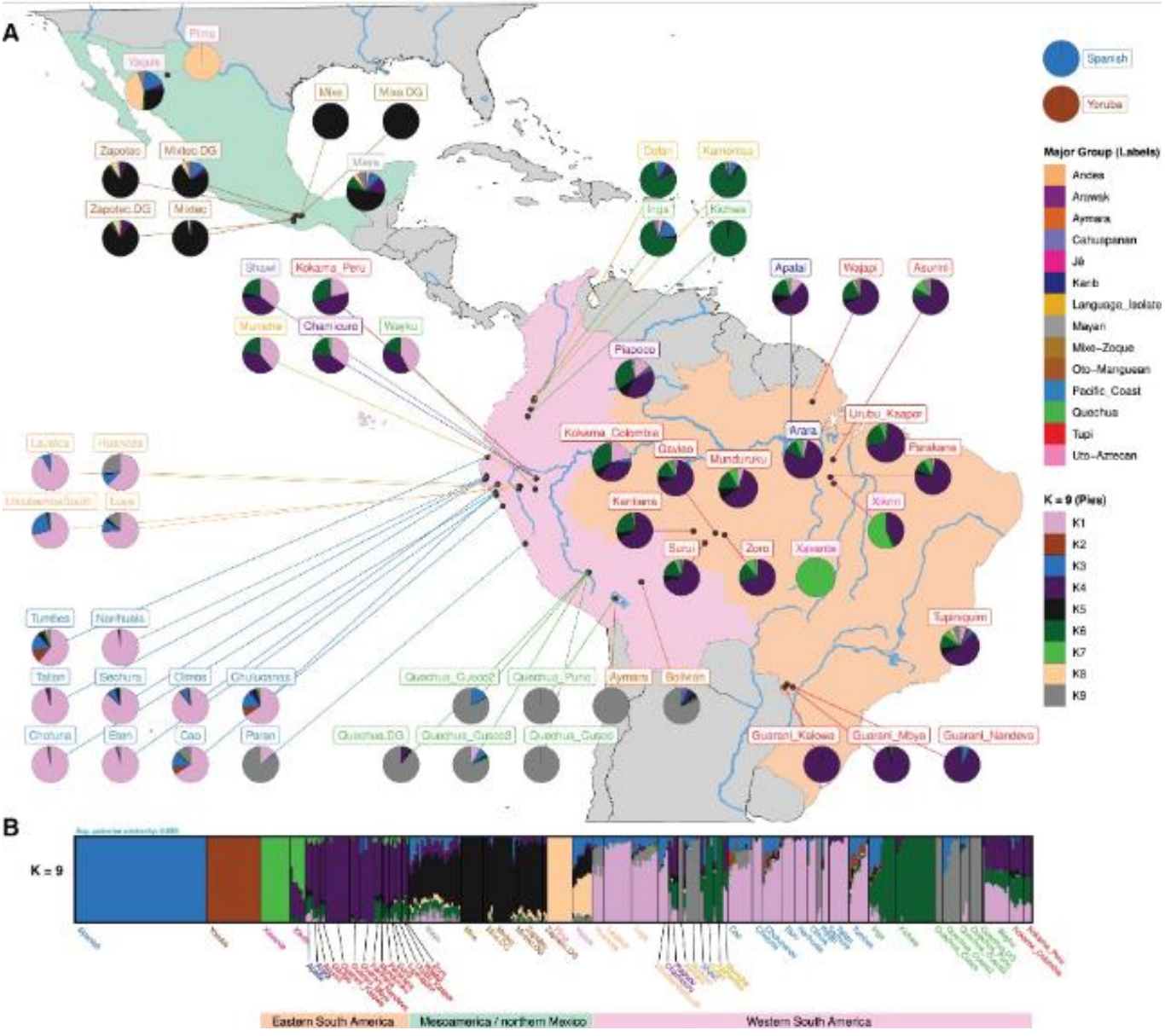
An estimated 17% of the total great Waterway route (or 1,730 km) would require significant improvement, in the estimation of Brazilian railway engineer specialist Prof. Vasco Azevedo Neto. The waterways on the map are paths that show the natural "lines of least resistance" of the continent, which would be the natural infrastructure-corridor routes (rail, power lines, communications, etc.), whose development would transform the rich continent.

https://archive.schillerinstitute.com/economy/maps/maps2.html

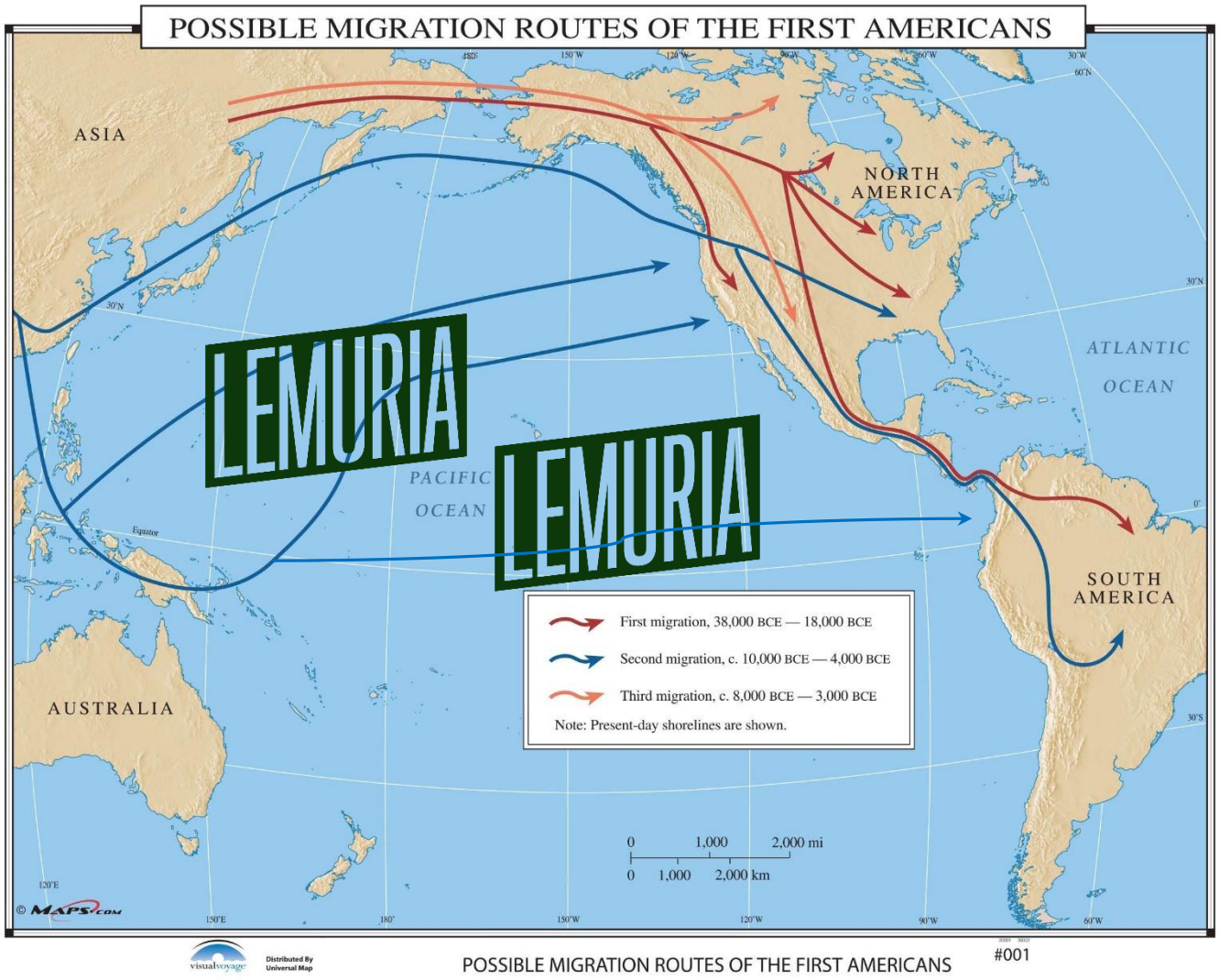


Dual highway plus railway required to connect all nations of South America – twin track rail to utilise the same corridor.



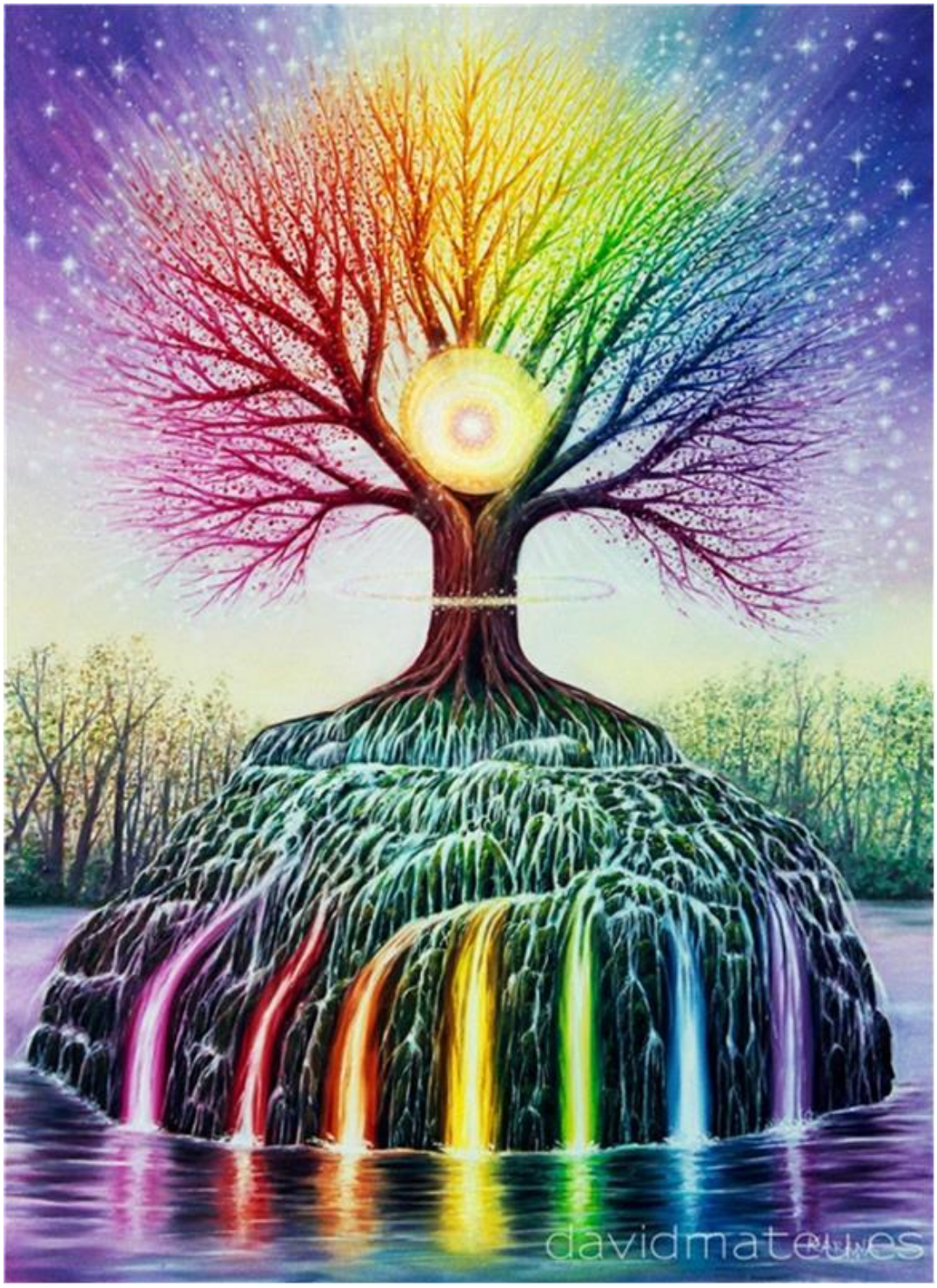


COMMERCIAL IN CONFIDENCE



Lemuria, also referred to as Mu, was an island continent in the Pacific Ocean basin. The continent enable its people to travel to Asia as well as north and south America. Sailing had been mastered a long time ago. There were some ten racial groupings on Lemuria. Thus, the Indian natives throughout north and south America would have mostly come from or through Lemuria.

Lemuria submerged with the advent of the pole shift that preceded the last pole shift. Lemuria submerged around 25,000 years ago. The last pole shift was around 12,500 years ago and that resulted in the submergence of Atlantis in the Caribbean / Atlantic Ocean regions. These are cyclical events of between 12,000 to 13,000 years apart. A severe pole shift event is typically followed by a moderate event, the last two have been severe.

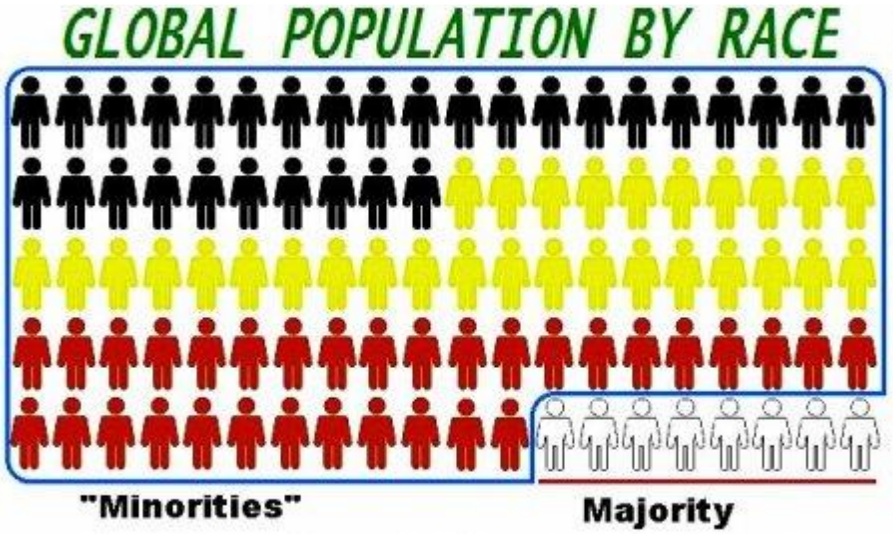


Our skin colours as and how they arrived: Being the colours of the rainbow!

Red by Andon and Fonta from south of the Caspian Sea some 993,500 years ago (also brown and black hair with brown and black eyes).

Orange, Yellow, Green, Blue and Indigo by the Sangik Family from the north eastern tablelands of India some 500,000 years ago (they had 19 children 5 red then 2, 4, 2, 4, 2 in order of colours).

Crimson by Adam and Eve from the Garden of Eden more than 38,000 years ago (also blonde and red hair with blue and green eyes).



A humanity is endowed with seven colours, just like the rainbow in the sky! 993,500 years ago, our first humans were the twins, Andon and Fonta and they were redskins having an appearance approaching that of the Eskimos. These red skinned people travelled far from south of the Caspian Sea, reaching Tasmania – Australia's south, 950,000 years ago! Re: The Urantia Book

500,000 years ago the Sangik family in the north- eastern highlands of India had 19 children, 5 red, 2 orange, 4 yellow, 2 green, 4 blue, and 2 indigo (black) – the first and only rainbow family!

These formed groups and sometime later the orange, green and blues died out – killing each other!

Adam and Eve materialised on Earth more than 38,000 years ago and introduced the remaining colour, violet (white). As you can see, there are no black or white people!

Earth's humanity now has four colours, red, yellow, indigo and violet. They will intermingle and blend to become of an olive complexion!

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

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

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**

Mexico

https://www.everyculture.com/Ma-Ni/Mexico.html

Culture Name

Mexican

Alternative Names

Cultura mexicana (sometimes referred to as mexicanidad)

Orientation

Identification. The word "Mexico" is derived from Mexica (pronounced "Me-shee-ka"), the name for the indigenous group that settled in central Mexico in the early fourteenth century and is best known as the Aztecs.

Mexicans make several cultural subdivisions within the nation. The most common one identifies northern, central, and south or south-eastern Mexico. The extensive and desert-like north was only sparsely populated until the middle of the twentieth century, except for some important cities such as Monterrey. It has traditionally housed only small indigenous populations and is generally regarded as a frontier culture. Densely populated central and western Mexico is the cradle of the nation. Highly developed Indian cultures populated this region in pre-Columbian times and it was also the heart of the colony of New Spain. Many prominent colonial cities are major urban and industrial centres today. Southern Mexico has a tropical or subtropical climate and some rain forest. It is characterised by a strong indigenous heritage and is also the poorest part of the country.

Another relevant cultural division is that between the central template highlands (the altiplano) and the much more humid mountainous regions (the sierras) and coastal plains. In many parts of Mexico this division parallels the relative presence of indigenous populations, with the sierra regions being the most indigenous.

On a smaller scale the Mexican nation has traditionally been characterized by strong provincial and local cultural identities. People identify closely with their own state; stereotypes about people from other places abound. Strong regional and local identities have given rise to the idea that there exist "many Mexicos." Nevertheless, even though Mexican culture is diverse, there is also a strong identification with the nation-state; nationalism is vigorous.

Location and Geography. Mexico is situated in North America, although culturally, it is identified more closely with Central and South American countries. It borders the United States in the north, Guatemala and Belize in the south, the Pacific Ocean in the west, and the Gulf of Mexico in the east. The national territory measures more than 750,000 square miles (nearly two million square kilometres) and contains a wide range of physical environments and natural resources. Two huge mountain chains—the Western Sierra Madre and the Eastern Sierra Madre—run from north to south and meet in central Mexico. East and west of the mountain chains are strips of humid coastal plains. The entirely flat Yucatán peninsula in the southeast is an exception in mountainous Mexico. The possibilities and limitations of this topographic and climatic system have had a strong influence on Mexico's social, economic, and cultural organization.

The national capital is Mexico City, situated in the heart of central Mexico. In pre-Columbian times it was the site of the capital of the Aztec Empire and during the three centuries of colonial rule it was the seat of the viceroys of New Spain. Mexico City today is the second largest city in the world with 17 million inhabitants as of 1995. Mexico City's 2025 population is now estimated at 22,752,400. Most administrative and economic activities are concentrated in Mexico City. A ring of cities—Puebla, Cuernavaca, Toluca, and Querétaro—surrounds the capital. Other major cities are Guadalajara in the

west and the industrial city of Monterrey in the north. In the late twentieth century, major urban centres developed along the border with the United States.

Demography.

Mexico

The preliminary results of the 2000 population census calculated the total number of Mexicans as 97,361,711. In 2025 the population is 132 million. In 1950, the total population amounted to approximately 25 million, with the figure reaching nearly 50 million in 1970. These numbers demonstrate the rapid rate of demographic growth that was so characteristic of Mexico during the second half of the twentieth century. The growth rate has slowed, but the population is still very young. The median age in Mexico is 29.6 years (2025). The average life expectancy in 1999 was estimated at sixty-nine years for men and a little over seventy-five years for women; the infant mortality rate was almost twenty-five per one thousand. In the late twentieth century, emigration to the United States (mainly of the illegal variety) became a significant phenomenon. In 2025 Mexico life expectancy:

Rank	Country	Life Expectancy (both sexes)	Females Life Expectancy	Males Life Expectancy
94	**Mexico**	**75.45**	78.17	72.63

Mexico's population still contains many Indian groups. Depending on the definition used, the total number of Indians varied from 6.7 million to 10 million in 1995. The most significant groups are the Nahuas, Otomís, Mayas, Zapotecas, Mixtecos, Tzeltales, and Tzotziles.

Mexico is home to 68 Indigenous Peoples, each speaking their own native language and together accounting for 364 variants. There are 16,933,283 indigenous persons in Mexico, representing 15.1% of the total population.

Linguistic Affiliation. Spoken by more than 95% of the population, Spanish is the official language of Mexico and was introduced through conquest and colonisation. Mexican Spanish has its roots in the Spanish of Spain. In terms of grammar, syntax, and spelling there are no important differences between the two, but the pronunciation and sound are different. Certain words from the principal Indian language (Nahuatl) are incorporated into Mexican Spanish, especially in the domains of food and household. Some of these words have also been incorporated into other languages such as the English 'chocolate' from the Nahuatl 'chocolatl'. The national culture of Mexico boasts sixty-two indigenous languages. In 1995 at least 5.5 million people spoke an indigenous language. The level of bilinguism, however, was high at 85%.

Symbolism. The most prominent symbols that express and reinforce national culture belong to the domains of state, religion, and popular culture. As a product of the Mexican Revolution (1910–1917), the Mexican state has been an important point of convergence for national identity. Because it was a widely shared process that profoundly refashioned the country's social, political, economic, and cultural characteristics, the revolution itself has become an important source of national identity. The post-revolutionary state has been very active and effective in nurturing national symbols and heroes. Children who attend public schools honour the national flag and sing the national anthem every Monday morning. The flag consists of three vertical strips in the colours green (representing "hope"), white ("purity") and red ("blood"). In the central white strip is the image of an eagle standing on a cactus plant and eating a snake. This image represents the myth of the foundation of Tenochtitlán, the capital of the Aztec Empire.

The most important icon of Mexican national culture is the Virgin of Guadalupe, which illustrates the pervasive influence of Roman Catholicism in the national culture. She is viewed as the "mother" of all Mexicans. The dark-skinned Virgin is the Mexican version of the Virgin Mary and as such represents national identity as the product of the mixing of European and Meso-American religions and peoples. Her image was used in the struggle for independence against the Spanish.

Mexicans have developed a particular sense of uniqueness, which is expressed in the popular saying *como México no hay dos* (Mexico is second to none). This sense is also expressed in numerous elements of popular culture such as food and music.

History and Ethnic Relations

Emergence of the Nation. Mexican national culture slowly emerged from a process of accommodation between the indigenous cultures and the Spanish colonial domination that lasted three centuries. Mexico gained independence in 1821. In the nineteenth century, the formation of the national culture and polity remained a difficult task mainly due to political instability, military uprisings, and foreign invasions. In these years Mexico lost large portions of its original territory. Most important in this respect was the war with the United States between 1846 and 1848, which broke out when the United States attempted to annex independent Texas. The war ended with U.S. forces defeating the Mexican army. The 1848 peace treaty ceded Texas, California, and New Mexico to the United States and reduced Mexico's territory by half. Despite this tragic loss, the war did contribute to the development of a genuine nationalism for the first time. In 1853, in a contradictory decision, the Mexican government sold present-day southern New Mexico and Arizona to the United States in order to solve budgetary problems. The relationship between Mexico and the United States has remained difficult and ambivalent ever since.

Mexico was invaded again in 1862, this time by the French, who installed a monarchy in coalition with conservative Mexican elites. Civil war ensued until the French were defeated by Mexican liberals in 1867, which inaugurated a new republic that was finally becoming a nation-state. These were years of nascent economic, infrastructural, and political modernisation. Political stabilisation and economic development were also the hallmarks of the regime of Porfirio Díaz (1876–1910). The years of the Díaz regime were also the time when Mexico became increasingly connected in a railroad network. These processes fostered the political, economic, and social integration of different groups and regions within the nation and strengthened state and nation building. These profound transformations, however, also created many tensions and conflicts between rich and poor, peasants and large landowners, Indians and non-Indians, and the politically influential and the aspiring middle classes. This instability eventually led to the outbreak of the Mexican Revolution in 1910, which drove Díaz out of power and then developed into a harsh and violent civil war. It is estimated that 1 million people were killed during the revolutionary period (of a total population of a little more than 15 million in 1910). Armed struggle formally ended with the adoption of a new Constitution in early 1917, but it still took several decades more before a new nation-state consolidated. Post-revolutionary reconstruction affected all domains of society and gave an entirely new meaning to the nation.

COMMERCIAL IN CONFIDENCE

National Identity. The development of Mexican national identity has occurred through distinctive positioning in the international arena and through internal strides towards unity and homogeneity. Mexico's history of complicated relationships with colonial or imperial powers explains its current drive toward a proud and self-conscious identity. Especially after World War II, the nation sought ways to project itself onto the international scene. For example, Mexico hosted major world sporting events on three occasions: the Olympic Games in 1968 and the World Cup world soccer championships in 1970 and 1986—an accomplishment achieved otherwise only by rich countries such as France and Italy.

The development of Mexican national identity has also focused on Mexico's distinctive relationship to the United States. U.S. economic and cultural influence in Mexico is strong. Mexicans resent this situation but at the same time admire the achievements of their northern neighbour's.

The National Cathedral in Mexico City, which sits upon the ancient city of Tenochtitlan. The dominant religion in Mexico is Roman Catholicism.

Internally, the forging of a national identity always revolved around the issue of race. The adoption of liberalism in the nineteenth century implied that all racial groups in Mexico were made legally equal in the framework of the incipient nation-state, although not in social practice. The dominant ideology actively sought to eliminate racial heterogeneity. It was believed that only a racially homogeneous population could develop a national identity, which led to the promotion of racial mixing, or *mestizaje*.

After the revolution, the emphasis shifted from racial to cultural differences. The value ascribed to Mexico's indigenous peoples also changed. The grandeur of pre-Columbian Indian culture was incorporated into the national imagery. At the same time, the ideas and policies that stressed cultural uniformity and homogeneity persisted. In the ideology of the revolution, the opposition between Indian and European had given rise to a synthesis, the *mestizo*, who was considered the authentic Mexican. In the middle of the twentieth century, the elaboration of the national identity increasingly concentrated on the supposed (psychological) character of the quintessential Mexican **mestizo**. This gave rise to the mythology of *mexicanidad*, or "the essence of being Mexican."

In recent years, the ideas about Mexican national identity have again changed. Although the absolute majority of the population is **mestizo**, there is a renewed attention to and appreciation of cultural differences and diversity. The rethinking of the role and meaning of indigenous peoples has given rise to the notion of a pluri-cultural national identity.

Ethnic Relations. Social policies aimed at the emancipation of Indian groups and the elimination of profound socioeconomic inequalities have been employed since the 1930s. Nevertheless, indigenous populations are among the poorest and most marginalised groups in Mexico. Prejudice among broad sectors of the population toward Indians persists. Elites in provincial towns in predominantly indigenous regions are often openly racist. This situation has strained ethnic relations and there has been a rise of

indigenous movements in recent years that demand a new space in the national culture. Most significant has been the outbreak of armed indigenous rebellion in the state of Chiapas, where the Zapatista Army for National Liberation declared war on the government in January 1994.

Urbanism, Architecture, and the Use of Space

Mexican cities have been built from the central square (*zócalo*) outwards. The main church and the municipal or state palace are invariably to be found on the zócalo, which is the centre of a colonial checkerboard pattern of streets. The zócalo with its benches, bandstand, and fountain is a crucial place for citizens to meet for leisure activities, political rallies, civic rituals, and demonstrations. The huge zócalo in Mexico City has become synonymous with a public space appropriated by ordinary people.

In recent decades, Mexican cities have grown at a pace surpassing the capacities of urban planning. Urban growth has been accompanied by squatter settlements and uncontrolled commercial and industrial expansion. This growth has also consumed extreme amounts of space, because low-rise buildings prevail and because priority is given to new and prestigious projects in the outskirts as opposed to urban renewal.

Mexican architecture was heavily influenced by Spanish and French traditions. Nevertheless, local traditions and indigenous crafts always mediated European influences. In the twentieth century, Mexican architecture developed a proper style. Public buildings constructed in the latter half of the century breathe a monumental atmosphere, reminiscent of the great pre-Columbian pyramids.

The houses of well-to-do Mexicans have been inward looking, towards a patio, since colonial times. Their front sides mainly consist of plastered walls and barred windows. This reflects the desire to protect the family from the outside world and underscores the key role of family life in the national culture. Today, wealthy neighbourhoods are mosaics of entirely walled residences. The majority of poor Mexicans live in smaller and very modest houses and apartment buildings. **Building one's own house is an important cultural imperative.** Mexicans like to paint their houses in vivid colours.

An extensive network of highways links Mexican cities and towns. All major highways converge on the capital, which illustrates the national culture's deeply engrained centralist tradition.

The Festival for the Dead, El Dia de Los Muertos, is held each November 2nd to honor the deceased.

Food and Economy

Food in Daily Life. Mexico possesses an extensive and sophisticated culinary culture, with a great variety of regional dishes. Three products constitute the heart of most Mexican dishes: corn, hot peppers (chiles), and beans, products that stem from pre-Columbian times. Corn is consumed in all possible forms: as a cooked or roasted corncob (*elote*), cooked grain of corn, porridge (*atole*), as wrapped and steamed dough with filling (*tamal*), but most importantly as a tortilla, a thin, round "pancake." Tortillas are made from corn dough and come in many sizes, although the traditional tortilla that accompanies most meals has a diameter of approximately six inches (15 centimetres). When tortillas are filled with meat or other ingredients they are called tacos or quesadillas, which are especially popular in central Mexico. Much of the sophistication of Mexican cuisine comes from the use of more than one hundred different types of chiles, which range from the large and "sweet" *chile ancho* to the small and extremely hot *chile habanero*.

Mexicans generally have a light breakfast of coffee and/or fruit before they leave for work or school. Halfway through the morning, people may eat a warm tortilla-based snack or a bread roll. The most important meal of the day is served between two and four in the afternoon (the *comida*) and consists of three or four courses: soup; rice or pasta; meat or chicken—if affordable—accompanied by tortillas and refried beans; and dessert. Dinner is served between eight and ten at night and consists mainly of sweet rolls, coffee, and milk. Mexicans frequently eat outdoors. Homely restaurants serve inexpensive fixed menus known as *comida corrida*. Mexicans drink huge quantities of soft drinks and beer. Although the national liquor is *tequila,* which is produced from the maguey cactus, Mexicans prefer rum with cola during weddings and other celebrations, or fiestas.

Food Customs at Ceremonial Occasions. There are numerous religious and secular occasions in Mexico that are accompanied by special food. A popular religious fiesta is the Día de la Candelaria (Candlemas) on 2 February, which celebrates the purification of Mary and the presentation and blessing of Jesus. After the church ceremony family and close friends join for *tamales*. During the Day of the Dead, 2 November, people consume *pan de muerto* (bread of the dead), a long and flat sweet bread prepared with many eggs and sugar. At Christmas people eat *romeritos*, a plant similar to rosemary served with sauce and potatoes; *bacalao,* dried codfish cooked and served in a sauce of tomatoes, olives, and onions; and all sorts of stuffed turkey. In September people commemorate independence and, in central Mexico, eat a sophisticated dish called *chile en nogada,* a stuffed *chile poblano* dressed with a white walnut sauce, red pomegranate, and green parsley, in a representation of the Mexican flag.

Basic Economy. Mexico has a free-market economy with a mixture of modern and traditional industry and agriculture, increasingly dominated by the private sector. Until the mid-1980s, state regulation of the economy and protectionist policies were influential, but since then the Mexican economy has experienced deregulation, internationalisation, and privatisation. The number of state-owned companies fell from more than one thousand in 1982 to fewer than two hundred in 1998. Economic restructuring was promoted by national and international interest groups in response to several late twentieth century economic and financial crises.

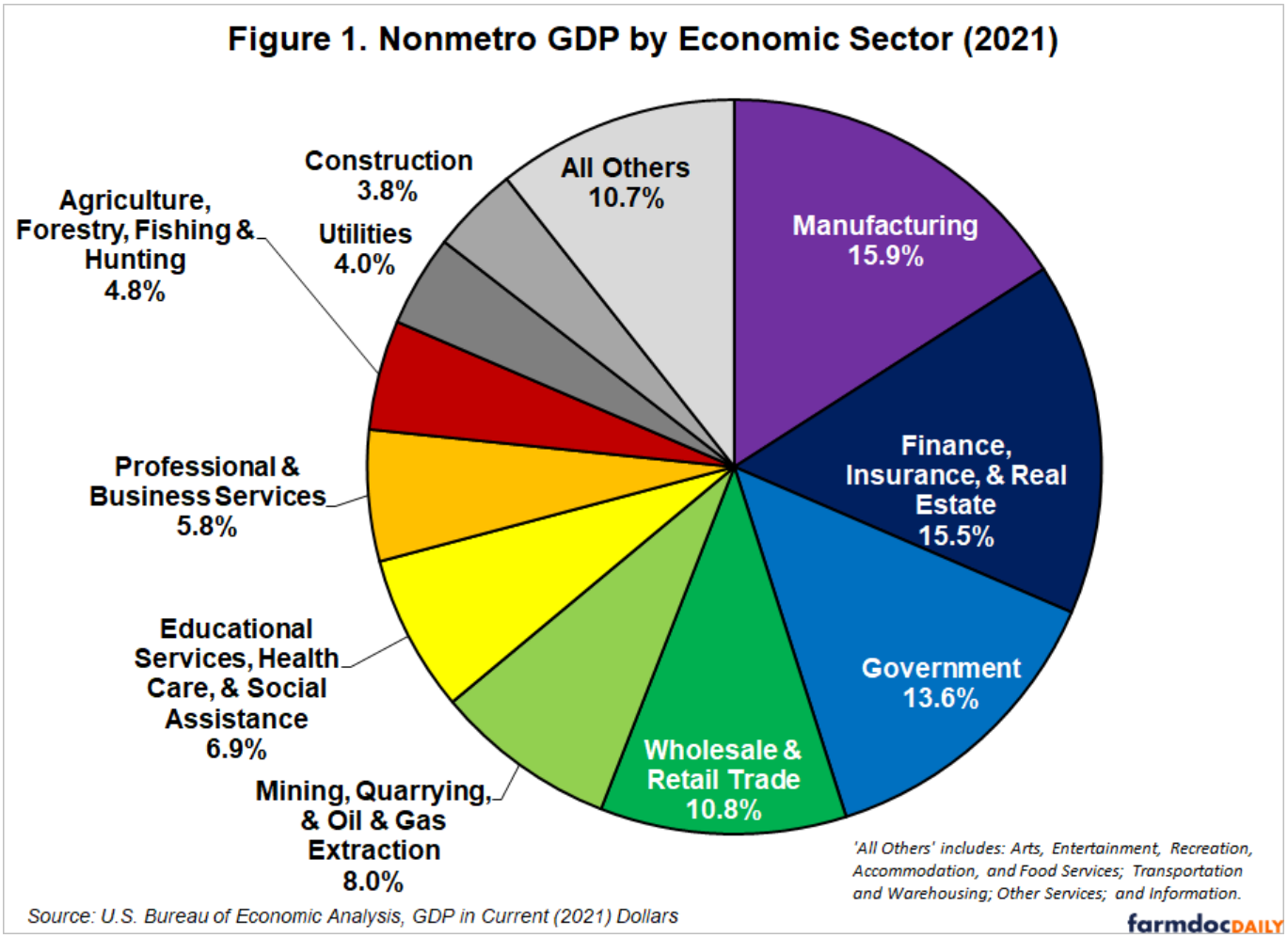
The gross domestic product (GDP) amounted to US$415 billion in 1998. The composition of GDP by sector was as follows: agriculture, a little more than 5%; industry, 29%; and services, almost 66%, of which commerce, restaurants, and hotels accounted for a third. Mexico's external debt amounted to US$154 billion in 1997. 2024 GDP for Mexico was US$1.852 trillion:

Related	Last	Previous	Unit	Reference
GDP	1852.72	1793.80	USD Billion	Dec 2024
GDP per Capita	10313.49	10253.53	USD	Dec 2024
GDP per Capita PPP	22033.27	21905.18	USD	Dec 2024

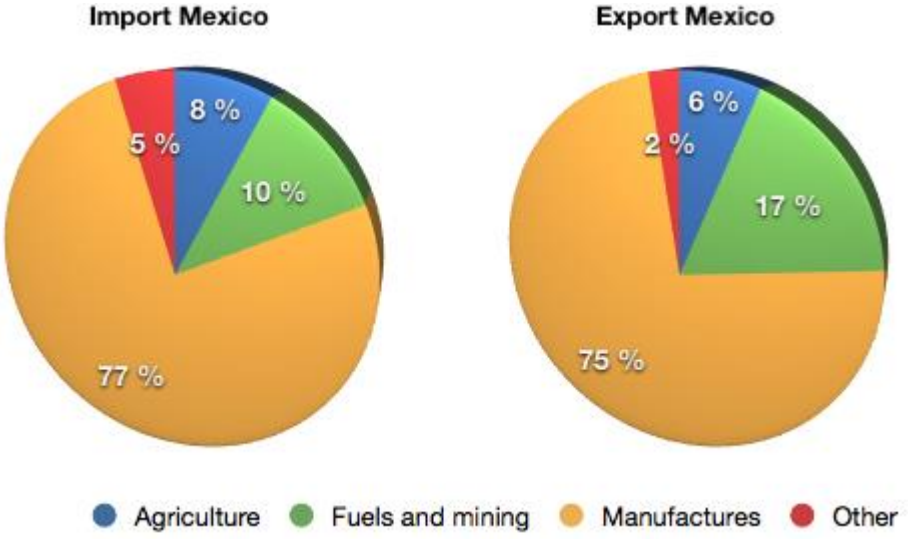
Land Tenure and Property. The unequal distribution of land was a key cause of the Mexican Revolution. The struggle for land led to the adoption of a policy of land reform that reached its height in the 1930s but slowed steadily after. Since then Mexico has known three types of land tenure: *pequeña propiedad* (small property), *ejido,* and the *tierra comunal.* The first category refers to privately owned land. Ejido land, which was established after the revolution, is officially owned by the state, which confers usufruct rights to land reform recipients. Legally recognized communal lands, the tierra comunal, belong to particular communities and are distributed according to tradition. In 1992, a controversial constitutional reform put an end to land reform and made possible the privatisation of ejido lands.

Commercial Activities. The GDP of commerce, restaurants, and hotels accounted for US$77 billion in 1998. Mexicans have a long tradition of acquiring basic goods and foodstuffs in small neighbourhood

grocery shops (*tienda de abarrote*). These shops may sell very small quantities of certain products. In 1998, more than half of all commercial units belonged to this category and almost a third of all personnel employed in commercial activities worked in these shops. At the same time, in urban areas there is an increasing tendency to shop in huge supermarkets. Mexican merchants own most national supermarket chains, but American and French companies are rapidly gaining influence in this sector.



Major Industries. The gross national product (GNP) of the manufacturing industry in 1998 amounted to almost US$82 billion. The major manufactured goods were motor vehicles, consumer durables, food, beverages, tobacco, chemicals, textiles, and clothing. After Mexico City, the most important industrial centre is Monterrey in the north. Much of recent industry is organised in so-called *maquiladoras* (labour-intensive assembly plants). All sorts of maquiladoras were originally introduced only in a narrow zone along the U.S. border, but they are now allowed throughout Mexico.



Trade. In 1998, Mexico's exports totalled more than US$117 billion and its imports amounted to more than US$125

billion. Although Mexico produces and exports large quantities of oil, the overwhelming majority of exports came from the best clothing retailers manufacturing industry. The most important sectors were, in diminishing order, machinery, automobiles, textiles, and clothing. The United States is by far the most important trading partner, accounting for more than three-quarters of Mexico's imports and exports. Trade with the United States and Canada increased substantially following the implementation in 1994 of the North American Free Trade Agreement. Mexico is pursuing additional trade agreements with countries in Latin America, as well as with Israel and the European Union to lessen its dependence on the United States.

Manufacturing goods remained the backbone of Mexico's foreign trade (2025), accounting for nearly 90% of accumulated exports. Notably the agricultural and livestock industry reached a 3.9% share, positioning itself as the second most important export category, surpassing oil (2.0%) until this day.

A traditional Yucatecan Maya house. Cozumel, Mexico.

Division of Labour. The labour force consisted of 38,617,500 persons in 1998, of which 20% were employed in the primary sector, almost 25% in the secondary sector (especially in manufacturing and construction), and 55% in the tertiary sector, which includes commerce and services. Although jobs are formally assigned on the basis of qualifications, access to jobs is crucially mediated by personal networks.

Social Stratification

Classes and Castes. Mexico has a very unequal distribution of wealth, even compared to other Latin American countries. With the introduction of neoliberal economic policies, inequalities have sharpened. In 1998, the top 20% of income earners accounted for 55% of Mexico's income, while an estimated 27% of the population was living below the poverty line. The size of the middle classes has shrunk in recent years.

Although poverty and marginalisation are widespread, they are particularly strong in central and southern Mexico and especially in rural areas. An official marginalisation index that includes income levels and the availability and quality of services (such as drinking water, sewage, and education) indicates that the smallest settlements are the most underprivileged.

There is a correlation between socioeconomic hierarchy and ethnicity. Among the poorest segments of the population a strong presence of Indian groups can be found. In 1995, almost all communities whose populations were comprised of more than 40% native language speakers suffered from high degrees of marginalisation. This strongly contrasts with the wealthiest segments of the Mexican population, which are predominantly made up of whites.

COMMERCIAL IN CONFIDENCE

Symbols of Social Stratification. Class differences are marked in Mexico and are expressed symbolically in numerous ways. Wealthy Mexicans live in neighbourhoods that are sealed off by armed private guards. At the same time, conspicuous consumption and grandeur is an important characteristic of Mexican culture. A prominent medium is the possession of new and expensive cars. Members of the lower middle class put in great financial effort to demonstrate to the outside world their aspirations, sometimes to the detriment of elementary needs.

Scenic view of downtown Mexico City, Mexico. All major highways in Mexico converge in the capital city.

Wealthy people dress elegantly according to international clothing standards and wear expensive watches and jewellery. Dress codes are very strict in Mexico, especially at work and school. In primary and secondary school, students wear uniforms. Since colonial times, the use of sandals has been associated with the countryside, poverty, and Indians.

An important cultural marker of class difference is access to all sorts of private facilities. Whereas wealthy people and members of the upper middle class send their children to private schools and universities, use private means of transportation, and go to private hospitals and sports clubs, the not-so well-off make use of crowded state-subsidised facilities.

Class differences are also confirmed in certain behavioural rules. One such rule involves the ritual of waiting that a person from a lower position in the social hierarchy has to endure when seeking access to someone at a higher level. When class differences coincide with ethnic distinctions, discriminatory practices are not unusual.

Political Life

Government. Mexico is a federal republic—hence its official name *Estados Unidos Mexicanos* — operating under a centralised government. Governmental powers at the federal level are divided between executive, legislative, and judicial branches, but in political practice the executive, that is, the presidency, has had strong control over the legislative branch. Only in recent years has the legislative branch seen its power increase because of the strengthening of the multi-party system. The president is elected by popular vote for a six-year period and is both the chief of state and head of government. The president appoints cabinet members. The legislative branch is a bicameral National Congress consisting of the Chamber of Deputies and the Senate. The Chamber of Deputies has five hundred members, elected for three-year terms; the Senate has 128 members, elected for six-year terms. In the judicial branch the Supreme Court of Justice is the highest tribunal.

The federation is made up of thirty-one states and the Federal District (the capital). Each state has a governor, who serves a six-year term, and a unicameral legislature. Both are elected by popular vote. Before 1997, the chief of the Federal District was appointed by the president, but has since been elected directly by popular vote. The Federal District also has an Assembly of Representatives. The local

administrative level is the municipality, which is governed by a popularly elected mayor and a municipal council for three-year terms. Suffrage is universal and mandatory (but not enforced) for those over the age of eighteen.

Leadership and Political Officials. The modern presidency stands in a long tradition of pre-Columbian rulers (*tlatoani*), Spanish colonial viceroys, and nineteenth century and revolutionary *caudillos*. The president holds great discretionary powers. Power and leadership are attained through the management of personal relations, which are ruled by principles of loyalty, trust, and reciprocity. These informal networks are interconnected in a pyramidal way and form the real centres of decision making. Vertical patron-client relations can be found in all segments of society. Interactions between politicians, union leaders, top bureaucrats, and ordinary people also take place through these networks. In recent years, academic credentials and technocratic knowledge have become more important than political and electoral experience.

Besides being chief of state and head of government, the president has traditionally been the leader of the Institutional Revolutionary Party (PRI), which held power from 1929 to 2000. During much of the twentieth century, Mexico was a one-party democracy. The PRI emerged from the revolution and incorporated mass organisations of workers, peasants, and urban middle classes. Because of its particular origins, its longevity in power, and the influence of diverse interest groups, the PRI is difficult to classify ideologically. There are two other significant parties in Mexico. The conservative National Action Party (PAN) began enjoying electoral success at the state level in 1985. The social-democratic Party of the Democratic Revolution (PRD) emerged as a breakaway movement from the PRI in 1987 and began governing Mexico City in 1997. Both the PAN and the PRD aim at democratisation, but the PRD also proposes a more equal distribution of wealth. The dominance of the PRI in federal elections was finally broken on 2 July 2000, when the candidate of the PAN won a stunning victory with 43% of the vote.

Social Problems and Control. Both petty and organised crime increased in the 1990s. Muggings and burglaries, increasingly violent, became widespread. Drug-related violence constituted another serious cause of concern. Public security has thus become a key issue for ordinary citizens and the authorities. At the same time, the police and the judiciary system are widely believed to be ineffective and lack public credibility, partially due to unresolved high-profile political assassinations and corruption. This has led to incidents of people taking the law into their own hands. Paid neighbourhood watches are common wherever people can afford them. Private security guards no longer patrol only at banks and government buildings but also at medium-sized offices and shops. In response, the government founded an additional police force in 1999, the National Preventive Police.

Military Activity. Mexico has had civilian presidents since 1946 and has not been involved in international disputes in recent decades. The primary role of the military is the maintenance of internal order. The Ministry of National Defence (the army and air force) and the marines together comprised an armed force consisting of almost 240,000 members in 1998. Military expenditures have increased substantially in recent years and amounted to US$2.5 billion in 1996, accounting for almost 1% of the GDP. In recent years the military has been involved in two serious problems: the armed uprising in the state of Chiapas and the struggle against drugs. Mexico is a major supplier of marijuana and heroin to the U.S. market and is the primary trans-shipment country for cocaine from South America. In 1998 the government spent US$147 million to combat drug trafficking, an amount that has increased spectacularly in recent years.

Social Welfare and Change Programs

As part of its revolutionary heritage, the state provides welfare facilities for most Mexicans. In urban centres, but not in rural areas, health facilities are mostly well equipped. Based on the revolutionary constitution of 1917, education is provided freely by the state. People who have worked in the formal

economy receive small pensions after they retire. There are no unemployment benefits. After 1982, the state's ability to uphold social expenditures was seriously undermined by economic crises, the financial burden of external debt, and the adoption of structural adjustment policies. A major government initiative, the National Solidarity Program, was launched at the end of the 1980s to attempt to counteract this development and revitalise social policies. The program was based on a shared obligation by the state and local communities to implement projects aimed at improving the standard of living. The National Solidarity Program was practically discontinued with the election of a new president in 1994, and replaced with new, but less ambitious, programs. Given the magnitude of Mexico's problems of poverty, unemployment and underemployment, and deficient social services, the effects of these programs have been modest.

A scribe works with a client on a sidewalk in Mexico City. Beside them are papier-mâché figures for a Holy Week festival.

Non-governmental Organisations and Other Associations

Several political pressure groups in Mexico have founded powerful organisations. Very influential are the national business associations that have sections in all states and major cities. The most important are the Confederation of Employers of the Mexican Republic, the Coordinating Council of Entrepreneurs, and the Confederation of National Chambers of Commerce.

In recent decades, numerous organisations and associations have emerged around particular social issues. They strive to be independent from political parties and openly battle government-controlled organisations. There has also been a tendency to form national alliances of local and regional organisations. Two large networks of peasant organisations are the National Union of Regional Autonomous Peasant Organisations and the National Coordinating Committee "Plan de Ayala." Nongovernmental organisations (NGOS) have also emerged in urban areas because of the inadequate conditions in housing, transport, public services, and security. The most important of these is the National Coordinating Committee of Urban Popular Movements. In Mexico City, the Association of Neighbourhoods emerged after the 1985 earthquake. Indigenous movements have proliferated in recent years, founding the National Indigenous Congress. In the 1990s, NGOs focusing on the defence of human rights have become influential. They are a response to political violence and police brutality. The environmental movement is gradually becoming more active in Mexico.

Gender Roles and Statuses

Division of Labour by Gender. The degree of economic participation of women was 35% in 1995, while that of men was about 75%. Nevertheless, female economic participation is increasing rapidly. In addition, it is generally assumed that many women are employed in non-registered and underpaid informal activities. Women also generally earn less than men and their level of educational is lower. Most women are economically active when they are young (between twenty and twenty-four years of age).

COMMERCIAL IN CONFIDENCE

Although the political arena is strongly dominated by men, the presence of women in public space has become more common place. In the early twenty-first century, for example, the leadership of major political parties was in the hands of female politicians, as was the government of Mexico City and the chair of Mexico's largest union. The involvement of women in numerous social movements has also been significant.

The Relative Status of Women and Men. Although women and men are equal before the law, clear differences persist in terms of authority and privileges. Women play crucial roles in the family, but even here the male is "chief of the family" (*jefe de familia*). Women are seen as the caretakers of morality and hence take centre stage in the domain of religion.

In assigning males and females to different economic, political, and social roles, Mexicans can make use of complex and sometimes contradictory cultural representations of masculinity and femininity. The two key cultural icons for defining femininity are La Malinche and the Virgin of Guadalupe. The myth of La Malinche refers to the Indian woman who was given to conqueror Hernán Cortés in 1519. During the remaining part of the conquest she was his interpreter and "mistress." La Malinche is the collaborator and traitor, but also the sexually violated who gave birth to an illegitimate son, the first *mestizo*. In contrast to La Malinche, the Virgin of Guadalupe represents suffering and sacrifice. This has given rise to the image of the submissive, self-sacrificing, but virtuous woman (*la abnegada*). Together these myths explain the ambiguity attached to defining females. The key concept for defining masculinity is machismo, which is associated with violence, power, aggressiveness, and sexual assertiveness. These general cultural representations have formed the basis for ideas of "natural" male dominance and power and female suffering and motherhood. They have been influential in the imagery of Mexican men and women, but they are increasingly considered simple stereotypes. Under the influence of profound social and cultural transformations in an increasingly urbanised Mexico, perceptions of masculinity and femininity are shifting continuously.

Marriage, Family and Kinship

Marriage. Mexicans are free to choose their marriage partners. Informally, however, there are rules that constrain choices, most importantly those related to class and ethnicity. People usually marry after a period of formal engagement that can last several years. In 1995, the average age at marriage for a male was almost twenty-four years; for a woman it was nearly twenty-two years. Out of all Mexicans aged twelve and above, just over half were married or otherwise united. Although the basis for marriage is love, many Mexicans consciously or unconsciously look for a partner who can provide social and economic security or upward mobility. Monogamy is the only marriage form allowed. A marriage ceremony consists of a civil registration and a religious wedding. Afterwards, the couple holds a huge and costly party with family and friends. At the beginning of the 1990s, the divorce rate was a relatively low 6.5%. It is legally easy to divorce but the social pressure against it can be formidable.

Mexico	Per 1,000 population North America	Marriage 5.2	Divorce 0.9	17.31%	2009

Domestic Unit. The nuclear family is the common household unit: in 1995, almost three-quarters of all family households were nuclear. Households consisted of an average of 4.6 members. In the same year, almost 6% of the households were single-person. At the same time, a significant number of households consist of "extended" nuclear families, which often exist on a temporary basis. Particularly among the urban poor there are households consisting of parents, children, grandparents and sometimes other relatives. Recently married couples may live for a few years with the kin of husband or wife in order to save sufficient money to establish an independent domestic unit. In the countryside different nuclear families might live close to each other and share common resources. In 1995, 82% of households were

male-headed. Although women generally hold fundamental responsibilities in the household, men are still the principal authority. Domestic violence constitutes a serious problem in Mexico.

Inheritance. Inheritance laws make no distinction between men and women. Each child is legally entitled to an equal share, but in practice male descendants are often privileged. In the countryside land is often distributed only among sons.

Kin Groups. The extended family is of crucial importance to most Mexicans. Although family members generally live dispersed, sometimes very far away due to international migration, they seek opportunities to gather on several occasions. Family members will occasionally get together for a meal during the weekend, but will more typically gather on religious occasions. Fictive kinship relations are established through godfathers (*padrinos*) and godmothers (*madrinas*) at Catholic baptismal ceremonies. The family and larger kin groups are the main locus of trust, solidarity, and support in Mexico. These networks are mobilised with diverse objectives such as finding work, establishing political connections, and evading red tape.

Socialisation

Infant Care. The average number of children per household has decreased in recent decades and was just over two in 1995. Infants are mostly cared for at the parental home. Some are cared for at a private nursery from the age of three months. At the age of four, children are officially required to attend a kindergarten for two years. Children in Mexico are rapidly integrated into the activities of adults, but they are also strongly protected and not actively encouraged to discover their surroundings on their own.

Child Rearing and Education. After kindergarten, children are required to go to primary school for six years. Nevertheless, in 1995 almost 32% of the population over the age of fifteen had not finished primary school. In public and private schools pupils have to wear uniforms. Whereas public schools stress civic values and lay education, the majority of private schools tend to place more emphasis on religious values. There are also more liberal private schools. Relations between teacher and pupils tend to be strict.

Role and rule differentiation between girls and boys begins at an early age and forms key aspects of child rearing until adolescence. Male babies are dressed in blue and female babies in soft pink. There is a tendency to raise boys as "little men" and girls as "little women," thereby preparing them for their future gender roles. Sexual education within the family is still taboo for many Mexicans. Methods of child rearing also show differences according to class. In lower-class households it can be strict and traditional. During the 1990s, the government launched campaigns against the use of corporal punishment.

The most important initiation ceremony for girls is held when they turn fifteen. This *fiesta de quince años* marks the transition from girl to *señorita*, that is, a young virgin. The event also indicates that the young woman is now available for marriage. The ritual includes a holy mass during which the need to maintain purity until marriage is stressed. Afterward, the family holds a large party. There is no comparable ritual for boys.

Higher Education. In Mexico higher education is considered a road to socioeconomic progress and well-being. During several decades, public universities were recruitment sites for the political and administrative elite. This function has increasingly been taken over by the most prestigious private universities. In 1995, nearly 12% of the population over the age of twenty-five enjoyed some degree of higher education. At the beginning of university courses in 1998, there were just over 1.5 million students in the universities (excluding preparatory schools), of which 811,000 were men and 704,000 were women. Half the students studied social and administrative sciences and a third were in engineering and technology.

COMMERCIAL IN CONFIDENCE

Etiquette

Mexican etiquette is strongly informed by the culture of social hierarchies and distance. These can exist along the lines of race and gender, but class distinctions regulate social interaction most decisively. It goes without saying that the different social hierarchies frequently run parallel.

Generally speaking, Mexicans shake hands when they meet or in the case of two women meeting or a man and a woman meeting, kiss each other on the cheek once. In the case of close friends and on special occasions, such as New Year's Eve, Mexican men and women embrace each other, pat each other gently on the back, and then shake hands. This *abrazo* expresses confidentiality and the crucial value of trust. Because strangers cannot be placed within the different circles of intimacy and confidentiality they are generally treated with suspicion.

When people of different socioeconomic status meet, the individual with the socially ascribed inferior status will wait for the person with superior status to define the terms of the encounter. Mexicans are very keen on being addressed with their academic or professional title. The most commonly used academic title is that of *licenciado.* The form of address of licenciado is more linked to the position someone holds than to that person's precise academic credentials. People of lower standing will also invariably address a socially superior with the formal you (*usted*), while the latter will most likely use the informal you (*tu*). These forms of address draw boundaries, create distance, and confirm the social hierarchies so characteristic of the national culture.

Mexicans value the art of eloquence. Conversations will mostly begin with polite and informal exchanges and slowly move toward the subject matter. Even then Mexicans remain indirect speakers, avoiding clear-cut statements. Politicians and senior bureaucrats are identified as the masters of this rhetorical style. They have become the object of irony in the hands of the famous comic Cantinflas, who by speaking a lot but saying nothing gave birth to the verb *cantinflar*.

This colonial church with two bell towers was built with ancient Maya stones. Spanish and French architectural traditions influenced Mexican buildings.

Religion

Religious Beliefs. Roman Catholicism is the dominant religion in Mexico. After the conquest by the Spanish, Mexico's indigenous peoples readily accepted Catholic beliefs and practices, but they did so on the basis of their pre-Hispanic religious beliefs. The Virgin of Guadalupe, for example, was associated with the pagan goddess Tonantzin. As a result, Mexican folk Catholicism is frequently described as syncretic. Catholic beliefs pervade the life of ordinary Mexicans. Because the Catholic Church has been a very powerful institution in Mexican history, its relationship with the state has at times been tense and

sometimes openly hostile. In recent decades, Protestant missionaries have been particularly active in southern Mexico and among the urban poor.

Religious Practitioners. The most important practitioners are Catholic priests, who conduct regular masses and officiate over events Mexicans consider crucial such as birth, weddings, death, and quince años (the initiation ceremony for girls). Priests also perform more quotidian rituals such as the blessing of new houses or cars. As parish priests are profoundly involved in the social life of local communities, their influence reaches beyond religious matters.

Rituals and Holy Places. Mexico's most significant religious rituals are determined by the Catholic calendar. Easter (*Semana Santa*) is perhaps the most important of all. In different places within Mexico, the re-enactment of the crucifixion of Jesus Christ on Good Friday is attended by great crowds. The largest is in Iztapalapa in Mexico City and attracts more than 100,000 believers.

The nation's patron saint, the Virgin of Guadalupe, has her shrine in Mexico City, near the hill of Tepeyac, where she first appeared in 1531. The huge modern basilica there attracts hundreds of thousands of pilgrims from all over the country every year, especially on 12 December, Guadalupe's Day. Every community (rural or urban) has its own patron saint who is honoured with processions and fiestas every year.

Death and the Afterlife. Representations and rituals of death play a prominent role in popular culture, art, and religion. It has been suggested that this is related to pre-Columbian indigenous beliefs. Such rituals are most vigorously expressed in the festivities of the Days of the Dead, 1 and 2 November. On this occasion, Mexicans arrange altars for the dead in their homes with food, beverages, and other objects (such as skulls made of sugar or chocolate) to welcome them on their return to Earth. Many Mexicans also visit churchyards and adorn the graves with large orange flowers. They will spent some time by the grave praying but also sharing memories about the deceased. The so-called Mexican cult of the dead has attracted much attention abroad.

Medicine and Health Care

The Mexican health system is sharply divided between public and private facilities, the latter being accessible only to the well-to-do. The overwhelming majority of the population depends on government institutions such as the Mexican Social Security Institute. The national health system consisted of more than seventeen thousand medical units in 1998, of which 885 were hospitals and the rest basic medical service centres in rural areas. The government health sector had a budget of approximately US$11 billion in 1999 and employed around 300,000 doctors and nurses. Many doctors from public hospitals also have their own private consultation clinics.

A Mexican woman prepares tortillas with salsa and beans. Corn, chili peppers, and beans are the main items in most Mexican foods.

Ordinary Mexicans frequently discuss sickness, health, and medicine and are familiar with self-treatment. Since most medicines can be purchased freely in commercial pharmacies, Mexicans tend to consume medication in considerable quantities. In addition, several folk health-providers exist and have a regular clientele. Herbalists can be found at local markets. *Curanderos* ("healers") use traditional curing procedures and medicinal plants. Spiritualist healers consider themselves religious practitioners first and alternative health-providers second. Generally, Mexicans do not assume a fundamental inconsistency between folk health-providers and physicians.

COMMERCIAL IN CONFIDENCE

Secular Celebrations

The Battle against the French is celebrated on 5 May (*Cinco de Mayo*), remembering the victory of Mexican forces over the French invaders in the hills near the city of Puebla in 1862. It took the French a year to bring reinforcements and take the Mexican capital in 1863. Cinco de Mayo is an important symbol of national sovereignty and parades are held throughout the country.

Independence Day is 16 September and celebrates the start of the struggle for independence in 1810, which began when the Catholic priest Miguel Hidalgo y Castilla rang the church bells in the village of Dolores and called upon the parishioners to drive out the Spanish. This act—the so-called *Grito de Dolores* —is repeated ritually on the night of 15 September by the authorities throughout Mexico and even by ambassadors abroad. The ritual ends with the vigorous shouting of "*Viva México* " three times. On the morning of 16 September there are military parades organised by the government. Independence Day is the most important civic ritual and enjoys broad popular participation. During the whole month of September houses, offices, and public buildings are decorated with the colours of the Mexican flag.

The Day of the Revolution, 20 November, commemorates the planned uprising of Francisco Madero against the dictator Porfirio Díaz in 1910 that marked the beginning of the Mexican Revolution. It is mainly a state-orchestrated event that arouses modest popular participation. The main event is the long sports parade in front of the National Palace in the centre of Mexico City.

The Arts and Humanities

Support for the Arts. The most important federal institution active in the field of arts is the National Council for Culture and Arts (CNCA). The CNCA coordinates the activities of more than thirty public institutions in the world of arts; one of them is the National Fund for Culture and Arts, founded in 1989, which provides modest financial support (such as scholarships and project financing) to young and distinguished artists in a wide variety of disciplines. There are also private funds that support the arts.

Literature. The earliest evidence of writing dates back to 600 B.C.E. in the form of Zapotec glyphs, which have not yet been deciphered. Pre-Columbian literature is generally considered to include the scarce writings from before the conquest as well as the poetry and prose in indigenous languages that was recorded in alphabetical writing and produced after the conquest. The former group comprises the codices, pictographic writings on accordion-pleated *amate* ("paper,") most of which were destroyed. Their content is mainly religious and historical. The most important Mayan literary texts, such as the Popol Vuh, belong to the second group. One of the most significant legacies of Aztec culture is the poetry of the king of Texcoco, Nezahualcóyotl (1402–1472).

In colonial New Spain, the seventeenth century produced two most outstanding literary talents: writer and scientist Carlos Sigüenza y Góngora (1645–1700), and Sor Juana Inés de la Cruz (1651–1695), a brilliant woman who became a nun in order to continue her scholarly and literary pursuits. She is best known for her poetry and her theological and secular prose.

After independence, such international literary trends as romanticism, realism, and modernism influenced Mexico's literary achievements. Ignacio Manuel Altamirano (1834–1893) was the foremost representative of Mexican romanticism, which strove to develop a national literature nurtured by the realities of the country. Others include José López Portillo y Rojas (1850–1923) and Amado Nervo (1870–1919).

The Mexican Revolution and its aftermath led to the emergence of a new generation of writers and literary themes. The "novel of the revolution," which started with the 1915 publication of *Los de abajo* ("The underdogs") by Mariano Azuela (1873–1952) and expanded with Martín Luis Guzmán's novels, takes a bitter look at the revolution, the violence, and its leaders. This theme has also inspired other authors, among them Mexico's contemporary literary giant Carlos Fuentes. Juan Rulfo published

very little but *Pedro Páramo* (1955) is considered a masterpiece. In poetry, a group centred around the literary journal *Contemporáneos* set new standards in the 1920s. Mexico's most outstanding poet, however was Octavio Paz (1914–1998), who also wrote numerous essays including *El laberinto de la soledad* (1950), a classic essay about Mexico's national character that earned him international recognition. In 1990 he was awarded the Nobel Prize in literature. In recent decades female novelists as Elena Poniatowska, Angeles Mastretta, and Laura Esquivel have gained prestige in Mexico and abroad.

Graphic Arts. Mexico's long tradition of graphic arts goes back to pre-Columbian times. When the different Indian civilisations prospered, they constructed impressive urban centres and religious buildings and produced sophisticated graphic art such as pottery and frescos. In general, pre-Columbian sculptures and images of gods provoke a sense of awe and fear. Pre-Columbian art has acquired a prominent place in the canon of the national culture and is displayed in numerous museums, especially the National Museum of Anthropology in Mexico City. These museums are frequently visited by pupils from primary and secondary schools as part of their history assignments.

After the Spanish conquest, the church and the monasteries were the key contributors in the field of arts. As a consequence, religious architecture became the most important form of creative expression. Although icons and styles were imported, techniques, materials, and forms used by indigenous artisans gradually gave way to a distinctively Mexican style. At the end of the seventeenth century a recognisable Mexican baroque with an abundance of decorative elements flourished. In the eighteenth century, this developed into the even more profuse Churrigueresque style. Sculpture and painting developed along similar lines.

Political instability and recurrent war seriously hampered artistic development in the nineteenth century, with the exception of painting, where there was a hesitant interest in pre-Columbian themes. The most important artists were Pelegrín Clavé and landscape painter José Maria Velasco.

After the Mexican Revolution, a period of intense artistic innovation commenced, giving rise to the most widely acknowledged Mexican art form, the mural. A recognition of artistic independence by the new revolutionary elite and active state support coincided with a renewed interest in popular culture, such as the engravings of José Guadalupe Posada (1851–1913), and in pre-Columbian themes and artistic expressions. Mexico, its history, and its people became the single most important themes of the huge murals that decorate the walls of public buildings. The most well-known exponents of the Mexican Muralist school are Diego Rivera (1886–1957), David Alfaro Siqueiros (1896–1974), and José Clemente Orozco (1883–1949). In recent years, the eccentric paintings of Frida Kahlo (1907–1954) have attracted worldwide attention. Painters of later generations who have gained national and international reputations include José Luis Cuevas, Juan O'Gorman, Rufino Tamayo, and Francisco Toledo.

Mexico's artistic qualities are perhaps best illustrated by the broad variety of popular art and handicrafts. Popular artists can be found throughout Mexico, but regions and even villages specialize in particular trades.

Performance Arts. In classical music the Mexico City–based National Symphony Orchestra and the Philarmonic Orchestra of the National University are most renowned. Mexico's most important composer of the twentieth century was Carlos Chávez (1899–1978). Popular music, such as *mariachi* and *ranchero* music, has acquired fame throughout the world and produced such stars as Vicente Fernández and Juan Gabriel. Mexico also has a native rock scene. Mexico City has become a major recording centre for the Spanish-speaking world. The same is true for the production of soap opera series for television. Mexican cinema flourished in the 1940s and 1950s, producing such heroes of popular culture as Jorge Negrete and Pedro Infante. One of Mexico's most important venues for the performance arts is the *Festival Cervantino,* which is held every year in the provincial town of Guanajuato.

COMMERCIAL IN CONFIDENCE

The State of the Physical and Social Sciences

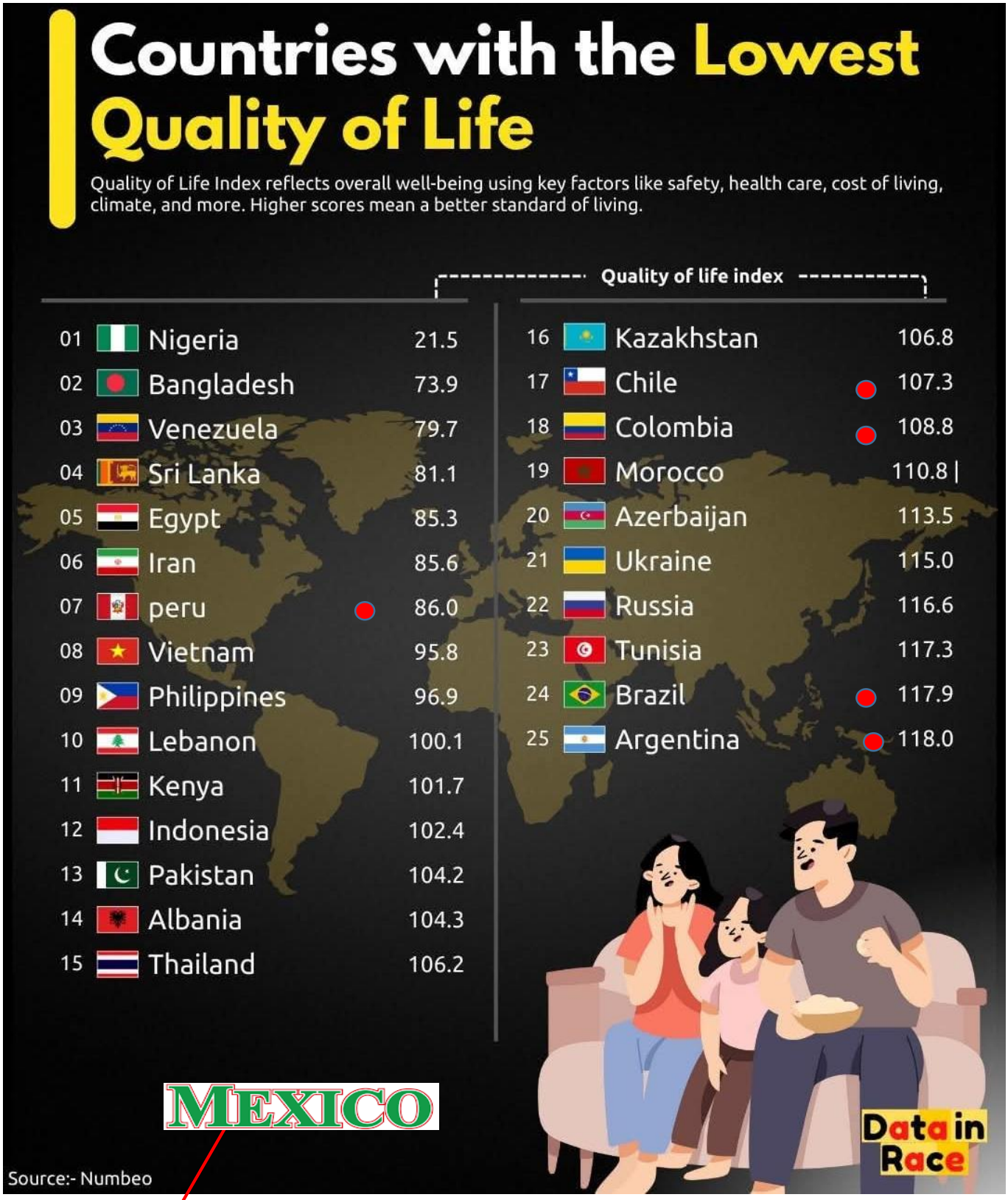
Most scientific research in Mexico is conducted in the public universities, mainly in the National Autonomous University and the Autonomous Metropolitan University, both in Mexico City. The National Polytechnic Institute, also in Mexico City, is the foremost research institute in engineering and technology. In recent years there has been government support for developing research centres outside the capital. There is also an extensive network of specialised autonomous research institutes that are dependent on state finances such as the National Institute of Astrophysics, Optics, and Electronics and the College of Mexico.

Just over half of the almost US$2 billion of federal expenditures in science and technology in 1998 was channelled through the Ministry of Public Education and another 34% was channelled through the Ministry of Energy. The majority of the latter funds are spent on research into the exploitation of oil. Public policy concentrates on three areas: promotion of quality and quantity of scientific research, establishment of linkages between science and industry, and the promotion of technological innovation.

The National Council of Science and Technology is the most important funding agency for the physical and social sciences. In 1998 it had a budget of US$287 million, with 47% allocated to individual postgraduate grants, 25% to scientific research and technological development, and 22% to the National System of Researchers (SNI), a program of financial incentives to productive academics. In 1998, more than sixty-five hundred researchers were in the SNI. Information on corporate funding of research and development is unavailable but is estimated to be very modest compared to Mexico's main trading partners.

COMMERCIAL IN CONFIDENCE

https://www.numbeo.com/quality-of-life/rankings_by_country.jsp



h

Rank	Country	Quality of Life Index	Purchasing Power Index	Safety Index	Health Care Index	Cost of Living Index	Property Price to Income Ratio	Traffic Commute Time Index	Pollution Index	Climate Index
58	Mexico	127.4	52.6	46.8	72.7	37.6	11.6	39.2	58.3	83.3

national psyche of mexico

Mexican Culture
Core Concepts

https://culturalatlas.sbs.com.au/mexican-culture/mexican-culture-core-concepts

Author *Nina Evason, 2024*

Mexico is a North American country bordering the United States, Guatemala and Belize. It is incredibly geographically diverse, with deserts, high mountain plateaus and tropical coastlines. More than half of the Mexican population lives in the country's central regions, whilst the arid north and tropical south are more sparsely populated. The dominant culture of Mexico reflects a blend of indigenous and Spanish customs; however, traditions vary significantly across the country. Many cultural traditions associated with the national identity have a local or regional origin. For example, tequila, mariachi music, embroidered sombrero and costume of the charro (gentleman rancher) originated in the west of Mexico. Each region / state generally has a unique cultural identity and accompanying cuisine, folk songs and craftsmanship that residents are very proud of. Cultural customs may also vary locally, between communities, towns and cities within states.

Settlement Patterns and Regional Identities

Roughly 81.6% of Mexicans live in urban areas, while 18.4% live rurally. The growth of urbanisation is a continuing trend as many rural poor are attracted by the economic opportunities of industrial areas. However, city living does not ensure financial security. Differences in attitudes and practices are very noticeable between urban centres and rural areas. Those in rural towns generally continue to follow traditional lifestyles and hold quite conservative beliefs. They often maintain strong identities that are particular to their specific town or region. These may be referred to as '*patrias chicas*' (small homelands). Such regional identities hold particular significance to many Indigenous communities.

On the other hand, many towns and cities are highly industrialised and cosmopolitan. Popular coastal towns are generally also quite Westernised from the influx of tourism. People from cities tend to be less conservative, although this varies between regions. For example, those from Guadalajara are generally more traditional than people from Mexico City.

Mexico City, officially known as Ciudad de México (or CDMX), is the second-largest metropolitan area in the world. The city stands as a cultural outlier in the country. As a global economic and cultural centre, it attracts more liberal and unconventional Mexicans from other regions. According to 2023 estimates, 17% of the population lives in the capital of Mexico City.

Social Hierarchies

Systemic inequalities and historical factors have made class differences very distinct in Mexico. Class often defines people's daily activities and lifestyles, as well as the employment opportunities afforded to them. This becomes very noticeable when observing the difference between those who have steady employment in professional fields and those working in the informal economy (e.g. street vendors or merchants). Indeed, there has been a marked increase in income inequality in the present era, especially following the economic crisis in the 1990s. The vast majority of professional jobs do not offer adequate

pay. This has seen the middle class struggle to expand and find adaptive solutions as formal employment opportunities diminished. As a result, more than half of all Mexicans work in the informal sector.

The majority of the Mexican population generally belongs to the lower socioeconomic bracket. Most cities have extensive areas of surrounding settlements (slums) that lack adequate services and resources. These situations contrast starkly with the middle and upper classes that enjoy cosmopolitan lifestyles and greater access and influence over social and economic activity. In both urban and rural areas, power is concentrated among an elite minority. For example, many *campesinos* (farm workers) in rural agricultural areas do not own land, relying on wages from elite landowners for their labour. Due to these disparities in wealth and labour costs, it is common for affluent Mexican households to hire service personnel at minimal wages (e.g. cleaners, nannies, dog walkers, etc.). This practice is prevalent among the middle and upper-middle classes, not just the elite.

Social status can be determined by socioeconomic level, regional background, education and family name. However, class is also strongly correlated with race. Research has found that Mexicans with fairer skin are more likely to have higher socioeconomic status. Meanwhile, those with darker skin (the majority) are overrepresented among the lower class. This racial differentiation reflects centuries of colonial governance, during which economic, political, and social policies favoured European inheritance of wealth. The historical affluence of European colonists over the Indigenous population remains visible today. For example, people living in rural, economically deprived areas are more likely to have predominantly Indigenous ancestry.

Widespread social inequality profoundly impacts social dynamics and societal attitudes in Mexico. People across all social classes are directly or indirectly exposed to the realities of severe poverty prevalent throughout the country. This collective recognition of hardship informs and reinforces the importance of '*simpatía'* (sympathy) for those in disadvantaged positions. However, sympathetic sentiments do not necessarily translate into tangible assistance. Many Mexicans have grown accustomed or resigned to the unequal distribution of power as the status quo and do not necessarily seek to change it. This broad cultural acceptance of established social hierarchies contributes to the country's high score on Hofstede's Power Distance dimension.

Colonisation and Diversity

Mexico has been deeply influenced by Spanish colonisation which began in the 16th century and lasted for almost three centuries. Before European occupation, the land of Mexico was home to expansive Mesoamerican civilisations, such as those of the Olmec, Toltec, Teotihuacan, Aztec, Maya and Zapotec people. The Spanish colonists conquered the existing empires in the 16th century and encouraged '*mestizaje'* (mixing) among the population (between the Indigenous Amerindians and the Europeans). The aim was to assimilate the population to become more racially homogeneous in order to develop a stronger national identity. This diminished the proportion of people who identified with their Indigenous heritage; however, the population of contemporary Mexico remains incredibly diverse.

The majority of the population is mestizo, meaning they share a mixture of European and Amerindian heritage to some degree, while approximately 21.5% self-identify as Indigenous. There are also many people with mostly European ancestry. As international migration increased over the 20th century, communities of people with Central American, South American, Middle Eastern, Asian and African heritage have also grown. Despite this diversity, the Mexican identity is thought to supersede any racial differences. The national discourse professes that a white person (*un blanquito* or *güero*) is just as 'Mexican' as someone with mostly Indigenous ancestry (and vice versa). However, it cannot be presumed that all Mexicans share this view. By incorporating Mesoamerican history into the

contemporary setting, the Mexican practice of traditional Spanish and Catholic customs tends to be particularly unique and colourful. However, the 'blend' (*mezcla*) of Spanish and Indigenous identities has not been free from controversy. Historical factors have changed opinion over time. Mexicans have had to reach a point of acceptance that the majority of them share ancestry with both the oppressors (colonists) and the oppressed (Indigenous peoples of Mesoamerica). In reconciling this, pride in diversity has become a major unifying theme. Today, Mexicans celebrate the day that Columbus arrived in America as *'Día de la Raza'* (Race Day). This day recognises and honours the diversity of Mexico's population, rather than commending Christopher Columbus or colonisation. Many people are very proud of the country's ancient Indigenous heritage. Nevertheless, while ancient Mesoamerican cultural legacies continue to be revived and glorified by Mexicans, the Indigenous people of contemporary Mexico remain marginalised in many domains of society.

Indigenous Peoples of Mexico

There were over 85 different '*pueblos indigenas de Mexico'* (Indigenous peoples of Mexico) when the Spanish first arrived. Today, roughly 65 survive, speaking over 60 languages and 290 dialects. These include both 'detribalised' groups, as well as those that continue to follow their traditional lifestyles and social systems, known as "*Usos y Costumbres*" (customs and traditions). Over the period of colonisation, many Indigenous peoples died of diseases introduced by the Spanish, as well as violence.

Most Indigenous Mexicans do not speak their own language and speak only Spanish. Those who do speak a native language are usually bilingual in Spanish or have enough fluency to conduct business. However, some may refuse to speak Spanish in order to maintain their Indigenous roots. Many have retained local forms of organisation and customary law to defend their culture and livelihoods. Constitutional recognition protects their right to have this cultural autonomy. However, some have witnessed the collapse of their traditions under the burden of poverty.

The Indigenous peoples of Mexico continue to be substantially disadvantaged compared to the mestizo majority. According to official figures on multidimensional data from the National Council for Evaluation of Social Development Policy, **72.3% of Mexico's Indigenous population lives in poverty.** Many live in small peasant communities in rural areas. Others have had to integrate into mestizo society in order to improve their living conditions. Today, many make a wage by selling crafts and performing traditional dances in costume for tourists.

National and Cultural Pride

Mexicans are very proud of their country. However, this generally relates to the culture and people rather than the nation-state or its institutions. The population has become very sceptical of the government, systems and authority figures due to pervasive corruption at all levels of society. Therefore, national pride is generally directed towards Mexico in the cultural sense. Many Mexicans feel their country has great cultural depth and wealth in comparison to others. There is a saying, "Como México no hay dos" (There is none other like Mexico), which reflects how people believe Mexico has a particular uniqueness.

Much foreign knowledge of the cultural traditions in Mexico gravitates around ideas drawn from popular culture (e.g. tequila, tacos, tortillas, mariachis). The real Mexican love for these famous aspects of their culture should not be underestimated. Furthermore, one finds that almost all Mexicans have an incredible knowledge of their country's history. People are very proud of the Mesoamerican legacies (such as the Aztecs and Mayans) and are often very educated on the events in history that shaped the identity of their society. It is common for the average person to be able to list off many ancient stories and cultural achievements. Mexicans take particular delight when their culture receives global recognition or foreign appreciation. For example, traditional Mexican cuisine is recognised as a global cultural treasure, listed by UNESCO as 'Intangible Cultural Heritage of Humanity'.

Mexicans have generally been very careful to preserve their cultural character amidst rapid globalisation. The country's close proximity to the US has seen people adopt many Western cultural influences. However, most foreign customs are generally assumed with an extra Mexican flair added on. For example, if one orders pizza at an Italian restaurant, they are still likely to receive chillies on the side. A person may be regarded as a '*malinchista'* if they have a tendency to revere or prefer foreign things. The term has negative connotations of disloyalty or treachery, as its origins trace back to an Indigenous woman submitting to Spanish conquerors.

Safety, Fatalism and Prediction of Events (submissiveness that prevails MoC200 and below.

The global media's portrayal of Mexico often concentrates on the country's struggle against corruption and the violence of drug cartels. It is true that safety and security is a common concern for most people. Hard social conditions and government policies have influenced a rise in violence and crime (*la delincuencia*) in the present era, both anarchic and organised. Therefore, many people have to restrict their movements to avoid crimes of opportunity. It is common for friends and family members to stay in close contact with one another. For example, independent adults may have a continuous group chat with their family members or a location notification system on their phone so that each person generally knows one's activities, whereabouts and when they have arrived home safely

Due to past experiences where Mexicans' safety has been directly threatened, some people may interpret the physical onset of anxiety as an omen. For instance, panic or anxiety that triggers a somatic feeling (such as tightening in the chest) may be perceived as a signal for danger. If a Mexican is in a safe situation when feeling the sensation, they may then interpret it to mean an earthquake is coming or a member of their family might be in trouble.

There is a common belief throughout Mexico that God predetermines events and one's destiny is in his hands. This fatalism has been influenced by the practice of Catholicism throughout the country. Many devout Mexicans see the *Virgin of Guadalupe* as the appropriate messenger and means to reach God. (We each are endowed with an indwelling spirit in our sixth year which is our direct connection to our Heavenly Mother and Father.) It is common for people to try and change their circumstances by revering her and asking for her to grant their prayers. Indeed, the amount of fatalism regarding one's personal control over events often varies depending on how religious one is.

Interpretations of Death

Mexico had more homicides in 2017 than any previous year on record. Due to such crime and poor public health, death is quite pervasive in society. However, Mexicans have a unique relationship with death. They are generally very fearful of it but do not hide it or keep it as a taboo subject. Instead, they keep quite a good-humoured familiarity with it. For example, there is a longstanding tradition of celebrating the 'Day of the Dead' (*Día de los Muertos*) on the 2nd of November. During this period, it is

thought that the deceased can visit family and friends. The celebration of this concept somewhat reflects the contemporary integration of past Mesoamerican traditions (the Aztecs historically venerated the goddess of death – *Mictecacihuatl*).

Foreigners may observe Mexicans' close cultural proximity to death and interpret it to mean that they are not scared of dying. On the contrary, Mexicans are often extremely fearful of death; this embracement of it is a way of coping with their mortality. Underneath the jokes, Mexicans generally have a very strong respect for the deceased and can feel very uncomfortable "playing with death" for fear of reprisal.

Organisation and Time

Flexibility and adaptability are key features of Mexican culture and society. Daily life is less rigidly structured, and there is a more relaxed approach to established rules. This cultural disposition can encourage spontaneity and a light disregard for law and order in daily life (i.e. getting out of a car stopped at a traffic light). As a result, Mexicans frequently navigate unpredictable situations that demand flexibility and improvisation. For example, is not uncommon for public officials or authority figures to 'take a bite' by asking for a *mordida* (bribe, literally translating to 'bite') to bureaucratic expedite matters.

Inherent flaws and limitations within formal structures mean Mexicans often have to employ informal strategies to navigate rules and regulations. These include the use of *palancas* (personal connections who can influence preferential treatment), *coyotes* (persons who are paid to do others' administrative transactions), and *regalos* (gifts). This environment has fostered a culture of resourcefulness and ingenuity, evident in how Mexicans have adapted the informal economy to create job opportunities for themselves. While certain practices might appear unorthodox to external observers, such actions are seen as a pragmatic necessity in navigating unreliable bureaucratic procedures.

The cultural tolerance for imprecision and flexibility can also be partly attributed to the *mañana* attitude and fluid approach to timekeeping in Mexico. Literally meaning 'tomorrow', the term *'mañana'* can also signify an unspecified time in the future. This loose timestamp is often used during delays as reassurance that a task will get done eventually and offers justification for procrastination. The '*mañana* attitude' downplays the need to rush or worry, reflecting the slow pace and relaxed approach to timekeeping in Mexican culture. This laid-back perspective is more prevalent among older generations and in rural or coastal areas.

Socialisation

Mexico scores 97 out of 100 on Hofstede's cultural dimension of indulgence, indicating that it has a highly indulgent culture. As such, people generally exhibit a willingness to realise their impulses and desires with regard to enjoying life and having fun. In indulgent cultures, there is a general tendency towards optimism, and people may place a higher degree of importance on leisure time. One commonly hears this trait of Mexican culture described in the saying, "Mexicans don't live to work; they work to live". Indeed, Mexicans generally devote much time to social occasions, sometimes prioritising individual relationships over other commitments.

Mexicans love socialising, and cantinas, bars, town squares and other public spaces often provide great atmospheres to do so. There is a lot of social spontaneity and improvisation in Mexico. Invitations to occasions are often open invites, and engagements progress naturally as people sense the mood to make decisions about further movements. Many Mexicans feel there is a social rigidity in the English-speaking West as many plans have a lot of detail as to who can come, what one should bring and when it starts. Some Mexican migrants may feel that social engagements are designed too meticulously.

Major Political Parties in Mexico

The Economy of Mexico

https://www.worldatlas.com/articles/the-economy-of-mexico.html

Chilli farm in Mexico

Overview of the Economy of Mexico

Mexico has a mixed economy, which means that it is made up of both privately-owned and state-owned companies. The government also regulates economic activity. Development is occurring at a rapid rate and private investments and businesses have also been increasing. Currently, the economy of Mexico is the 15th largest in the world.

In 2016, its nominal gross domestic product (GDP) was US$1.1 trillion and GDP per capita was $8,700. Between 2001 and 2008, the economy grew at a small but steady pace. The global economic crisis of 2008 resulted in a GDP decline of more than 6%. Mexico has a workforce of 53 million and an unemployment rate of 6.5%. Of these employed individuals, 61.9% work in the services industry. This is followed by industry (24.1%) and agriculture (13.4%).

Leading Industries of Mexico

The leading industry of Mexico is the services sector, which contributes 59.8% of the GDP. The industry sector contributes 36.6%, followed by agriculture with 3.6% (significantly lower than its employment rate). The leading industry products include: tobacco, chemicals, electronics, iron and steel, aerospace, textiles, mining, and petroleum.

Top Export Goods and Partners of Mexico

In 2014, exports from Mexico were valued at US$400 billion, making it the 12th largest export economy in the world. Its principal exports include: crude petroleum ($37 billion), cars ($33 billion), vehicle parts ($23 billion), delivery trucks ($22.7 billion), and computers ($18.6 billion). A large percentage of its exports go to the following countries: the United States ($291 billion), Canada ($24.5 billion), China ($7.89 billion), Spain ($6.18 billion), and Brazil ($5.35 billion).

COMMERCIAL IN CONFIDENCE

Top Import Goods and Partners of Mexico

In 2014, imports to Mexico totalled US$379 billion, giving this country a positive trade balance of $21.3 billion. A positive trade balance means the country exported more than it imported. Its major imports include: refined petroleum ($22.9 billion), vehicle parts ($22.7 billion), integrated circuits ($13.5 billion), computers ($10 billion), and broadcasting accessories ($8.98 billion). A large portion of its imports come from the following countries: the US ($194 billion), China ($58.7 billion), Japan ($15.8 billion), South Korea ($13.4 billion), and Germany ($12.8 billion).

Challenges Faced by the Economy of Mexico

Although Mexico has managed to maintain relative economic stability, the country's economy still faces some significant challenges. The most notable of these is the ever-widening gap between the rich and the poor socioeconomic statuses. These gaps can be seen between urban and rural residents and between the northern and southern regions of the country. In addition to reducing the drastic income inequality throughout Mexico, the government faces outdated infrastructure and tax laws.

Future Economic Plans

Given that infrastructure is one of the biggest challenges faced by the economy of Mexico, it is also critical to the country's future economic plans. As the manufacturing industry continues to increase production and output, the lack of infrastructure in Mexico will become a problem. Some economists believe it will prevent Mexico from becoming an industrialised economy. In order to tackle this problem, the government has initiated the National Infrastructure Program of 2014 to 2018. This program allocates US$600 billion of public and private funds to infrastructure development. This includes improvements to communication networks, energy, housing, health care, water, and tourism facilities.

POVERTY as defined by lack of Consciousness, being in UNTRUTH							
Mexico Nation	Consciousness (MoC)	Population (2025)	Percentage Calibrating MoC 50 | MoC 100 | MoC 150 | MoC 200 or below				Population in Untruth Poverty
North		20,000,000	30%	51%	58%	81%	16,200,000
Central		86,000,000	26%	40%	60%	77%	66,200,000
South		26,000,000	29%	45%	60%	80%	20,600,000
Mexico overall	295	132,000,000	29% 38,300,000	46% 60,700,000	60% 79,200,000	78%	103,000,000

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!

China 1 $ 3,957,049,752,512
United States 2 $ 3,063,654,772,492
Germany 3 $ 1,867,717,959,623
United Kingdom 4 $ 1,096,992,237,512
Netherlands 5 $ 1,042,413,299,651
France 6 $ 986,262,914,514
Japan 7 $ 911,643,316,783
Singapore 8 $ 832,829,880,481
Italy 9 $ 822,773,855,512
U. Arab Emirates 10 $ 817,125,285,325
South Korea 11 $ 808,177,488,258
India 12 $ 777,936,115,842
Hong Kong 13 $ 739,515,307,515
Canada 14 $ 717,578,205,512
Ireland 15 $ 638,199,230,512
Spain 16 $ 622,376,140,781
Mexico 17 $ 617,099,558,963
Switzerland 18 $ 616,727,003,114
Belgium 19 $ 614,490,748,784
Taiwan 20 $ 474,259,892,563
VG
Exports
Goods and Services
ITC.

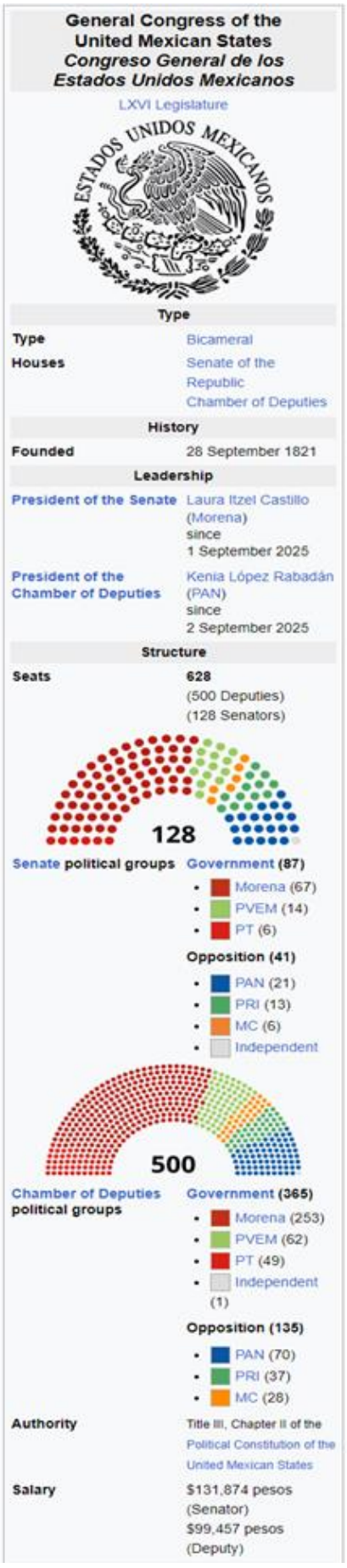
CONGRESS of the UNION

The Congress of the Union **(Spanish: *Congreso de la Unión*, pronounced [koŋˈgɾeso ðe lawˈnjon]), formally known as the** General Congress of the United Mexican States (*Congreso General de los Estados Unidos Mexicanos*), is the legislature of the federal government of Mexico. It consists of two chambers: the Senate of the Republic and the Chamber of Deputies. Its 628 members (128 senators and 500 deputies) meet in Mexico City.

The Congress is a bicameral body, consisting of two chambers: the Senate of the Republic and the Chamber of Deputies. Its structure and responsibilities are defined in the Third Title, Second Chapter, Articles 50 to 79 of the 1917 Constitution. The upper chamber is the Senate, *Cámara de Senadores* or *Senado*. It comprises 128 seats: 96 members are elected by plurality vote, with three members being elected in each state (two seats are awarded to the winning party or coalition and one to the first runner-up); the other 32 members are elected by proportional representation in a single country-wide constituency. Senators serve six-year terms.

Claudia Sheinbaum
President of Mexico since 2024
Claudia Sheinbaum Pardo is a Mexican politician, energy and climate change scientist, and academic who is the 66th and current president of Mexico since 2024. She is the first woman to hold the office.
Born: June 24, 1962 (age 63), Mexico City, Mexico MoC 415

Who is Mexico's 'Vice President': Rosa Icela Rodríguez MoC 420
Former journalist Rosa Icela Rodríguez serves as Interior Minister and is often cited as President Claudia Sheinbaum's second in command. Hand-picked to serve at the highest echelons of the Mexican government by the current administration, Rodríguez has had an eventful career in politics since her election to public office in 2000. She has been a long-time campaigner for human rights in the country and has had a number of high-profile posts since her first position in then-Mayor of Mexico City Andres Manuel López Obrador's cabinet.
Senate MoC 380 Deputies MoC 350 Parliament MoC 364



Rank	State	Population (2020)	Map of Consciousness
1	México	16,992,418	290
2	Ciudad de México	9,209,944	300
3	Jalisco	8,348,151	315
4	Veracruz	8,062,579	305
5	Puebla	6,583,278	300
6	Guanajuato	6,166,934	295
7	Nuevo León	5,784,442	290
8	Chiapas	5,543,828	305
9	Michoacán	4,748,846	290
10	Oaxaca	4,132,148	295

11	Baja California	3,769,020	290
12	Chihuahua	3,741,869	290
13	Guerrero	3,540,685	305
14	Tamaulipas	3,527,735	300
15	Coahuila de Zaragoza	3,146,771	280
16	Hidalgo	3,082,841	310
17	Sinaloa	3,026,943	280
18	Sonora	2,944,840	290
19	San Luis Potosí	2,822,255	305
20	Tabasco	2,402,598	299
21	Querétaro de Arteaga	2,368,467	305
22	Yucatán	2,320,898	305
23	Morelos	1,971,520	320
24	Quintana Roo	1,857,985	305
25	Durango	1,832,650	318
26	Zacatecas	1,622,138	325
27	Aguascalientes	1,425,607	325
28	Tlaxcala	1,342,977	315
29	Nayarit	1,235,456	330
30	Campeche	928,363	320
31	Baja California Sur	798,447	290
32	Colima	731,391	320

	Total	126,014,024	295

MEXICO major cities

	City	State	2020 Census	MoC
1	***Mexico City***	Mexico City	9,209,944	300
2	*Tijuana*	Baja California	1,810,645	300
3	*Ecatepec*	State of Mexico	1,643,623	295
4	*León*	Guanajuato	1,579,803	295
5	***Puebla***	Puebla	1,542,232	295
6	*Ciudad Juárez*	Chihuahua	1,501,551	300
7	***Guadalajara***	Jalisco	1,385,621	305
8	Zapopan	Jalisco	1,257,547	295
9	***Monterrey***	Nuevo León	1,142,952	305
10	Ciudad Nezahualcóyotl	State of Mexico	1,072,676	300
11	**Chihuahua**	Chihuahua	925,762	
12	***Mérida***	Yucatán	921,771	
13	Naucalpan	State of Mexico	911,168	
14	*Cancún*	Quintana Roo	888,797	
15	***Saltillo***	Coahuila	864,431	
16	***Aguascalientes***	Aguascalientes	863,893	
17	***Hermosillo***	Sonora	855,563	
18	**Mexicali**	Baja California	854,186	
19	***San Luis Potosí***	San Luis Potosí	845,941	
20	***Culiacán***	Sinaloa	808,416	
21	***Querétaro***	Querétaro	794,789	
22	***Morelia***	Michoacán	743,275	
23	Chimalhuacán	State of Mexico	703,215	
24	*Reynosa*	Tamaulipas	691,557	
25	Torreón	Coahuila	690,193	
26	Tlalnepantla	State of Mexico	658,907	
27	*Acapulco*	Guerrero	658,609	
28	Tlaquepaque	Jalisco	650,123	
29	Guadalupe	Nuevo León	635,862	
30	***Durango***	Durango	616,068	
31	***Tuxtla Gutiérrez***	Chiapas	578,830	

State capital
State largest city
State capital and largest city
Federal capital

	City	State	2020 Census	MoC
32	*Veracruz*	Veracruz	537,963	
33	Ciudad Apodaca	Nuevo León	536,436	
34	Ciudad López Mateos	State of Mexico	523,065	
35	Cuautitlán Izcalli	State of Mexico	515,353	
36	Matamoros	Tamaulipas	510,739	

COMMERCIAL IN CONFIDENCE

End of Progress against Extreme Poverty?

In the last decades, the world has made fantastic progress against extreme poverty. In 1990, 2.3 billion people lived in extreme poverty. Since then, the number of extremely poor people has declined by 1.5 *billion* people.

This means on any average day in the last 35 years, about 115,000 people left extreme poverty behind.

Leaving the very worst poverty behind doesn't mean a life free of want, but it does mean a big change. Additional income matters most for those who have the least.

It means having the chance to leave hunger behind, to gain access to clean water, to access better healthcare, and to have at least some electricity — for light at night and perhaps even to cook and heat.

Can we expect this rapid progress to continue? Unfortunately, we cannot. Based on current trends, progress against extreme poverty will come to a halt.

As you can see in the chart, the number of people in extreme poverty is projected to decline, from 831 million people in 2025 to 793 million people in 2030. After 2030, the number of extremely poor people is expected to increase.

To understand why the rapid progress against deep poverty will not continue into the future, we need to know why the world made progress in the past.

Extreme poverty declined in the last three decades because, back in the 1990s, the majority of the poorest people on the planet lived in countries that subsequently achieved very fast economic growth.

In Indonesia and China, more than two-thirds of the population lived in extreme poverty. But these economies then grew rapidly, so that by today, the share has declined to less than 10%.

Other large Asian countries — including India, Pakistan, Bangladesh, and the Philippines — also achieved strong growth, and as a consequence, the share living in extreme poverty declined rapidly.

Much of the progress happened in Asia, but conditions in other regions improved too: the share living in extreme poverty also declined in Ghana, Cape Verde, Cameroon, Panama, Bolivia, Mexico, Brazil, and many other countries.

What is different today is that the majority of the world's poorest people are stuck in economies that have been stagnating for a long time. Unless the poorest economies start growing, this period of progress against the worst form of poverty is over.

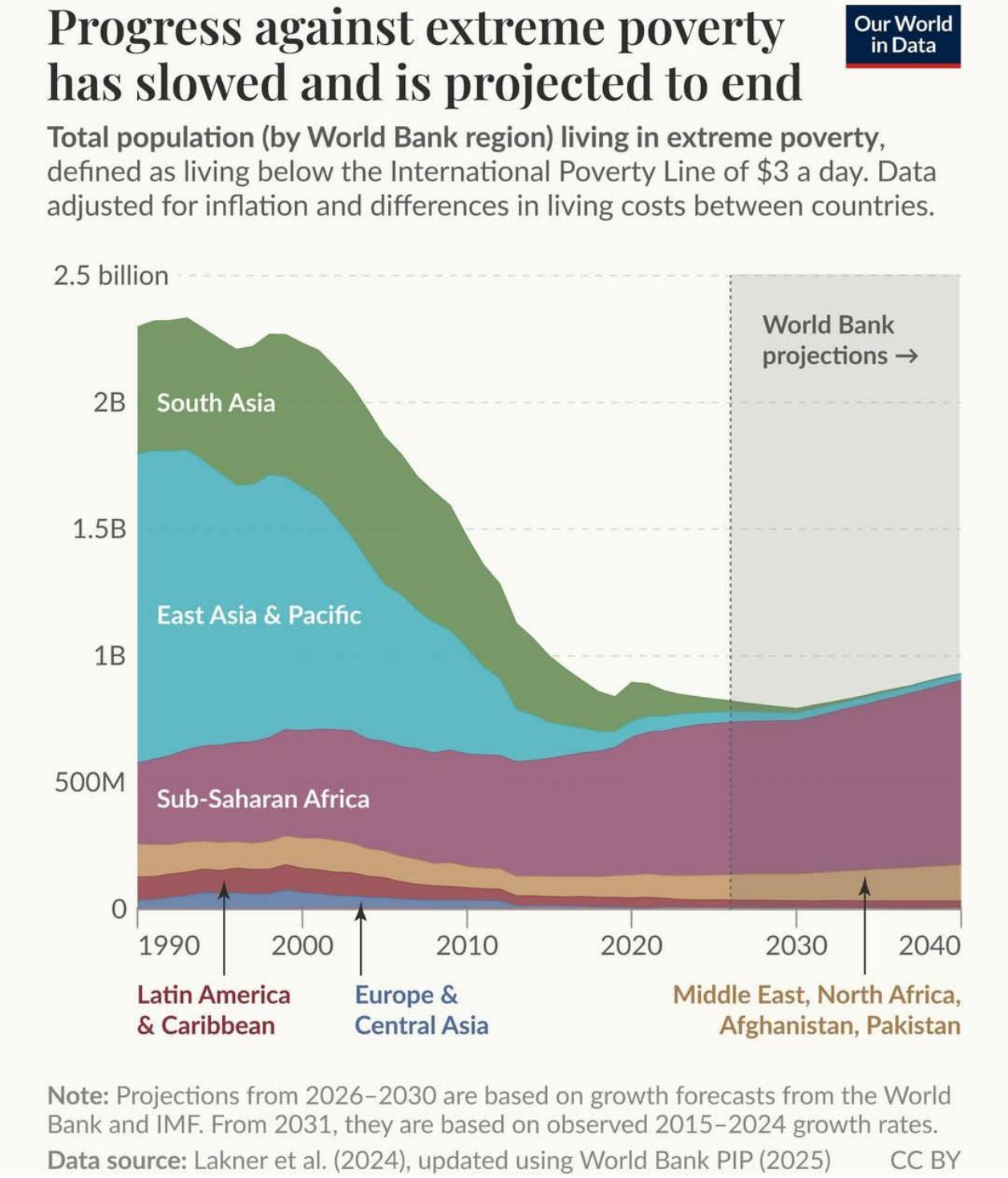
Read more in Max Roser's new article, "The end of progress against extreme poverty?": https://ourworldindata.org/end-progress-extreme-poverty

The OECD unemployment rate remained stable in most OECD member countries in September 2025.

Four countries saw an increase in their unemployment rate, and four others experienced a decline. Korea, Japan, Mexico, Czechia and Israel registered unemployment rates at or below 3.0%, with Korea's

unemployment rate marking a record low (at 2.5%). Only Spain recorded a double-digit unemployment rate.

In September 2025, the unemployment rate for men exceeded that of women in 20 OECD countries. Estonia, Belgium and Finland recorded the largest gap in favour of women, with unemployment rates for women at least 1.5 percentage points (p.p.) lower than those for men. Among OECD countries where women faced higher unemployment rates, Spain, Türkiye and Greece showed the widest gap, each exceeding 3 p.p.



Mexico *Events of 2024*

https://www.hrw.org/world-report/2025/country-chapters/mexico

President Claudia Sheinbaum Pardo, who took office in October, inherited a human rights crisis rooted in extreme violence by organised crime groups and widespread abuse by state agents with near total impunity. Her predecessor, Andrés Manuel López Obrador (2018-2024) made little progress addressing these challenges.

In September, Congress approved a series of constitutional changes proposed by López Obrador, including an expansion of the military's role in policing and a sweeping overhaul of the justice system, that could perpetuate abuses and severely undermine the rule of law.

Criminal Violence

There are extremely high rates of violent crime, including homicide, in many parts of Mexico. Six cities registered homicide rates higher than 100 per 100,000 residents in 2022. Nationally, the homicide rate fell slightly, for the third year in a row, from 25.9 per 100,000 in 2022 to 24.9 per 100,000 in 2023, although the number of reported disappearances has increased. Security analysts estimate that around two-thirds of homicides are committed by organised crime. Two-thirds of homicides in 2023 were committed with firearms, according to official figures. Authorities estimate that around 70% of firearms used in crimes are smuggled into Mexico from the United States.

Judicial Independence

In September, a constitutional amendment was approved that will require all state and federal judges, including Supreme Court and Electoral Tribunal justices, to step down and be replaced through popular elections in 2025 and 2027. A new Judicial Disciplinary Tribunal will also be created with broad powers to sanction or remove judges. The UN special rapporteur for the independence of judges and lawyers and the Inter-American Commission on Human Rights warned that the measure is likely to weaken judicial independence and undermine the right to a fair trial.

Criminal Justice System

The criminal justice system is extremely ineffective. Prosecutors fail to effectively investigate or prosecute or otherwise ensure accountability for the vast majority of crimes and human rights abuses, including abuses by state security forces and serious offenses like homicide and enforced disappearances. Just 16% of criminal investigations were resolved in 2022, either in court, through mediation, or through some form of compensation. Victims often struggle to obtain accountability. Those accused of crimes are regularly subjected to serious abuses, including torture and excessive pre-trial detention.

Torture

Authorities often use torture to obtain confessions and extract information. In the most recent survey of incarcerated people conducted by Mexico's national statistics office in July 2021, nearly half of respondents said that, after they were detained, police or soldiers had subjected them to physical abuse. Among those who had confessed to a crime, 38% said they did so only because authorities had beaten or threatened them.

Authorities received 6,226 criminal complaints of torture or cruel, inhuman or degrading treatment in 2022, according the National Torture Observatory, a project run by a collective of human rights organisations. Only 82 cases that year led to criminal charges and only 10 resulted in a guilty or not-guilty verdict.

Arbitrary Detention

In September, the UN Working Group on Arbitrary Detention presented the findings from its 2023 visit to Mexico. The working group expressed concern that "arbitrary detention remains a widespread practice in Mexico and is too often the catalyst for ill-treatment, torture, enforced disappearance and arbitrary executions."

Authorities often misuse the *in flagrante* provision in Mexican law, which allows them to arrest a person caught in the act of committing a crime, by "planting drugs in their homes, vehicles, bags, or clothes" to detain people and question or torture them without a lawyer present, the working group found.

People accused of crimes often face extended periods of pre-trial detention. Approximately 37% of incarcerated people in 2023 were not convicted of any crime and more than 20% of those in pre-trial detention had been there for more than two years. Judges are legally required to order pre-trial detention for those accused of more than a dozen categories of crime, without evaluating the circumstances of the case, which violates international human rights standards.

In November, Congress approved a constitutional amendment to expand the list of crimes requiring mandatory pre-trial detention, in violation of rulings by the Inter-American Court of Human Rights, which had ordered Mexico to eliminate the practice.

Disappearances

In January, the government closed the office of the National Human Identification Centre, a government body operated by the National Search Commission, and fired many of its staff, journalists reported. The centre was created in 2022 to address the lack of forensic capacity in many prosecutors' offices which contributes to disappearances.

More than 115,000 people were considered missing as of September 2024. Most have gone missing since 2006. Many missing people may have been killed and buried in the nearly 5,700 clandestine graves that activists and authorities have uncovered. Around 53,000 human remains were in storage, awaiting identification at the close of 2022. Other missing people may have been marked as "unidentified" and buried in municipal graves by authorities. In September, journalists found that more than 72,000 human remains had been labelled as unidentified by state morgues from 2006 to 2023. Most had been buried in municipal graves. In 2022, around 15,000 human remains processed by morgues were not identified.

When families report disappearances, authorities often fail to investigate. Victims' families have formed more than 230 "search collectives" to investigate disappearances. Members of these collectives search prisons, hospitals, morgues, and often locate and dig up clandestine graves. They often face threats and violence. In February, human rights organisations reported, at a hearing before the IACHR, that 16 members of these collectives had been killed during the López Obrador administration.

The government has been slow to implement many measures required by the 2017 Disappearances Law, such as the creation of the national forensic database. Former president López Obrador repeatedly, falsely claimed the official number of missing people had been exaggerated to harm him politically.

Poverty and Inequality

Mexico has one of the highest rates of income inequality in the world, according to 2022 data from the World Inequality Lab. It also had the lowest tax-to-GDP ratio of the OECD and one of the lowest in Latin America and the Caribbean in 2022. The poverty rate fell under López Obrador's presidency, from 41.9% in 2018 to 36.3% in 2022, according to the official poverty analysis agency, although extreme poverty remained unchanged and the number of people without access to health care more than doubled. The government and independent analysts have pointed to a major increase in the minimum wage and a near-doubling of remittances from Mexicans abroad as contributors to the drop in poverty.

Privacy and Access to Information

In November, Congress voted to eliminate the independent privacy and transparency watchdog, the National Institute for Transparency, Access to Information, and Data Protection. The UN special rapporteurs for privacy and freedom of expression warned the proposal would seriously undermine the rights to privacy and access to information.

Under former president López Obrador over 100 civilian government tasks were transferred to the military, reducing access to information about public spending, since the military often refuses to comply with transparency and access to information rules, citing national security concerns. López Obrador also issued executive orders intended to exempt the government from complying with transparency requirements regarding certain megaprojects.

The military has used the spyware Pegasus to unlawfully spy on human rights defenders, journalists, opposition party politicians, and senior government officials. During the López Obrador administration, journalists reported that the attorney general's office used spyware capable of tracking cell phones without judicial authorisation and that Mexico City prosecutors obtained the phone records of opposition politicians without judicial authorisation.

Attacks on Journalists and Human Rights Defenders

Mexico is one of the most dangerous countries in the world for journalists and human rights defenders. From December 1, 2018, to March 31, 2024, the Mexico office of the British human rights group Article 19 registered 3,408 attacks or threats against journalists, 46 journalists killed, and four disappeared. Many journalists self-censor. In 2023, 14 human rights defenders were killed, according to the human rights group Comité Cerezo and 18 environmental or land defenders were killed according to the organisation Global Witness.

Authorities routinely fail to adequately investigate crimes against journalists and human rights defenders. The federal special prosecutor's office to investigate crimes against journalists had opened 1,758 investigations and obtained 41 convictions, including eight for homicide, from its creation in 2010 through August 2024. Most convictions have been obtained since the current special prosecutor was appointed in 2017.

Abuses by the Military

In September, Congress amended the constitution to eliminate the prohibition on the military exercising non-military functions outside wartime, give the military permanent control over the National Guard, the main federal law enforcement agency, and officially authorise the president to indefinitely deploy the military domestically at her discretion.

COMMERCIAL IN CONFIDENCE

The military has been used for fighting drug trafficking and organised crime and conducting other government tasks for decades with extremely limited civilian oversight. Soldiers have been implicated in a wide range of serious abuses against civilians, including torture, arbitrary detention, extrajudicial killings, and enforced disappearances. These accusations are rarely effectively investigated by civilian authorities. As of September 2024, there were 232,761 soldiers, marines, and National Guard members deployed throughout the country.

From 2007 through July 2024, the Army reported killing 5,696 people, whom it claimed were members of criminal groups. These killings are usually not independently investigated by civilian authorities.

The military has obstructed the investigation and prosecution of past human rights abuses, including the 2014 Ayotzinapa mass kidnapping case and widespread military abuses committed during the Cold War. Investigators said the military has hidden, destroyed, or denied the existence of records of human rights violations and pressured authorities to drop criminal charges against soldiers implicated in abuses.

Access to Abortion

Access to abortion has expanded significantly but many people still face barriers. As of December, 19 states decriminalised abortion in all circumstances up to at least 12 weeks of pregnancy. In August, Aguascalientes state reduced its limit from 12 weeks to 6 weeks, effectively outlawing abortion access.

All states allow abortion in certain exceptional cases, such as rape. However, even in legally eligible cases, abortion bans with exceptions do not guarantee access, Human Rights Watch found in August.

Barriers to access include healthcare providers denying or delaying services, withholding information, questioning the veracity of sexual violence survivors' statements, subjecting women to mistreatment, and imposing arbitrary requirements for access that contradict existing law and regulations. Fear of legal repercussions also deters both healthcare personnel and people seeking abortion.

The Supreme Court ruled in 2021 that the absolute criminalisation of abortion is unconstitutional. In 2023, the court ordered Congress to expunge the abortion prohibition from the federal criminal code. As of September, Congress had not complied with the ruling.

Migrants and Asylum Seekers

People who transit Mexico to seek asylum in the US are now required to wait in Mexico for an appointment through a US government-run mobile phone application. Mexican soldiers and immigration agents detain or turn back migrants without appointments, Human Rights Watch found in a report published in May. Authorities carried out nearly 830,000 apprehensions of migrants from January to July 2024—the highest number ever. Many migrants apprehended in northern Mexico, around 10,000 per month, including those with appointments, are sent to southern Mexico by bus.

Migrants and asylum seekers are routinely targeted by criminal groups and Mexican officials for serious abuses, including sexual assault, armed robbery, kidnapping, and extortion.

Under former president López Obrador, the national refugee agency expanded its presence, from 4 offices in 2018 to 13 in 2024, with assistance from the UN refugee agency. The system remains overstretched. More than 140,000 people sought refugee status in 2023, the highest number ever. The agency resolved just under 26,000 cases that year. In 74% of cases it granted refugee status or complementary protection, but access to the procedure and its efficient functioning are still problematic.

COMMERCIAL IN CONFIDENCE

Sexual Orientation and Gender Identity

Same-sex marriage is available in all 32 states. In 2024, Yucatán and Campeche states passed laws allowing transgender people to change their names and gender markers on birth certificates through a simple administrative process, bringing the number of states recognising this right to 23.

In 2019, the Mexican Supreme Court issued a landmark ruling with clear guidelines on legal gender recognition, holding that it must be an administrative process that "meets the standards of privacy, simplicity, expeditiousness, and adequate protection of gender identity" set by the Inter-American Court of Human Rights. In March 2022, the court expanded the right to legal gender recognition to include adolescents and other children.

Disability Rights

Mexico has made some advances in protecting the rights of people with physical and psychosocial disabilities in recent years. However, in many states, they are still denied full legal capacity and face other barriers to accessing justice, education, and exercising other fundamental rights. Many are forced to rely on assistance from their families or live in institutions, which is inconsistent with their right to live independently and be included in the community under the Convention on the Rights of Persons with Disabilities (CRPD).

In August, Mexico City became the first of Mexico's 32 states to reform its civil code to eliminate guardianship and guarantee that everyone over 18 has full legal capacity to make decisions about their lives. In 2023, Congress approved a national code of civil procedure recognising the right to full legal capacity.

Women with disabilities suffer disproportionate violence. In 2023, Congress approved reforms requiring domestic violence shelters to be accessible for women with disabilities.

Climate Policy and Impacts

As one of the world's top 15 emitters of greenhouse gases, Mexico is contributing to the climate crisis that is taking a growing toll on human rights around the globe. Former president López Obrador pursued a policy of investment in fossil fuels as a route to energy self-sufficiency. In 2022, Mexico updated its emission reductions target to allow for higher emissions levels than it had initially pledged in the 2016 Paris Agreement. The Climate Action Tracker rated this pledge as "critically insufficient" to meet the Paris Agreement goal to limit global warming to 1.5 degrees Celsius above pre-industrial levels.

President Claudia Sheinbaum has pledged to continue investing in fossil fuels while also making efforts to reduce vehicle emissions, improve energy efficiency, and increase renewable energy production.

COMMERCIAL IN CONFIDENCE

Verified explains: How poverty is measured in Mexico

https://mexicodailypost.news/2025/08/18/verified-explains-how-poverty-is-measured-in-mexico/

18 August 2025

POVERTY as defined by lack of Consciousness, being in UNTRUTH

Mexico Nation	Consciousness (MoC)	Population (2025)	Percentage Calibrating MoC 50 | MoC 100 | MoC 150 | MoC 200 or below				Population in Untruth Poverty
Mexico overall	295	132,000,000	29% 38,300,000	46% 60,700,000	60% 79,200,000	78%	103,000,000
World overall	220	8,100,000,000	21%	40%	63%	75%	6,075,000,000

NOTE: The Map of Consciousness scale is based on the common log of 10. Consequently, a few people calibrating rather high can distort the reality that a little more than 75% of Earth's population calibrates MoC 200 or lower.

On August 13, 2025, the official figures from the National Institute of Statistics and Geography (INEGI) on the status of multidimensional poverty in the country were published.

This is the first time that INEGI has assumed responsibility for measuring poverty after the disappearance of the National Council for the Evaluation of Social Development Policy (CONEVAL), an autonomous body that established the guidelines and criteria for defining poverty and which disappeared after the Constitutional Reform of November 2024.

Overall, in August 2025, INEGI recognized that 38.5 million people in Mexico live in multidimensional poverty and 7 million live in extreme poverty. These figures reflect a decrease of 17.74% and 23.08%, respectively, compared to the previous period (2022).

However, there was confusion and misinformation on social media about the study's indicators. While the population living in poverty decreased, there were increases in the number of people vulnerable due to social deprivation.

In Verificado, we explain the methodology INEGI is using to measure multidimensional

Economic well-being and income poverty lines

In a technical section, INEGI explains that its scale measures poverty using two variables: economic well-being and social rights. To be considered in poverty, a person must have an income below the Income Poverty Line (IPL) and lack at least one social right.

The Income Poverty Line is the equivalent of the total monetary value of the food basket plus the basic non-food basket per person per month. Meanwhile, the Extreme Income Poverty Line (EIPL) is the monetary value of the food basket per capita (per person).

The food basket is the set of basic foods a person needs for adequate nutrition, such as corn, beans, rice, eggs, vegetables, among other food products.

The non-food basic basket is the sum of goods and services necessary for a person to live with dignity. For example, products that are part of the non-food basic basket include clothing, transportation expenses, educational services, and housing.

Considering price variations between urban and rural areas, CONEVAL and INEGI distinguish two income-based poverty lines and two extreme income-based poverty lines, depending on the context.

As of March 2025 (the latest available period), the LPI was 4,680.15 pesos per person in urban areas and 3,350.38 pesos per person in rural areas.

Regarding the LPEI (Income and Income Tax), in March 2025 it was 2,379.47 pesos per person in an urban setting and 1,797.48 in a rural setting.

Vulnerability and Poverty Due to Lack of Social Rights

Likewise, INEGI explains that poverty is associated with the inability to exercise social rights, which is why it recognises six indicators that define the measurement of social vulnerability.

The social rights indicators that INEGI uses are educational backwardness, access to health services, access to social security, quality and space of housing, access to basic housing services, and access to nutritious and quality food.

Each social right has its own measures that determine whether or not a person lives in a situation of vulnerability.

For example, a person is considered to be educationally disadvantaged if they are between 3 and 21 years old and do not attend a formal education centre, or if they are over 22 years old and did not complete upper secondary education, or if they were born between 1982 and 1997 and did not finish secondary school, or if they were born before 1982 and did not complete primary school.

Regarding the right to quality housing, a person is considered deprived when: the space has dirt floors, has roofs or walls made of flimsy material (that is, easily destroyed), or if the person lives in overcrowded conditions.

Also, deprivation occurs if the home lacks running water or sewage, lacks electricity, and uses wood or coal stoves or fireplaces to cook or heat food.

A person is deprived of health services if they are not affiliated with an institution that provides health services such as the IMSS (Mexican Social Security Institute), ISSTE (State Social Security Institute), IMSS-Bienestar (Mexican Social Security Institute), or a health insurance plan.

COMMERCIAL IN CONFIDENCE

Lack of access to social security manifests itself if there is an employed or unemployed population without direct access to social security, something that can occur if people work in the informal sector without basic legal benefits.

And finally, a person lacks quality food if they live in conditions of food insecurity, meaning they cannot access enough food to lead a healthy life and must adjust the quantity or quality of their food in order to eat.

Difference between vulnerability and poverty

According to multidimensional poverty indicators, for a person to be considered in a situation of poverty, they must have an income below the value of the basic food and non-food basket and suffer from at least one social deprivation.

If a person has an income above the LPI but lives with a social deprivation, they are considered to be in a situation of "vulnerability due to social deprivation."

Similarly, if a person has all their social rights but receives less than the LPI, they are considered "income vulnerable."

Regarding extreme poverty, INEGI indicates that a person must earn less than the LPI (Limited Income) and experience at least three social deprivations. If their income is not enough to cover a basic food basket but they have access to more than three social rights, they are in a state of moderate poverty. Those whose income is greater than the LPI (Limited Income) and whose social rights are met are considered "not poor and not vulnerable."

In 2024, 24.2% of Mexicans lived in moderate poverty and 5.3% were in extreme (not moderate) poverty.

Likewise, 32.2% reported having at least one social deprivation, 5.8% of the population is in a status of vulnerability due to income, and only 32.5% of citizens are "not poor and not vulnerable."

COMMERCIAL IN CONFIDENCE

POVERTY as defined by lack of Consciousness, being in UNTRUTH

Mexico Nation	Consciousness (MoC)	Population (2025)	Percentage Calibrating MoC 50 | MoC 100 | MoC 150 | MoC 200 or below				Population in Untruth Poverty
							POVERTY
North		20,000,000	30%	51%	58%	81%	16,200,000
Central		86,000,000	26%	40%	60%	77%	66,200,000
South		26,000,000	29%	45%	60%	80%	20,600,000
Mexico overall	295	132,000,000	29% 38,300,000	46% 60,700,000	60% 79,200,000	78%	103,000,000
							POVERTY

Mexico: Economic and political outline

https://santandertrade.com/en/portal/analyse-markets/mexico/economic-political-outline

Economic Outline

Economic Overview

Mexico is among the world's 15 largest economies and is the second-largest economy in Latin America. The country is highly dependent on the United States, its main trading partner and destination of nearly 80% of its exports. Over the past three decades, Mexico's growth, inclusion, and poverty reduction have lagged behind similar countries. From 1980 to 2022, the economy grew at an average rate of just over 2% annually, hindering progress in narrowing the gap with high-income economies. However, in 2023, the economy grew by 3.2%, while in 2024 growth slowed to 1.5% due to binding capacity constraints and restrictive monetary policy, reflecting a moderation after the post-pandemic rebound. Growth is expected to slow further in 2025 (to 1.4%) due to the withdrawal of fiscal stimulus and a slowdown in the U.S. Over the medium term, growth is projected to converge to a potential rate of around 2% (IMF).

The fiscal position was highly procyclical in 2024. Under the authorities' plans, the overall deficit was expected to increase to 5.9% of GDP, representing a fiscal impulse of 2.2% of GDP. While revenues slightly exceeded expectations, mainly due to higher oil prices, spending on pensions and major infrastructure projects was also higher. Additional support for Pemex or unexpected infrastructure expenditures towards the end of the year brought the deficit to around 6.2%. With gross public sector debt estimated at 57.7% of GDP by the end of 2024, Mexico still has some fiscal space to address temporary shocks. As per the government budget, a deficit of 3.2% of GDP is estimated for 2025, along with a primary budget surplus of 0.6% of GDP, whereas the debt-to-GDP ratio should remain stable. The inflation rate decelerated to 4.2% in December 2024, the lowest rate since February 2021. It is expected to return to the 3% target by the end of 2025; however, risks to inflation remain on the upside, mainly from more persistent services inflation, higher commodity prices, or weather-related shocks (IMF).

As of December 2024, Mexico's unemployment rate dropped to 2.4% of the economically active population. Informal workers totalled 31.8 million, with an informality rate of 53.7%. The data from INEGI reveals a persistent gender gap, as the female labour force participation rate fell by 0.3 percentage points to 46% of the working-age population, while the male rate dropped by 0.6%. Mexico's official multidimensional poverty rate, which includes income poverty and six indicators of social deprivation, decreased from 43.2% in 2016 to 36.3% in 2022, lifting 5.4 million people out of poverty. The World Bank projects that poverty will continue to decline slowly through 2026. Finally, the country's GDP per capita (PPP) was estimated at USD 24,971 in 2024 by the IMF.

Main Sectors of Industry

Mexico's economy is diversified, including hi-tech industries, oil production, mineral exploitation, and manufacturing. According to the latest data from the World Bank, agriculture accounts for 3.8% of Mexico's GDP and employs 12% of the country's active population. The country is the world's seventh agricultural power and ranks among the world's largest producers of coffee, sugar, corn, oranges, avocados and limes. Cattle farming and fishing are also important activities in the food industry. Moreover, Mexico is the world's fourth-largest producer of beer and its largest exporter. In 2024, total agricultural production saw a general decline of 2.1% compared to 2023—a loss of 5.99 million tons, according to the Grupo de Consultores de Mercados Agrícolas (GCMA). In the same year, agricultural and livestock exports reached USD 23.3 billion (+7.1% y-o-y – data INEGI).

Main Indicators	2024 (E)	2025 (E)	2026 (E)	2027 (E)	2028 (E)
GDP *(billions USD)*	1,852.72	1,692.64	1,775.30	1,863.83	1,959.01
GDP *(Constant Prices, Annual % Change)*	1.5	-0.3	1.4	2.1	2.2
GDP per Capita *(USD)*	14,007	12,692	13,208	13,766	14,371
General Government Balance *(in % of GDP)*	-6.1	-4.0	-3.2	-2.8	-2.9
General Government Gross Debt *(in % of GDP)*	58.4	60.7	61.1	61.1	61.1
Inflation Rate *(%)*	4.7	3.5	3.2	3.0	3.0
Unemployment Rate *(% of the Labour Force)*	2.7	3.8	3.8	3.7	3.6
Current Account *(billions USD)*	-5.99	-8.34	-20.06	-22.05	-23.01
Current Account *(in % of GDP)*	-0.3	-0.5	-1.1	-1.2	-1.2

Source: IMF – World Economic Outlook Database, Latest data available.

Note: (E) Estimated data

Breakdown of Economic Activity By Sector	Agriculture	Industry	Services
Employment By Sector *(in % of Total Employment)*	12.0	25.0	63.0
Value Added *(in % of GDP)*	3.8	31.6	58.2
Value Added *(Annual % Change)*	-2.3	0.2	2.3

The industrial sector employs one-fifth of the Mexican workforce and represents 31.6% of GDP, according to the World Bank. Mexico is among the world's leading producers of many minerals, including silver, fluorite, zinc and mercury. Moreover, oil and gas reserves are one of the country's most precious possessions. The aerospace sector has grown sharply, thanks to the development of a cluster in Queretaro and the presence of nearly 190 companies, including Bombardier, Goodrich, the Safran group and Honeywell, which together employ 30,000 people. Mexico is also one of the world's ten largest car producers and due to significant real estate investments, the construction sector is dynamic. The manufacturing sector alone is estimated to account for 20% of GDP. Mexico's industrial production grew by 0.2% in 2024, despite a 4.3% drop in mining, according to INEGI. Growth was driven by construction (+2.7%), energy and utilities (+1.6%), and manufacturing (+0.3%).

The service sector constitutes 58.6% of GDP and employs 63% of the workforce. Although the services sector was hit the hardest during the pandemic, it showed a significant recovery in the past couple of years. The hi-tech, information, and software development sectors are experiencing real momentum, driven by the quality of the workforce, clusters and low operating costs that favour the creation of call centres. Medical services and tourism have been growing steadily for the past few years, mainly due to lower service costs than in Western countries. Tourism is a vital sector for the Mexican economy: over 40 million tourists visited Mexico in the first 11 months of 2024. However, the real record-breaker was foreign visitor spending, which reached USD 26.8 billion from January to November, marking a 5.67% increase from the same period in 2023 (data INEGI).

Source: World Bank, Latest data available.

Current Political Leaders

President and head of government: Claudia Sheinbaum Pardo (since 1st October 2024)

Next Election Dates

Presidential: 2030
Chamber of Deputies: 2027
Senate: 2030

Main Political Parties

Mexico has a multi-party system. Under the transition to democratic pluralism, the centre of political power has shifted away from the executive and towards the legislative branch and local governments. The largest political parties in the country are:

- National Regeneration Movement (MORENA): centre-left to left wing, anti-neoliberalism, left-wing nationalism, populism. As of 2025, it is the largest political party in Mexico's parliament.
- National Action Party (PAN): centre-right to right wing, liberal conservative, Christian democratic party. It is the main opposition party
- Ecologist Green Party of Mexico (PVEM): centre-right, environmentalist, conservative.
- Labour Party (PT): left-wing, social democratic, labourist, left-wing nationalist.
- Institutional Revolutionary Party (PRI): centre to centre-left, oldest political party in the country, constitutionalist, technocratic, social conservative, big tent party.
- Citizens' Movement (MC): centre-left, social democratic, progressist.

Type of State

Mexico's official name is the United Mexican States. It is a federal republic based on presidential democracy.

Executive Power

In Mexico, as established by the Constitution, the Executive power is vested in the President of the United Mexican States, who serves as both Head of State and Head of Government, as well as the Supreme Commander of the Armed Forces. The President is elected by popular vote for a single six-year term, known as a *sexenio*, and re-election is prohibited. As the head of the executive branch, the President has the authority to appoint the Cabinet, although certain key appointments, such as the Attorney General and diplomatic positions, require Senate approval.

Legislative Power

The legislative power in Mexico is vested in the Congress of the Union, which is bicameral, consisting of the Chamber of Deputies and the Senate of the Republic. The Chamber of Deputies is composed of 500 members, 300 elected through plurality voting in single-member districts and

200 through proportional representation in multi-member districts, all serving three-year terms. The Senate of the Republic comprises 128 members, with 96 elected through plurality voting—two for each state and Mexico City, plus one for the first minority—and 32 through proportional representation, all serving six-year terms.

Indicator of Freedom of the Press
Definition
World Rank:
143/180

Indicator of Political Freedom
Definition
Political Freedom:
3/7
Civil Liberties:
4/7

Mexico’s Efforts to Reduce Income Inequality and Poverty

https://www.mexicohistorico.com/paginas/Mexico---s-Efforts-to-Reduce-Income-Inequality-and-Poverty.html

In recent years, Mexico has faced significant challenges regarding income inequality and poverty, issues that have persisted despite the nation's economic growth. With a diverse population and vast regional disparities, the struggle to achieve equitable wealth distribution remains a pressing concern. Understanding the current state of income inequality and poverty in Mexico is crucial for evaluating the effectiveness of various policies and initiatives aimed at addressing these longstanding problems.

The Mexican government has undertaken numerous efforts to combat poverty and reduce income disparity through targeted social assistance programs, educational reforms, and job creation strategies. These

initiatives not only seek to uplift the most vulnerable populations but also aim to foster a more inclusive and sustainable economic environment. As the nation grapples with these complex issues, the role of international cooperation and organisations becomes increasingly significant, highlighting the importance of collaborative efforts in tackling poverty and inequality on a global scale.

Current State of Income Inequality and Poverty in Mexico

Income inequality and poverty remain critical issues in Mexico, impacting millions of citizens and posing challenges to economic growth and social stability. Understanding the current state of these issues requires a comprehensive examination of statistical data, demographic factors, and regional disparities that contribute to the complexity of the situation.

Statistical Overview of Income Distribution

Income distribution in Mexico is characterised by significant disparities, with a notable concentration of wealth among a small percentage of the population. According to the National Institute of Statistics and Geography (INEGI), the income gap between the richest and poorest segments of society remains wide. As of the latest reports, the top 10% of income earners receive more than 30% of the total income, while the bottom 50% earn less than 20%. This stark contrast highlights the ongoing challenge of achieving equitable economic growth.

Furthermore, the **Gini coefficient**, which measures income inequality on a scale from **zero (perfect equality) to one (maximum inequality)**, remains high in Mexico, indicating persistent disparities. In recent years, the Gini coefficient has hovered around 0.45, reflecting the entrenched nature of income inequality. This level of inequality not only affects economic stability but also hinders social mobility, limiting opportunities for lower-income individuals and families.

Additional factors that contribute to income inequality include disparities in educational attainment, access to quality jobs, and regional economic differences. For example, individuals with higher education levels tend to earn significantly more than those with only basic education, further entrenching income disparities. Moreover, the informal economy (54.6% employed informally), which accounts for a substantial portion of employment in Mexico, often offers lower wages and fewer benefits compared to formal sector jobs, exacerbating income inequality.

Poverty Rates and Demographics

Poverty in Mexico is not only an economic issue but also a demographic one, affecting various segments of the population differently. According to CONEVAL (National Council for the Evaluation of Social Development Policy), approximately **41.9% of the Mexican population lived in poverty** as of the latest data, with **over 7.4% living in extreme poverty**. This translates to millions of individuals struggling to meet their basic needs for food, education, and health care.

The demographic characteristics of those living in poverty reveal significant disparities based on age, gender, and geographic location. Children are disproportionately affected, with **nearly half of all Mexican children living in poverty**. This situation raises concerns about the long-term impact on the country's future workforce and overall economic development. Furthermore, women are more likely to experience poverty due to systemic inequalities and barriers to employment, making gender a critical factor in understanding poverty dynamics.

Indigenous communities also face higher poverty rates compared to the national average. These groups often experience marginalisation and limited access to resources, education, and economic opportunities. Efforts to address poverty must therefore consider the unique challenges faced by these populations, ensuring that policies are inclusive and equitable.

Regional Disparities in Economic Conditions

In Mexico, regional disparities significantly influence both income inequality and poverty rates. **The northern states, which are more industrialised and have better access to economic opportunities, tend to have higher income levels compared to southern states**, which are often characterised by agrarian economies and higher rates of poverty. For instance, states like Nuevo León and Mexico City exhibit some of the highest income levels, while states such as Chiapas and Oaxaca consistently rank among the lowest in terms of economic development and income.

This geographical divide contributes to a cycle of poverty that is difficult to break. In rural areas, limited access to education, health services, and job opportunities perpetuates poverty, while urban areas, despite their economic advantages, still grapple with issues of inequality. Infrastructure development, investment in education, and job creation in underserved regions are critical to addressing these disparities and fostering a more equitable economic landscape.

Efforts to reduce regional disparities have included government initiatives focused on infrastructure development and social programs aimed at uplifting economically disadvantaged areas. However, challenges remain in effectively implementing these initiatives and ensuring that they reach the populations most in need.

In summary, the current state of income inequality and poverty in Mexico presents a multifaceted challenge that requires concerted efforts from government, civil society, and international partners. Statistical indicators reveal significant disparities in income distribution, while demographic analyses underscore the varying impacts of poverty across different segments of the population. Regional disparities further complicate the landscape, necessitating targeted interventions to foster equitable growth and improve the living conditions of millions of Mexicans.

Government Policies and Initiatives

In recent years, the Mexican government has recognised the urgency of addressing income inequality and poverty, which have been persistent challenges in the country's socio-economic landscape. Various policies and initiatives have been implemented to tackle these issues, aimed at improving the quality of life for millions of Mexicans. This section delves into the key government policies and initiatives designed to reduce income inequality and poverty, focusing on social assistance programs, educational opportunities and access, and job creation and economic development strategies.

Social Assistance Programs

The Mexican government has launched several social assistance programs to provide immediate relief to the most vulnerable populations. These programs aim to alleviate poverty by offering financial support, food assistance, and healthcare services. One of the most notable initiatives is **Prospera**, formerly known as **Oportunidades**, which targets low-income families and encourages them to invest in health and education. This conditional cash transfer program provides monthly payments to families, contingent upon regular health check-ups and children’s school attendance.

Another significant program is **Coordinación Nacional de Becas para el Bienestar Benito Juárez**, which offers scholarships to students from low-income families, ensuring that financial constraints do not hinder their educational aspirations. The initiative targets both basic and higher education, with an emphasis on promoting equal access to education across different demographics. This approach has been instrumental in increasing school enrolment rates among historically marginalised groups.

Additionally, the **Programa de Apoyo a las Personas con Discapacidad** provides financial support to individuals with disabilities, ensuring they have access to necessary resources and services. These social assistance programs are crucial in addressing immediate needs while laying the groundwork for long-term improvements in income distribution.

Educational Opportunities and Access

Education is a fundamental pillar for reducing income inequality and poverty. The Mexican government has made significant strides in enhancing educational opportunities, particularly for underprivileged groups. The **National Education Policy** emphasises inclusivity, aiming to provide quality education to all children, regardless of their socio-economic background. Efforts have been made to improve infrastructure in rural and marginalised urban areas, ensuring that schools are accessible to everyone.

In addition to physical accessibility, the government has introduced programs to improve the quality of education. The **Escuelas de Tiempo Completo** initiative extends the school day and provides meals to students, allowing them to engage in a more comprehensive learning experience. This program is particularly beneficial in low-income areas where families may struggle to provide adequate meals.

Moreover, the government has established partnerships with various organisations to promote vocational training and adult education programs. These initiatives aim to equip individuals with the skills necessary for employment in high-demand sectors, thereby increasing their earning potential and reducing dependency on social assistance.

With a focus on digital literacy, the **Programa de Inclusión Digital** seeks to provide access to technology and internet connectivity in underserved communities. This initiative is crucial in the modern economy, where digital skills are essential for many job opportunities. By integrating technology into education, the government is working to bridge the digital divide and ensure that all citizens are prepared for the workforce of the future.

Job Creation and Economic Development Strategies

Creating sustainable employment opportunities is vital for reducing poverty and income inequality in Mexico. The government has implemented various economic development strategies aimed at stimulating job growth across different sectors. One notable initiative is the **National Employment Service**, which connects job seekers with employers and offers training programs designed to enhance workforce skills.

The government has also focused on promoting small and medium-sized enterprises (SMEs) as a means of driving economic growth and job creation. Initiatives such as the **Fondo Nacional Emprendedor** provide financial support and resources to aspiring entrepreneurs, enabling them to start and grow their businesses. By empowering SMEs, the government aims to create a more dynamic and inclusive economy that can provide stable employment for a larger segment of the population.

Furthermore, the **Programa de Inclusión Productiva** targets marginalised communities by promoting agricultural development and sustainable practices. By investing in rural infrastructure and providing

technical assistance to farmers, the government seeks to enhance productivity and income levels in these areas. This approach recognises the importance of agriculture as a source of livelihood for many Mexicans and aims to improve their economic conditions.

Additionally, foreign investment plays a crucial role in job creation and economic development. The government has implemented policies to attract foreign direct investment (FDI) in key sectors such as manufacturing, technology, and renewable energy. By fostering a favourable investment climate, Mexico aims to create high-quality jobs and stimulate economic growth, ultimately contributing to poverty reduction.

Overview of Key Strategies

To summarise the various initiatives and policies aimed at reducing income inequality and poverty in Mexico, the following table presents an overview of key strategies:

Strategy	Description
Social Assistance Programs	Conditional cash transfers, scholarships for low-income students, and support for individuals with disabilities.
Educational Opportunities	Improvements in school infrastructure, vocational training, adult education, and digital literacy programs.
Job Creation	Support for SMEs, foreign investment attraction, and agricultural development initiatives.

In conclusion, the Mexican government's efforts to reduce income inequality and poverty encompass a multi-faceted approach that integrates social assistance, education, and economic development strategies. By addressing the root causes of poverty and implementing comprehensive policies, Mexico aims to create a more equitable society where all citizens have the opportunity to thrive.

Impact of International Cooperation and Organizations

In the landscape of global economic development, Mexico's efforts to combat income inequality and poverty are significantly influenced by international cooperation and the involvement of various organisations. These partnerships not only provide essential resources but also foster a collaborative environment where best practices can be shared and implemented. This section explores the multifaceted role of international organisations, trade agreements, and foreign aid in shaping Mexico's strategies for poverty alleviation and economic equity.

Role of the United Nations and NGOs

The United Nations (UN) plays a pivotal role in addressing income inequality and poverty not just in Mexico but globally. Through various agencies, including the United Nations Development Programme (UNDP), the UN has established frameworks and goals aimed at reducing poverty and enhancing social equity. The UN's Sustainable Development Goals (SDGs), particularly Goal 1, which seeks to end poverty in all its forms everywhere, aligns closely with Mexico's national objectives.

NGOs operate as critical partners in this endeavour, often acting as intermediaries between the government and marginalised communities. Organisations such as Oxfam and Save the Children focus on grassroots initiatives that empower local populations and provide vital services, particularly in education and health. These NGOs often conduct field research, which informs policy-making and helps adjust programs to better meet the needs of the disadvantaged.

Moreover, the collaboration between the government and NGOs has led to innovative projects that combine local knowledge with international expertise. For example, the "Piso Firme" program, which aims to improve housing conditions for the poor, has benefited from technical assistance provided by various international bodies. Such initiatives demonstrate how international partnerships can lead to practical solutions that are culturally relevant and sustainable.

Trade Agreements and Economic Partnerships

Trade agreements have been instrumental in shaping Mexico's economic landscape and have direct implications for poverty reduction and income inequality. The North American Free Trade Agreement (NAFTA), which came into effect in 1994, is one of the most significant agreements that has influenced Mexico's economy. This agreement opened up trade between Mexico, the United States, and Canada, leading to increased foreign investment and economic growth.

However, the benefits of such trade agreements have not been evenly distributed. While urban areas and certain sectors, particularly manufacturing, have thrived, rural communities and agricultural workers have often been left behind. This disparity has prompted the Mexican government to seek reforms and complementary policies that ensure the benefits of trade are more widely shared. For instance, the government has worked to enhance support for smallholder farmers and promote fair trade practices to mitigate the adverse effects of trade liberalisation.

In addition to NAFTA, the United States-Mexico-Canada Agreement (USMCA), which replaced NAFTA in 2020, includes provisions aimed at improving labour rights and environmental protections. These changes reflect a growing recognition of the need to include social considerations in trade agreements. By strengthening labour standards, the USMCA aims to ensure that economic growth contributes to reducing income inequality and improving living standards for all Mexicans.

Foreign Aid and Investment in Poverty Reduction

Foreign aid remains a crucial component of Mexico's strategy to combat poverty and income inequality. Various countries and international organisations provide financial assistance aimed at specific projects designed to uplift vulnerable populations. For example, the World Bank and the Inter-American Development Bank (IDB) have funded numerous programs focused on education, health care, and infrastructure in Mexico. Such investments not only provide immediate relief but also lay the groundwork for long-term economic development.

Foreign direct investment (FDI) is another critical area. Mexico has actively sought to attract FDI through incentives and favourable policies, particularly in manufacturing and technology sectors. The presence of multinational corporations can create jobs and provide training opportunities, which are essential for skill development in a rapidly changing economy. However, it is essential that these investments are accompanied by measures to ensure fair wages and working conditions to truly benefit the local population.

In recent years, there has been a growing emphasis on responsible investment practices that prioritise social and environmental outcomes alongside financial returns. This shift is crucial in creating a more inclusive

economy where the benefits of growth are equitably shared. Initiatives that promote responsible investment can help ensure that economic development does not come at the expense of the most vulnerable communities.

Comparative Analysis of International Efforts

To understand the effectiveness of international cooperation in Mexico, it is essential to compare its efforts with those of other countries facing similar challenges. Countries such as Brazil and Colombia have implemented various strategies to combat poverty and inequality, often with the support of international organisations. For example, Brazil's Bolsa Família program has been widely recognised for its success in reducing poverty through conditional cash transfers. Similarly, Colombia's social programs, supported by international partnerships, have focused on improving access to education and healthcare for low-income families.

These comparative analyses highlight that while international support can provide valuable resources and frameworks, the success of such initiatives ultimately depends on local implementation and context. Mexico's unique socio-economic landscape requires tailored approaches that consider the complexities of its population's needs and the regional disparities that exist within the country.

Furthermore, the integration of international best practices must be complemented by robust monitoring and evaluation mechanisms to assess the impact of these initiatives. Continuous learning and adaptation are critical to ensure that strategies remain effective in addressing the evolving challenges of poverty and inequality.

Challenges and Opportunities Ahead

Despite the significant contributions of international cooperation and organisations, challenges remain in Mexico's fight against poverty and inequality. Issues such as bureaucratic inefficiencies, corruption, and lack of coordination among various stakeholders can hinder progress. Additionally, external factors such as global economic fluctuations and political changes can impact funding and support for poverty reduction initiatives.

However, these challenges also present opportunities for reform and innovation. Strengthening partnerships between the government, NGOs, and international organisations can enhance accountability and transparency in how resources are allocated and utilised. Furthermore, leveraging technology and data analytics can improve the targeting of social programs, ensuring that assistance reaches those who need it most.

Moreover, engaging local communities in the design and implementation of poverty reduction strategies can lead to more effective and sustainable outcomes. By empowering individuals at the grassroots level, Mexico can foster a sense of ownership and responsibility towards economic development, ultimately leading to more equitable growth.

Conclusion

The impact of international cooperation and organisations on Mexico's efforts to reduce income inequality and poverty is profound and multifaceted. Through collaborative initiatives with the UN, NGOs, and various countries, Mexico has been able to harness resources and expertise to tackle these pressing issues. While challenges persist, the potential for transformative change remains strong, provided that stakeholders continue to work together towards a common goal of social equity and economic justice.

COMMERCIAL IN CONFIDENCE

What is needed to eradicate extreme poverty in Mexico in the short or medium term?

https://www.worldbank.org/en/country/mexico/brief/-como-erradicar-la-pobreza-extrema-en-mexico

11 March 2025

Three key policy areas necessary to achieve this goal: inclusive growth, efficient social policy, and infrastructure to address vulnerability.

1. Rapid and inclusive growth

Faster economic growth is essential to eradicate poverty in the short and medium term in Mexico, but it is not enough. This growth needs to be inclusive, which implies closing three main gaps in economic participation and productivity:

- Female employment and economic opportunities for women: Promoting gender equality in the workplace is key to energising the economy.
- Living conditions of rural households: Improving economic opportunities and the quality of life for rural households, especially those engaged in agricultural activities.
- Productivity and social protection for workers in the informal sector: Ensuring better conditions for informal workers through inclusion and support policies.

2. More efficient social policy

Poverty in Mexico is defined not only in monetary terms but also in a multidimensional manner that includes social deficiencies in education, health, housing, social security, and food security. This report highlights that reducing deficiencies in social security is essential to quickly reduce extreme poverty. The report documents that access to social insurance and social assistance services are asymmetrical in terms of funding and service quality. Social insurance reforms, particularly in health, can aim for total population coverage, a similar package of services for different groups, and a redesign of sources of funding to avoid disincentives to work in the formal sector. On the other hand, social assistance reforms can redesign some programs to increase their progressivity and sufficiency, thereby increasing their impact on poverty eradication.

3. Reducing vulnerability to poverty

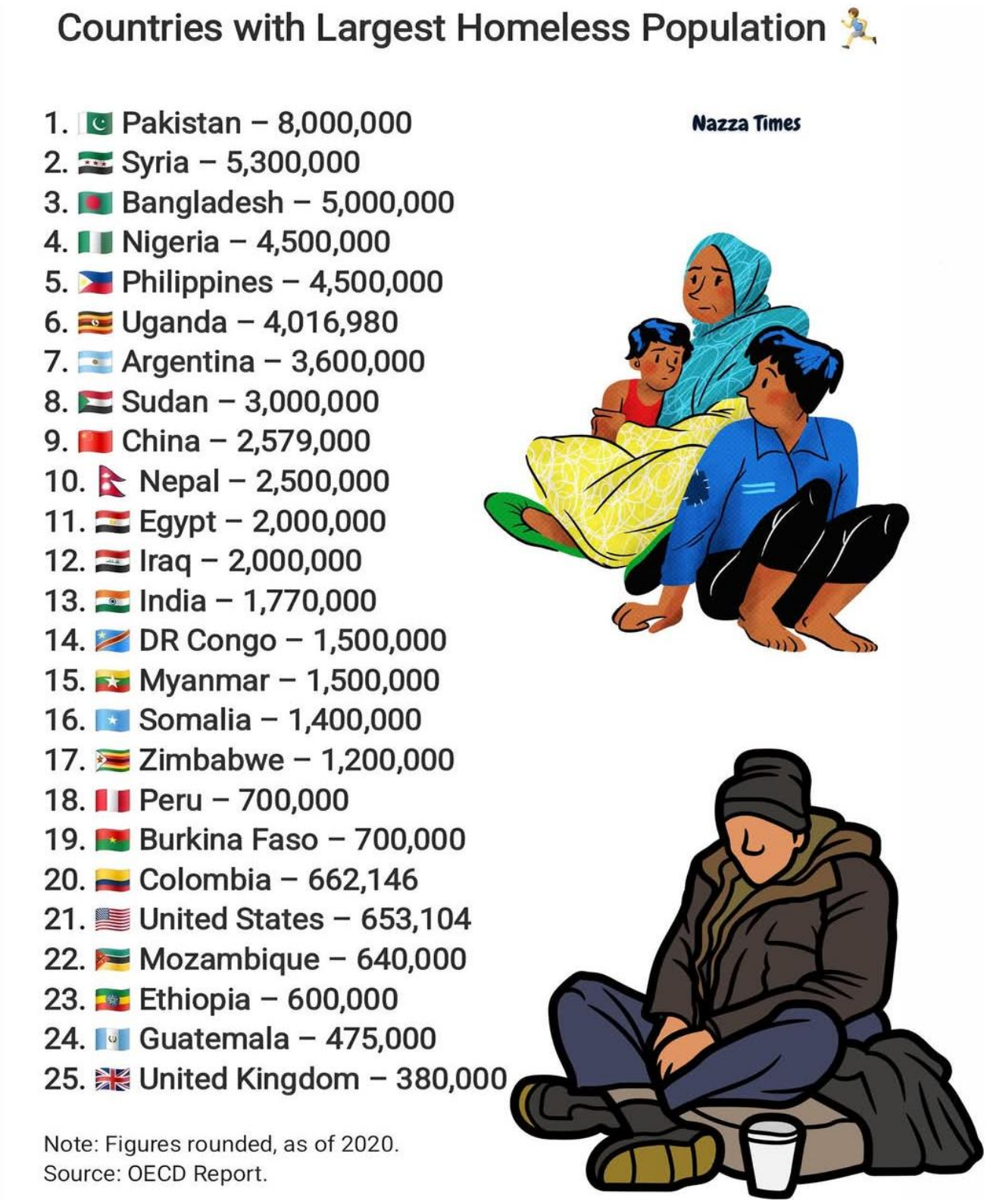
This is a third area of public policy action, particularly due to phenomena related to extreme climate events. The report documents studies estimating that at least one-third of the Mexican population is vulnerable to falling into poverty due to extreme climate events. Therefore, public policies must take measures not only to reduce poverty but also to decrease vulnerability to it. If a severe climatic event occurs, it can reverse progress in poverty reduction. This broadens the focus of policies towards the vulnerable and middle-class, groups of the population that are also exposed to the dangers of climatic phenomena. The policy areas to reduce vulnerability are:

- Investment in infrastructure: Improving access to quality sanitation, transportation, and financial services, particularly in rural areas.
- Adaptive social protection: Developing adaptive social protection that responds to increasing climatic risks through insurance and assistance mechanisms to address them before, during, and after catastrophic climatic events.

Conclusion

Mexico has outstanding experience in designing and implementing economic and social policies that can accelerate the eradication of extreme poverty. Although eradicating extreme poverty in the short or medium term is a significant challenge, it is within Mexico's reach. It is a noble goal worth taking the extra effort.

COMMERCIAL IN CONFIDENCE



People living is slums is **36%.** There are **34** Homeless services in Mexico as of October, 2025. The highest number of Homeless services of Mexico are in **State of Mexico** and **Mexico City** with 7 businesses and **5** businesses, respectively. **State of Mexico** makes up approximately **20.6%** of all Homeless services in the Mexico.

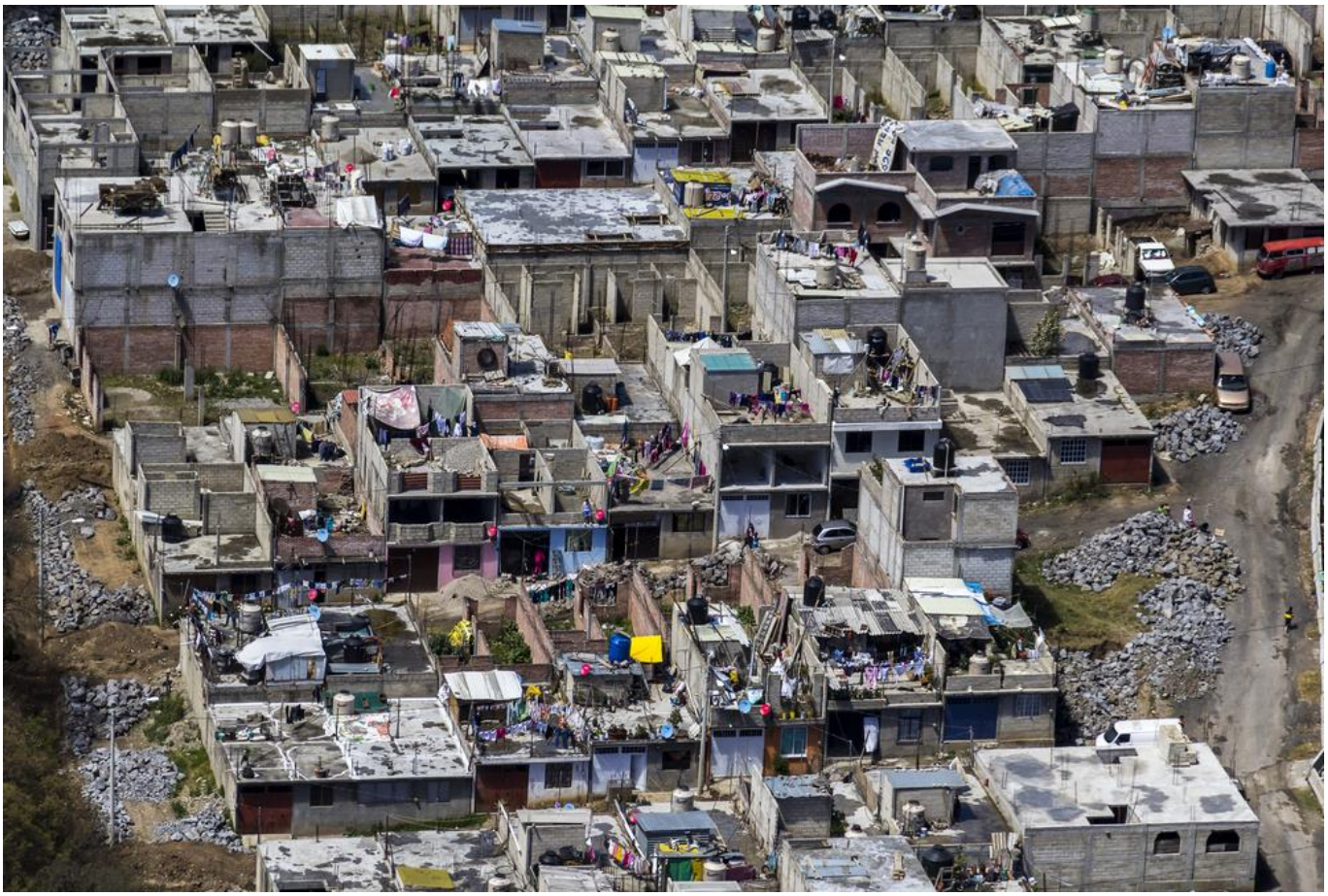
Poverty and inequality in Mexico – statistics & facts

https://www.statista.com/topics/10074/poverty-and-inequality-in-mexico/

Poverty is not a new problem in Mexico, a society with high underemployment, a significant part of employees working in the informal sector, rising prices, and severe wealth inequality. Consequently, the situation has only worsened over the decades and reached over 46.8 million people (about twice the population of Mexico City) in the country living through economic hardship. That is **36% of the population below the subsistence level and around 7.1% in extreme poverty conditions.** This also includes non-income dimensions, such as literacy levels, quality housing, access to basic services, and other conditions of vulnerability.

Urban poverty on the fringes of Mexico City and the challenges of informality

https://www.theperspective.se/2023/04/25/article/urban-poverty-on-the-fringes-of-mexico-city-and-the-challenges-of-informality/ 25 April 2023



Mexico is a country with high levels of urbanisation. Most of the growth has not taken place in the city centres, but in the peri-urban areas surrounding Mexico City that are characterised by a mixture of rural and urban landscapes. While Mexico is marked by a growing middle-class, poverty and deep inequalities still persist. This is especially true in the peri-urban areas of cities where informal settlements and slums are common. Informal settlements, or *colonias populares*, are areas that have not been planned by city officials or the municipality, but rather have evolved and emerged out of the human need for shelter

where access to the formal housing market is not an option. They are characterised by their insecurity of tenure and disconnect from formal mechanisms and institutions providing access to basic services. In many cases, the Mexican government is not improving the living conditions of those residing in *colonias populares* but is actually contributing to their insecurity.

The emergence and rapid growth of informal settlements is not an inevitable process wherever urbanisation occurs. Rather, its root causes can be found in the insufficient action of governmental bodies regarding urban spaces. For example, the inability to ensure low-cost and affordable housing to accommodate a rapidly growing urban population, coupled with weak urban planning and governance directly contributes to an increase in informal settlements. In Mexico City, the initial development of self-built housing, informal settlements and illegal tenure was largely enabled by the rather laissez-faire approach of the Mexican government. Thus, the forming of informal and irregular settlements was essentially facilitated by the government as a way of mitigating the nation-wide housing shortages. The development of informal settlements in the peri-urban fringe of Mexico City was also largely accepted due to the political benefits it yielded—the informal sale of land was exchanged for the residents' loyalty and political support.

Informal and insecure tenure directly contributes to unreliable service provision, and the consequences are detrimental to communities. Lack of access to basic and urban services such as water and sanitation, health care facilities, public transportation, etc. means that irregular settlements are characterised by high volumes of inequality and low standards of living. Water often needs to be obtained privately either due to settlements existing outside of the formal infrastructure or because state services are severely lacking in quality. A consequence of this is significant costs for households in irregular settlements where families might be forced to spend up to half of their monthly income only on water. Informal settlements are also by nature remote and often lack sufficient connections to urban spaces.

The Chamber of Deputies, part of Mexico's legislative branch (Image Credit: Octavio Hoyos/ Shutterstock.com)

Since the 1970s, a national land reform aimed at formalising informal settlements has been the main mode of urban governance in Mexico. Its goal is to integrate the urban poor and marginalised politically, spatially, and socio-economically. Policy measures to formalise informal settlements include giving property rights to residents and ensuring that the land complies with Mexican law. This enables residents to make use of and gain revenue from the land. Ultimately, it also aims to incorporate areas into the official jurisdiction and responsibility of the municipalities, as a way of safeguarding access to basic services.

Land tenure security and regularisation efforts are often hailed as solutions for problems existing within informal settlements—especially regarding the question of inequality. However, the evidence from Mexico differs. The degree of consolidation—tenure security obtained, access to services such as telephone lines, roads, sewage systems or water access installed—has varied greatly both across time and between the different *colonias*. Financial problems or disintegration of the housing conditions have caused some previously regularised settlements to become irregular again.

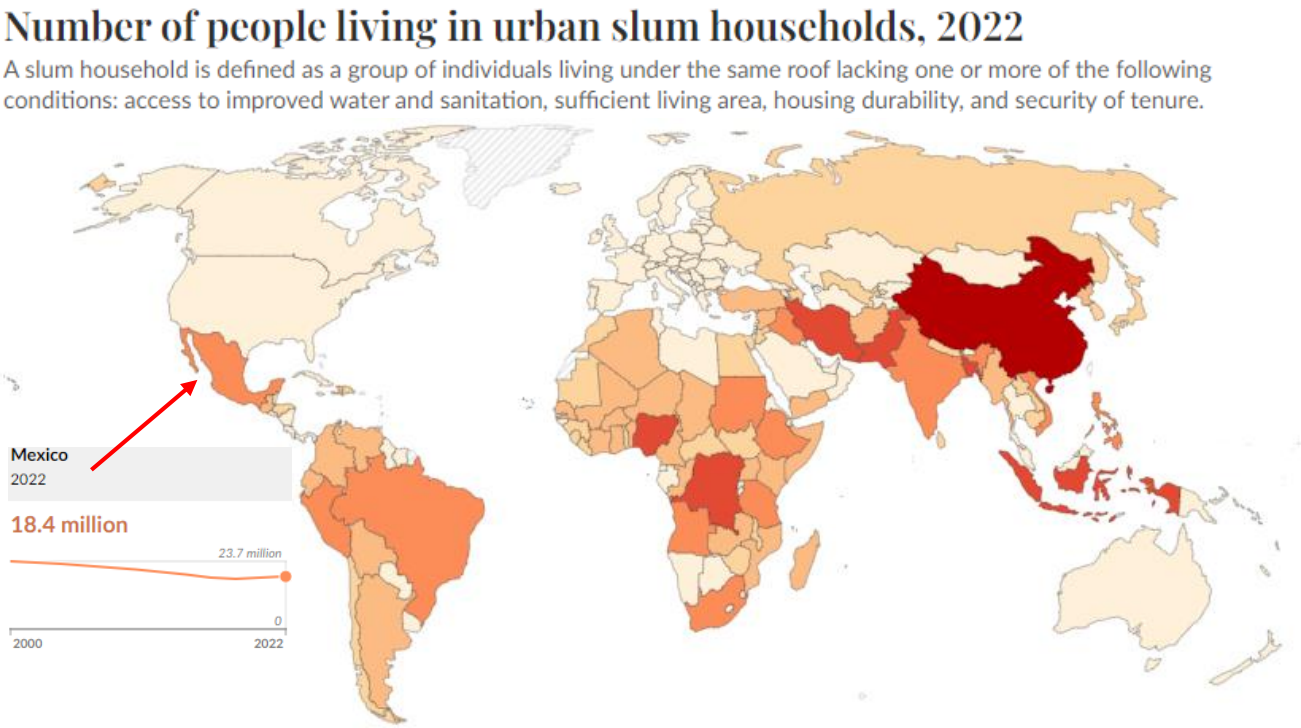
One of the main issues is that many *colonias populares* exist in a perpetual state of ambiguity and fragmentation. In the peri-urban context where several different systems, frameworks of governance, and legalities overlap with each other the problem becomes even more pronounced. The way cities are divided into formal and informal areas can create inequality and different levels of development. This depends on who owns the land: whether it is private, under collective ownership for agriculture (*ejido*), or if the municipality is responsible for it. As a result, providing services to these areas can be confusing, with different groups involved and lacking coordination. This makes the existing inequalities worse—some areas have more resources and opportunities than others. This is highlighted well by an employee from the Xalapa Department of Urban Development: "[…] it's not very clear where the

authority of the *ejido* ends and the authority of the municipality begins … each is protected by their norms.”.

Many residents in informal settlements rely on *pipas* (private water delivery trucks) for their water provision but some areas are too remote to be reached by the *pipas* (Image Credit: Wandering views/ Shutterstock.com)

One example of this ambiguity is the peri-urban area of Santa Lucia which has undergone processes of urbanisation. Yet, the land is still legally under the possession of the *ejido* and is formally recognised as rural agricultural land by the municipal jurisdiction. The area exists in a state of ‘legal invisibility’ where the land is neither completely rural nor completely urban, as formal recognition (and thus integration into the urban infrastructure) can only occur following tenure regularisation. In this way, the legality surrounding access to basic services such as water is rather contradictory. The constitution states that access to water is a right for all citizens of Mexico City, however, in practice such rights are only applicable to residents in formal housing as people living in informal settlements are not legal residents.

The widespread growth of slums and informal settlements in Mexico City is a problem that deserves continued attention from policy-makers in both local and national government. In particular, the negative effects that such living conditions have on residents’ health and safety should be prioritised. It is also clear when looking at the case of Mexico City that a hard distinction between rural and urban land—which is often reiterated in municipal legislation—is unfruitful and creates a potential breeding ground for conflict due to the lack of coordination and confusion around responsibility. Thus, dealing with the fragmentation, poor coordination, and capacity development of municipalities, *ejidos*, and governmental bodies ought to be a core principle guiding the future of Mexico City’s urban policy. In the end, we have to ask how we can better facilitate an urban space where everyone, not merely those with formal status, can gain access to the city and to basic services.



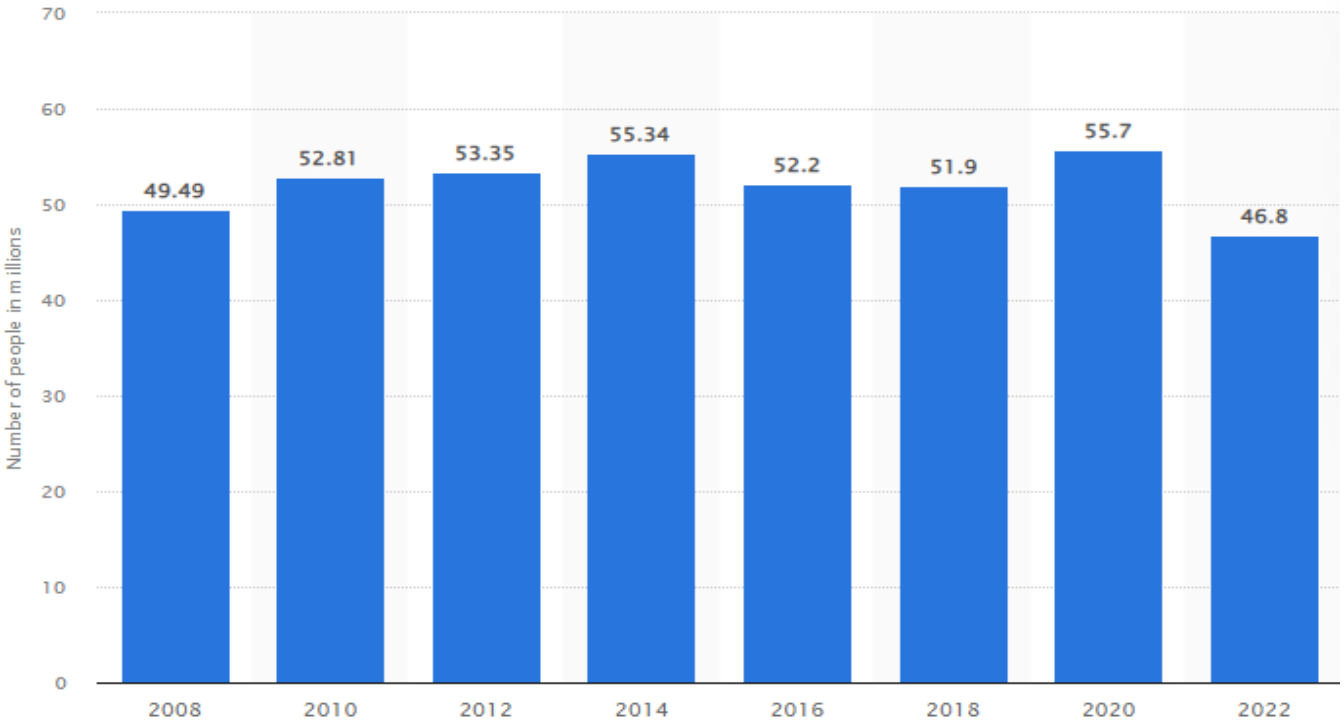
https://ourworldindata.org/grapher/urban-pop-in-out-of-slums

Number of people living in poverty in Mexico between 2008 and 2022

(in millions)

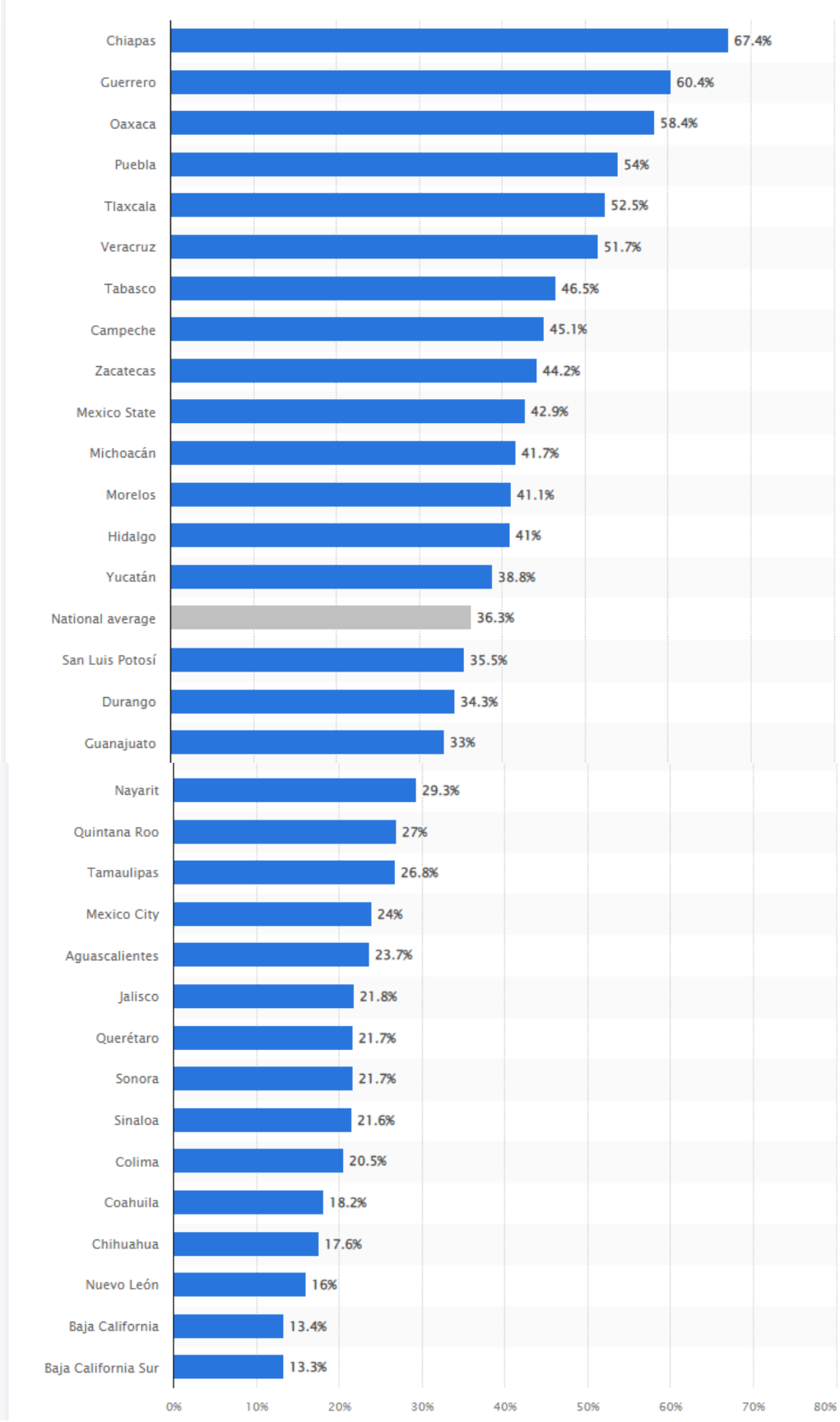
https://www.statista.com/statistics/1039479/mexico-people-living-poverty/

The number of people living in poverty in Mexico accounted for over 36% of the country's population in 2020. In that year, it was estimated that more than **46 million people** in Mexico lived in a situation of poverty, a significant decrease of nearly nine millions when compared with 2020. During 2022, Chiapas was the state in Mexico with the highest poverty rate.



Share of population living in poverty in Mexico in 2022, by state

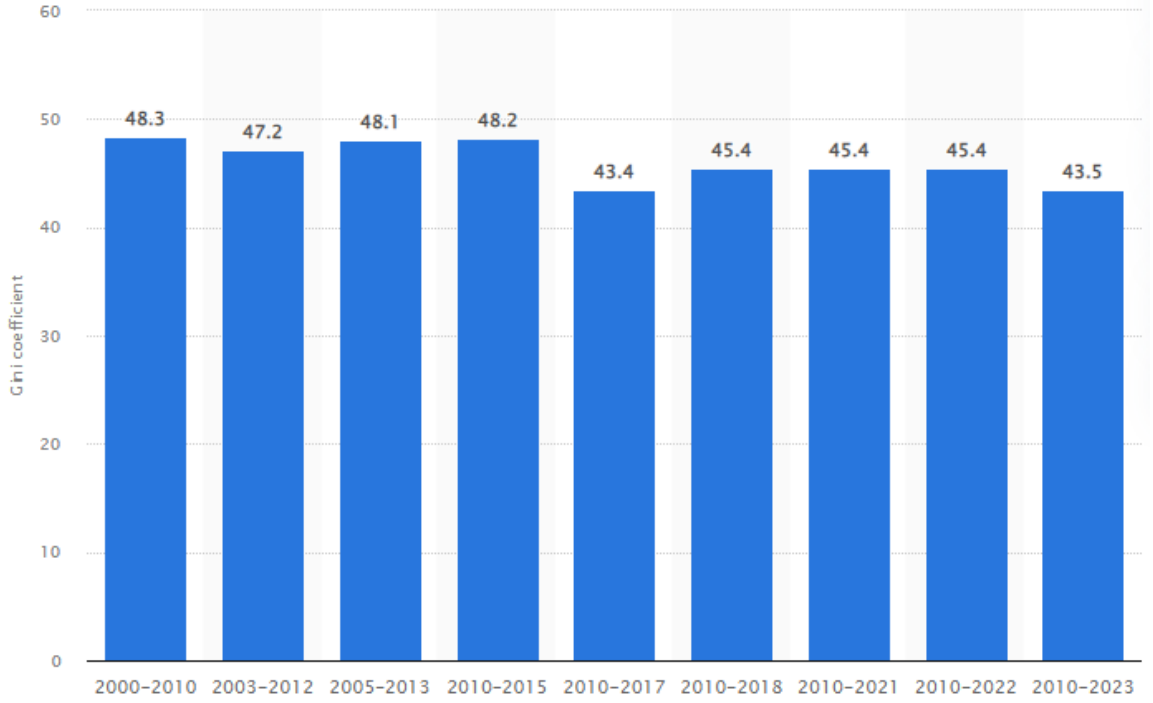
https://www.statista.com/statistics/1036147/poverty-rate-mexico-state/



Income distribution inequality based on Gini coefficient in Mexico between 2000 and 2023

https://www.statista.com/statistics/983198/income-distribution-gini-coefficient-mexico/

Gini coefficient income distribution inequality in Mexico 2000-2023



Jose Sanchez, 4 June 2025

Between 2010 and 2023, Mexico's data on the degree of inequality in income distribution based on the Gini coefficient decreased compared to the previous period, at 45.4. The Gini coefficient measures the deviation of the distribution of income (or consumption) among individuals or households in a given country from a perfectly equal distribution. A value of 0 represents absolute equality, whereas 100 would be the highest possible degree of inequality.

Poverty still one of the major problems

During the last four years, the minimum wage in Mexico has been increasing substantially, going from 141.7 to 248.93 Mexican pesos per day. The main reason for this was to pull people out of poverty. In 2014, the population under the poverty line was over 46%, that is almost half of Mexicans living with conditions of vulnerability. Eight years later, the rate was about **36%**, still a significant number of people living in poverty but a considerable decrease.

Gender inequality

Mexico does not score particularly well in gender inequality, in fact, it ranks 33rd in the world in the Global Gender Gap Index. Despite some advances, the Aztec country performs poorly in most of the metrics that measure inequality. During late 2022, women recorded a pay disparity of –13.15 percent when compared to them male counterparts. That is to say, that for the same job a woman is paid 87.85 MXP when a man receives 100 MXP.

Military spending worldwide hits record US$2.7 trillion in 2024. While international humanitarian assistance remained historically high at over US$43 billion in 2024, interagency appeals faced a funding gap of US$32 billion, the largest on record.

https://www.habitat.org/where-we-build/mexico 2024 / 2025

The housing need in Mexico

According to data from the National Council for the Evaluation of Social Development Policy, more than half of Mexico's population is living below the poverty line. Their economic vulnerability limits their ability to meet their housing needs. There is currently a qualitative housing deficit of more than 14 million homes in the country, and **self-produced housing represents 64.3% of national production.**

This situation is even more serious in southeastern Mexico, particularly among the native populations. More than three-quarters, or 79%, of their homes need to be improved. **In the state of Chiapas alone, 96.5% of the population does not have safe homes.**

As of 2016, an estimated 23.7 million Mexicans lacked access to basic services. Among them, 7.6% lacked access to water; 6.8% had no drainage at home; 0.4% did not have access to electricity; and 11.7% used firewood or coal for cooking and did not have a chimney.

How Habitat addresses the need

Housing

Habitat Mexico recognises housing as a fundamental human right and promotes the self-production of assisted housing. We aim to meet the housing needs of families, according to individual and regional practices and customs as well as the climatic conditions of the place where they live.

Sustainable projects

We work with families and communities to minimise the impact on the environment through the incorporation of new building systems, reinforcement of community infrastructure, eco-technologies such as rainwater harvesting, dry toilets, kitchen gardens, and wood-saving stoves, among others. We complement the initiatives through knowledge-sharing and skills training to promote the adaptation and use of such solutions.

Impact of concrete floor initiative

A regional initiative "100,000 floors to play on" aims to replace unsafe, dirt floors with concrete floors in Mexico. We partner with families who live in poor housing conditions, focusing on female-headed households and families with children under six years of age, older adults, and/or people with disabilities. We empower community leaders and ensure adequate logistical oversight for upgrading floors with the objective of making steady progress through public-private partnerships.

Building inclusive markets

Habitat's Terwilliger Center for Innovation in Shelter in Mexico works through partnerships with civil society organisations, microfinancing institutions, and businesses to facilitate more efficient and inclusive housing market systems for the country's low-income families.

3 WAYS TO HELP ALLEVIATE CHILD POVERTY IN MEXICO

https://borgenproject.org/child-poverty-in-mexico/ 31 October 2020

Right now, more than a quarter of Mexican children live in poverty. Many of these children lack the basic necessities for success, such as education, food and housing. As a result, the cycle of poverty continues. Mexico possesses a two-sided economy in which one side thrives with a growing GDP, while the other is overwhelmingly impoverished. This socioeconomic disparity results in devastating consequences for Mexico's most vulnerable demographic – its children. Here are three important ways to help alleviate child poverty in Mexico.

3 Ways to Help Alleviate Child Poverty in Mexico

Improve Education Quality: The dedication to education in Mexico is staggeringly low. As of right now, only 0.8% of Mexico's GDP goes toward early childhood social investments. This percentage is lower than every other Organization for Economic Cooperation and Development (OECD) country other than Turkey. With nearly 5,000 Mexican children dropping out of school every day, the need for education reform is growing increasingly stronger. Only 62% of Mexican children reach high school and a mere 38% of Mexican adults between 25 and 64 have completed an upper secondary education. This is a startling statistic in comparison to the OECD average of 74% of adults between 25 and 64 having completed secondary education. **Education directly links to poverty reduction**; organisations such as Enseña Por México recognise the serious disadvantages that children in Mexico face as a result of their lack of effective schooling. Enseña Por México, a counterpart of the U.S. organisation Teach for

America, aims to expand educational opportunities in Mexico. Its methodology includes one-on-one teaching from education professionals in the hopes of bolstering academic, professional and social development. While the organisation has been running for the past six years, it has served more than 60,000 students.

Ensure Food Security: While rates of malnutrition in Mexico have dropped in recent years, the prime issue of food insecurity still prevails. Nationally, 13% of children under the age of 5 suffer from malnutrition. This percentage primarily comes from rural southern Mexico, where food insecurity is a prevalent issue. Food insecurity results from problems with availability, accessibility and consumption. The number of malnourished children in Mexico is not a result of the country's lack of national food production; rather, it is a product of Mexico's poor families lacking basic access to food. However, some are making efforts to help these underprivileged children and their families. Organisations such as the Southern Baja Food Security Alliance (SBFSA) are working to provide healthy food programs in rural areas of Mexico. The organisation works in collaboration with community stakeholders to help institute education programs that teach citizens how to grow and harvest healthy foods. These programs reach into the particularly rural areas of Southern Mexico that suffer from food insecurity the most severely. These communities desperately need sustainable solutions to alleviate hunger in their communities and ensure proper nutrition for their children.

Remove Children from Dangerous Situations: Homelessness is a frequent consequence of child poverty in Mexico. Mexico City has more than 14,000 underprivileged and street children. Housing instability results in a heightened number of at-risk youths. Stunted development physically, psychologically and behaviourally all inextricably linked to homelessness. These inhibited developments lead to children falling victim to issues like substance abuse, depression and mental health problems. The reasons why many children are homeless in Mexico are that they have learning disabilities, come from situations of domestic violence or have familial estrangements. Tragically, it is not uncommon to see homeless children as young as 5 years old attempting to sell trinkets on the streets of larger cities such as Mexico City or Puebla. Certain organisations have been working to take these homeless children out of their dangerous living situations. Mexico Child Link Trust, for example, works toward helping abandoned children with learning disabilities in Mexico. The organisation provides housing for abandoned and orphaned children with learning disabilities, many of whom are prior street children. With more than 20 years of success, the Mexico Child Link Trust has helped numerous children gain sustainable housing. Meanwhile, Street Soccer Mexico A.C. uses soccer as a tool to help homeless and disadvantaged children transform their perspectives and attitudes. The organisation receives aid from national and civic institutions to organise soccer training and tournaments for its members. Since its opening 6 years ago, Street Soccer Mexico A.C. has expanded its program to reach every state of Mexico.

Looking Ahead

Child poverty in Mexico is flourishing as a substantial portion of the Mexican population lives below the poverty line. A lack of education, food insecurity and homelessness plague many of their lives. While organisations work toward aiding these vulnerable individuals, an abundance of work still needs to occur to help the impoverished children of Mexico.

– Hope Shourd

COMMERCIAL IN CONFIDENCE

10 FACTS ABOUT HUMAN TRAFFICKING IN MEXICO

https://borgenproject.org/10-facts-about-human-trafficking-in-mexico/

Human trafficking is defined as the recruitment, transportation, or transfer of humans using any form of threat for the purpose of exploitation. Exploitation could mean prostitution, forced labour or practices similar to slavery and servitude. In 2018, it was determined that the government of Mexico was not meeting the minimum standards for eliminating human trafficking. While Mexico is making strides in the number of prosecutions made and the amount of support given to victims, in 2018 the government obtained fewer convictions than in previous years, identified fewer victims, provided more limited services to victims and maintained a disproportionately low amount of shelters compared to its magnitude of the human trafficking industry. The following 10 facts about human trafficking in Mexico provide further insight into its expansive presence in the country.

10 Facts About Human Trafficking in Mexico

1. **Mexico has the largest number of victims of modern slavery than any other country in the Americas.** Mexico, along with the Philippines and the United States, was ranked one of the world's worst places in terms of human trafficking in 2018. Mexico is also thought to be the largest source country for trafficking across international borders. According to the Global Slavery Index, there are approximately 341,000 victims of modern slavery in Mexico (now **more than 800,000 victims**).
2. **Those most at risk are women, children, indigenous people, people with mental or physical disabilities, migrants and LGBTQ individuals.** The United States estimated about 70 percent of human trafficking victims in the US come from Mexico, with 50 percent of those individuals being minors. Women and children are often used for prostitution and sex trafficking, while many Mexican men are coerced into forced labour, often for use by drug cartels. Additionally, individuals traveling or migrating alone are at a higher risk for trafficking.
3. **One major reason for the presence of human trafficking in Mexico is the social and economic disparity.** Many victims are also victims of poverty, and they become trapped in trafficking after being lured from poorer regions with a promise of employment and income. In 2016, 43.6% of Mexican citizens were living below the poverty line. UNICEF reports that traffickers specifically seek out individuals who are financially vulnerable, as they are more likely to accept illegitimate job offers due to desperate circumstances. Solo migrants traveling without family or any other individuals are often the most vulnerable victims due to their isolation.
4. **Out of 150,000 children living on the streets in Mexico, it is estimated that 50% are victims of trafficking for sexual purposes.** Many traffickers use Mexico as a route to smuggle children into the United States and Canada. Often, these children stay and become victims in Mexico, and the numbers of exploited children in Mexico continue to rise.
5. **In June of 2019, the Mexican government announced an end to funding for human trafficking non-government organisations (NGO's).** President Andrés Manuel López Obrador justified the cut with reasons of corruption, believing that the funding for these NGO's would end up in the wrong hands. Instead, the new plan is to open government-funded and government-run shelters for victims of human trafficking. Many people question the ability of the government to run shelters and provide victims with the care and support needed. George Mason University professor Guadalupe Correa-Cabrera, who has studied the connection between organised crime and trafficking, explains: "Any mention of the topic is really very general… it doesn't seem to be a priority."
6. **Victims of human trafficking are at very high risk for repeated trafficking due to Mexico's policies of prioritising arrests of illegal immigrants and individuals engaging in prostitution.** As

a result, victims often have very little chance of social services or legal aid, and instead, are put at a higher risk for re-victimisation and repeated trafficking. Opportunities for help and support were mostly offered by NGO's in Mexico, and without proper funding for these organisations, the Mexican government assigns a low priority to services for victims.

7. **Mexican trafficking victims are even more vulnerable to sex trafficking due to issues of forced migration.** An overwhelmingly high number of victims come from unstable countries in Latin America. In 2017, 14,596 people applied for asylum in Mexico. Due to government instability, violence due to the presence of drug cartels, and conflict within the country, migrant victims are at higher risk for vulnerability in a new country, and therefore, at a higher risk for becoming a victim of human trafficking in Mexico.
8. **In March of 2019, the Mexican government released statements announcing their goal to probe into the current "failing" anti-human trafficking policies in place.** The technical secretary of the Inter-Ministerial Commission Against Human Trafficking, Felix Santana, publicly recognised the shortcomings of previous policies. With more emphasis and government dedication to supporting victims and survivors, solutions are becoming more promising for ending human trafficking in Mexico.
9. **Another step in the direction of ending human trafficking is the raising of awareness and visibility of the issue, specifically for Mexican youths.** For example, the Pan American Development Foundation facilitated a partnership between MTV Americas and the U.S. Department of State's Office to Monitor and Combat Trafficking in Persons to create a mass media campaign, including a documentary focusing on real examples of trafficked youth.
10. **In the meantime, there are many organisations in Mexico dedicated to ending human trafficking and assisting and supporting victims.** For example, El Pozo de Vida provides a safe-house for victims and offers food, water, shelter, education, clothing and counselling. The creation of more organisations to assist in the rehabilitation of victims is crucial in alleviating the extreme damage done by human trafficking in Mexico.

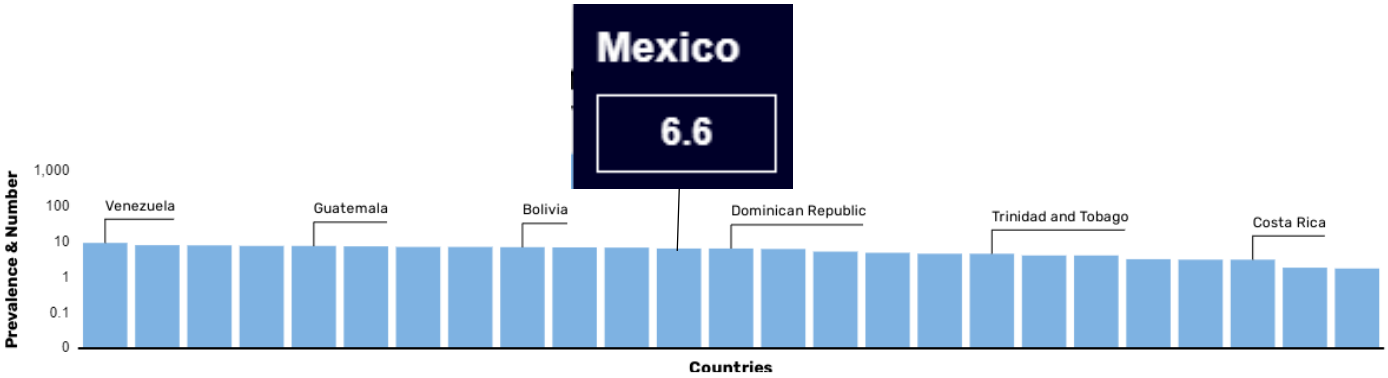
It is believed that the number of victims of human trafficking in Mexico would decrease with strengthened law enforcement, acknowledgment of the expansivity of the problem and additional training for victim identification.

– *Orly Golub*

PREVALENCE & NUMBER

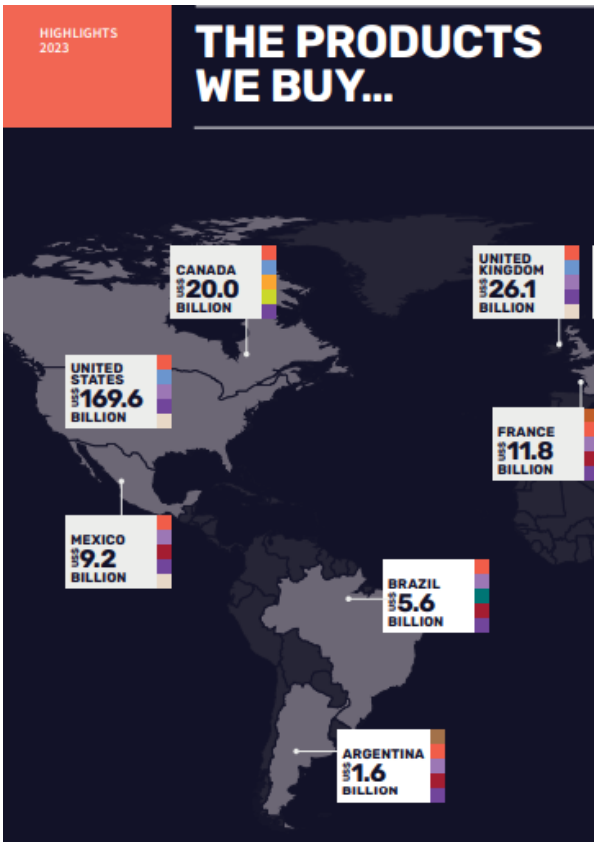
https://www.walkfree.org/global-slavery-index/

Measuring the scale of modern slavery in 160 countries. These national estimates of the prevalence per thousand people and number of people were calculated using individual and country-level risk factors of modern slavery. The analysis draws on thousands of interviews with survivors of modern slavery collected through nationally representative household surveys across 75 countries and Walk Free's assessment of national-level vulnerability. Unlike the national scores for vulnerability and government response, our data on the scale of modern slavery cannot be disaggregated (for example, by form of modern slavery or gender).



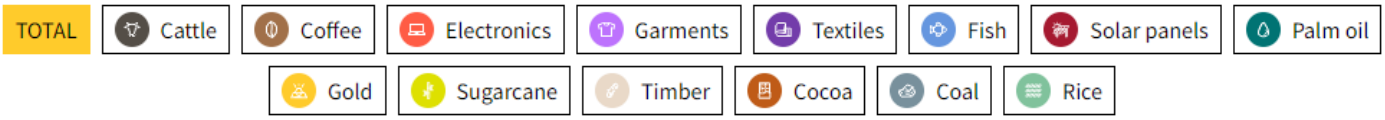
Six point six (6.6) people in 1,000 are enslaved in Mexico.

Products produced with slave labour in Mexico that are exported amount to **US$9.2** billion per annum.



HOW ARE THE PRODUCTS WE BUY CONNECTED TO MODERN SLAVERY?

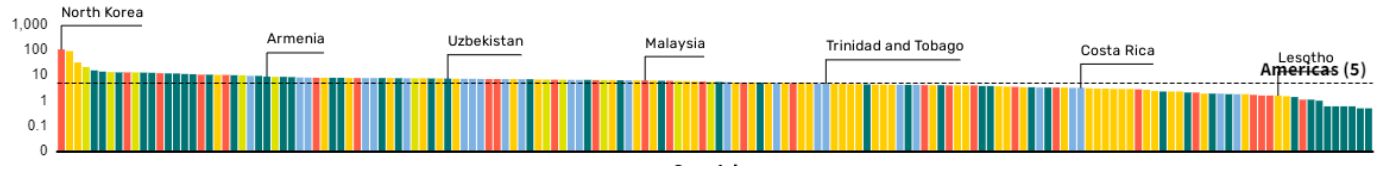
Mexico slave trade exports:

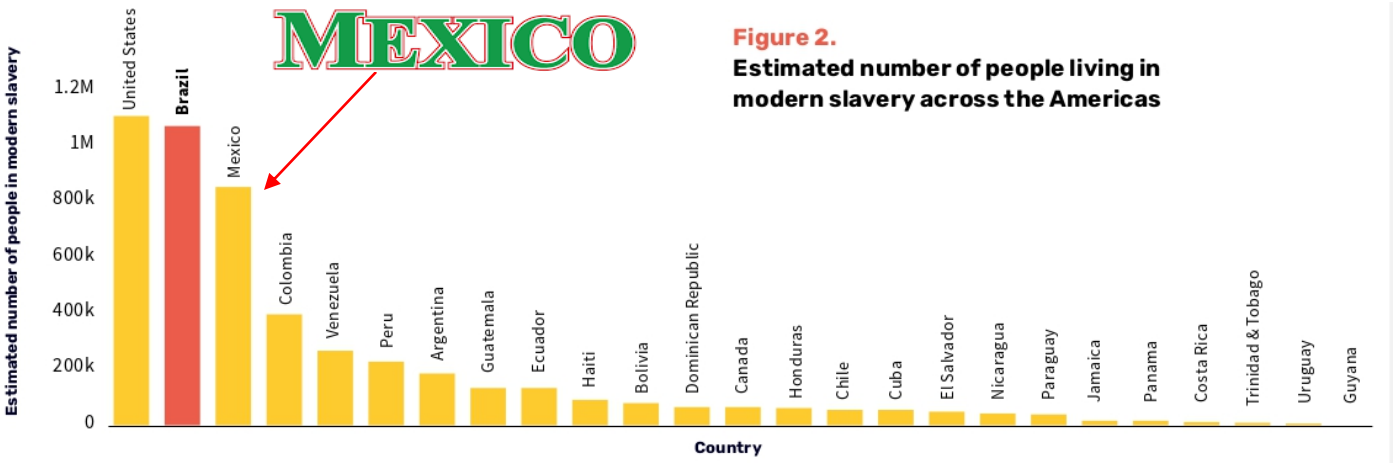


https://www.walkfree.org/global-slavery-index/map/#mode=data:dimension=p:compare-regions=3

According to the Global Slavery Index from the NGO Walk Free, **six point six in every 1,000 people in Mexico work in slave-like conditions, which is on par with the average for the rest of the Americas.**

Other Latin American countries like Venezuela (9.5 per 1,000), El Salvador (8.1 per 1,000), Colombia (7.8 per 1,000), Guatemala (7.8 per 1,000), and Mexico (6.6 per 1,000) lead the region in the prevalence of slave-like conditions. The United States counts 3.3 people in slave-like conditions per every 1,000.





Mexico

https://www.oecd.org/en/publications/oecd-economic-outlook-volume-2025-issue-1_83363382-en/full-report/mexico_7ef08b92.html

OECD Economic Outlook, Volume 2025 Issue 1

3 June 2025

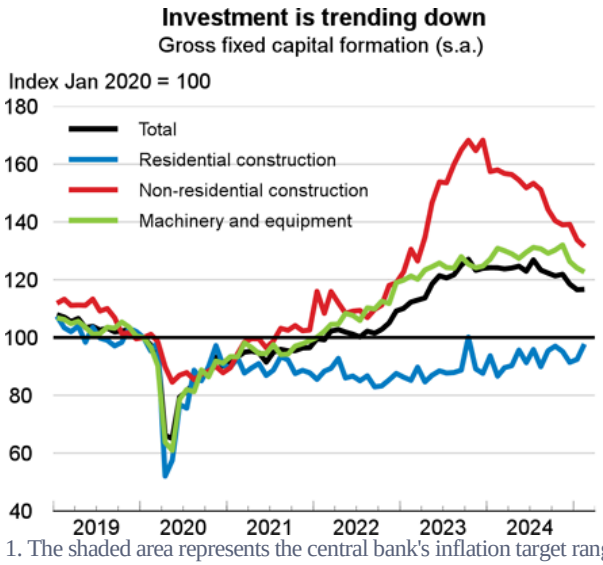
Mexico

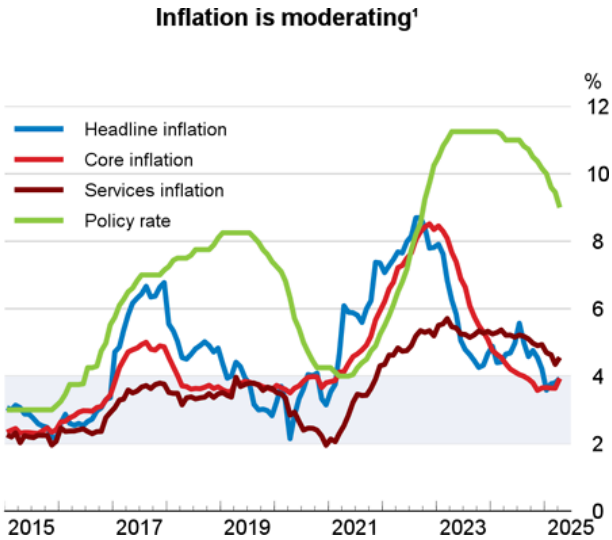
The economy is projected to grow by 0.4% in 2025 and 1.1% in 2026. Low unemployment and easing inflation will support consumption. Public consumption and investment will remain subdued, given ongoing fiscal consolidation. Exports will be dampened by tariffs, uncertainty and weaker global growth. Investment will be supported by declining interest rates but is expected to recover only gradually, reflecting high uncertainty.

Implementing a medium-term fiscal plan could help reduce the deficit gradually, creating room for investments that boost productivity, such as education. To ensure that inflation continues to decrease towards target, the central bank should continue its prudent and gradual easing cycle. Expanding dual vocational programmes would enhance technical skills availability, boosting competitiveness and facilitating access to formal jobs.

Agriculture has recovered but investment is slowing

Short-term indicators point to a partial improvement in economic activity during the first quarter of 2025, with GDP growing by 0.2% (quarter on quarter), after the 0.6% contraction in the previous quarter. The improvement was driven entirely by a rebound in the agriculture sector, following weather related disruptions at the end of 2024, while industrial production contracted and services stagnated. Non-residential construction is losing momentum after the completion of major infrastructure projects in the South, while investment in machinery and equipment is also easing amid high uncertainty. Private consumption has slowed, in line with slowing formal job creation. Exports remain subdued, constrained by persistent trade-related uncertainty. Unemployment, at 2.6% in March, remains at historically low levels, although participation has recently declined. Inflationary pressures are easing, although headline and core inflation rose to 3.9% (year-on-year) in April, driven by volatility in some food prices and seasonal variations in tourism-related services.





1. The shaded area represents the central bank's inflation target range.
Source: INEGI; and Banxico.

Mexico: Demand, output and prices

Mexico	2021	2022	2023	2024	2025	2026
	Current prices MXN billion	Percentage changes, volume (2018 prices)				
GDP at market prices	26 690.0	3.7	3.3	1.5	0.4	1.1
Private consumption	18 236.2	4.8	4.2	2.8	0.5	1.8
Government consumption	3 043.9	2.0	1.8	1.6	0.2	0.3
Gross fixed capital formation	5 687.6	7.5	16.6	3.3	-0.9	1.5
Final domestic demand	26 967.7	5.1	6.6	2.8	0.1	1.6
Stockbuilding[1]	237.7	0.0	-0.2	0.0	0.0	0.0
Total domestic demand	27 205.4	5.0	6.2	2.8	0.2	1.6
Exports of goods and services	10 827.9	9.5	-7.2	3.3	6.8	1.1
Imports of goods and services	11 343.3	8.6	3.7	2.7	3.1	2.4
Net exports[1]	- 515.4	0.2	-4.7	0.1	1.2	-0.7
Memorandum items						
GDP deflator	_	6.6	4.5	4.9	4.4	3.3
Consumer price index	_	7.9	5.5	4.7	3.4	3.2
Core inflation index[2]	_	7.6	6.7	4.1	3.6	3.2
Unemployment rate[3] (% of labour force)	_	3.3	2.8	2.7	2.8	2.8
Government financial balance[4] (% of GDP)	_	-3.2	-3.4	-4.9	-3.5	-3.0
Government gross debt[4] (% of GDP)	_	48.2	47.4	50.6	51.8	52.4
Current account balance (% of GDP)	_	-1.5	-0.3	-0.1	-0.2	-0.4

1. Contributions to changes in real GDP, actual amount in the first column.

2. Consumer price index excluding volatile items: agricultural, energy and tariffs approved by various levels of government.

3. Based on National Employment Survey.

4. Data are for the overall public balance, comprising federal and other public agencies such as the social security system and state-owned enterprises.

Source: OECD Economic Outlook 117 database.

Mexico is an open economy with strong trade linkages to the United States, which accounts for over 80% of its exports. As a result, Mexico is particularly impacted by rising trade restrictions and ongoing uncertainty. The projections assume that Mexico's exports to the United States that are compliant with the United States–Mexico–Canada Agreement (USMCA) face a 0% tariff, while non-compliant exports face a 25% tariff, both in 2025 and 2026. Around 50% of Mexico's exports to the United States are currently compliant. Compliance is assumed to gradually rise towards 75% in 2026 by following the necessary steps, such as completing certifications of origin. Automobiles and automobile parts are assumed to be subject to a 25% tariff rate in 2025 and 2026, with the share of United States content excluded from this tariff. The projections also assume a 25% tariff on United States imports of steel and aluminium products from Mexico.

Monetary policy easing and fiscal consolidation should be gradual

The central bank has continued its monetary easing cycle, lowering the policy rate to 8.5% in May. Easing inflationary pressures, weakening economic activity and well-anchored inflation expectations support a further gradual, data-dependant reduction in the policy rate to 7% by the end of 2025, with additional cuts in 2026. After widening to 4.9% of GDP in 2024, the highest level in 35 years, the budget deficit is expected to fall to 3.5% in 2025, primarily through cuts in public investment, and to 3% in 2026. By the end of 2026, the public debt-to-GDP ratio is expected to be around 52% of GDP.

Growth will slow amid high uncertainty

The economy is projected to expand by 0.4% in 2025, before picking up by 1.1% in 2026. Private consumption will be supported by low unemployment and declining inflation. Private investment will gradually benefit from lower interest rates, though it will remain constrained by high domestic and global uncertainty. Public investment is set to stay subdued as part of efforts to reduce the fiscal deficit. Quarterly export growth will be dampened by trade tariffs and high global uncertainty. Both headline and core inflation will continue to fall gradually. However, the outlook for both growth and inflation remain uncertain. Given Mexico's high exposure to the US market, the projected US slowdown in 2025-26 and tighter financial conditions may weigh further on external and investment demand. Moreover, increased global risk aversion and exchange rate volatility could raise sovereign borrowing costs and further limit fiscal space. On the upside, a reduction in uncertainty, such as through a swift and successful renegotiation of the trade agreement with the United States and Canada, could support investment and exports more strongly than currently anticipated.

Boosting productivity and adapting to climate change are priorities

Enhancing immovable property tax collection and improving tax administration, including through digitalisation, could help increase tax revenues and create fiscal space for additional spending in productivity-enhancing areas, such as education or digitalisation. Systematically applying cost-benefit analysis would enhance the efficiency of public spending. A comprehensive early childhood education and care system would facilitate women's labour market participation. Encouraging private investment in renewable energy through supportive regulations could help turn Mexico's abundant renewable resources into a competitive advantage. Improving water management would strengthen Mexico's adaptation to climate change, reduce operational risks and help to attract investment.

COMMERCIAL IN CONFIDENCE

Children of Mexico

Realising Child Rights in Mexico

https://www.humanium.org/en/mexico/

27 February 2022

Mexico is among the 15 largest economies in the world and the second-largest economy in Latin America (World Bank, 2022). With a population of almost 132 million, it is one of the most densely populated Latin American countries, characterised by rich cultural history, diversity and abundant natural resources. In regard to children, those under the age of fifteen represent 26 percent of the total population (World Bank, 2020). Nevertheless, the focus on the rights and policies entered around children do not reflect this composition of the population and issues such as violence, malnutrition, and lack of access to education and health services pose a great threat to children.

Realization of Children's Rights Index: 7.81 / 10
Orang level: Noticeable problems

Population: 132 million
Pop. ages 0-14: 26.00%

Life expectancy: 75 years
Under-5 mortality rate: 14‰

Mexico at a glance

Mexico is a country in the southern portion of North America neighbouring the United States, Guatemala and Belize. Its population is composed of many ethnic groups, including indigenous American Indians (Amerindians), who account for less than one-tenth of the total, mestizos (62%) and others (31%) (Britannica, 2012). This wide range of ethnic groups contains a mosaic of complex ethnic traditions and strong ties with the land and with one another.

The Mexican economy is one of the most eminent in Latin America and it has grown rapidly since the 1970s. The country has a developing market economy that is strongly tied to the United States, with its major markets and sources of capital, even if the country's per capita gross domestic product (GDP) remains far below that of the United States (Britannica's website). The Mexican economy depends largely on services which account for about two-thirds of its GDP. Manufacturing is responsible for about one-fifth of its GDP.

The agricultural sector represents a small component of GDP, even if nearly one-fifth of Mexican workers are employed in this sector. One of the strongest components is characterised by remittances

from Mexican workers abroad, notably in the United States, which consequently bring billions of dollars into the economy each year (Britannica, 2022).

Today, the main challenges and threats for the children's population are linked to extreme poverty which affect 44% (now 36%) of the total population (World Bank, 2020). Poverty is the main cause of problems in sanitation and access to water, malnutrition and access to health services, school dropouts and violence exposure. In fact, Mexico has the second highest number of children involved in high-intensity conflict zones (Stop the war on children, 2020), given the fact that the country is highly affected by drug trafficking, in addition to political, economic and social concerns.

Even though the country has been an electoral democracy since 2000, it suffers from severe rule of law deficits that limit full citizen enjoyment of political rights and civil liberties (Mexico's country page in Freedom House Index, 2022). Violence perpetrated by organised criminals, corruption among government officials, human rights abuses (by both state and non-state actors), and rampant impunity are among the most significant challenges for the government of Mexico.

Considering the above elements, not all children in Mexico are able to enjoy all the rights enshrined in the International Convention on the Rights of the Child, and it is important to capture the current situation related to the main domains of child protection and children's rights to ameliorate their living conditions and well-being.

Status of children's rights

A quarter (26%) of the Mexican population is composed of children, which amounts to approximately 33,310,119 citizens (World Bank, 2020). As mentioned previously, 44% of the total population lives in poverty and most of them are located in urban areas (81% vs 19% of people located in rural areas) (World Bank, 2020). Among them, 62% of the children population lives in urban areas, whereas 38% of them live in rural areas (INEGI, Encuesta Intercensal, 2015).

Poverty is the main cause behind the lack of access to health services, education, adequate nutrition and shelter, but it is additionally responsible for the perpetuation of harmful practices, such as child labour, early child marriage and pregnancy, and violence.

A study named SITAN, conducted in 2018, revealed a general improvement in children's conditions compared to a decade ago, even if some goals are still far from being reached. Education, the right to adequate nutrition and clean water, and the rights to health represent some of the most urgent needs for Mexican children.

In addition to the Convention on the Rights of the Child (adopted by Mexico in 1990), the 2030 Agenda and the SDGs (UN Sustainable Development Goals) offer further indicators and goals to identify challenges and results in children's rights and child protection. For instance, SDG1 focuses on the eradication of poverty, SDG2 targets the right to adequate nutrition, SDG3 is related to the right to health and wellbeing, and SDG4 is linked to the right to education. Also, SDG5 (gender equality) is crucial when it comes to the Mexican context, as well as the right to clean water and sanitation (SDG6) and the common goal of peace, justice and strong institutions (SDG16).

COMMERCIAL IN CONFIDENCE

The greatest need for children

The greatest deprivation imposed upon children is the lack of truth. The overarching aspect of their lives is their poverty in truth – the lack of truth. Only through the Pascas Papers at **www.pascashealth.com** can the structure and principals of truth can be fully identified and comprehended. Also incorporated therein is the simple curriculum for introduce truth at a level that is required.

Addressing the needs of children

Right to education

The Mexican education system is organised into preschool, primary school and middle school. The former is optional and privately funded, and it is available for children starting at age three. Primary school is mandatory from age six to twelve, after which there is a middle school (also mandatory) for children aged twelve to fifteen. Mandatory schooling finishes with high school, after which attendance at a university is possible (The Mexican education system: An overview, 2017).

Social inequalities and gender gaps are two prominent drawbacks in Mexican classrooms. These ever-increasing gaps directly impact children's participation and consequently, their ability to develop new skills, build on their social relations, and work towards their dreams and passions. The problem of low education participation rates was partly solved thanks to a government intervention in 2012 that made upper-secondary education compulsory for all children by 2020.

However, inadequate funding and administrative obstacles have thus far prevented universal implementation of this goal, particularly in marginalised rural regions and the Covid-19 pandemic has been an additional hindrance.

In fact, Mexico is among the few countries where schools remained completely closed for more than 250 days. According to a survey conducted by the National Institute of Statistics and Geography, at the end of 2020, over 1.5 million students aged 3-18 had not returned to school for the 2020/2021 year (UNICEF Country Report, 2021).

In spite of the social expenditure in Mexico growing significantly, social expenditure for children and adolescents as a proportion of this has fallen from 11.5% in 2019 to 10.2% in 2022. The budget allocations for the education sector were only increased by 1.9% in real terms from 2021 to 2022, and have not reflected the challenges and lessons learned during the pandemic or the promised investments in this sector.

Right to health

Rampant poverty is the main driver of the lack of access to adequate nutrition, education, health services, and shelter. In fact, 10% of children suffer from stunting due to malnutrition (Save the Children's website), 14 children out of 1,000 die before turning 5 (two times the U.S. rate) and about 8% of children are out of school (Global childhood report, 2020).

Moreover, violence against children and child trafficking are two of the main threats which hinder children's rights. Amongst girls, 16% (ages 15-19) are married, and 1 in 17 gives birth (Los derechos de la infancia y de la adolescencia en México, 2018). In regard to child labour, 6% of children are involved and over 50% of children (ages 1-14) have experienced physical punishment and/or psychological aggression by caregivers (Los derechos de la infancia y de la adolescencia en México, 2018).

Moreover, according to UNICEF, 2.5 million are working children, 90% of whom perform work that is illegal because they are not old enough by law to work or are involved in hazardous tasks. One in four works to support their family economically and 351,113 children are forced to do housework instead of attending school (Children and the hotel industry in Mexico, 2017).

The direct effects of Covid-19 on children have imposed further challenges and threats. The mortality rate among children due to Covid-19 is 0.4%. Children have become even more vulnerable to its impacts, such as the decrease in household income, food insecurity and exacerbation of mental health issues. In fact, the poverty rate among children has increased from 50% in 2018 to nearly 53% in 2020 and extreme poverty increased by 1.9% in the same period. Violence, particularly against women and children, has continued at high rates (UNICEF Country Report, 2021).

Right to identity

The right to identity is essential for every human being: it guarantees a legal status, states the recognition of family and socio-cultural ties which characterise the individual and promotes the enjoyment of his/her rights. Moreover, birth registration documents are essential to promote and implement the right to family reunification in the case of migration processes. Identity documents and official registers may support public authorities to find the members of the family who are displaced and to help them to be reunited.

In Mexico, there is a significant number of "invisible" children, meaning the ones who are not recognised by Mexican law because their births are not recorded, especially those belonging to indigenous groups. To fight against this tendency, in the last ten years, the Mexican Government has taken several actions to promote birth registration and to overcome the difficulties of access to public identity registration services (Los derechos de la infancia y la adolescencia en Mexico, 2018).

In the context of migration flows, 2021 registered an increase in migration flows from and to the U.S. border. In February 2021, the US administration started to wind down the "Migrant Protection Protocols" (MPP) and 23,000 cases were expected to be processed, with 13,000 people finally able to cross to the US to process their asylum cases by August 2021. At the same time, Title 42 was implemented, allowing Covid-19 to justify the immediate expulsion from the US of over 1 million adults and 37 children.

Risk factors → Country-specific challenges

Poverty

As mentioned before, poverty is the root cause of many other threats to children's rights and child protection. It is directly linked to malnutrition and the lack of access to health facilities, but it is also the reason why child labour and child trafficking is still significant issue for the country. In Mexico, 44% of the total population lives in poverty and most of them are located in urban areas (81% vs 19% of people located in rural areas) (World Bank, 2020). Among them, 62% of the children population live in urban areas whereas 38% of them live in rural areas (INEGI, Encuesta Intercensal, 2015).

Minority children

Indigenous communities are the ones that suffer from multidimensional poverty the most, because of their fragile living conditions, the discrimination which affects them, and their notable separation from the rest of the population. Indigenous children often see their most basic rights (right to education, health, nutrition, etc.), flouted. This in turn leads to serious consequences regarding their physical and psychological development. The rate of infant mortality, for example, is 60 times higher in indigenous communities than in non-indigenous communities.

Violence against children

Often living in poverty, Mexican children are vulnerable to violence both in the home and at school. According to UNICEF, over 50% of children (ages 1-14) have experienced physical punishment and/or psychological aggression by caregivers (Los derechos de la infancia y de la adolescencia en México, 2018).

Violence against children may assume different forms: abuse and neglect in the family, incest, sexual abuse, infanticide; bullying and other forms of violence in the school; corporal punishment; psychological aggression; child trafficking, sale of children, child sexual exploitation and other commercial sexual exploitation of children; child labour; various forms of cyber and online violence; recruitment as child soldiers, children recruited and exploited by terrorist and violent extremist groups, and many others (UNODC, 2019). Furthermore, street children also find themselves victims of violence at the hands of their employers or even traffickers who exploit them.

Child marriage

Early child marriages are very common in Mexico. It is estimated that over 16% of girls (ages 15-19) are married, and 1 in 17 gives birth (Los derechos de la infancia y de la adolescencia en México, 2018). Although the legal age for marriage in Mexico is 18, as it is in many other countries, young adults can marry before 18 with parental consent. Oftentimes, it is the parents who arrange the marriage without the consent of the young couple. In this sense, cultural traditions and economic considerations play a large role in the decision.

The consequences of early child marriage are serious for the young brides, in terms of health and well-being, psychosocial development, and future possibilities. They have little to no say in the arrangement and this does not empower them to work towards any dream they might nurture within themselves. This form of violence against children is one of the most difficult to tackle as part of its perpetration is based on a cultural basis which is difficult to identify and modify.

Written by Arianna Braga

Written by Vanessa Cezarita Cordeiro ***Last updated on 27 February 2022***

We are not to impose our will upon another!

We cannot under any circumstances break the Golden Rule: we cannot impose our will on another forcefully subjecting others to do what we want, even if it is our own little child. **We can, by all means, make respectful offerings of our ways, beliefs and opinions, leaving the onus on the other person to make up their own mind, but once we start intruding we are stepping over the line and that incurs a penalty.**

This is the problem we are all saturated with: being coerced and threatened to do everything we do. It is how most parent's parent, coercing and threatening their children so as to get them to do what they want, all so they can maintain their power and control over them. The parent is completely interfering with its child's freedom to express itself.

As a parent we cannot know one moment to the next how our child should be. It will show you how it will be, not you showing it how it will be. And we need to allow it to show us with as little interference as possible. And this will be a great challenge for parents to face.

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

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

Child Sexual Abuse in Mexico Increased by 1,113% in the Last Decade

https://www.latintimes.com/report-child-sexual-abuse-mexico-increased-1113-percent-last-decade-581788

In 2023, hospitals nationwide reported 9,802 cases of child sexual abuse-related treatment, with experts claiming this is just the tip of the iceberg

27 April 2025

Child sexual abuse is a persistent public health crisis in Mexico, having increased by 1,113% between 2010 and 2023, per a new report by Red por los Derechos de la Infancia en México (Redim). The country is a key exporter of Child Sexual Abuse Material (CSAM) worldwide and a leader in other illicit activities tied to the sexual abuse of children.

In 2010, 791 minors between 1 and 17 years old were recorded as having received hospital care for sexual violence by the National Institute of Public Health (INSP). In 2023, the number increased exponentially to 9,802 cases, the report shows.

Data shows how the crime affects different subgroups. In 2023, 92.3% of the victims hospitalised for injuries related to sexual abuse were girls. Around 7.7% were boys. Among the victims, 333 were indigenous, and 168 had some form of disability.

According to experts, the data represents only the tip of the iceberg due to widespread underreporting, an issue the researchers attempted to combat using hospital records, however, they recognised the approach leaves out a significant amount of less violent abuse.

Data from the Organisation for Economic Cooperation and Development (OECD) revealed that Mexico recorded 5.4 million cases of child sexual abuse annually as of 2019.

Despite constitutional recognition of children's rights in 2000, she noted that justice remains elusive: out of every 1,000 crimes, only 100 are reported, 10 reach a judge, and just 1 ends in a conviction. Advocates argue that structural barriers like statutes of limitations and restrictions on early testimony severely limit justice access.

A large proportion of child sexual abuse in Mexico involves perpetrators who are part of a child's family or trusted inner circle, and reporting the crime is often discouraged by those close to the victim. Redim found that 13.4% of the victims between 1 and 17 years of age were abused by their father or stepfather.

Additionally, in January 2023, the OECD ranked Mexico first in child sexual abuse worldwide, leading in exploitation, homicides, and trafficking of minors, and first in the creation and distribution of child pornography.

In a June 2020 Mexican Senate bulletin, Congresswoman Verónica Beatriz Juárez Piña said that Mexico was exporting 60% of child pornography worldwide and that the rate had shot up to 73% during the lockdowns, per Catholic News Agency coverage of the event.

In an interview with *El Financiero*, Vivaldina Jaubert, director of the nongovernmental organisation Alas for the Protection of Minors, revealed that "before the COVID-19 lockdowns, 600,000 predators were entering Mexico per year," approximately "one paedophile per minute."

mexican indigenous people

Our Solution and Pathway Home

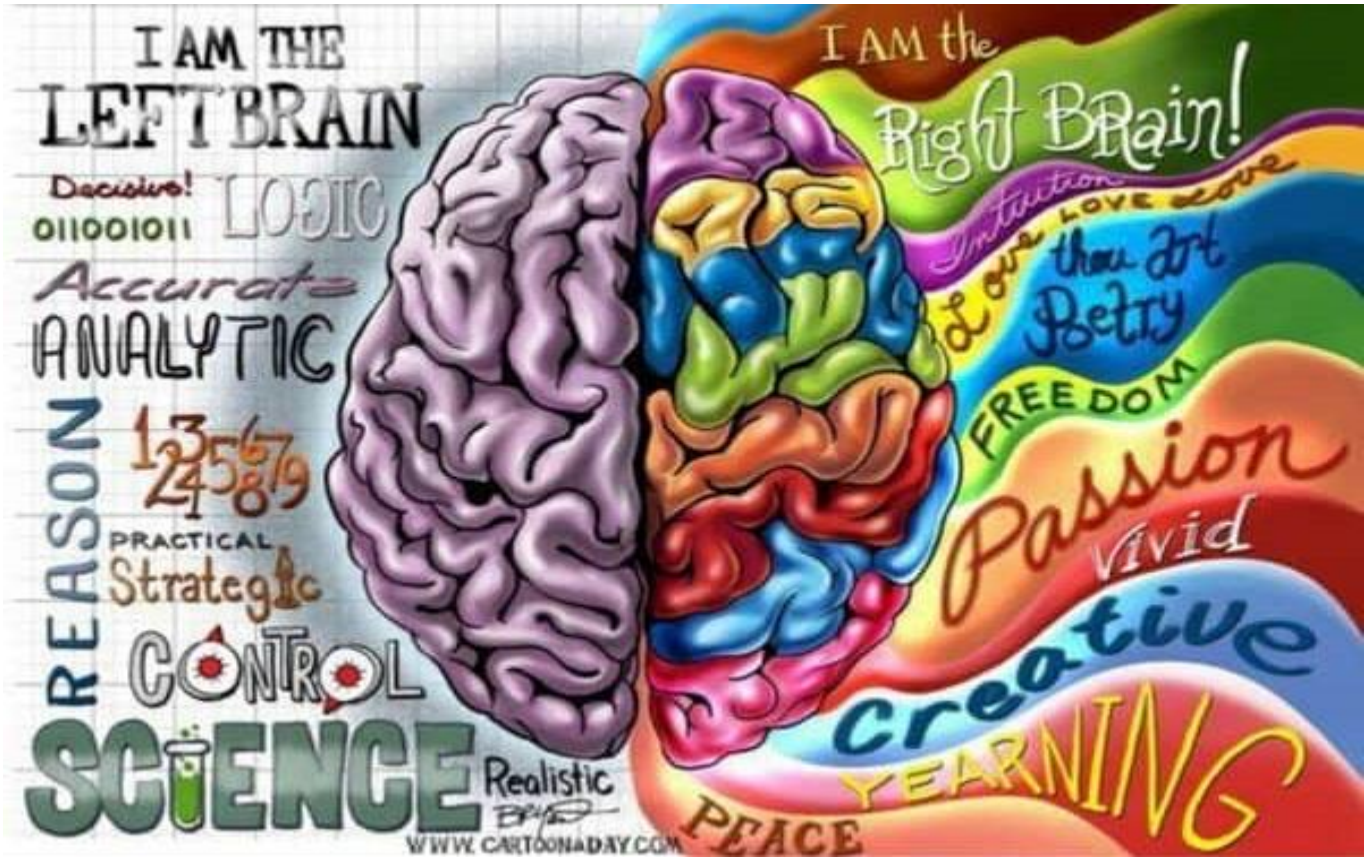
We are to bring our feelings back into balance with our mind.

Beliefs suppress TRUTH. Result is; Health degrade, Discomfort, Pain, Illness, Disease and Viruses

To heal yourself with truth can only be done one way, and that is by sincerely wanting to live true, to live a life in which you want with all your heart to see the truth in each and every experience, so that as you live your body is being 'built' on truth, and so will remain rock solid, and will not feel fragile and collapse under you when disease suddenly strikes you down. Truth, Truth, Truth, and more TRUTH. You have to want to eat drink and sleep truth. To beg and ask and long with all your will for the Mother and Father to help you see and know the truth, the truth of everything that you do, everything you are, everything you feel – the whole truth of yourself. And so whilst you're of it, including, the truth of your rebellious state. "Mother and Father, please help me see, know and BE the truth You want me to live."

Kindly visit www.pascashealth.com then Library Download page, in Pascas Care Letters click to open:

- Pascas Care Letters Mind into Balance with Feelings.pdf
- Pascas Care Letters Mind causes Discomfort Soul brings Healing.pdf



The more comprehensively that our parents and early educators indoctrinated us to suppress our feelings, the greater we become 'left brain' centred and dominated. The greater we are mind-centric and addicted, the less are our truth loving feelings surfacing – we cannot discern truth from falsehood. Academics demonstrate mind worship, whereas nurses demonstrate passion, love and the truth of their feelings. The more extensively that we close off our feelings, the greater the propensity for psychopathic (no feelings) action resulting in domestic violence, mass shootings (schools), and on a national scale, war. Mind development is limited to 499 on Dr Hawkins' Map of Consciousness (limit of science), whereas Living Feelings First, our potential is infinite.

H_2O is water, hydrogen and oxygen in harmony. Hydrogen (mind) on its own is explosive. Oxygen (feelings) on its own is life giving. Mind and Feelings in harmony is when we are living Feelings First with our mind following in support of our Feelings. Should we embrace Feeling Healing and with the longing (asking) for Divine Love, then our potential is infinite.

The Soul at Incarnation

Souls waiting to incarnate exist in what I call, Soul Land, it's existential, not experiential like we express the personalities of our soul in as we live life.

In the Padgett Messages, the Celestial spirits say they can sense with their more expansive soul-perceptions, souls awaiting incarnation, however they can't talk with them, as they are only a soul, they don't have an experiential consciousness, spirit and physical body, mind and feelings, to talk with yet, that all coming into being starting in the mother's womb.

At incarnation, the soul enters into what would be called an unconscious state, suggesting perhaps there are some levels of conscious soul-awareness before incarnation, however the spirits don't know if that's true, as so little about the soul has been revealed to Creation.

As the person grows spiritually and physically in the womb, the spirit and physical bodies, along with all the interconnecting subtle bodies, and the will, form, allowing the personality, the person, to start becoming consciously aware and able to express itself. The process continuing through childhood with us fully personality-expressive as adults.

Our soul doesn't 'come into' the bodies, spirit or physical, at any time. The soul ALWAYS remains in Soul Land, orchestrating the growing personality expressing systems – the bodies. And once they are formed with us as adults, our soul is still 'with us', still in existential Soul Land, still orchestrating our lives in experiential Creation.

We are, in Truth, our soul, as we live being the expression of one of the two personalities of our soul, the other being our soulmate.

When we die, many people say our soul leaves the physical body and moves into spirit, heaven, the first Mansion World, however it doesn't, as our soul isn't in us like that. When we die, our spirit with our spirit body leaves being 'in' the physical body, we awakening as ourselves, yet now in our spirit body as spirit personalities in the spirit worlds.

Our soul is with us all through our life, its soul-light shines forth into Creation, willing us, as one of its two personalities in our spirit and physical bodies, into being.

Living now on Earth as a spirit yet through our physical body, our soul is orchestrating everything; when we die, our physical drops away and we continue living as a spirit in the spirit worlds, still with our soul orchestrating everything.

Our soul doesn't 'pop in and out' of our spirit and physical bodies in the womb, not wanting to hang around too much because it's boring or whatever else, even too horrible in the womb of a very disturbed mother.

The soul is 'engaged' right from the start. Experience starts right at conception, and although there isn't much other than a few physical cells and the equivalent on the spirit body level, there is still a lot of experience being experienced by the incoming person through the soul. Such as: all how the parents of the incoming person are – how their relationship is, their family, society; how

they feel about themselves, each other; at conception, leading up to it, once it's known the pregnancy has engaged, all through it, all those intense and incredible feelings are going into the soul of the arriving person. Because it's all a part of what's going into shaping and forming you for the life you're going to live. And that continues as you grow up through childhood, and then still as an adult, and forevermore through your existence in Creation. Your life always being governed and directed by your soul.

If the newly forming person's physical body dies at or after its first heart beat (which happens following the first spirit body 'heart beat'), the person moves into spirit with the spirit body continuing to develop into becoming a spirit baby, then a spirit child, and possibly adopted by spirit parents. If the pregnancy is terminated before the first spirit body and physical body heartbeat, then the soul stops that incarnation, waiting for another time. That too all being governed by the soul. Some souls needing such a 'false start' for some reason, which will be revealed to the person in time when they need to understand the truth of why that was a part of their soul-growth and experience.

James.

Purpose of Life

Purpose of our life is to:

Achieve individualisation. This is truly the moment of our sentient experience beginning. This occurs at the moment of incarnation which is when our newly forming foetus begins to pump blood, usually day 16 after conception. From that moment we are beginning to experience life.

We have a life purpose. We are each a unique personality with individual propensities to experience. Should our physical life be cut short then we will go on and have the experiences that we need in the 1st spirit Mansion World. If we miscarry or are aborted then we will become spirit born, be adopted to spirit parents and have a similar life to that should we have gone on and lived on Earth.

Presently we are each subjected to Childhood Suppression which we continue on throughout our lives suppressing our feelings and our true personality. This is providing us with unique life experiences as this does not typically occur with any other humanities throughout the universes. Our physical life on Earth is mostly very difficult, however this will provide each of us with unique capabilities to aid newly emerging humanities on worlds further out into space. Yes, we have an enormous journey to enjoy.

Our time of death is predetermined. We often do crazy things – but our life span is predetermined.

What we experience is also predetermined. A few are to be wealthy and become burdened with responsibility. Many are to be poor and enjoy the freedom without trappings of assets and obligations.

Most will have families while on Earth. No matter who we are, we will each parent at least three children before we can enter the first of the Celestial Heavens. We are to experience parenting, even though that may be in the spirit Mansion Worlds.

We are to live FEELINGS FIRST! We are to express our feelings, both good and bad, to a companion. We are to long / ask for the truth of what our feelings are drawing to our attention. What enters emotional needs to be expressed emotional. Should we long for our Heavenly Mother and Father's Love, then we are SOUL HEALING. Our mind is to follow supporting what our feelings are leading us to embrace – this the opposite as to how we have been brought up to live.

As we complete our FEELING HEALING, then and only then can we connect with our Soul Partner who is always of the opposite sex. Our soul is a duplex that manifests two personalities. And we can grow to interact with our Nature Spirits and Spirit Guides!

HUMANITY'S DEVELOPMENT WORLDWIDE over the past 200 Years
EXTREME POVERTY

https://ourworldindata.org/a-history-of-global-living-conditions-in-5-charts?linkId=62571595

Max Roser published 2020

Global poverty is one of the very largest problems in the world today. Is it possible to make progress against this problem? To see where we are coming from we must go far back in time. 30 or even 50 years are not enough. When you only consider what the world looked during our life time it is easy to think of the world as static – the richer parts of the world here and the poorer regions there – and to falsely conclude that it always was like that and that it always will be like that.

Take a longer perspective and it becomes very clear that the world is not static at all. We can change the world. The countries that are rich today were very poor just a few generations ago.

To avoid portraying the world in a static way – the North always much richer than the South – we have to start 200 years ago before the time when living conditions really changed dramatically.

The United Nations measure 'extreme poverty' as living on less than US$1.90 per day. This is an extremely low poverty line that draws attention to the very poorest people in the world.

These poverty figures take into account non-monetary forms of income – for poor families today and in the past this is important, particularly because many of them are subsistence farmers who live largely from their own food production. The extreme poverty measure is also corrected for different price levels in different countries and it is adjusted for price changes over time (inflation) – poverty is measured in so-called 'international dollar'. As a consequence of these adjustments one international dollar has the same purchasing power as one US-dollar in 2011.

The first chart shows the estimates for the share of the world population living in extreme poverty. In 1820 only a tiny elite enjoyed higher standards of living, while the vast majority of people lived in conditions that we would call extreme poverty today. Since then the share of extremely poor people fell continuously. More and more world regions industrialised and thereby increased productivity which made it possible to lift more people out of poverty: In 1950 two-thirds of the world were living in extreme poverty; in 1981 it was still 42%. In 2015 – the last year for which we currently have data – the share of the world population in extreme poverty has fallen below 10%.

The US$1.90 poverty line is very low and focuses on the very poorest in the world. The world is also making progress against poverty relative to higher poverty lines. In fact, no matter what poverty line you choose, the share of people below that poverty line has declined globally.

That is a huge achievement, for me as a researcher who focuses on growth and inequality maybe the biggest achievement of all in the last two centuries.

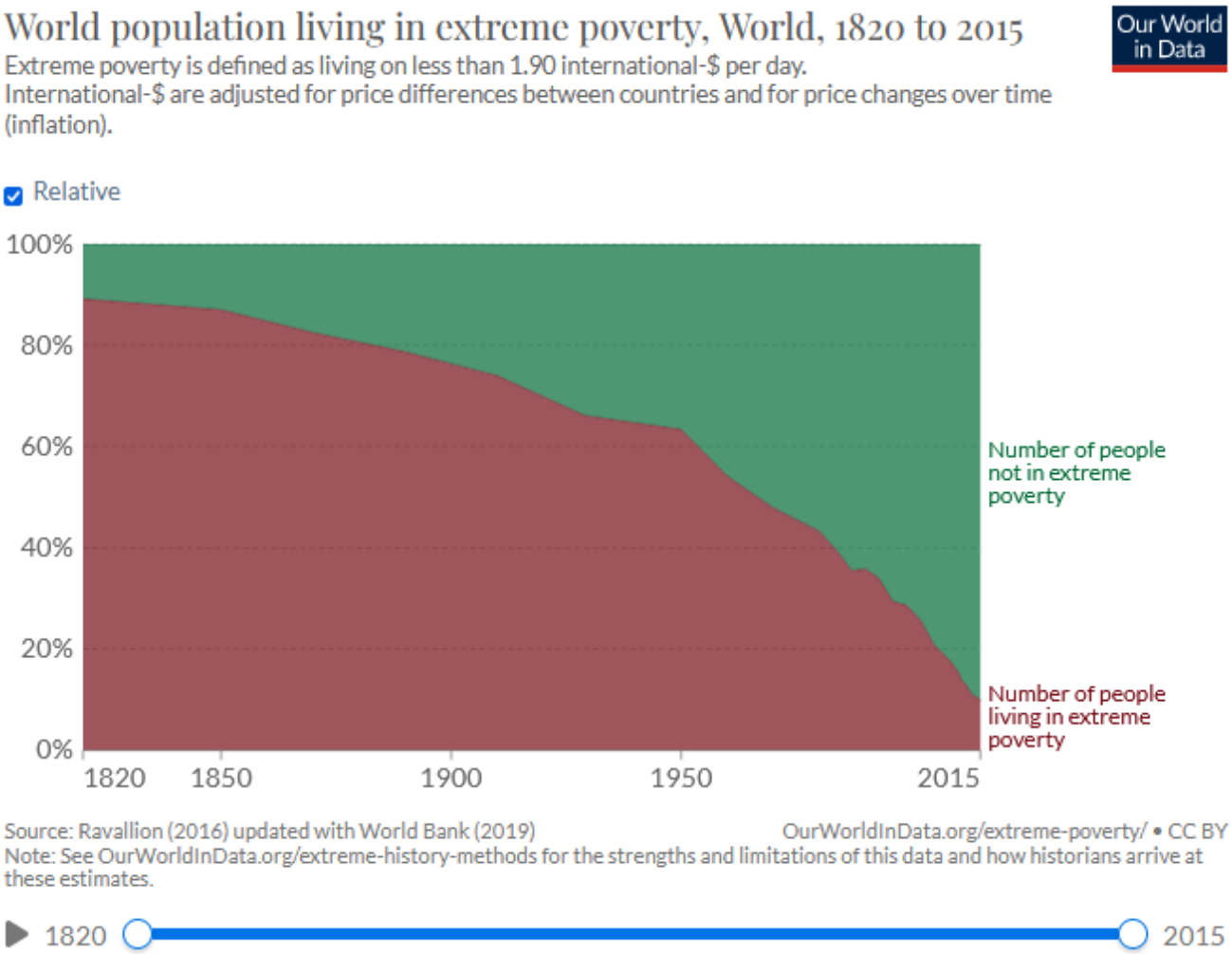
It is particularly remarkable if we consider that the world population has increased 7-fold over the last two centuries. In a world without economic growth, a 7-fold increase of the population would have resulted in less and less income for everyone, it would have been enough to drive everyone into extreme poverty. Yet, the exact opposite happened. In a time of unprecedented population growth our world managed to give more prosperity to more people and to continuously lift more people out of the worst poverty.

Increasing productivity was important because it made vital goods and services less scarce: more food, better clothing, and less cramped housing. Productivity is the ratio between the output of our work and

the input that we put in our work; as productivity increased we benefitted from more output, but also from less input – weekly working hours fell very substantially.

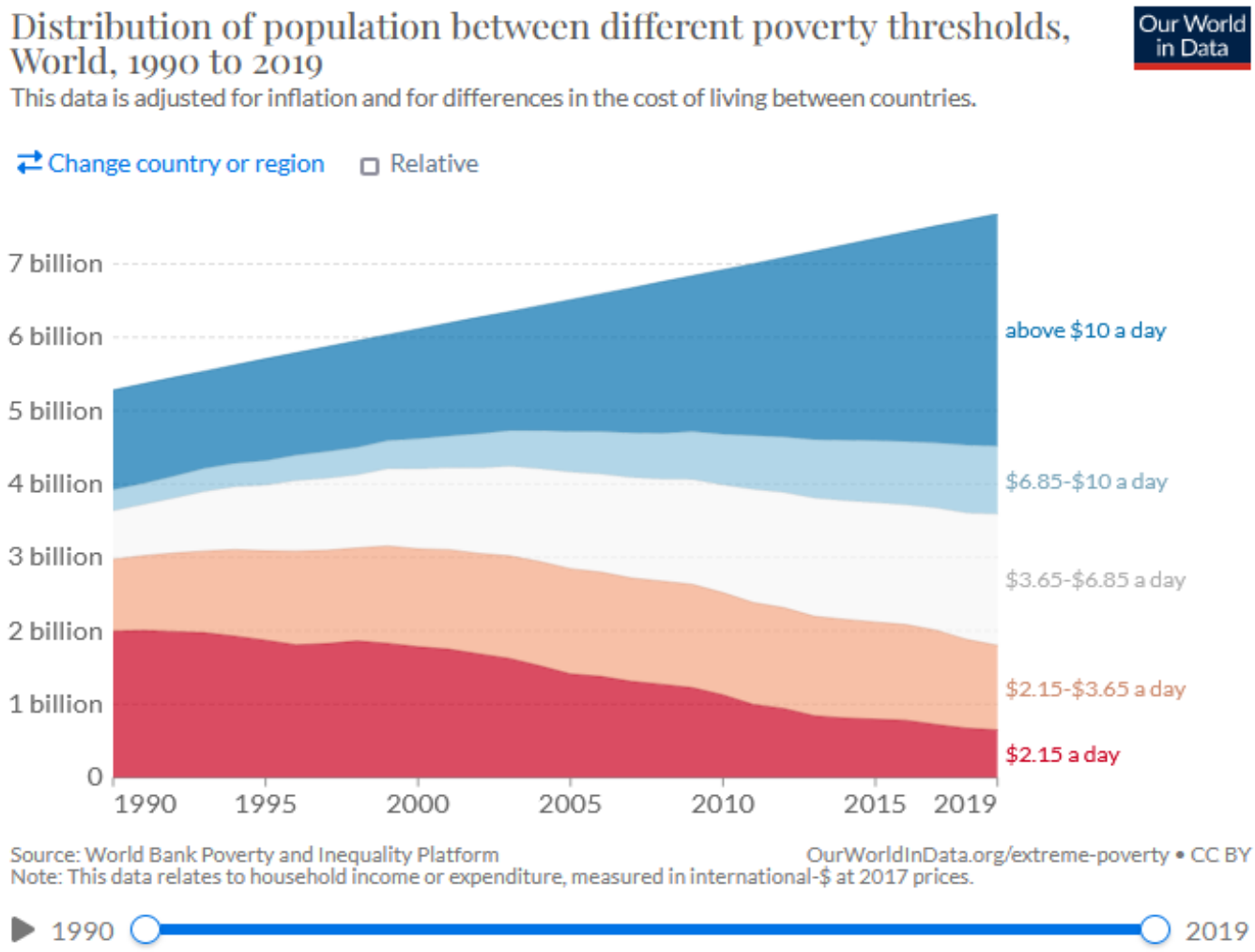
Economic growth was also important because it changed the relationship between people. In the long time in which the world lived in a non-growth world the only way to become better off was for someone else to get worse off. It was a zero-sum economy. Your own good luck was your neighbours' bad luck. Economic growth changed that, growth made it possible that you are better off when others become better off. The ingenuity of those that built the technology that increased productivity – modern transportation, production machinery, and communication technology – made some of them very rich and at the same time it increased the productivity and the incomes of others. It is hard to overstate how different life in zero-sum and a positive-sum economy are.

Unfortunately the media is overly obsessed with reporting single events and with things that go wrong and does not nearly pay enough attention to the slow developments that reshape our world. With this empirical data on the reduction of poverty we can make it concrete what a media that would report global development would look like. The headline could be "The number of people in extreme poverty fell by 130,000 since yesterday" and they wouldn't have this headline once, but every single day since 1990, since, on average, there were 130,000 people fewer in extreme poverty every day. If you prefer to rely on a higher poverty line the numbers are even more impressive. The daily headline would point out



that the number of people living on more than US$10 per day increased by a quarter of a million on any average *day* in the last decade.

That it is possible to make progress against poverty is important to know because even after two centuries of progress, poverty remains one of the very largest problems in the world. The majority of the world population *still* lives in poverty: Every tenth person lives on less than US$1.90 per day and two-thirds live on less than US$10 per day. In rich countries a person is considered poor when she or he lives on less than US$30 per day; if we rely on this poverty definition then we find that 85% of the world live in poverty. Much more progress is needed.

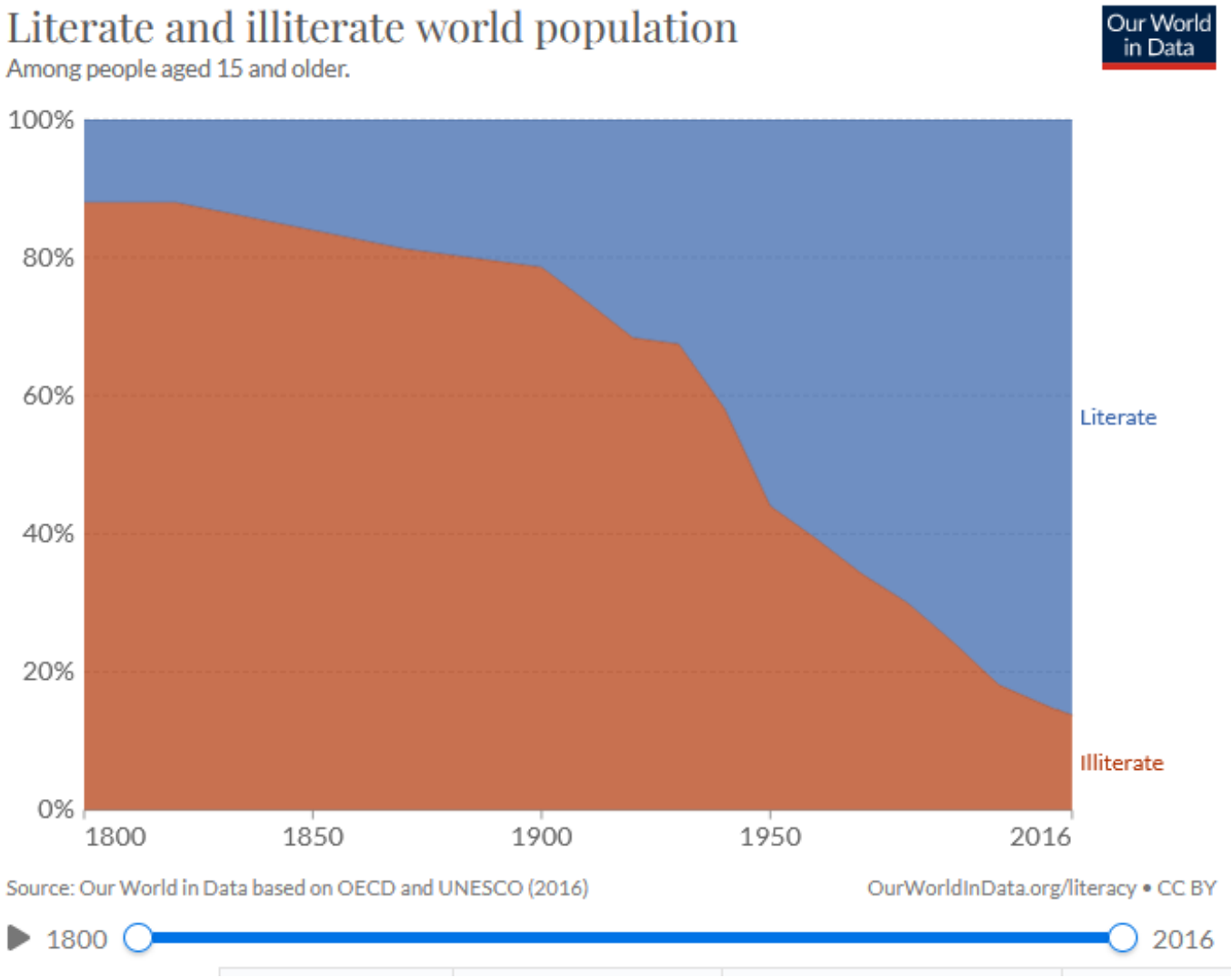


LITERACY

How did the education of the world population change over this period? This chart shows the increasing share of the world population that is able to read and write. Today's education – including in today's richest countries – is again a very recent achievement. It was only in the last two centuries that literacy became the norm for the entire population.

In 1820 only every 10th person older than 15 years was literate; in 1930 it was every third and now we are at 86% globally. Put differently, if you were alive in 1800 there was a chance of 9 in 10 that you weren't able to read; today more than 8 out of 10 people are able to read. And among today's young population the chances are much higher since many of today's illiterate population are old.

If you think science, technology, political freedom are important to solve the world's large problems and you think that it helps to read and write to solve problems then consider the figures in absolute numbers. Today there are about 4.6 billion people who can read and write. In 1800 there were fewer than 100 million people with the same skill.



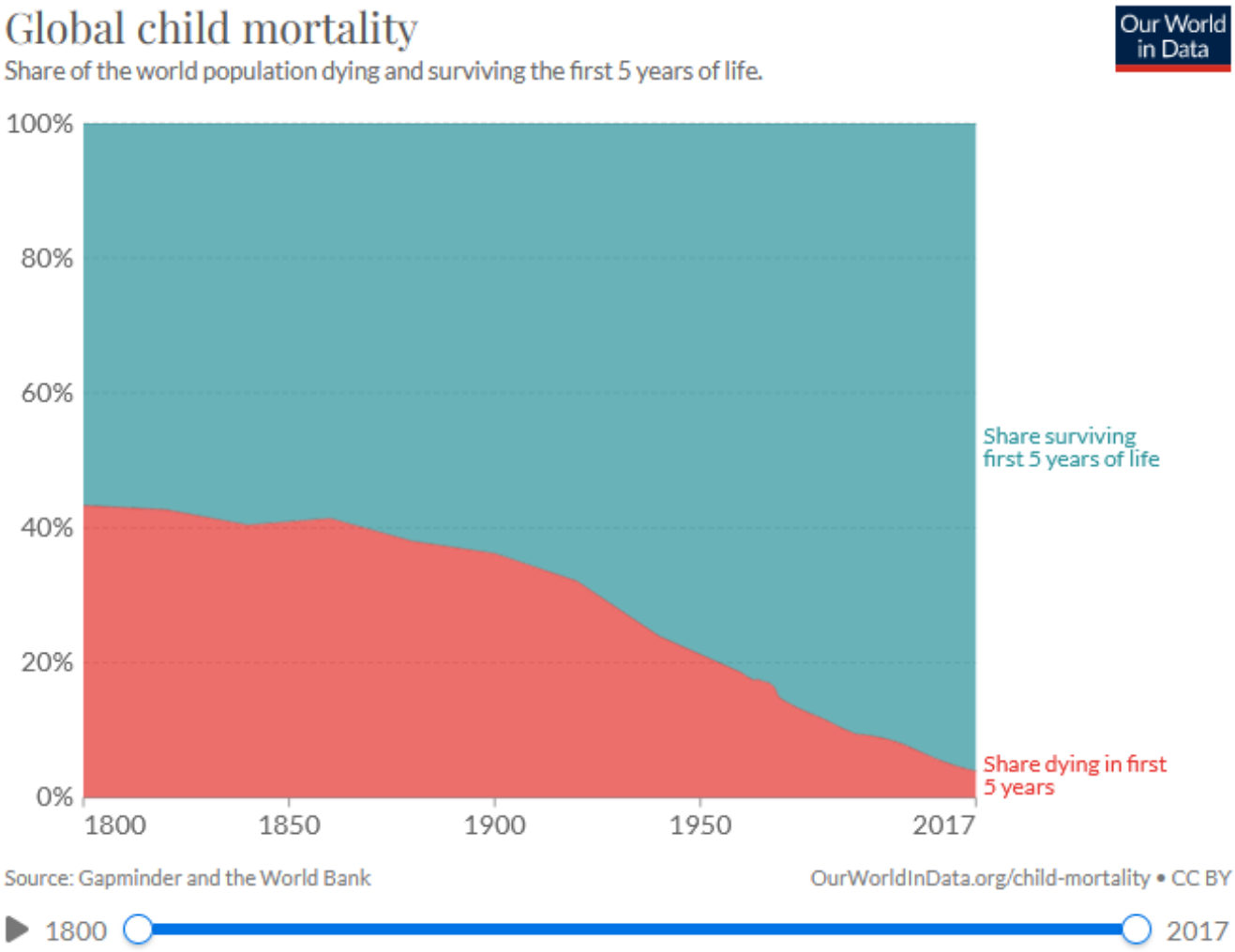
HEALTH

One reason why we do not see progress is that we are unaware of how bad the past was.

In pre-modern times around *half* of all children died. The chart here shows that in 1800 the health conditions were such that around 43% of the world's newborns died before their 5th birthday. The historical estimates suggest that the entire world lived in poor conditions; so that there was relatively little variation between different regions, in all countries of the world more than every third child died before it was 5 years old.

It would be wrong to believe that modern medicine was the only reason for improved health. Initially, rising prosperity, public health interventions, and the changing nature of social life mattered more than medicine. It was improvements in housing and sanitation that improved our chances in the age old war against infectious disease. Healthier diet – made possible through higher productivity in the agricultural

sector and overseas trade – made us more resilient against disease. Improving nutrition and health also made us taller.



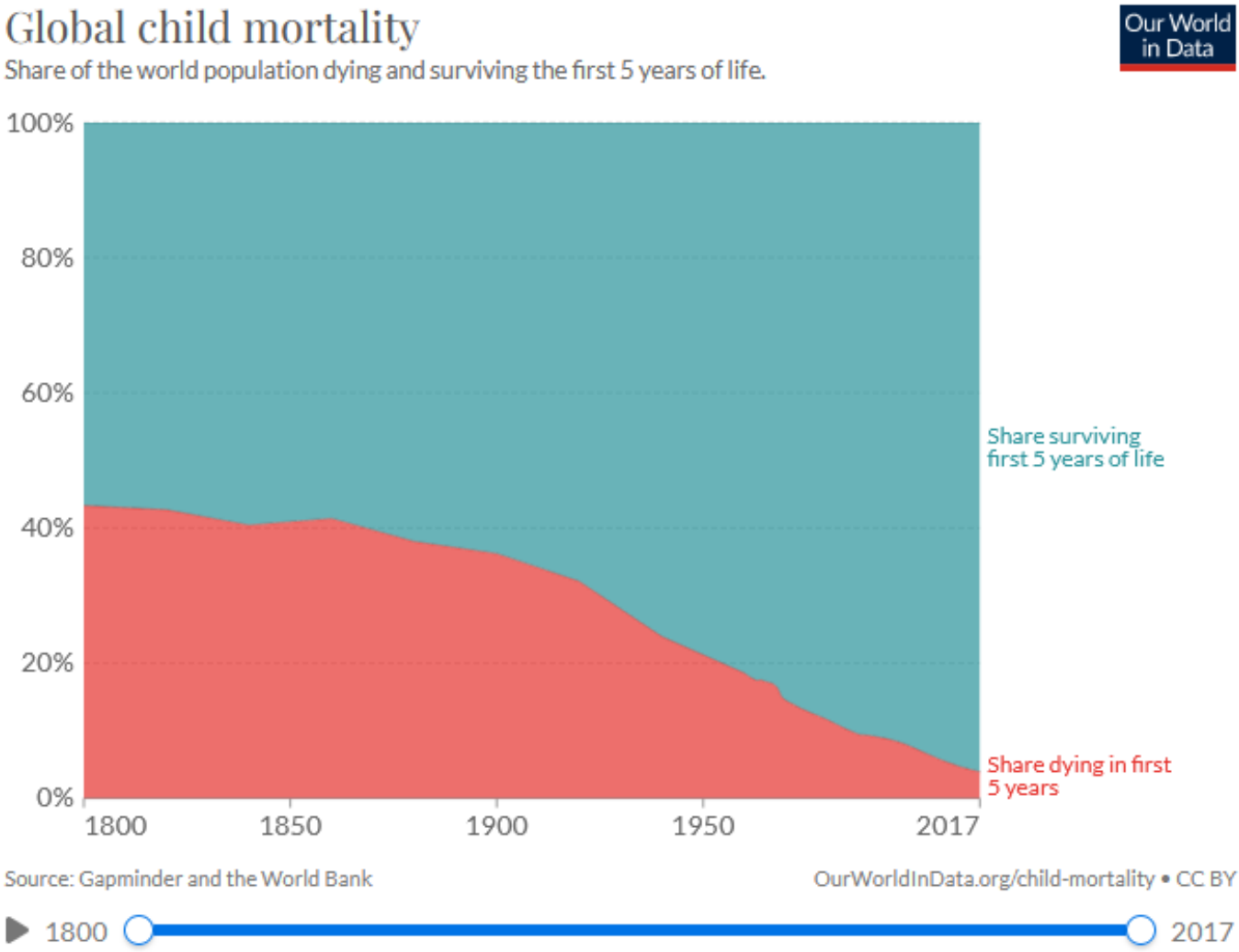
But surely science and medicine mattered as well. A more educated population achieved a series of scientific breakthroughs that made it possible to reduce mortality and disease further. Particularly important was the discovery of the germ theory of disease in the second half of the 19th century. In retrospect it is hard to understand why a new theory can possibly be so important. But at a time when doctors did not wash their hands when switching from post-mortem to midwifery the theory finally convinced our ancestors that hygiene and public sanitation are crucial for health.

The germ theory of disease laid the foundation for the development of antibiotics and vaccines, and it allowed humanity to finally gain some ground in the age-old battle against the microbes. Public health mattered hugely: Everybody benefits from everybody else being vaccinated, and everybody benefits from everybody else obeying the rules of hygiene.

With these changes global health improved in a way that was unimaginable to our ancestors. In 2017 child mortality was down to 3.9% – 10-fold lower than 2 centuries ago. You have to take this long perspective to see the progress that we have achieved.

The same data on child mortality also shows us just how large of a problem child mortality still is. On average 15,000 children die every day.

More progress is urgently needed and, as our history suggests, possible.



FREEDOM

Political freedom and civil liberties are at the very heart of development – as they are both a means for development and an end of development.

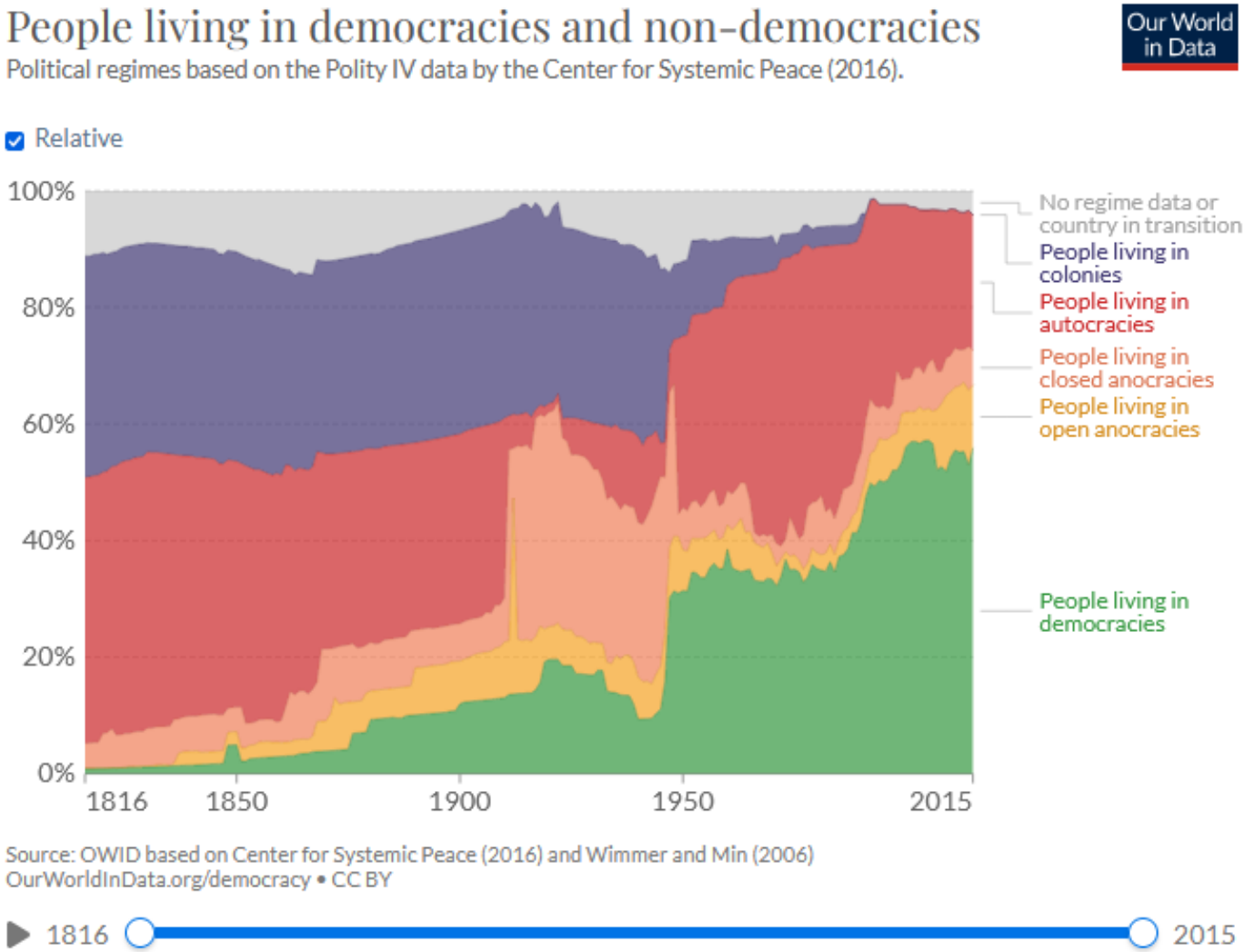
Journalism and public discourse are the pillars on which this freedom rests, but qualitative assessments of these aspects bears the risk that we are mistakenly perceiving a decline of liberties over time when in fact we are raising the bar by which we judge our liberty. Quantitative assessments can therefore be useful when they help us to measure freedom against the same yardstick across countries and over time.

There are various attempts to measure the types of political regimes that govern the world's countries and to capture something as complex as a political system is necessarily controversial. There is just no way around that. In this analysis I rely on the Polity IV index as it is the least problematic of the measures that present a long term perspective. The index measures political regimes on a spectrum from +10 for full democracies to -10 for full autocracies; regimes that fall somewhere in the middle of this spectrum are called anocracies. To this I added information about the world's countries that were ruled by other countries as part of a colonial empire.

Again I want to give a long-term perspective to get an idea of how political freedom has changed over these last 200 years.

The chart shows the share of people living under different types of political regimes during this period. Throughout the 19th century more than a third of the population lived in colonial regimes and almost everyone else lived in autocratically ruled countries. The first expansion of political freedom from the late 19th century onward was crushed by the rise of authoritarian regimes that in many countries took their place in the time leading up to the Second World War.

In the second half of the 20th century the world has changed significantly: Colonial empires ended, and more and more countries turned democratic: The share of the world population living in democracies increased continuously – particularly important was the breakdown of the Soviet Union which allowed more countries to democratise. Now more than every second person in the world lives in a democracy.



The huge majority of those living in an autocracy – 4 out of 5 – live in one autocratic country: China.

POPULATION

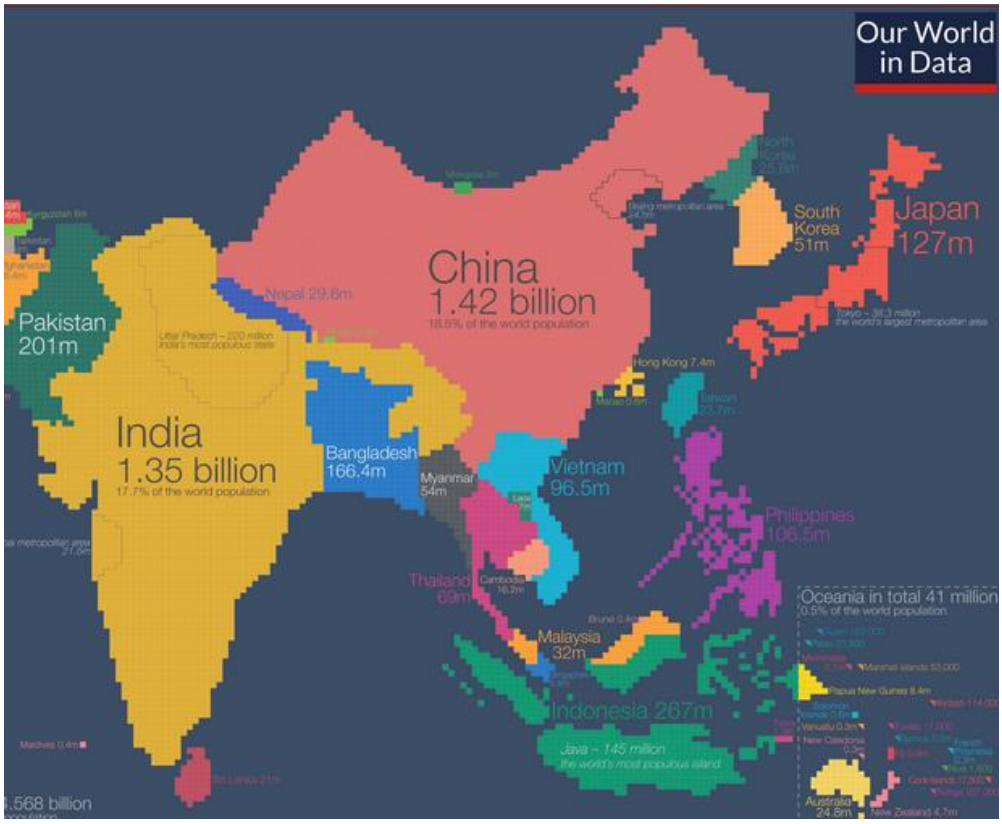
The world population was around 1 billion in the year 1800 and increased 8-fold since then. (8.1 billion January 2024)

The increase of the world population should evoke more than doom and gloom however. First of all, this increase shows a tremendous achievement. It shows that humans stopped dying at the rate at which our ancestors died for the many millennia before.

In pre-modern times fertility was high – 5 or 6 children per woman were the norm. What kept the population growth low was the very high rate with which people died and that meant that many children were dead before they reached their reproductive age. The increase of the world population followed when humanity started to win the fight against death. Life expectancy doubled in all world regions.

Population growth is a temporary phenomenon, it is the consequence of fertility and mortality not declining simultaneously. The fast population growth happened when fertility was still as high as it was in the unhealthy environment of the past, but mortality has already declined to the low levels of our time.

What we have seen in country after country over the last 200 years is that when women gain more independence, education, and prosperity and realise that the chances of their children dying declined they chose to have fewer children. Rapid population growth comes to an end. This transition from high mortality and high fertility to low mortality and low fertility is called the demographic transition. In those countries that industrialised first it lasted at least from the mid-19th century to the mid-20th century – it took 95 years for fertility to decline from above 6 children to less than 3 children per woman in the UK. Countries that followed later sometimes achieved this transition much faster: South Korea went from more than 6 children per woman to less than 3 in just 18 years, Iran even went through it in only 10 years.



Just as countries went through this transition so is the world going through this transition. Global fertility has more than halved in the last 50 years, from more than 5 children per woman in the early 1960s to below 2.5 today. This means that the world is well into the demographic transition and the global population growth rate has in fact peaked half a century ago.

Now that we see fertility declining around the world we approach the end of population growth: The global population has quadrupled over the course of the 20th century, over the course of this century it will not double. And at the end of the century the UN expects a slow annual population growth of 0.1% whereas the demographers from IIASA expect an end of global population growth as soon as 2075.

COMMERCIAL IN CONFIDENCE

EDUCATION

None of the achievements over the last 2 centuries could have been made without the expansion of knowledge and education. The revolution in how we live was not only driven by education it also made education more important than ever.

Contrary to many other social aspects where forecasts are of limited use, education is an aspect where we can make some useful projections. The simple reason is that the educational composition today tells us something about the education of tomorrow – a literate young woman today will be a literate old woman in 2070.

As we've seen before, education – measured by the basic skill of literacy – has already improved. And we know that it will continue as the younger cohort today is much better educated than people in older cohorts.

This visualisation shows the projection of the IIASA demographers for the size and the educational composition of the world population until 2100. It is an interesting look into the future: With today's lower global fertility the researchers expect that the number of children will decline from now – there will never be more children on the planet than today. And as mentioned before the IIASA researchers expect the world population to peak in 2070 and to decline thereafter.

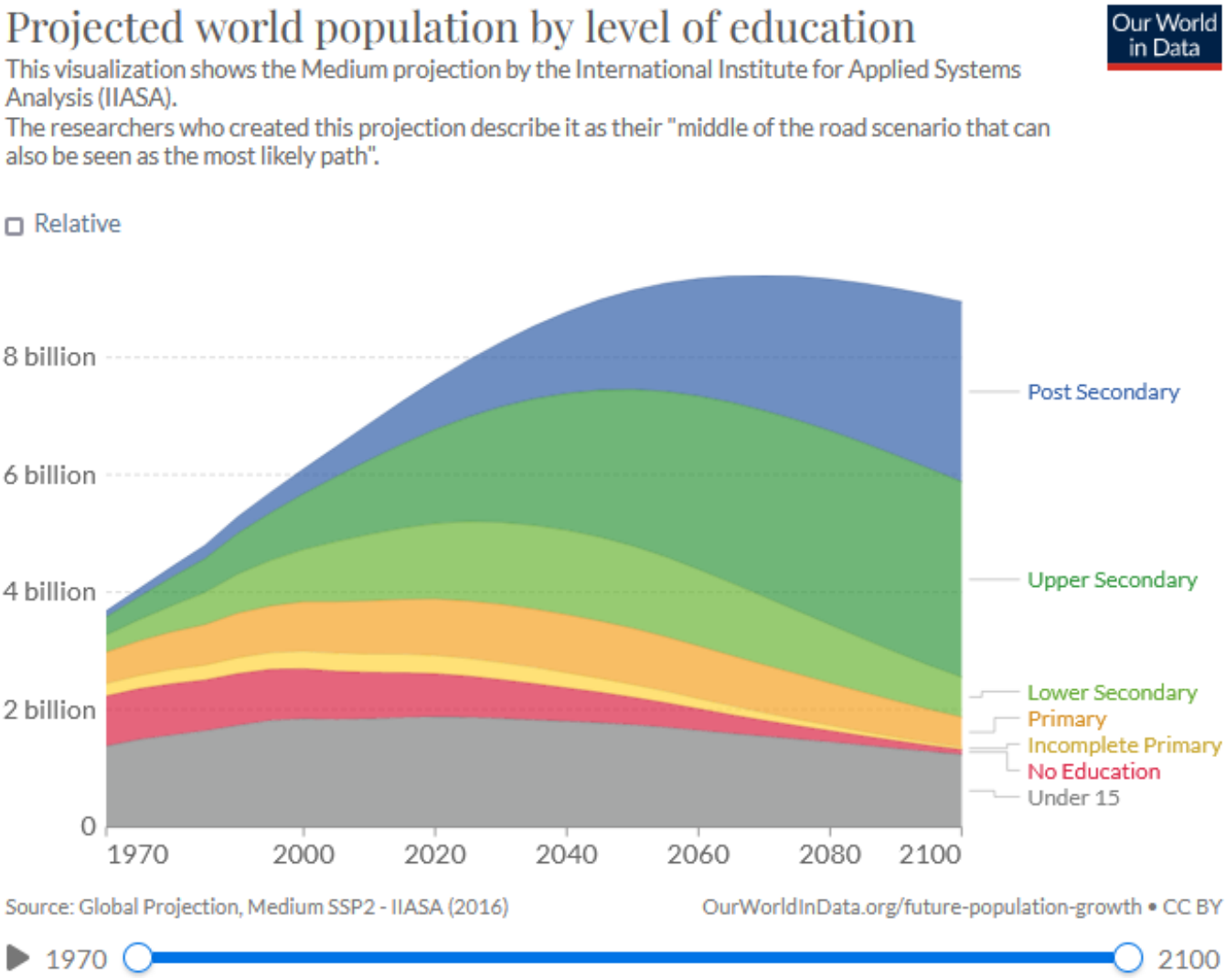
Focusing on the educational breakdown the projection suggests that by 2100, there will be almost no one without formal education and there will be more than 7 billion minds who will have received at least secondary education.

With the great importance of education for improving health, increasing political freedom, and ending poverty this prospect is very encouraging.

Education is the primary driver of improving conditions of life, health needs education to be successful to improve, and political freedom is to progressively expand as truth becomes more expansive.

Nothing advances without education and education needs to be free of influences and controls imposed by vested interests. Education is to be truth founded, this is not how it is throughout any system to be found around the world. While education is based on mind centricity then it cannot be truth orientated as the mind cannot discern truth from falsehood, the mind is addicted to untruth and the mind is a control addicted.

Thus, you now can deduce that all the systems that are institutionalised around the world need to be dismantled and rebuilt.

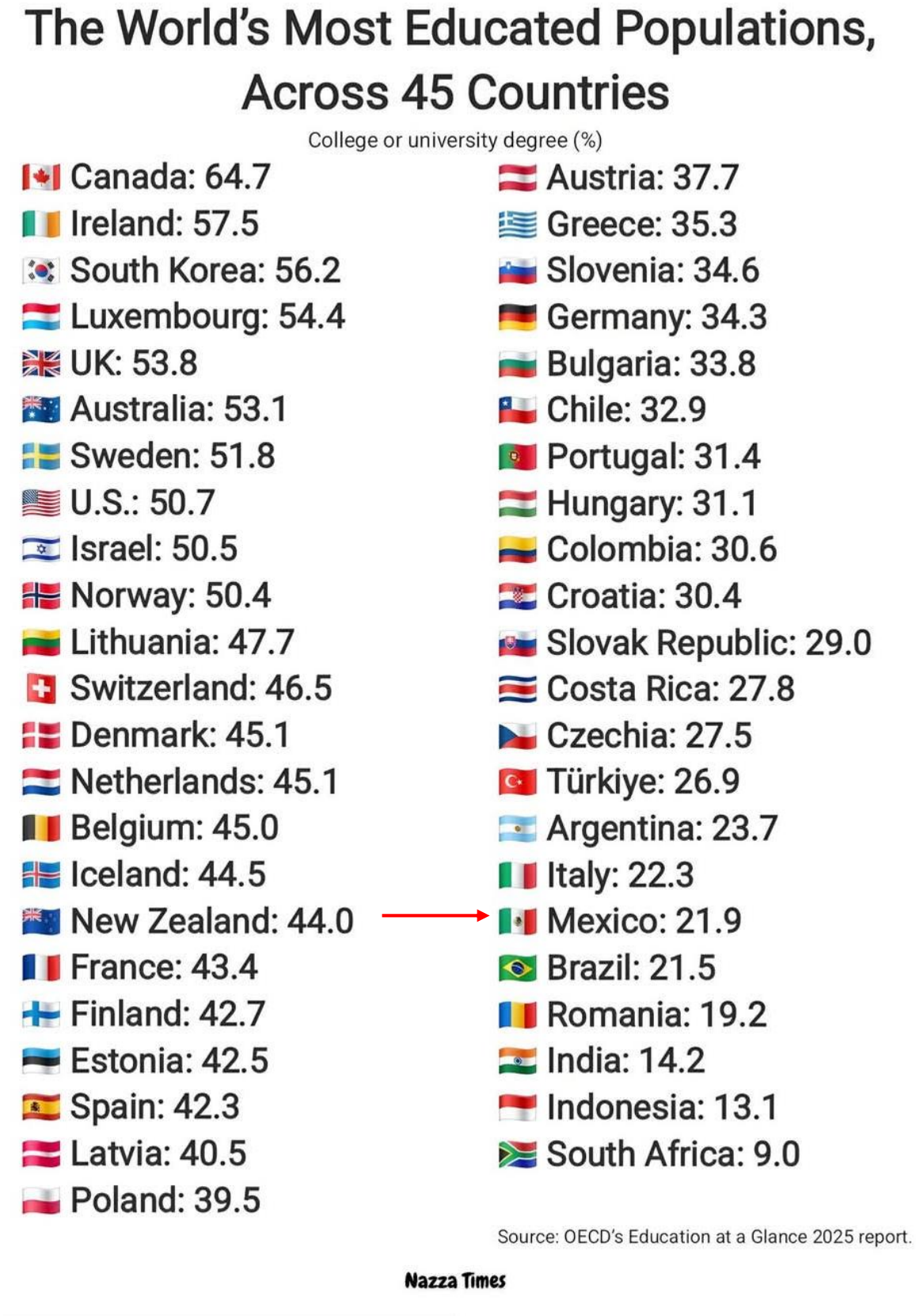


The Golden rule is: Never interfere with another's will.

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

Family planning and contraception are not abortion. Abortion is not a contraceptive! However, abortion is the extreme demonstration of interfering with another's will.

All a child needs is its parents' love!


The World's Most Educated Populations, Across 45 Countries
College or university degree (%)
Canada: 64.7
Ireland: 57.5
South Korea: 56.2
Luxembourg: 54.4
UK: 53.8
Australia: 53.1
Sweden: 51.8
U.S.: 50.7
Israel: 50.5
Norway: 50.4
Lithuania: 47.7
Switzerland: 46.5
Denmark: 45.1
Netherlands: 45.1
Belgium: 45.0
Iceland: 44.5
New Zealand: 44.0
France: 43.4
Finland: 42.7
Estonia: 42.5
Spain: 42.3
Latvia: 40.5
Poland: 39.5
Austria: 37.7
Greece: 35.3
Slovenia: 34.6
Germany: 34.3
Bulgaria: 33.8
Chile: 32.9
Portugal: 31.4
Hungary: 31.1
Colombia: 30.6
Croatia: 30.4
Slovak Republic: 29.0
Costa Rica: 27.8
Czechia: 27.5
Türkiye: 26.9
Argentina: 23.7
Italy: 22.3
Mexico: 21.9
Brazil: 21.5
Romania: 19.2
India: 14.2
Indonesia: 13.1
South Africa: 9.0
Source: OECD's Education at a Glance 2025 report.
Nazza Times

An UNBORN BABY'S 1st HEARTBEAT OCCURS 16 DAYS after CONCEPTION:

A research team funded by the British Heart Foundation (BHF) at the University of Oxford says a baby's first heartbeat is now far earlier than was previously understood. Dr. Susan Berry12 Oct 2016

Further research confirms that the heart first starts to beat between 16 to 19 days after conception.

What happens when a child dies? 15 March 2013
Speaking with Mary Magdalene and Jesus, book 1

From the first heartbeat the incarnating person is technically living a physical life, and so if death occurs, it will move into one of the spirit nurseries. If it should 'die' before the first heartbeat, the soul merely 'withdraws', initiating incarnation when the next opportunity arises for its soul-personality. And of course as you know, there is no reincarnation, so when your soul starts you in Creation and you achieve your **first heartbeat**, then you're underway, be it on Earth or in spirit to Paradise, this being your ascension of truth.

As soon as the spirit body separates from the physical connections, there is no longer any pain, this of itself, as you might well imagine, greatly adding to one's good experience. The dying person, be it a child or an adult, has a good experience in death, especially once the pain has gone should there be pain; it's the people they might leave behind on Earth who don't understand this and who are suffering feelings of loss and deep grief, that have the harder time of it.

An unborn child is taken to spirit nurseries to be cared for. And within those nurseries they are looked after through the remaining time of their gestation period; then are 'born' into spirit life; then to carry on growing up as a spirit child of the Mansion Worlds. Many of them, just as with unwanted physical children, are fostered out or adopted by spirits wanting to be parents, this enabling a lot of people (who are now spirits), who for one reason or another couldn't have children on Earth, to have the experience of parenting. Even carrying the child to full term can be simulated so as to give the 'mother' the experience of being pregnant. The 'father' having his experiences as well. And of course lots of people who become spirits love being involved with children and so become spirit parents or simply involved in looking after the infants and young children of the nurseries.

The Heart commences to Beat as early as Day 16 after Conception:

Until now, researchers thought that the first time our heart muscle contracted to beat was at 8 days after conception in mice or around day 21 of a human pregnancy. Now, a team funded by the BHF at the University of Oxford has demonstrated earlier beating of the heart in mouse embryos which, if extrapolated to the human heart, suggests beating as early as **16 days after conception.**
https://medium.com/british-heart-foundation/when-does-our-heart-first-start-to-beat-36bcbac072c1

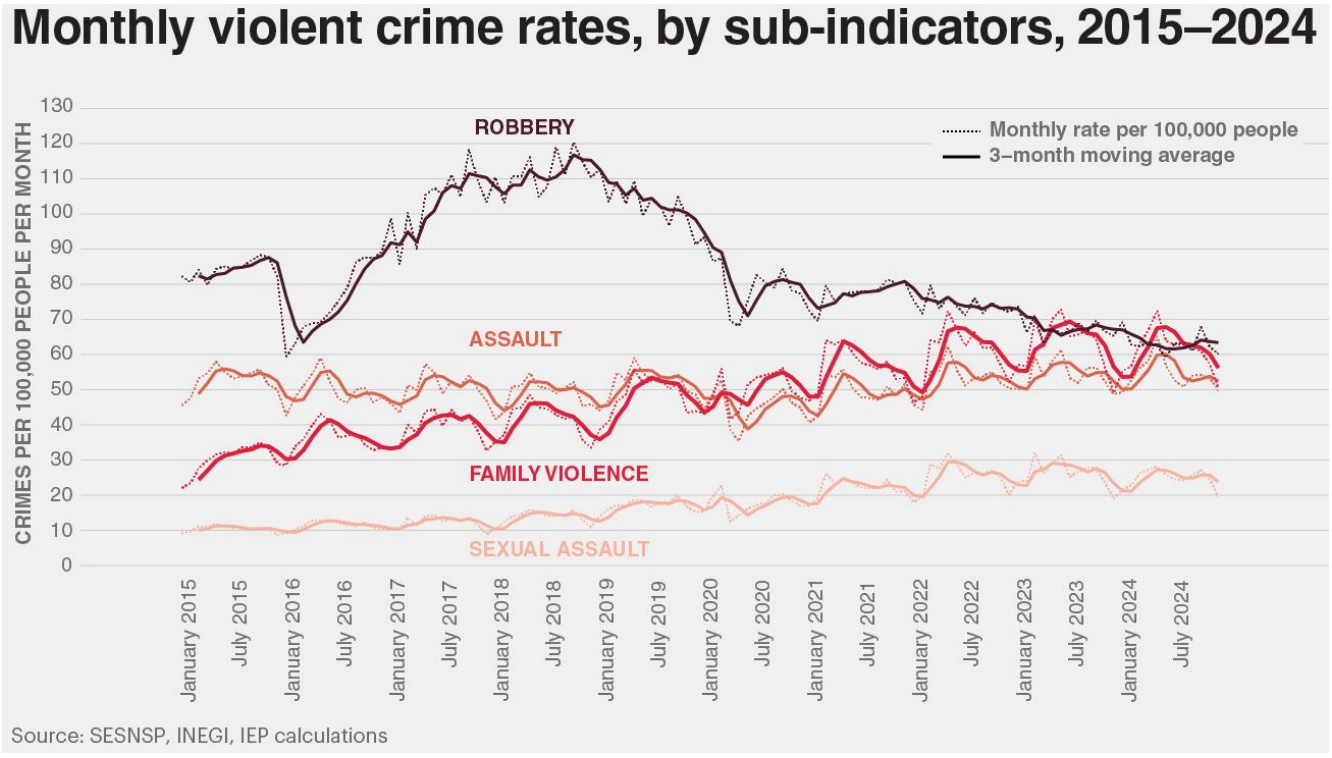
Violence against women in Mexico

https://www.visionofhumanity.org/violence-against-women-in-mexico/ 13 May 2025

Gender-based violence is a multifaceted phenomenon in Mexico, representing one of the key challenges to building sustainable peace in the country.

In this year's Mexico Peace Index 2025 report, we examined violence against women in Mexico, highlighting how it is deeply rooted in *machismo*, impunity and socio-cultural norms that perpetuate discrimination against women. Impunity and ineffective institutional responses represent a critical challenge for preventing and punishing gender-based violence in Mexico.

The two violent crime sub-indicators of the Mexico Peace Index most associated with violence against women are sexual assault and family violence. The official rates of these two sub-indicators have more than doubled in the past decade, as reflected in the following figure. Moreover, the state of Colima has experienced the worst deteriorations in both. Colima's rate of sexual assault has increased tenfold since 2015, and its rate of family violence has increased fivefold.



However, it is difficult to know to what degree the changes in national and state-level rates may be affected by heightened awareness resulting in these crimes being reported more frequently. Historically, reporting rates for gender-based violence in Mexico have been extremely low. Recent estimates suggest that about 93% of sexual violence cases go unreported, or do not result in an investigation. Many victims do not even file complaints, owing to factors such as fear of retaliation and distrust in authorities. In addition to perceptions of inefficiency or indifference from institutions, documented cases have shown

that gender prejudices within law enforcement and prosecutors' offices can obstruct access to justice by shifting blame onto victims instead of holding aggressors accountable.

National survey data indicates that for every sexual offense committed against a man, nine are committed against women. Moreover, seven in ten women over the age of 15 report experiencing some form of violence in their lifetimes, including 39.9% who had suffered abuse from a partner. Half of women aged 15 and older reported experiencing sexual violence at some point in their lives, and 23.3% in the 12 months prior to the survey. Young girls are also disproportionately victimised by these types of crimes, with girls between the ages of five and nine being three times more likely to be sexually abused than boys, while girls between 15 and 17 years old are abused eight times more often than boys of the same age.

A rising form of violence against women, especially adolescents, is cyber harassment. Like many forms of violence in Mexico, cyber harassment is underreported. Between January 2022 and May 2023, only 2,515 cases of digital or cyber violence were officially reported in the country, with the overwhelming majority of victims being adolescents and young adults. According to the 2021 Cyberbullying Module (MOCIBA) of the National Institute of Statistics and Geography (INEGI), 22.8% of women over the age of 12 experienced some form of cyber harassment in the year prior to the survey, affecting approximately 9.7 million women. Moreover, 33.6% of girls and adolescents aged 12 to 17 have reported receiving disturbing sexual photos or videos, while 32.3% have experienced unsolicited sexual advances online. The most common forms of cyber harassment include contact from fake identities, offensive messages, unsolicited sexual content and unwanted sexual propositions.

In extreme cases, gender-based violence against women results in murder, a crime known as femicide. Femicides have become a major concern in Mexico as recorded cases have risen significantly in the past decade. In 2015, femicides represented 19.8% of female homicides, however this proportion had increased to 24.2% by 2024.

While femicides are usually included in female homicide figures, not all female homicides can be considered femicides. The murder of a woman or girl is considered gender-based and included in femicide statistics when one of seven criteria is met, including evidence of sexual violence prior to the victim's death; a sentimental, affective or trusting relationship with the perpetrator; or the victim's body being displayed in public. At present, about one in four female killings in Mexico is classified as a femicide. However, the rates at which the murders of women are classified as femicides vary substantially across states. In 2024, for example, 100% of the murders of women in Campeche were classified as femicides, compared to only 4.2% in Guanajuato. It is therefore difficult to determine with certainty the true number of femicides in different states and over time.

Despite the multifaceted and grim realities of violence against women in Mexico, there have been some hopeful signs in recent years. The total number killings of women peaked in 2019 and has been steadily falling in the years since. Moreover, the number of killings classified as femicides peaked in 2021 and fell in each of the next three years. These trends are shown in the following table.

Furthermore, while the rates of sexual assault and family violence have more than doubled since 2015, last year marked the first year since the index's inception in which these sub-indicators reported improvements. Between 2023 and 2024, the national rate of sexual assault fell by 6.1% and the rate of family violence fell by 2.9%.

The substantial gains in women's representation in government also bodes well for the prospect of more effective institutional responses to gender-based violence. The country's journey toward gender equality

in politics has been a decades-long process marked by both progress and setbacks. In 1923, Yucatán became the first state to grant women the right to vote, and in 1953 women's suffrage was achieved nationally. Despite initial limitations in political representation, structural reforms and gender quotas implemented in the 2010s gradually increased female participation, leading to a historic near-gender parity in Congress by 2018. Six years later, in 2024, full gender parity was achieved in Congress, and the country also elected its first female president, marking a defining moment in women's political participation.

Homicides by sex, 2015–2024

Year	Total Homicides	Male Homicides	Female Homicides	% Male	% Female	*Femicides*	*% Female Homicides Classified as Femicides*
2015	18,312	15,158	2,161	87.5%	12.5%	*428*	*19.8%*
2016	23,188	20,007	2,834	87.6%	12.4%	*647*	*22.8%*
2017	29,636	25,898	3,301	88.7%	11.3%	*768*	*23.3%*
2018	34,662	30,422	3,682	89.2%	10.8%	*920*	*25.0%*
2019	35,693	31,013	3,845	89.0%	11.0%	*970*	*25.2%*
2020	35,545	30,898	3,777	89.1%	10.9%	*976*	*25.8%*
2021	34,380	29,696	3,769	88.7%	11.3%	*1,019*	*27.0%*
2022	31,957	27,264	3,786	87.8%	12.2%	*981*	*25.9%*
2023	30,566	26,578	3,433	88.6%	11.4%	*853*	*24.8%*
2024	30,886	26,779	3,427	88.7%	11.3%	*829*	*24.2%*
% Change, 2015-2024	**68.7%**	**76.7%**	**58.6%**	-	-	***93.7%***	-

Source: SESNSP, IEP calculations
Note: Female homicides includes femicides. Total homicides include homicides where the sex of the victim is unknown, but the male and female percentages do not.

As political participation increased for women on the national stage, the country implemented reforms aimed at strengthening protections for women, including against violence, pay discrimination, and other forms of vulnerability. For example, certain reforms mandated that public security and investigative institutions operate with a gender perspective and require public prosecutors' offices to have specialised prosecutors for cases involving violence against women. In addition, through the National Commission to Prevent and Eradicate Violence Against Women (CONAVIM), 73 women's justice centres have been established in 31 states to provide greater victim support.

While this progress is encouraging, regional bodies have recommended further reforms and innovations for better tackling violence against women. These include improving data collection and information systems, enhancing prevention strategies through greater investment in education, awareness campaigns to challenge harmful gender norms, expanding access to protection and support services, and addressing impunity through better financed and more robust investigative, prosecutorial, and judicial processes.

This article was authored by Carlos Juárez, Director of IEP's Latin America Program, along with Maria Jose Zermeño and Emilia Zermeño, IEP Research Associates currently completing their studies in international affairs at Northeastern University.

COMMERCIAL IN CONFIDENCE

Mexico: Boom in organised crime making femicide invisible, local activist says

https://news.un.org/en/story/2024/12/1157811 5 December 2024

With more than 2,526 women murdered in the past three decades – from 1993 through 2023 – and hundreds disappeared, Ciudad Juárez remains Mexico's deadliest city for women.

Local activist Norma Andrade, who was recently at the UN Office in Geneva to raise awareness about femicide, knows the issue first-hand. Her own daughter, Lilia Alejandra, was murdered in that same city in 2001.

"As my granddaughter would sum it up: we are worth a peanut – which in other words means that a woman is just disposable," she told *UN News*.

"On one day, she was working in a factory, the next day she disappeared, the next she is found dead, while another person has already replaced her at work, so [her death] is only important to her family – not for society, not for the government, much less for the authorities or the company," she explained.

Norma Andrade in front of the art work of Clara Garesio "In Women's Hands" at the Palais des Nations, Geneva.

Impunity is rampant

According to Ms. Andrade, the fact that Juárez is a key border crossing with the United States contributes to the lack of community rootedness, which dehumanizes the population and makes it harder to fight the crime of femicide.

But the problem is not confined there. Across Mexico, around 10 women and girls are killed every day by intimate partners or other family members, according to Government data.

Since 2001 - the year when Lilia Alejandra was killed – 50,000 women have been murdered, while the impunity rate exceeds 95%.

Furthermore, only two per cent of cases end in a criminal sentence and only one in 10 victims dares to report their aggressor.

There is no justice

Ms. Andrade has survived two murder attempts in the 23 years since her daughter's body was discovered, as she continues her quest for justice.

"In Mexico, the growing number of disappearances is real, but this boom in organised crime and drug trafficking has erased what is happening to women, not that it stopped happening, but it is becoming invisible…", she said.

Even though the violence against women is increasing, its visibility is going down – local activist Norma Andrade

Speaking about the lack of justice, she said that even when the skeletal remains of a missing young woman are found, it is an "achievement" as it gives closure to their families. "It gives them a place to go and mourn their daughter," she added.

Since the disappearance of her daughter, Ms. Andrade has been fighting for justice.

"Recently, an expert made me see a reality that I hadn't seen for the past 23 years, one that I didn't want to accept: maybe I won't find justice for Alejandra. Or at least not the legal justice that I want that would put Alejandra's attackers in jail", she stressed.

Her case was transferred to the Inter-American Court of Human Rights, located in Costa Rica, in December 2023.

Symbolic justice

"Perhaps we can find moral or symbolic justice," Ms. Andrade said, "because the moment the Mexican State is given a criminal sentence […] it publicly acknowledges that it didn't protect Alejandra, neither all the Alejandras in the country, nor all those children who were orphaned when their mothers were murdered; and that would alleviate to some extent the lack of legal justice".

COMMERCIAL IN CONFIDENCE

Blaming the lack of political will, Ms. Andrade who is also a co-founder of non-profit association of mothers whose daughters were victims of feminicide in Ciudad Juárez, added that the mothers are the ones “swimming against the tide”.

Supported by other women, academics, feminists, and civil society, they are the ones “who must go, protest and raise their voices to be taken into account”, she said.

In recent years, the crimes have sparked several waves of protests and put gender violence at the top of Mexico’s political agenda.

Keeping the issue of femicide in the spotlight and making information available and accessible for women, is key for holding the authorities accountable and preventing violence against women and girls.

Since 2011, UN Women, in partnership with key state institutions, has published periodic studies analysing the scope, trends, and characteristics of femicide in the country.

The Ecatepec mural "Voices in Resistance: murals for justice and memory" seeks to dignify all mothers who fight for their daughters killed by femicidal violence.

‘Look at us’

Ms. Andrade stars in the documentary *Norma, in search of justice* directed by French journalist Brigitte Leoni, which was screened in Geneva ahead of the International Day for the Elimination of Violence against Women on 25 November.

She hopes the documentary will bring more visibility to the cases of disappearance, noting that “this boom in organized crime has caused people to flee, crossing into the United States, and drug trafficking has made what is happening to women invisible”.

Speaking in Geneva, home to the Office of the UN High Commissioner for Human Rights (OHCHR), *UN News* asked Ms. Andrade what message she would like to share with rights experts.

COMMERCIAL IN CONFIDENCE

“Look at us, look at the mothers. Come here and see the families and don’t just stick with the image that the government gives to the outside world”, she said.

Femicide transcends borders

Violence against women is a global crisis, according to a report by UN Women and the UN Office on Drugs and Crime (UNODC), released on the International Day.

Women march on International Women's Day in Mexico City.

The commemoration marks the start of the 16 Days of Activism against Gender-Based Violence, an annual campaign that runs through 10 December, Human Rights Day.

Regional data shows that femicide transcends borders, socio-economic status and cultures, but its severity varies.

Africa recorded the highest rates of intimate partner and family-related femicides, with 21,700 women killed in 2023, followed by the Americas and Oceania.

In Europe, 64% of victims were killed by their intimate partners; in the Americas, it was 58%.

In contrast, women in Africa and Asia were more likely to be killed by family members than by their partners.

The report revealed that globally, 140 women and girls died every day at the hands of their partner or a close relative in 2023 – one woman killed every 10 minutes.

COMMERCIAL IN CONFIDENCE

MISCARRIAGE and ABORTION

This is a communication from Benjamin John who is John's unborn son having miscarried at twelve weeks into term:

Benjamin John, from within 2nd Celestial Heaven: Thursday, 18 May 2017

"I am Benjamin, John, although that is not the name my spirit parents gave me. And it was myself coming to you as you have had me on your mind from time to time. I am not part of what is going on with you John, I have my own very separate life to you, however I am a Celestial and Beth and I have occasion to speak together through work that we do. (At twelve weeks into term, Benjamin, as we grew to call him, miscarried, being around April 1975.)

"I came to you, as I have come periodically to you and Carolyn, more of out of curiosity as to what my life might have been like had things been different and were I to be one of your Earth children.

"As it was, I had a very happy upbringing with my spirit parents, we lived on the first Mansion World in one of the big cities and I had four brothers and two sisters and was very artistic, going to what would be the equivalent of art college, where I developed my artistic skills to quite a high degree.

"And that was all before I was introduced to the Divine Love, which I did through you, following it up with Beth as she came to me when I expressed interest in it, which just so happened to be coincidental on one of my periodic visits to you. You were very taken with the Padgett Messages and were involved with AJ (Miller) and Mary Luck (that was from July 2009 until November 2011), and I spent some time with you and them and the other people and spirits involved with them, as there were quite a gathering of spirits who attended all they were doing.

"Beth soon put me straight about the Divine Love and the Healing, and then I embarked upon it, having to do it like we all do, coming to understand that my upbringing was not so different from many on Earth, and possibly even so, had I been your flesh child. My art, I put on hold as I worked continuously on myself, meeting my soulmate, and now we are living in the Second Celestial sphere.

"And from here, we intend moving on, we have no feeling for having anything to do with the physical Earth and all the changes that are soon to take place which Beth and yourself, John, are involved in, no, that's not for us, as my soulmate was also 'Spirit Born', as we call ourselves and those of us who never got born on Earth, as we want to ascend on our journey to Paradise.

"I will come and meet you when you come over and we'll spend time getting to know each other, there will be, no doubt, many questions you will want to ask me about how my life has been and how I've turned out, and I will be more than happy to answer them, but then I will leave you, as it will be for me to move on, as you are to remain – so I understand from Beth – for a time working still with Earth.

"I came to you now for you to know that I am okay, very well in fact, fully in love with my life and my beautiful partner, and that I have no hard feelings about you or Carolyn, or about anything I might have missed out on, now having worked through all such issues through my Healing.

"You might be interested to know that I got 'married' as some of us spirits do, and we adopted children of our own, however the relationship failed as I wanted to move on into the Divine Love, and we've all gone

our separate ways. All of which, again, I have healed and worked through, not unlike how it is for many people on Earth.

"And really I came to say goodbye rather than hello, for I am leaving Earth as you might say, wishing to, as I said, move higher into the Celestial spheres of Nebadon (our local universe – Jesus and Mary Magdalene are co-regents). There are a lot of spirits like myself and my partner who are wanting to move higher to Paradise, we feel a strong pull within us to do so, as you too will feel when your time comes to leave the lower Celestial spheres and start on our spiritual ascent in earnest.

"However as I said, I will descend to spend time with you when you need it, and then our true separation will come, and we'll see what our Mother and Father has in store for us.

"I will not be coming back to you now that we've made contact this way through James. You can think to me and I will acknowledge such thoughts and respond accordingly, but as I said, Satia and myself, Nariko (that's a good enough approximation James) are, together with our soulgroup, heading Paradiseward. (We each have been named by our Heavenly Parents, these names we adopt when entering the Celestial Heavens. These names could be those given by parents or be soul names.)

"I am looking forward to our time together John, when your time comes and you are ready for my visit, and until then I wish you all the best with your endeavours. You are, as you know, in very good hands with Nanna Beth, as you like to call her, and so I will say goodbye and thank you for your time John. Thank you James."

Miscarriages are of the consequence of parents' emotional injuries and errors of belief. As these are continually 'fire hosed' upon the newly forming embryo and personality it is little wonder that any newly arriving child survives to be born. Some 50 million miscarriages is an approximation of what unfolds each year worldwide.

We may generally consider that the newly arriving personality is unaware of what is unfolding outside of the womb. This is incorrect. The newly arriving child is totally aware on an emotional basis of all that is taking place with and between its parents, also close family members. We each will go on and recall all of this all the way back to the moment of conception. I, John, feel that I understand the pain and drama of my mother back to about a month before I was born. My mother had been diagnosed with tuberculosis and was to be quarantined for six months. Consequently she had to separate me from her within a week of my birth for six months. I then had three 'mothers', Aunty Bell, Aunty Mame and housemaid Pauline (from Mame's household). Then when my real mother came home – well envisage my confusion please.

Rejection of a child by its parents is a dreadful and ongoing injury bringing pain endured throughout life.

We each may have observed, from time to time, a child being separated and lost from its parents when in a supermarket or shopping complex. The distress of the child requires great care from those who come to its aid. This is only a momentary event for any child but will take years to have the pain healed if it is allowed to express the pain – otherwise the emotional injury will remain with it.

When a child is rejected by its parent or parents while in the womb, this is fully felt and its abortion is anticipated by the child. It does not matter if the 'morning after' pill is involved or at any time up to full term, the rejection by its parents is a long term disaster for the aborted child.

COMMERCIAL IN CONFIDENCE

Then we have the missing girl babies. Demographic statistics clearly identify around 60 million girl babies missing in each of India and China. In China, the practice of having a bucket of water available in a birthing room has been the practice in some regions should the baby being born is a girl.

Should a child be aborted or miscarried prior to incarnation which is the moment when the newly formed foetus begins to pump blood, typically at day sixteen (16) after conception, then the personality will withdraw to later find a new host parent pair. Should the incarnation process be achieved, then the individualisation of the personality is complete and the physical experience is fulfilled and the child does not need to return to the physical world should abortion or miscarriage be imposed upon the newly forming foetus and child. The child will then go on to be spirit born, as Benjamin outlined above.

A child in the womb is no different to a child that is already born.

Should a child not be wanted, then every precaution to avoid conception needs be considered. If a child is conceived then it needs to be embraced and loved and be allowed to be born.

The pain we cause another will be fully experienced by those who cause that pain. We each will be put into the position of being the victim. We will each go through the pain, stress and trauma of our victims to the full extent as if we are our victim. This is what compensation entails. We each are personally and fully responsible for all of our actions. There is no avoiding or escaping, even though we may put the inevitable off for some time.

John (me) is extremely blessed and grateful for the communications from his unborn son, Benjamin, as he is also from his brother-in-law, Kevin, his nephew Bradley, first cousin, Raymond, grandmother, Nanna Beth, mother, Marie, and his sister Marjorie. Together they have written more than one million words (equivalent to ten books) all from the spirit Mansion Worlds and mostly from within the three Celestial Heavens. This is the first time in history that such a family group has communicated this way. These writings, being guidance and revelations, are a gift to all of humanity. These writings will be published in multiple languages.

My family have all demonstrated that we are all more alive than ever, when we are dead!

Childhood Suppression is the elephant in the room.

We as parents bring up our children in the only manner that we know – how we were brought up. Thus, for generation after generation we endeavour to clone our children to be ‘little me’s’. We infuse our children with all of our emotional injuries and errors of belief and by the time they are six years old their wonderful pure and pristine personality is now a confused cocktail of three or more personalities, its own personality and of its parents and close family members.

This cocktail produces personalities sometimes calibrating less than 80 on Dr David R Hawkins’ Map of Consciousness (MoC) scale and that is the domain and region of psychopaths. This is the development of adolescent delinquency. This represents a little more than 1% of the population but with the availability of high powered automatic weapons, this makes such personalities extremely dangerous. The combination of guns and psychopaths is the foundation for mass murder.

Worldwide, 2 out of 3 will experience a miscarriage, further, 2 out of 3 will be involved in an abortion.

Worldwide, more than 1 in 5 women will suffer domestic violence.

Worldwide, more than 1 in 4 children will suffer child abuse. When we consider verbal abuse then it is 100% that children suffer abuse – "don't be stupid, you are an idiot, etc."

So, we receive a precious gift of a perfect personality that calibrates near to 1,000 on Dr Hawkins' Map of Consciousness and only around 55% survive through to birth! Then we see the newly born baby with birth defects and no one tells the parents that they imposed these defects through infusing their own emotional injuries and errors of belief upon the child – all because we as parents have not endeavoured to heal ourselves before bringing the child into this physical world.

Then, we as parents continue our onslaught upon the child totally ignoring its true personality that its Heavenly Mother and Father endowed it with because we as parents 'know better!'

Apart from cloning our children, we teach it to embrace, if not worship, its mind, suppressing its true and loving feelings. "If you don't stop crying, I will give you something to cry about!" Consequently, we are all locked in to being unable to grow and evolve beyond 499 on the Map of Consciousness. We cannot even recover our original state, let alone continue on advancing way beyond our original state.

So, as adolescents and teenagers we get bored with stealing cars and taking drugs, with go and fetch some military grade automatic weapons and shoot up a school because I didn't get given the grades that I should have. The co-conspirator of these crimes are the parents!!!

We now have been shown how to heal our emotional injuries and errors in belief. This commences by striving to live feelings first, having our mind to follow assisting in implementing what our feelings prompt us to embrace. Then by expressing our feelings, both good and bad to a companion, we are commencing our Feeling Healing. We are to long to know the truth of what lies behind our feelings – we will be shown. What enters emotionally must be expressed emotionally. Then should we long for our Heavenly Mother and Father's Divine Love we are commencing our Soul Healing.

This is the Great U-Turn for humanity.

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

Freedom House

https://freedomhouse.org/country/mexico/freedom-world/2025

Overview

Mexico 59 /100

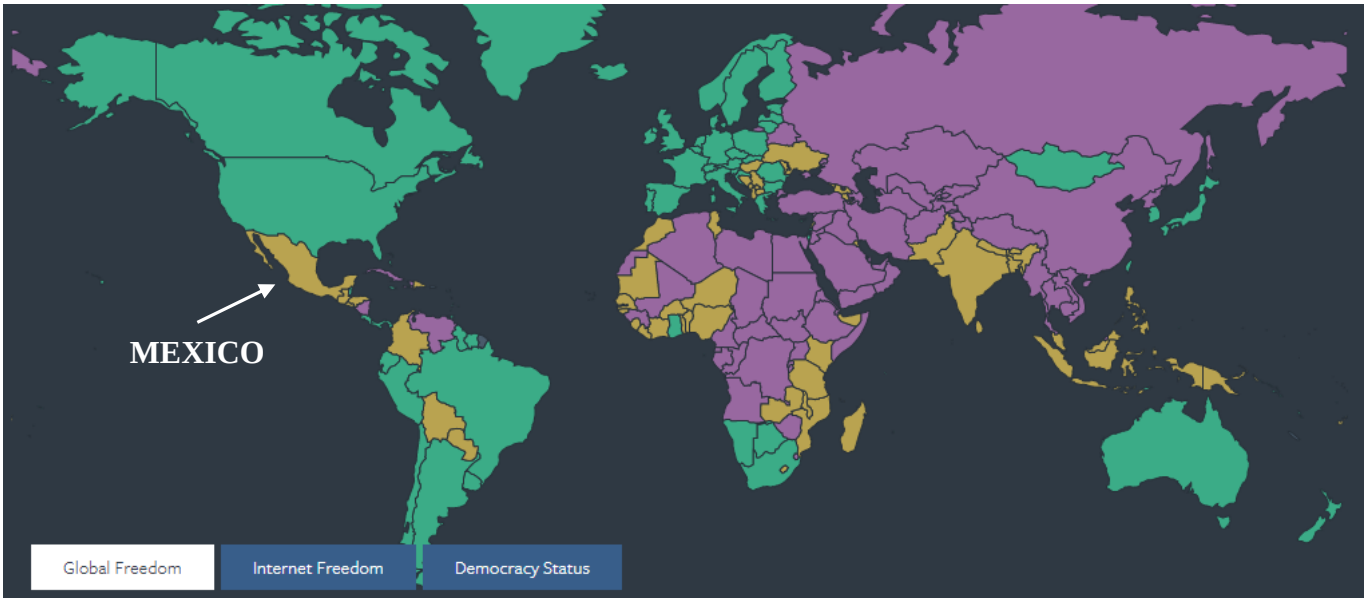
PARTLY FREE

Political Rights	26 /40
Civil Liberties	33 /60

LAST YEAR'S SCORE & STATUS 60 /100 Partly Free

A country or territory's Freedom in the World status depends on its aggregate Political Rights score, on a scale of 0–40, and its aggregate Civil Liberties score, on a scale of 0–60. See the methodology.

Mexico has been an electoral democracy since 2000 and power has alternated between parties at both the federal and state levels, though the left-leaning National Regeneration Movement (Morena) has grown dominant in recent years. The country suffers from severe rule-of-law deficits that limit full citizen enjoyment of political rights and civil liberties. Violence perpetrated by organised criminals, corruption among government officials, human rights abuses by both state and non-state actors, and rampant impunity are among the most visible of Mexico's many governance challenges.



Key Developments in 2024

- In the June elections, Claudia Sheinbaum Pardo of Morena was elected president with nearly 60% of the vote, succeeding term-limited Andrés Manuel López Obrador. A Morena-led coalition also won large majorities in both houses of Congress. While hundreds of instances of political violence were recorded, the electoral process was widely regarded as fair.
- In September, Congress voted in favour of constitutional reforms championed by outgoing President López Obrador. Under one of the reforms, all judges would be elected rather than appointed. Another reform gave control of the National Guard to the Ministry of Defense (SEDENA) and gave the military added law-enforcement powers.

- In November, Congress approved a constitutional reform that eliminated several autonomous government institutions, including the country's access-to-information agency. Experts criticised the change, saying it would result in less transparency.

Political Rights

A Electoral Process

A1 0-4 pts

Was the current head of government or other chief national authority elected through free and fair elections?	**3 4**

The president is elected to a six-year term and cannot be re-elected. In June 2024, Claudia Sheinbaum Pardo of Morena took 59.4% of the vote. Xóchitl Gálvez Ruiz—backed by an opposition coalition comprised of the National Action Party (PAN), Institutional Revolutionary Party (PRI), and Democratic Revolution Party (PRD)—received 27.9%. Jorge Álvarez Máynez of Citizens' Movement took 10.4%. Turnout stood at 60.9%.

The election period was marked by significant violence. The Armed Conflict Location and Event Data project recorded more than 330 violent incidents between March 2024 and election day. Local candidates represented the single largest group of targets, though former officials, officials not running for re-election, and relatives also faced violence. According to Integralia, a security firm, 37 political candidates were assassinated during the election campaign.

A2 0-4 pts

Were the current national legislative representatives elected through free and fair elections?	**3 4**

Senators, numbering 128, are elected for six-year terms through a mix of direct voting and proportional representation, with at least two parties represented in each state's delegation. In the Chamber of Deputies, the lower house of the bicameral Congress, 300 members are elected through direct representation and 200 through proportional representation, each for three-year terms. Senators are eligible to serve up to two six-year terms, and deputies are permitted to serve up to four three-year terms.

In the June 2024 legislative elections, held concurrently with the presidential and gubernatorial races, an alliance of Morena, the Workers' Party, and the Green Party received 54.7% of votes for the Chamber of Deputies. However, electoral authorities interpreted guidelines for the allocation of proportional-representation seats in such a way as to grant Morena and its allies 364 seats, or 73% of the chamber. In the Senate, Morena and its allies initially won 83 seats. In August, the PRD's two senators joined Morena, leaving the governing coalition just short of a supermajority in that chamber.

Morena candidates won seven of the nine gubernatorial races held in June 2024.

A3 0-4 pts

Are the electoral laws and framework fair, and are they implemented impartially by the relevant election management bodies?	**3 4**

The National Electoral Institute (INE) supervises elections and enforces political party laws, including strict regulations on campaign financing and the content of political advertising. While recent elections were generally considered free and fair, the INE and the Federal Electoral Tribunal (TEPJF) struggled to comprehensively address problems including misuse of public funds, vote buying, and non-transparent campaign financing.

The administration of the June 2024 balloting was considered successful. However, electoral authorities were constitutionally unable to sanction López Obrador despite TEPJF rulings that he had violated electoral law with his conduct and statements. The INE and the TEPJF interpreted constitutional guidance on allotting proportional-representation seats in a way that gave the Morena-led coalition a lower-house supermajority, though observers and former electoral officials argued that their interpretation was incorrect.

While in office, López Obrador made two attempts to alter the Mexican electoral system and weaken the INE and TEPJF, with the second struck down by the Supreme Court of Justice of the Nation (SCJN) in 2023. A draft budget considered by lawmakers in December 2024 included cuts for the INE, despite it being tasked with administering the election of judges under the government's judicial reform plan.

B Political Pluralism and Participation

B1 0-4 pts

Do the people have the right to organise in different political parties or other competitive political groupings of their choice, and is the system free of undue obstacles to the rise and fall of these competing parties or groupings?	**4 4**

Mexico's multiparty system features few official restrictions on political organisation and activity. Opposition parties have been competitive in many states, and independent candidacies are becoming more common. Morena includes a wide range of ideological and political currents, and internal tensions are visible. The major opposition parties have tended to form anti-Morena alliances bridging supposed ideological differences.

B2 0-4 pts

Is there a realistic opportunity for the opposition to increase its support or gain power through elections?	**3 4**

While power had routinely changed hands at the national level since 2000, Morena appears to be consolidating its position as the country's dominant party. Morena's legislative position was bolstered by the electoral authorities' interpretation of the constitution when deciding seat allotments after the June 2024 elections, giving the Morena-led alliance a lower-house supermajority. Morena and its allies performed well at the municipal level, though opposition parties won significant local representation.

COMMERCIAL IN CONFIDENCE

Opposition candidates and members are incentivised to defect to Morena due to its prominence. Many notable Morena members were formerly affiliated with opposition parties. Morena has also used social spending to consolidate its political advantages.

One of Mexico's most important historical opposition parties, the PRD, failed to pass the necessary 3-percent vote threshold to retain its registration in the June 2024 election. Two PRD senators defected to Morena at the start of the legislative term.

Proposed constitutional reforms to the electoral system, which President Sheinbaum plans to introduce in early 2025, could weaken the INE and TEPJF and eliminate proportional representation in Congress, making it more difficult for opposition parties to gain power.

Score Change: The score declined from 4 to 3 due to the electoral authorities' interpretation of proportional-representation rules, which allowed the governing alliance to obtain a lower-house supermajority and placed opposition forces at a significant disadvantage in their efforts to win office.

B3 0-4 pts

Are the people's political choices free from domination by forces that are external to the political sphere, or by political forces that employ extra-political means?	**2 4**

Criminal groups exert powerful influence on Mexico's politics through threats and violence against candidates, election officials, and campaign workers, particularly at the local level. During the 2023–24 electoral cycle, 37 candidates were assassinated, and in October 2024, the mayor of Guerrero was murdered days after taking office.

B4 0-4 pts

Do various segments of the population (including ethnic, racial, religious, gender, LGBT+, and other relevant groups) have full political rights and electoral opportunities?	**3 4**

Mexico has a large Indigenous population, and Indigenous people and groups are free to participate in politics. There are some provisions for the integration of Indigenous community customs in electing leaders in some states, though only for local authorities. In practice, Indigenous people remain severely underrepresented in political institutions. Mexico's small Afro-Mexican population is similarly underrepresented in national politics, though they are recognised in the constitution. For the June 2024 elections, parties were obliged to meet affirmative-action quotas for the inclusion of women candidates, and congressional candidacies were allocated to Indigenous, Afro-Mexican, disabled, and LGBT+ individuals.

Gender parity exists in both chambers of Congress after the June 2024 polls. Additionally, 68 seats in the Chamber of Deputies and 11 seats in the Senate held by are affirmative-action candidates. Women won four of the nine gubernatorial elections held in June 2024. President Sheinbaum is the country's first woman and first Jewish person to become president. After taking office, Sheinbaum announced the creation of a new cabinet-level women's ministry and has sent Congress several constitutional reform proposals regarding women's rights.

COMMERCIAL IN CONFIDENCE

C Functioning of Government

C1 0-4 pts

Do the freely elected head of government and national legislative representatives determine the policies of the government?	**2 4**

Organised crime and related violence have limited the governing authority of elected officials in some areas. Members of organised crime groups have infiltrated some local governments in order to plunder municipal coffers and ensure their own impunity, a practice that has influenced electoral dynamics.

In some regions, the provision of public services has become more difficult, as public-sector employees face extortion and pressure to divert public funds. In other areas, violent conflicts have forced officials to leave. SEDENA has considerable leverage over the design of security policies, and its increasing involvement in civil engineering projects has prompted concern about further institutional politicisation.

While former President López Obrador is no longer in elected office, he maintains significant influence through the ruling party. His son, Andrés Manuel López Beltrán, was named to a high-ranking position within Morena in September 2024 and the former president appears likely to remain the country's chief political power broker.

C2 0-4 pts

Are safeguards against official corruption strong and effective?	**1 4**

Official corruption remains a serious problem. Despite Mexico's relatively comprehensive anticorruption framework, implementation is lacking and high levels of impunity persist. The billions of dollars in illegal drug money that enter the country each year from the United States profoundly affect politics, as does rampant public-contract fraud and other forms of siphoning off state funds. Weak police and judicial capacity limits efforts to prosecute government officials.

The López Obrador administration made the pursuit of corruption a mantra, and a series of prominent figures from the administration of Enrique Peña Nieto, López Obrador's immediate predecessor, have been indicted or arrested on graft charges. However, critics described López Obrador's anticorruption efforts as politicised and generally ineffective, resulting in few convictions. Investigations involving government allies and favoured institutions are rare or perfunctory.

C3 0-4 pts

Does the government operate with openness and transparency?	**2 4**

Several freedom-of-information laws passed since 2002 have strengthened transparency at the federal level, though enforcement is uneven across states, and the López Obrador administration systematically failed to provide accurate or transparent information. In recent years, the government has failed to release relevant information on some of the country's most controversial issues and has generally performed poorly in terms of transparency.

COMMERCIAL IN CONFIDENCE

In late November 2024, Congress approved a constitutional reform that eliminated several autonomous institutions, including the National Institute for Transparency, Access to Information, and Personal Data Protection (INAI), the independence of which López Obrador had previously sought to curtail. Under the reform, which was rapidly ratified by state congresses, a new ministry would be charged with providing access to government information. Experts believe that the reform will result in less transparency and have noted that the loss of integrated access-to-information systems will make it harder to hold government to account.

The military is the country's least transparent institution. The National Guard and the military remain largely unaccountable, particularly regarding security operations. Both institutions routinely fail to fully report arrest records to the National Detention Registry or release legally mandated reports on use of force. SEDENA has obstructed efforts to investigate the high-profile disappearance of 43 students in Guerrero in 2014 and refused to cooperate with government-backed commissions examining abuses committed by the military between 1965 and 1990. In August 2024, the commission investigating that period released its report, stating that the government had engaged in widespread human rights abuses.

Compounding the government's lack of transparency is the expanding role of the military in civilian tasks. Under López Obrador, SEDENA was tasked with administering the construction of several signature projects. A 2021 decree shielding public infrastructure projects from transparency and other administrative requirements was denounced by transparency advocates and has allowed military construction projects to remain largely free of independent oversight.

Civil Liberties

D Freedom of Expression and Belief

D1 0-4 pts

Are there free and independent media?	**2 4**

The security environment for journalists remains highly challenging. Reporters probing police issues, drug trafficking, and official corruption face serious risk of physical harm. According to the UN Educational, Scientific, and Cultural Organisation (UNESCO), seven journalists were killed in Mexico in 2024, one of whom was originally reported missing in 2020. Journalists have also been kidnapped, threatened, and held hostage due to their work. Despite several convictions in prominent cases of murdered journalists in recent years, approximately 90% of cases of journalists who are killed are unresolved.

López Obrador persistently and publicly attacked the press while in office, often chastising and demeaning specific reporters and news outlets. Gangs have engaged in threats and violence against bloggers and online journalists who report on organised crime. Self-censorship has increased, with many newspapers in violent areas avoiding publishing stories concerning organised crime.

The Federal Protection Mechanism for Human Rights Defenders and Journalists (MFPPDDHP) within the Ministry of the Interior has successfully protected hundreds of activists and reporters, providing them safe houses, panic buttons, and bodyguards. However, the mechanism is underfunded and has not always proved effective. Journalists actively receiving protection have been murdered; in March 2024, the

Committee to Protect Journalists (CPJ) reported that eight journalists receiving MFPPDDHP protection had been murdered over the last seven years.

Media outlets depend on government advertising and subsidies, which can limit critical coverage and journalists reporting on government media spending have been harassed. The López Obrador administration failed to comply with guidelines on media spending and channelled funds to outlets that provided friendly coverage.

D2 0-4 pts

Are individuals free to practice and express their religious faith or nonbelief in public and private?	**4 4**

Religious freedom is constitutionally protected and is generally respected in practice, though religious minorities, particularly Indigenous Evangelical communities in Chiapas, face occasional persecution by local authorities.

D3 0-4 pts

Is there academic freedom, and is the educational system free from extensive political indoctrination?	**3 4**

While the government has generally refrained from restricting academic freedom, López Obrador and other officials have frequently stigmatised universities as “neoliberal” institutions whose political orientation had “moved right.”

D4 0-4 pts

Are individuals free to express their personal views on political or other sensitive topics without fear of surveillance or retribution?	**3 4**

While there are no formal impediments to free and open discussion, fear of criminal monitoring restricts citizens’ willingness to converse publicly about crime in some areas. Government agencies, including the military, also monitor online speech. In February 2024, the Network in Defense of Digital Rights reported that a covert division of SEDENA was monitoring the social media profiles of those who criticise the government or the military.

E Associational and Organisational Rights

E1 0-4 pts

Is there freedom of assembly?	**3 4**

The constitution guarantees the right to peacefully assemble. Protests are frequent, though political and civic expression is restricted in some regions, and police frequently use excessive force and detain protesters arbitrarily. Security forces have used sexual violence as a form of oppression against women protesters in recent years.

Mexicans opposing Morena's judicial reform plans held protests beginning in August 2024, when judicial workers began a strike. In early September, as legislators began a new session, protesters sought to block entry into the Chamber of Deputies, prompting members to meet elsewhere. In mid-September, as senators met to decide on the reform proposal, protesters stormed the Senate floor, though senators went to a different location to cast their votes.

E2 0-4 pts

Is there freedom for nongovernmental organisations, particularly those that are engaged in human rights– and governance-related work?	**2 4**

Although highly active, NGOs sometimes face violent resistance. Environmental activists and representatives of Indigenous groups contesting large-scale infrastructure projects have been particularly vulnerable. According to a report released by Global Witness in September 2024, 18 environmental and land rights activists were killed in Mexico in 2023. At least seven human rights activists were murdered in 2024 according to the Office of the UN High Commissioner for Human Rights, including prominent peace advocate and priest Marcelo Pérez, who was killed in Chiapas in October. The MFPPDDHP has provided physical security for hundreds of activists since its 2012 inception, though rights groups consider it sluggish and subject to government neglect.

In 2023, investigative reporting revealed that SEDENA used Pegasus spyware to surveil human rights defenders and civil society actors in recent years, despite then-President López Obrador's claims that the military does not engage in such activities. SEDENA has not reported obtaining judicial authorisation for such surveillance.

Civil society members freely criticise state policies, but López Obrador's penchant for dismissing criticism and insulting perceived opponents generated tension between the former president and civil society organisations.

E3 0-4 pts

Is there freedom for trade unions and similar professional or labour organisations?	**2 4**

Trade union membership has diminished significantly in recent decades. In 2019, major labour reform brought hope of an end to the rampant use of informal, non-transparent negotiations between employers and politically connected union leaders creating "protection contracts" never seen by workers. Violations of union protections and antiunion practices remain commonplace.

F Rule of Law

F1 0-4 pts

Is there an independent judiciary?	**2 4**

In September 2024, lawmakers passed a sweeping judicial reform championed by then-outgoing President López Obrador, making all judges, including magistrates, SCJN justices, and TEPJF members, elected rather than appointed. The SCJN will have 9 justices under the reform, down from 11. While

professional career judges had uneven success in addressing corruption and organised crime, observers voiced deep concern that the reform will threaten judicial independence.

With the reform, candidates for judicial positions who meet established criteria will be evaluated and selected by committees. Judges will then be chosen in popular elections overseen by the INE, with the first polls due in June 2025. Many members of these committees have strong ties to Morena. The reform also allows for anonymous judges in organised crime cases for their protection, though that provision has been criticised by international organisations for violating due process. Profound concerns persist about whether the process will result in elected justices owing loyalty to political parties.

The SCJN has been regarded in recent years as generally independent, but a series of justices viewed as close to the government were appointed under López Obrador, raising concerns about its autonomy. López Obrador has also acknowledged exerting pressure on SCJN decisions while in office. In late 2023, López Obrador directly appointed a Morena party member and former legislator, Lenia Batres Guadarrama, to the SCJN after the Senate failed to garner two-thirds majority support for candidates he had nominated.

F2 0-4 pts

Does due process prevail in civil and criminal matters?	**1 4**

Mexico's justice system is plagued by delays, unpredictability, and corruption, which often lead to impunity for perpetrators of crimes. A lack of political commitment to prosecutorial autonomy and disinterest in deep reform has limited the efficacy of a 2018 overhaul of the prosecutorial services. There is considerable concern about the autonomy of the Attorney General's Office from the executive branch.

Widespread bribery, limited capacity, and weak coordination undermine the integrity of the lower courts and law enforcement agencies. Mexican government statistics from 2023 indicate that over the past decade, more than 90% of crimes have gone unreported, largely because police were viewed as either inept or in league with criminals. Widely publicised raids often result in the release of accused criminals due to grave procedural deficiencies. The militarisation of law enforcement has contributed to the problem, as military operations often fail to obtain proper judicial orders, collect evidence, and follow due process.

Amid faltering efforts to improve investigative and prosecutorial competence and efficacy, the López Obrador administration sought to harden penalties and limit defendants' rights, producing a sharp rise in the use of preventive detention and a rapidly increasing rate of prisoners in pre-trial detention, most of whom are poor people charged with minor crimes. Notably, the judicial reform passed in September 2024 expands mandatory pre-trial detention, despite criticism of this practice from human rights organisations.

F3 0-4 pts

Is there protection from the illegitimate use of physical force and freedom from war and insurgencies?	**1 4**

Mexicans are subject to the threat of violence at the hands of multiple actors, including individual criminals, criminal gangs that operate with impunity, and police officers who are often susceptible to

bribery. Under López Obrador, violence remained at record levels, and security strategy became increasingly militarised, leading to concerns about human rights and transparency.

Under the constitutional reforms passed in September 2024, control of the National Guard was ceded to SEDENA, formally militarising an institution that had been created in 2019 as a nominally civilian force. With this reform, all branches of the military received expanded powers of domestic law enforcement, with the National Guard receiving new powers of investigation. Additionally, National Guard members will largely fall under the military justice system.

Abuses during arrests and criminal investigations are rife, and detainees report routine physical abuse while being detained and held. Though the 2017 General Law on Torture has contributed to mild progress in excluding torture-based confessions from prosecutions, impunity remains almost universal. Mexican prisons remain highly unsafe, with inmates commonly engaging in criminal activity while incarcerated.

Human rights advocates consistently express concern about a lack of accountability for abuses committed by members of the military, including torture, forced disappearances, and extrajudicial executions. A 2023 independent journalistic investigation documented more than 1,500 enforced disappearances or extrajudicial executions by security forces between 2006 and 2022. Only a handful of soldiers have been convicted in civilian courts for abuses against civilians, despite myriad reports implicating state security forces in grave human rights abuses.

Forced disappearances remain a nationwide crisis. The 2017 General Law on Disappearances removed the statute of limitations on missing-persons crimes, but progress remains very limited and prosecutions are exceedingly rare. As of late 2024, missing-persons cases in the national registry numbered over 120,000.

Homicides have plateaued in recent years but remained near historic highs in 2024. Forensic capacity continues to lag: more than 72,000 bodies were unidentified as of September.

Violence linked to organised crime was particularly acute in Baja California, Chihuahua, Colima, Morelos, and Sinaloa. While large organisations like the Jalisco New Generation Cartel and the Sinaloa Cartel continue to drive insecurity in some areas, the splintering of other criminal groups, along with the diversification of their revenue sources, has made efforts to combat the violence even more daunting.

F4 0-4 pts

Do laws, policies, and practices guarantee equal treatment of various segments of the population?	**1 4**

Mexican law bans discrimination based on ethnic origin, gender, age, religion, and sexual orientation, and a September 2024 constitutional reform enshrined protections for Indigenous and Afro-Mexican communities. Nevertheless, lighter-skinned Mexicans enjoy substantial social advantage compared to Indigenous people and other distinct groups including Afro-Mexicans. The large Indigenous population experiences social and economic discrimination, and approximately 77% of Indigenous people live in poverty. Southern states with high concentrations of Indigenous residents suffer from deficient services.

LGBT+ people have strong legal protections which are unevenly enforced. Transgender women in particular face discrimination and violence.

Migrants from Central America and other regions, many of whom move through Mexico to reach the United States, have long experienced persecution, abuses by police and officials, and criminal predation. In October 2024, soldiers opened fire on a truck carrying migrants in Chiapas, killing six.

G Personal Autonomy and Individual Rights

G1 0-4 pts

Do individuals enjoy freedom of movement, including the ability to change their place of residence, employment, or education?	**2 4**

Citizens are legally free to change their place of residence, employment, and education. However, criminal activity has significantly impacted freedom of movement across much of the country. In certain zones, criminal groups monitor and restrict movement. In conflict zones such as Michoacán and Guerrero it is unsafe to travel across certain territories controlled by criminal groups. It is also common for criminal groups to block roads. Ordinary citizens report feeling unsafe when traveling on highways and avoid roads in many rural areas after dark.

Forced displacement has also affected many communities, including rural ones. In a September 2024 data sheet, the Office of the UN High Commissioner for Refugees (UNHCR) reported that increasing criminal violence and land disputes had driven internal displacement. The UNHCR cited data from the Mexican Commission for the Defence and Promotion of Human Rights covering the first 11 months of 2023, which recorded 42 incidents displacing at least 10,850 people. Later in 2024, the UNHCR reported large-scale displacement in several states between August and October due to criminal violence.

G2 0-4 pts

Are individuals able to exercise the right to own property and establish private businesses without undue interference from state or non-state actors?	**2 4**

Property rights in Mexico are protected by a modern legal framework, but the weakness of the judicial system, frequent solicitation of bribes by bureaucrats and officials, and the high incidence of criminal extortion harm security of property for many individuals and businesses. Large-scale development projects, including high-priority López Obrador–era initiatives, have been accompanied by corruption and rights-related controversy in recent years.

Criminal actors illegally dispossess individuals of properties by violently occupying ranches or farms. Individuals have also been coerced to transfer legal ownership of property to criminals or corrupt officials.

G3 0-4 pts

Do individuals enjoy personal social freedoms, including choice of marriage partner and size of family, protection from domestic violence, and control over appearance?	**3 4**

Sexual abuse and domestic violence against women are common in Mexico and impunity for perpetrators is the norm. Government policies intended to address gender-based violence have been largely ineffective. Implementation of a 2007 law designed to protect women from such crimes remains halting.

According to official statistics, 733 femicides were recorded through November 2024; some non-governmental sources say the true number is likely much higher.

The government has made some efforts to combat violence and promote gender equality, but the López Obrador administration cut funding for women's services, and the former president often dismissed feminists as allies of the political opposition. The incumbent Sheinbaum administration's proposed budget for 2025 contained cuts for women's-issues initiatives, including programs to combat gender-based violence.

Abortion has been a contentious issue in recent years. In a landmark ruling in 2021, the SCJN declared laws criminalising abortion unconstitutional. A September 2023 ruling found that laws prohibiting abortion were unconstitutional, violated women's rights, and must be removed from the federal penal code. Although the ruling fully decriminalised abortion nationwide, it did not alter local-level laws, and abortion remains illegal in many states. However, the ruling required the country's federal public health service and institutions to offer abortion-related care across the country, even in states where the procedure remains illegal.

Mexico has taken steps toward equality for LGBT+ people, though significant cultural and legal barriers persist. A 2015 SCJN decision overruled state laws defining the purpose of marriage as procreation. Legislators in the states of Guerrero and Tamaulipas voted to legalise same-sex marriage in late 2022, becoming the last of Mexico's 32 states to do so. Some 23 states allow gender-identity changes on identification documents as of 2024.

G4 0-4 pts

Do individuals enjoy equality of opportunity and freedom from economic exploitation?	**2 4**

Economic opportunity is limited in Mexico, which maintains a high rate of economic inequality. Migrant agricultural workers face brutally exploitative conditions in several northern states. In 2018, the SCJN ruled that Mexico's millions of domestic workers—the vast majority of whom are women—must be incorporated into the formal sector and receive social security and health benefits, though progress remains faltering. While in office, López Obrador increased some forms of redistributive spending and sharply increased Mexico's minimum wage.

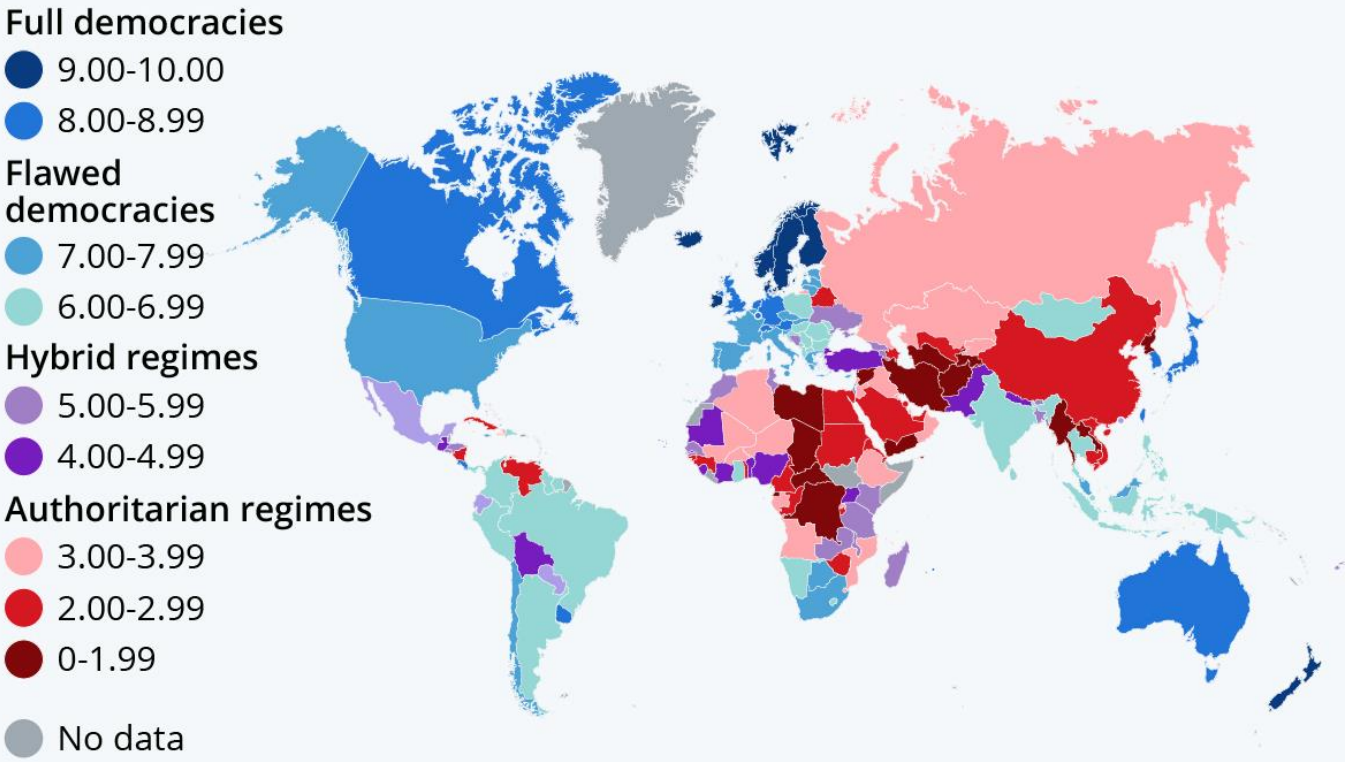
Labour rights provisions of the 2020 United States–Mexico–Canada free trade agreement have facilitated some workers' demands against abusive employers and complicit unions.

Mexico is a major source, transit, and destination country for trafficking in persons, including women and children, many of whom are subject to forced labour and sexual exploitation. Organised criminal gangs are involved in human trafficking in Mexico and into the United States.

Mexico Is Reaching a Breaking Point — Here's What's Happening
https://youtube.com/shorts/5XVnzwh1gH4?si=GZPJ0x7NMzYvioKw

The State of Democracy

Global Democracy Index rates, by country/territory (2021)*



* takes into account electoral process and pluralism, civil liberties, the functioning of government, political participation and political culture

Source: The Economist Intelligence Unit

statista

Year 2021

Type of regime	Score	Countries		Proportion of World population (%)
		Number	(%)	
Full democracies	9.01–10.00 8.01–9.00	21	12.6%	6.4%
Flawed democracies	7.01–8.00 6.01–7.00	53	31.7%	39.3%
Hybrid regimes	5.01–6.00 4.01–5.00	34	20.4%	17.2%
Authoritarian regimes	3.01–4.00 0–3.00	59	35.3%	37.1%

Mexico Country Report 2024 - BTI Transformation Index
https://bti-project.org/en/reports/country-report/MEX

Mexico Country Report 2024

https://bti-project.org/fileadmin/api/content/en/downloads/reports/country_report_2024_MEX.pdf

Andrés Manuel López Obrador (commonly called AMLO) promised a Fourth Transformation – a revolution against insecurity, corruption and inequality. He pledged to reduce the military's role in the drug war and to confront the root causes of violence. In practice, however, his administration has not deviated much from the practices of previous presidencies and has continued to pursue a neoliberal economic agenda. Corruption continues to be rampant, social inequalities persist, and the war on drugs continues to have heavy military involvement and claim lives.

Drug cartels continue to hold significant influence in politics and dominate some territorial areas. The president has been criticised for having a practically non-existent security policy. There are even indications that the recent subnational electoral victories of MORENA, the president's party, were supported by criminal groups. Instead of reducing the militarisation of the drug war, AMLO has expanded the military's role in internal security and transferred control of the National Guard away from civilian hands to the army, which runs counter to the constitution and is being deliberated by the courts. The military's role has also extended into economic activities (e.g., the construction of the Mayan Train, customs, ports, etc.). For the first time in modern Mexican history, the army holds real power, which could eventually threaten civilian authorities.

AMLO is well-known for attacking critics and continues to pursue a political strategy of consolidating power in the executive branch. Although MORENA and its satellite parties lost their supermajority in the 2021 legislative election, they still maintain a simple majority, which allows them to pass legislation with the exception of constitutional reforms. The government is impeding accountability institutions through takeovers and funding reductions, or even attempts to eliminate them entirely. In late 2022, Congress approved AMLO's "Plan B," which diminishes the resources devoted to election oversight institutions and significantly impairs their effectiveness. The Supreme Court is currently deliberating legal appeals against the reform package. In recent years, the Supreme Court, which includes four of AMLO's nominees, has consistently ruled in favour of the government. However, this could change with the newly appointed Supreme Court president, who appears to be independent.

The president also continues to attack critical journalists on a daily basis and is highly suspicious of autonomous organisations. He often clashes with anti-corruption groups, human rights organisations and women's groups (among other associations) and has pulled funds from CSOs, while threatening to abolish some and integrate their functions. It was expected that the leftist MORENA movement would support the politically left-leaning demands of Indigenous people, women, the LGTBQ+ movement and environmentalists; however, the presidency considers these groups to be adversaries. While AMLO's actions have eroded democratic life, he continues to enjoy enduring popularity, with approval levels above 60%.

Economically, except for macroeconomic measures guided by the Bank of Mexico and the Secretariat of the Treasury and Public Credit, the president's investment decisions are guided by political motives. The government directly awards most major public project contracts to the army or national enterprises without public competition. The economy has not shown improvement under AMLO's leadership. Throughout the COVID-19 pandemic, Mexico pursued a strict path of austerity in order to avoid accumulating budget deficits. Nevertheless, public debt increased by 5 percentage points between 2019 and 2021, the budget deficit rose to nearly 4% of GDP in 2022, and the account balance had deteriorated significantly by August 2022. The country is not expected to recover to the 2019 GDP level until late 2022 or early 2023. Additionally, although AMLO professes to pursue an anti-neoliberal economic agenda, capital freedom remains intact in all economic sectors except for the energy sector, and Mexico entered into a new free trade agreement, similar to NAFTA, with the United States and Canada.

COMMERCIAL IN CONFIDENCE

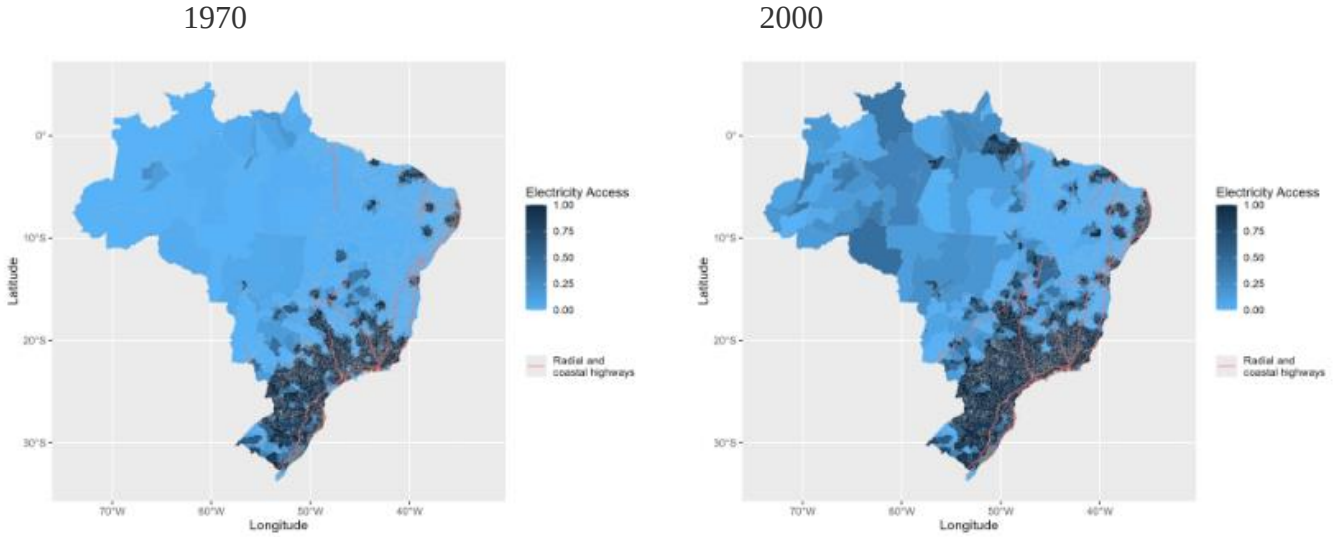
What can we learn from Brazil about optimising infrastructure investment?

https://blogs.worldbank.org/en/ppps/what-can-we-learn-from-brazil-about-optimizing-infrastructure-in

10 October 2024

As they grow, countries need better transportation, energy, and communications networks. But how should a country go about prioritising these investments? Are there synergies from coordinating them? Should they be done simultaneously or sequentially? Two recent World Bank studies focusing on Brazil, a country that has rolled out massive infrastructure investments over the past decades (Figure 1), address these questions.

Figure 1: Changes in Brazil's infrastructure Access (1970-2000)



Infrastructure investments matter and can achieve a lot if properly done.

Economists tell us that infrastructure is key to development. Not only is infrastructure crucial for people to go about their daily lives, but it also has major impacts on productivity (think, e.g., electrification of production) and access to markets (through faster and cheaper transportation of goods). Even more importantly, infrastructure investments are needed for countries to transition from agrarian to more diversified industrial and service-oriented economies, offering more economic opportunities to improve living standards and reduce poverty.

The impact of infrastructure investments may not necessarily benefit every location and can strongly vary. For example, some municipalities may lose workers to the benefit of others, or productivity increases may be limited by the skill level of local workers.

The extent of the impacts also depends on how well different infrastructure projects complement each other. For instance, places with big investments in electricity but weak or non-existent transport connections to the rest of the world can only derive so much benefit resulting from the energy infrastructure. This is why projects should be strategically aligned with local economic advantages to maximise impact. It is often the case, however, that investment decisions prioritise political objectives over economic outcomes.

Key Insights from Brazil's Infrastructure Investment

- Infrastructure complementarities can be large.
  In Brazil, investments in different types of infrastructure types were not always well-coordinated. Our research finds that the joint provision of electricity and highways increased local GDP by 29 to 61 percent in affected municipalities. In line with this finding, we simulated an optimal plan of national investments in the quality of roads and electricity services. The government can achieve sizeable welfare gains by independently optimising the provision of electricity (7.5%) or road (11%) investments relative to those observed in the data. However, a fully optimal plan that accounts for complementarities and coordination would increase consumer welfare even further by an additional 3.5%.
- Impacts mostly percolate through productivity increases.
  In the case of Brazil, we find that the increase in economic output following infrastructure investments was largely driven by productivity gains rather than labour and capital reallocation. Over a decade from 1970 to 1980, during which the bulk of infrastructure investments were made, electrification and highway provision boosted aggregate productivity in targeted municipalities by 18 and 44 percent, respectively, compared to municipalities that did not have access to electricity or highways. The productivity gains from electrification percolated mainly through the industrial sector, where the TFP was 86% larger than in un-electrified municipalities. The provision of electricity increased the industrial share of local GDP by 9.2%. These results show how infrastructure provision contributed to structural change towards more diversified and robust economic activities.
- Impact may have been reduced by misallocation.
  A significant portion of the benefits of infrastructure provision may have been lost due to the misallocation of infrastructure investment. The reasons for misallocation can be diverse and include poor planning capacity, regional equalisation policies, fiscal decentralisation, deforestation prevention policies, and the complex political economy of infrastructure provision, among others. Understanding the impact of all of them requires further investigation.

Policy Implications for Developing Countries

The insights from Brazil's experience with infrastructure investments offer three main policies:

- Policymakers should adopt a strategic approach to infrastructure planning that considers the synergies between different types of infrastructure and their impact on productivity, local labour markets, and local GDP.
- Policymakers need to optimise the spatial and fiscal allocation of infrastructure investments. In addition to potential social cohesion objectives, this involves prioritising regions with the highest potential for economic growth and aligning investments with local needs and economic conditions rather than political considerations. Objective, data-driven approaches should be employed to ensure that investments are directed where they are most needed and can have the greatest impact.
- Infrastructure has the potential to support productivity gains. Prioritising infrastructure investments with high productivity impacts will achieve a greater multiplier and more efficient use of scarce public money. This is all the more important as infrastructure investments are costly.

COMMERCIAL IN CONFIDENCE

Mexico’s Infrastructure Shortfall Threatens Economic Growth

https://www.riotimesonline.com/mexicos-infrastructure-shortfall-threatens-economic-growth/

30 October 2024

Mexico faces a significant challenge in its infrastructure development. The Mexican Chamber of the Construction Industry (CMIC) suggests that the country needs to double its investment.

This increase is crucial for sustained economic growth in the coming years. The CMIC’s president, Luis Rafael Méndez Jaled, shared some concerning figures.

Public investment in infrastructure fell by nearly 30% in 2024, totalling about 600 billion pesos. This decline is alarming for the construction sector and the economy at large.

In addition, Méndez Jaled stressed the importance of infrastructure investment. He stated that it affects three out of four economic sectors.

The CMIC recommends investing 30% of the Gross Domestic Product (GDP) in infrastructure projects. This is a substantial increase from current levels.

Mexico’s Infrastructure Shortfall Threatens Economic Growth.
The chamber also calls for more private sector involvement. In previous administrations, private participation in infrastructure projects was around 70%.

This figure dropped to 60% during López Obrador’s presidency. The CMIC believes that public-private partnerships are key to meeting investment needs.

Challenges and Opportunities

The 2025 federal budget, due by November 15, faces several challenges. These include debt, fiscal deficits, and fixed expenses like social programs.

In addition, the CMIC suggests using development banks, including Banobras, to stimulate private investments. The construction sector had a tough year in 2024.

The end of major federal projects and reduced investment took their toll. According to the National Survey of Construction Companies, production fell by 15.3% annually.

The CMIC estimates that the industry grew by only 1% during López Obrador’s six-year term. This is a stark contrast to previous administrations, where growth reached 1.7%.

In short, the chamber sees some positive signs for 2025, though. New infrastructure maintenance projects are being tendered.

These include road maintenance and works for the Federal Electricity Commission. The CMIC views these as promising developments for the sector’s recovery and growth.

Infrastructure Investment in Mexico Faces Historic Decline

https://mexiconewsdaily.com/news/mexico-cut-in-infrastructure-investment/ 9 October 2025

Mexico's public investment is set to record its steepest decline in modern history in 2025, as the federal government tightens spending to curb debt and achieve fiscal consolidation. The contraction underscores a major shift in budget priorities, with significant implications for infrastructure, education, and social development.

From January to August 2025, public investment totalled MX$509.7 billion (US$27.77 billion), a 33.7% annual decline in real terms, according to the Ministry of Finance and Public Credit (SHCP).

This marks the sharpest drop for the same period since the 1990s. The downturn was particularly severe in August, when spending on public works fell 15.9% year-on-year, and the most affected sector was water supply and sanitation, which suffered a 75.5% cut, dropping to just MX$8.3 billion (US$452.3 million).

By comparison, during the same period in 2024, the government invested MX$768.4 billion (US$41.88 billion), meaning this year's execution fell by over MX$258 billion (US$14.06 billion) in real terms.

While most sectors experienced deep cuts, communications and transportation stood out as the only category with growth, reporting a 71.8% annual increase to MX$64.5 billion (US$3.51 billion), reflecting ongoing strategic infrastructure projects in logistics and transport connectivity.

Within total physical investment, direct investment, which includes construction, expansion, and equipment acquisition, contracted 28.6% annually, reaching MX$273.9 billion (US$14.93 billion).

Meanwhile, indirect investment, tied to budgetary transfers, plummeted 38.7% to MX$235.9 billion (US$12.85 billion).

The fiscal deficit came in below programmed levels, mainly because both revenues and public spending remained under expectations during the January-August period. According to SHCP data, revenues grew 2.6% in real annual terms, while public spending contracted 3.6%, led by a 34% real annual drop in public investment, says Banamex.

The contraction aligns with the federal government's goal to reduce the fiscal deficit from 4.3% of GDP in 2024 to 4.1% in 2025, as outlined by SHCP. The government achieved a primary surplus of MX$239.7 billion, significantly above the MX$58.2 billion projected, largely due to reduced spending in programmable areas.

Experts Warn of Structural Risks

According to Jorge Cano, Coordinator of Public Spending and Accountability, México Evalúa, the cutback reflects the fiscal adjustment implemented between 2024 and 2025, coinciding with the federal transition of power. "Unfortunately, there were no significant cuts to current expenditure, the main adjustment came from public investment," Cano tells El Sol de México.

Cano adds that PEMEX, education, and transportation are among the hardest hit, limiting both economic development and the fulfilment of social rights due to lower investment in essential infrastructure.

Cano also highlights that Plan México, the government's flagship strategy for economic growth, is not supported by increased public investment but rather assumes that the private sector will drive growth independently.

"The current approach prioritises universal cash transfers that provide short-term relief but do not build long-term capacity. Meanwhile, pension obligations and financial costs continue to rise, reducing fiscal flexibility across all sectors," says Cano.

The LEADING ISSUE is that CHILDREN ARE NOT PRIORITISED:

'I had a pretty good upbringing' in comparison to other people!

Parents have NO understanding of Love.
Parents have NO understanding of Law of Free Will.
Parents have NO understanding of blocking emotions.
Parents have NO understanding of causal / core emotions.

The elephant in the room is Childhood Suppression. It is through Childhood Suppression that we, as parents, impose upon our children all of our emotional injuries and errors of belief, thus perpetrating the stagnation of humanity from one generation to the next. It is only through our personal Feeling Healing that we can start to mitigate this cycle and slowly alleviate each of the social issues that every nation demonstrates.

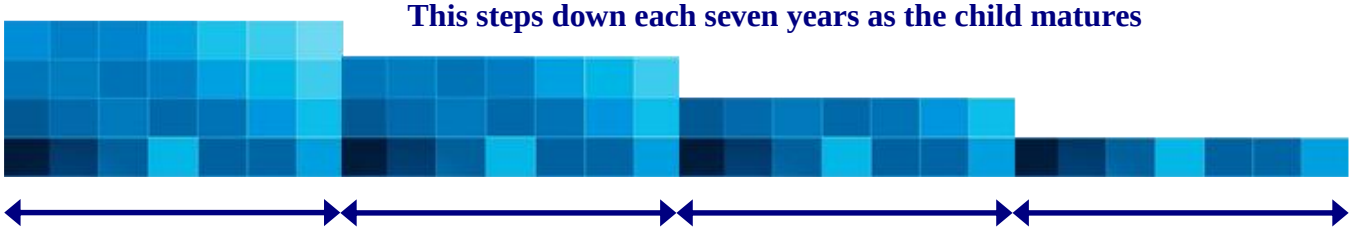
OUR FORMING YEARS are MOST DYNAMIC and TRAUMATIC:

Age-group	Age
Gestation	conception to birth
Newborn	0 days to 1 month
Infant	1 month to 1 year
Toddler	1 to 3 years
Preschool	3 to 6 years
School age child	6 to 12 years
Adolescent	12 to 18 years

Our childhood formative years are from conception through to age of 6 years. Commencing at conception, we begin to take on all of the injuries and errors of belief of our parents and carers. We capitulate to adopting the 'personality' that our physical parents impose upon us, to the detriment of our true personality.

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.

INFLATION

Money is talked about as a constant and that everything else is not. A loaf of bread is constant and so is an apple – money is not, it is printed at the whim of those who own the printing presses.

When I was a young adult, 2 cents could buy what $1 is needed to pay for today. Inflation (printing of extra money) has reduced the buying power by 98%. Examples:

An imperial gallon of petrol used to cost 20 cents. That is 4.546 litres, a litre of petrol costs AU$2.20 today and that equates to AU$10 a gallon. That is a fifty fold diminishment of purchasing power.

A typical packet of 20 cigarettes will now set you back on average around AUD $40 (£22 / US $30), which is a hell of a lot of money if you burn through darts like a chimney. A packet of 20 Ardath cigarettes was 20 cents.

A single scoop ice cream in the cone is now AU$2.79 (Baskin Robbins). As a single scoop was 5 cents then four for 20 cents costs more than AU$10.

The Sunday papers were 5 cents each and stacked with comics and weekend sport. Now they are around AU$3.00 each, so four is now more than AU$10.

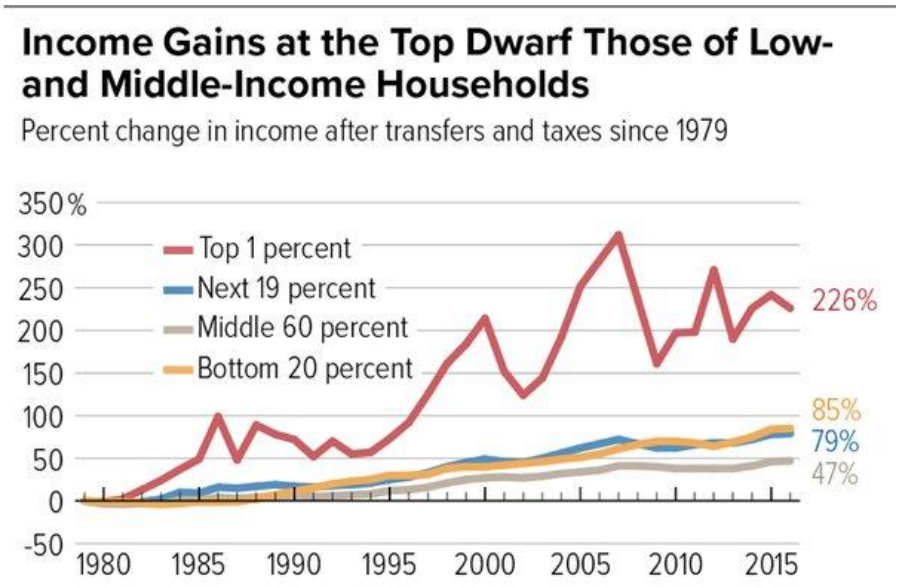
We have experienced a 98% drop in the purchasing power of our dollar and we are about to experience a further 98% drop in purchasing power.

Imagine paying AU$500 for a gallon of petrol!!!

As of a consequence to major disruptions to supply chains around the world due to excessive demand by consumers and Covid-19 and now the Ukraine invasion by Russia, the printing presses of the world have printed a mountain of money for a smaller supply of goods and the consequence is inflation.

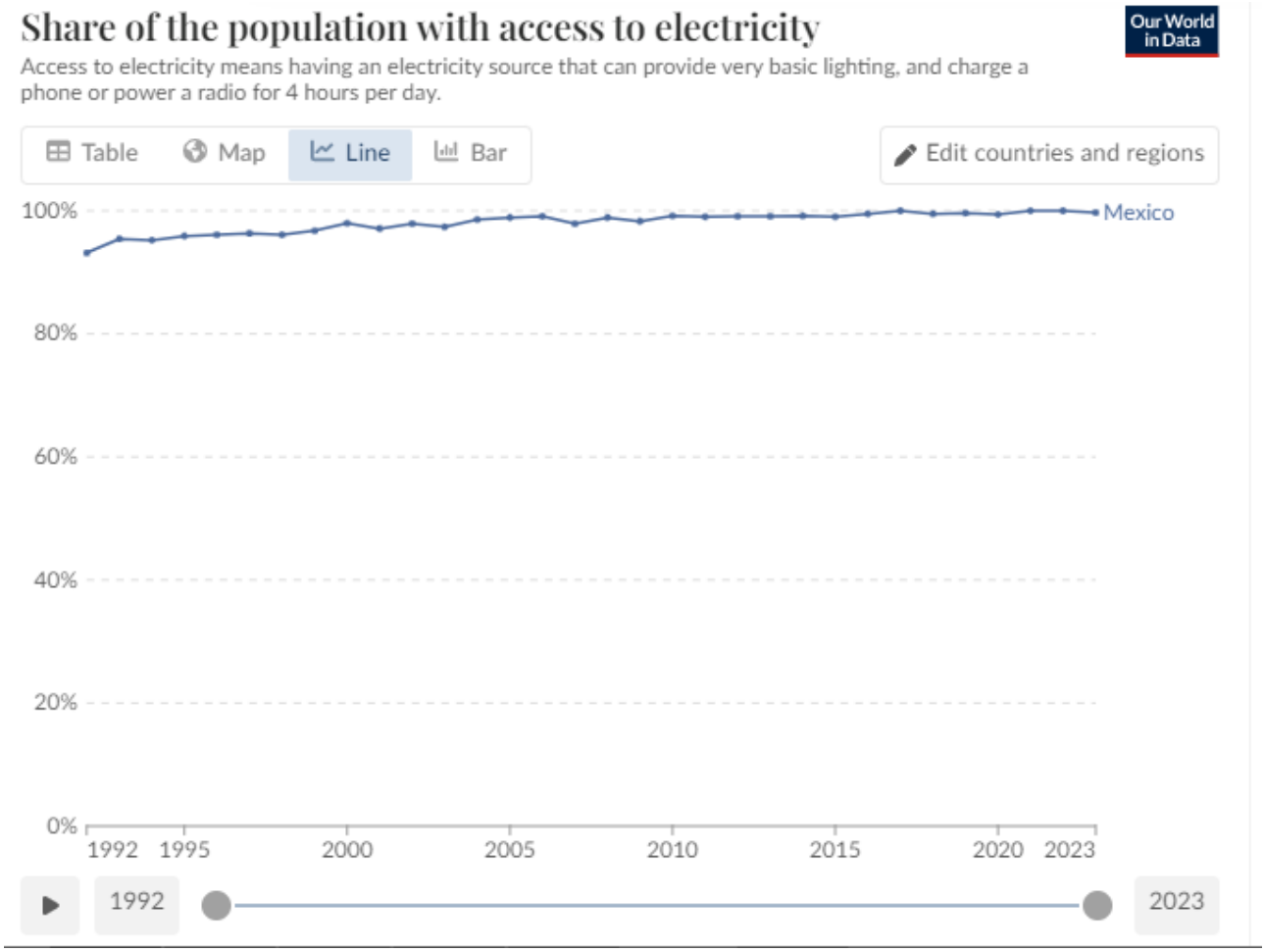
Authorities tell us to look up there whereas we need to look not only at our governments BUT the major corporations that are the dominant price gougers. You will find the chain becomes very small, all leads back to a few very obscure and secretive families.

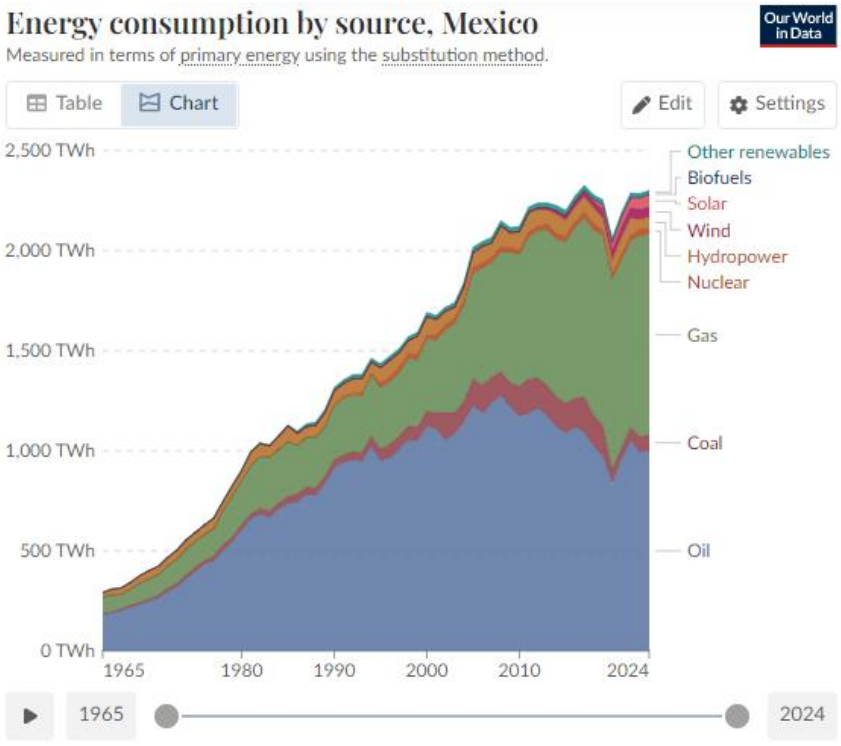
The era of very, very low inflation has ended. Headline inflation in Europe is 7.4% and core inflation 3.5%, way above the ECB's target of 2%. Hong Kong – As inflation soars around the world, the world's second-largest economy has kept it at bay. Consumer prices in China increased just 1.5% in March from a year earlier. The USA Consumer Price Index increased 8.5% for the year ended March 2022, following a rise of 7.9% from February 2021 to February 2022.



Mexico: What share of the population have access to electricity?

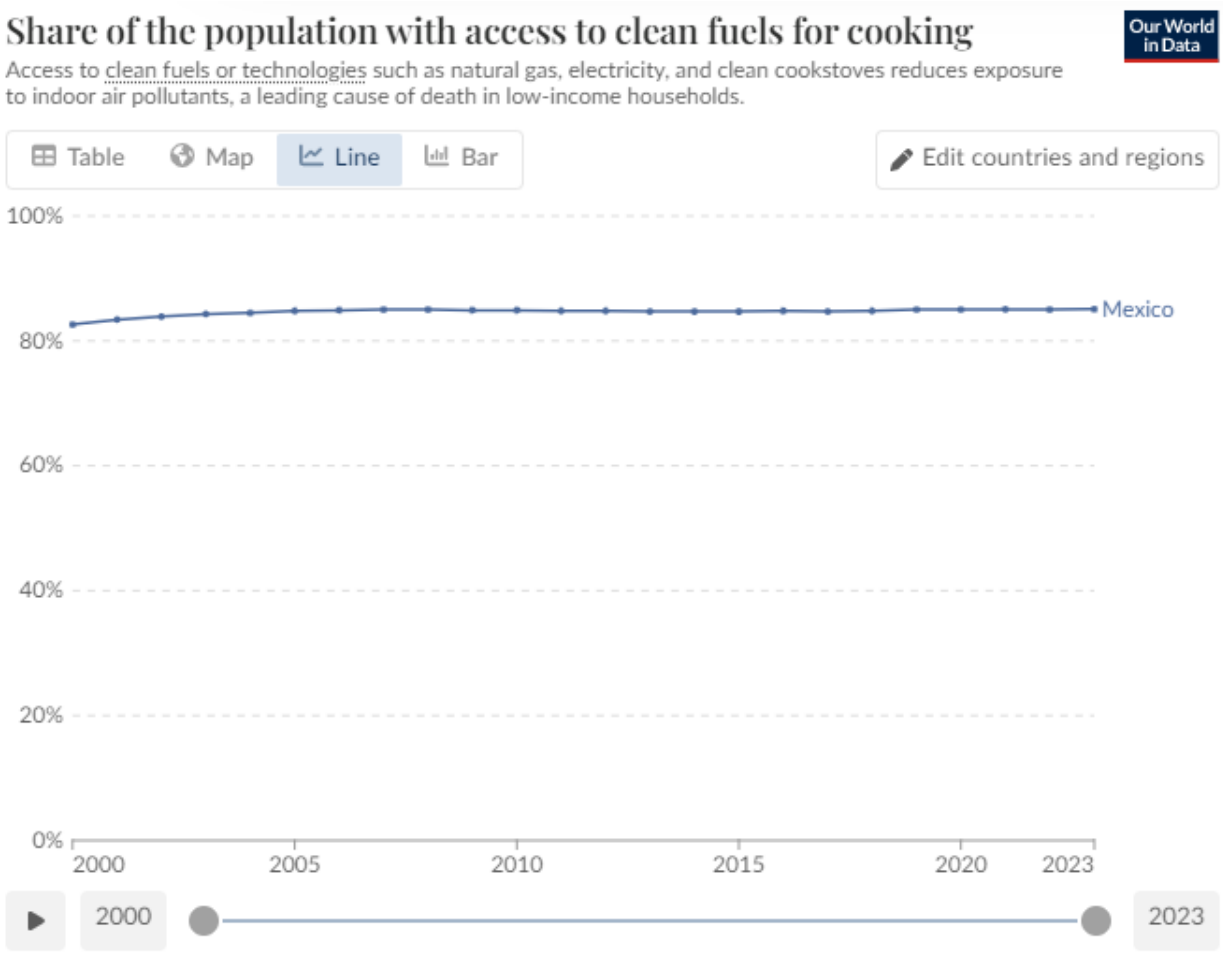
https://ourworldindata.org/energy/country/mexico





Mexico: What share of the population have access to clean fuels for cooking?

https://ourworldindata.org/energy/country/mexico



Having clean fuels and technologies for cooking – meaning non-solid fuels such as natural gas, ethanol or even electric technologies – makes these processes more efficient, saving both time and energy.

But it also comes with massive health benefits. The use of solid fuels for cooking – such as charcoal, crop waste, or dung – is a primary risk factor for deaths and ill-health from indoor air pollution.

This interactive chart shows the percentage of the population that have access to clean cooking fuels for cooking.

Internet usage in Mexico

DIGITAL 2025: MEXICO

https://datareportal.com/reports/digital-2025-mexico

The "state of digital" in Mexico in 2025

Here are **DataReportal**'s essential headlines for the adoption and use of connected devices and services in Mexico in 2025:

- A total of **127 million** cellular mobile connections were active in Mexico in early 2025, with this figure equivalent to **96.5%** of the total population. However, note that some of these connections may only include services such as voice and SMS, and some may *not* include access to the internet.
- There were **110 million** individuals using the internet in Mexico at the start of 2025, when online penetration stood at **83.3%**.
- Mexico was home to **93.0 million** social media user identities in January 2025, equating to **70.7%** of the total population.

These headline stats offer a great overview of the "state of digital" in Mexico at the start of 2025, but in order to make sense of how digital trends and behaviours have been *evolving* over time, we need to dig deeper into the data.

Population of Mexico in 2025

The population of Mexico stood at **132 million** in January 2025.

Data shows that Mexico's population **increased** by **1.1 million** (+0.8 percent) between early 2024 and the start of 2025.

Meanwhile, in early 2025, **82.0%** of Mexico's population lived in **urban centres**, whereas 18% lived in **rural areas**.

At that time, **51.5%** of Mexico's population was **female**, while **48.5%** of the population was **male**.

Note: gender data were only available for "female" and "male" at the time of report production.

Mexico's population by age

At the beginning of 2025, the median age of Mexico's population was **29.6**, with half of Mexico's population *above* this age, and the other half of the population *below* it.

For added context, here's how Mexico's total population broke down by age group at the start of the year:

- **7.7%** was between the ages of 0 and 4.

- **13.0%** was between the ages of 5 and 12.
- **8.5%** was between the ages of 13 and 17.
- **11.8%** was between the ages of 18 and 24.
- **15.9%** was between the ages of 25 and 34.
- **14.0%** was between the ages of 35 and 44.
- **11.7%** was between the ages of 45 and 54.
- **8.9%** was between the ages of 55 and 64.
- **8.5%** was aged 65 and above.

Note: percentages may not sum to 100 percent due to rounding.

Mobile connections in Mexico in 2025

Data from **GSMA Intelligence** shows that there were **127 million** cellular mobile connections in Mexico at the beginning of 2025.

For perspective, many people make use of more than one mobile connection, so it's not unusual for mobile connection figures to significantly exceed figures for total population.

For example, the same person might have one mobile connection for personal use, but also use a separate mobile connection for work activities. The rise of **eSIMs** has made this even easier over recent years.

However, this practice *hasn't* yet pushed mobile connectivity rates in Mexico beyond 100%, and GSMA Intelligence's numbers indicate that mobile connections in Mexico were equivalent to **96.5%** of the total population in January 2025.

Looking at trends over time, the number of mobile connections in Mexico **increased** by **696 thousand** (+0.6%) between the start of 2024 and the beginning of 2025.

Meanwhile, GSMA Intelligence's data suggests that **97.7%** of mobile connections in Mexico can now be considered "broadband", which means that they connect via 3G, 4G, or 5G mobile networks.

However, devices that connect to "broadband" mobile networks do not necessarily use cellular mobile data — for example, some subscription plans may only include access to voice and SMS services — so this broadband figure should **not** be considered a proxy for mobile internet use.

Need quick stats for other countries? Click here to read our **Digital 2025 Local Country Headlines** report, which offers essential digital data for almost every country in the world.

Internet use in Mexico in 2025

At the time of report production, the latest available data indicated that there were **110 million** internet users in Mexico in January 2025.

This means that Mexico's internet penetration rate stood at **83.3%** of the total population at the start of the year.

COMMERCIAL IN CONFIDENCE

Meanwhile, **Kepios**'s analysis indicates that the number of internet users in Mexico **increased** by **1.1 million** (+1.0%) between January 2024 and January 2025.

And for added perspective, Mexico's internet *adoption rate* (i.e. the percentage of the total population that uses the internet) **increased** by a relative **0.2%** (+13 **basis points**) during the same period.

But these user figures also suggest that **21.9 million** people in Mexico did ***not*** use the internet at the beginning of 2025, suggesting that **16.7%** of the population remained "**offline**" at the start of the year.

However, complexities associated with the collection and analysis of internet user data mean that it can often take several months before research is ready for publication.

As a result, the latest *published* figures for internet use may *under*-represent current realities, and actual rates for internet adoption and year-on-year growth may be higher than the figures shown here suggest.

Go global: see how Mexico's current "state of digital" compares with connectivity in other countries by reading our flagship **Digital 2025 Global Overview Report**, which includes hundreds of slides of global digital data, as well as our in-depth analysis of what these numbers might mean for you.

Internet connection speeds in Mexico in 2025

Figures published by **Ookla** indicate that internet users in Mexico could have expected the following internet connection speeds at the beginning of 2025, reported in megabits per second (Mbps):

- Median **mobile** internet download speed via cellular data networks*: **33.10 Mbps**.
- Median **fixed** internet download speed: **83.00 Mbps**.

Ookla's data reveals that the median **mobile** internet download speed in Mexico increased by **7.96 Mbps** (+31.7%) in the twelve months to January 2025.

Meanwhile, the company's data shows that the download speed of the typical **fixed** internet connection in Mexico **increased** by **22.72 Mbps** (+37.7%) during the same period.

Note: values for mobile internet connection speeds only include data transfer via **cellular mobile networks (e.g. 3G, 4G, and 5G connections), and do **not** represent the speed of mobile connections via WiFi where the WiFi router connects to the internet via "fixed" infrastructure.*

Social media statistics for Mexico in 2025

DataReportal's figures show that there were **93.0 million** active social media user identities in Mexico in January 2025.

For perspective, this figure was equivalent to **70.7%** of Mexico's total population at the start of 2025.

However, while our methodology strives to "de-duplicate" social media users across different social platforms — and, wherever possible, to remove accounts that do not represent individual human users

— it's important to stress that our social media user identities figures may **not** represent unique individuals (see our detailed **notes on data** to learn why).

Moreover, due to complexities associated with de-duplicating users across different social platforms, the methodology that we use to calculate social media user identities may sometimes only factor users of the social media platform that has the largest active audience in the respective country at the time of report production.

As a result, the figures that we publish for a country's overall social media use may sometimes look very similar to the statistics that we publish for the most popular social media platform in that country.

Separately, please also note that the signals and sources that we rely on to inform these social media figures make regular **changes and corrections** to their data.

As a result, the values for social media use shown here might appear to be quite different to the numbers that we published in **previous years**.

Because of this, we advise **significant caution** when comparing the values for social media user identities published in this year's reports with those published in previous years, especially because changes in our reported values may be the result of "corrections" in the source data, and not all trends will be the result of changes in actual user behaviour.

This is particularly pertinent when it comes to trends in social media use *over time*, and we recommend that readers use the change figures published below, rather than trying to re-calculate growth figures using data published in our previous reports.

And on that note, **Kepios**'s analysis shows that social media user identities in Mexico increased by **2.8 million** (+3.0%) between early 2024 and the beginning of 2025.

Turning our attention to user demographics, data published in the ad planning tools of top social media platforms indicates that there were **93.0 million** users aged **18 and above** using social media in Mexico at the beginning of 2025, which was equivalent to **99.9%** of the total population aged **18 and above**.

At that time, **49.4%** of Mexico's social media user identities were **female**, while **50.6%** were **male**.

And for added context, it may be helpful to know that **84.9%** of Mexico's total internet user base (regardless of age) used at least one social media platform in January 2025.

Note: due to source data limitations, we're only able to report gender data for "female" and "male".

Get fresh insights: our handy **Social Media Users overview page** helps you stay up to date with global social media trends, offering essential headlines for social media adoption, as well as the latest user figures for the world's most widely used social media platforms.

YouTube users in Mexico in 2025

Google's advertising resources indicate that **YouTube** had **83.6 million** users in Mexico in early 2025.

It's important to stress that these advertising reach figures do **not** necessarily represent the same thing as monthly active user figures though, and there may be meaningful differences between the size of YouTube's ad audience and its total active user base.

Caveats aside, the company's own data suggests that YouTube's *ad reach* in early 2025 was equivalent to **63.6%** of Mexico's total population at the start of the year.

To put those figures in perspective, YouTube ads reached **76.3%** of Mexico's total internet user base (regardless of age) in January 2025.

At that time, **51.2%** of YouTube's *adult* ad audience in Mexico was **female**, while **48.8%** was **male**.

Note: at the time of report production, Google's advertising resources only published audience gender data for "female" and "male" users.

YouTube user growth in Mexico

Data published in Google's own ad planning tools show that YouTube's potential ad reach in Mexico **increased** by **500 thousand** (+0.6%) between the start of 2024 and early 2025.

Meanwhile, on a quarter-by-quarter basis, the same data show that the number of users that marketers could reach with ads on YouTube in Mexico remained **unchanged** between October 2024 and January 2025.

However, it's worth noting that Google only publishes updates to its figures for YouTube reach every three to six months, and actual reach may have evolved since this data was published in Google's ad planning tools.

▸ Looking for more **YouTube** stats ? **Click here** to explore our in-depth YouTube data for all available countries.

COMMERCIAL IN CONFIDENCE

Children and the Internet

https://www.internetsociety.org/wp-content/uploads/2017/11/bp-childrenandtheinternet-20129017-en.pdf

The Internet is an increasing part of today's culture, especially for children and youth, for whom schoolwork, online gaming, and social networking are among the most popular activities. However, the lack of common agreement about the right approach to educating and protecting children adds further challenges to a child's online experience and expression. Additionally, cultural and geographical differences in legal and social norms reflect the fact that there is no universally accepted view of what defines a person as a child, or of what is appropriate for children, making "inappropriate content and behaviour" hard to define.

While some online crimes are cross-border in nature and so require global attention, at a national level, policy approaches to regulating content have so far predominantly employed a range of filtering techniques to limit access to or block Internet content. In addition, while local institutional or individual parental computer level filtering is often advised (and should, principally, be used in preference to network level filtering), neither these efforts nor national and local level filtering methods are 100% effective at regulating undesirable content, as at times they tend to under- or over-block content. Filtering at the network level has additional adverse effects. It is therefore vital for parents, educators, guardians, peers and the state to educate children and young people on risks and responsibilities they may encounter when using the Internet. This approach could empower the youth to recognise and avoid dangers, while equipping them with online literacy skills to responsibly reap the benefits Internet activity offers.

The Internet, for children and adults alike, is a hugely important medium. Children and young people now frequently use the Internet to:
• Learn (by having access to information, knowledge, opinions, education tools, and even teachers);
• Communicate (express ideas, share information and experiences);
• Interact socially with friends and peers;
• Innovate, create and share content;
• Play and be entertained (games, movies, music, books, etc.);

Increasingly, these activities are occurring outside the home or school, beyond the traditional desktop computer, on handheld devices such as smart phones and tablets. Compared to other technologies that supply content, such as radio and television, the Internet presents parents, guardians and educators unique opportunities to take a more direct role in deciding what their children can see and do. For example, they can direct the child toward beneficial and entertaining content suitable to each child's age, culture, intellectual capacity, education, etc. It also provides opportunities to educate children about the constructive use of the Internet and to provide guidance on how to avoid risky online behaviour and inappropriate content.

It is of key importance that everyone – parents and guardians, teachers, institutions and governments – work together to create safe and accessible environments for children and young people wherever they are; at home, at school, or in public facilities such as libraries or Internet cafés. It is everyone's responsibility to create these environments, so that all children and young people can enjoy, and harness the positive aspects of the Internet. Further, while it is important to be alert to the potential risks involved in children going online, it is also important to keep things in perspective. Education, common sense and clear guidelines are the best place to start. While much work has been done on how best to protect children, the Internet Society believes more can be done to empower children and young people in order to protect them from potentially harmful material on the Internet and, at the same time, allow them to make full use of the Internet's capabilities and values.

Are we communicating?

Or deeper into the impersonal?

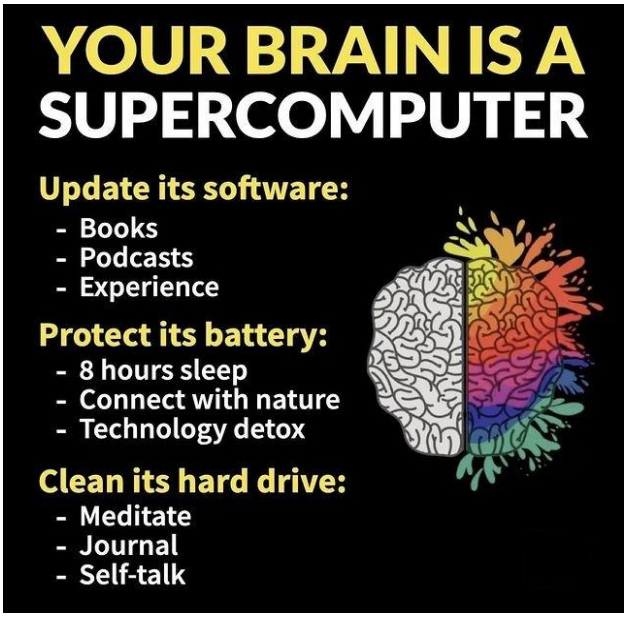
THIS IS HUMANITY stupified!

Getting the Hell out of here!!

How do you feel about this ... ?

Should we start by asking; "what do you feel about this … ?" then we go straight to our mind and start intellectualising a response. However, by asking; "how do you feel about this … ?" then we might pause and reflect upon our feelings and even consider our feelings.

There are two very distinct ways of living. Firstly, we all have been guided, taught, coerced and directed to live mind-centric. 'Use your brain Mary / Johnny' has been hammered into each us. We have been literally brought up to worship our mind / brain.



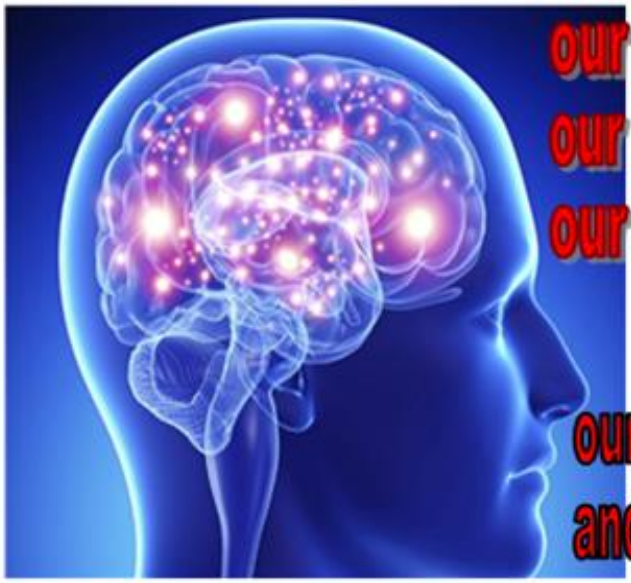
Well folks, let us consider this! When we die we lose nothing of our intelligence and memory. When we are dead we are more alive than ever! Yes, we may lose a lot of weight but our faculties, senses, feelings, memory and intelligence continues with us, all in perfect working order. Our brain is nothing more than a dumb computer terminal, it is an interface between our physical self and our spirit body mind which in turn is an interface to our soul which is the source of all that we are and is our being.

Thousands of years ago, a couple of 'bright sparks' prompted us, being Earth's humanity, to embrace our minds as being all powerful and the pathway for us to becoming mini-gods. And we see around us those who act and appear to believe that they are already 'mini-gods'!

Our parents from the very moment of our conception start to impose their will upon us, even though they are mostly unaware that we are commencing to form. All through our gestation period in the womb we are absorbing the emotional injuries and errors of belief of our parents and those close by in our family circle. We are already being conditioned to live mind-centric, to embrace our mind and to suppress our feelings.

So, what is so brilliant about our minds? Our mind cannot discern truth from falsehood. It does not know innately what is right or wrong and it cannot discern what is best for us and what is not. It cannot make the right choice. And this is how we are indoctrinated to live by our parents. Further, our mind is addicted to untruth – so now you can see why we mostly get it all wrong. So that no one misses out on our adopted pathway of chaos and disaster, our mind is a control addict! We impose our will upon all others all the time. Look at what is continually being put to us by everyone and everything all the time!

Then our educators continue with the same impost, our religious and spiritual instructors do the same, then our employers, and to cap it all off, the multiple layers of government impose their 'LAWS'.



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!

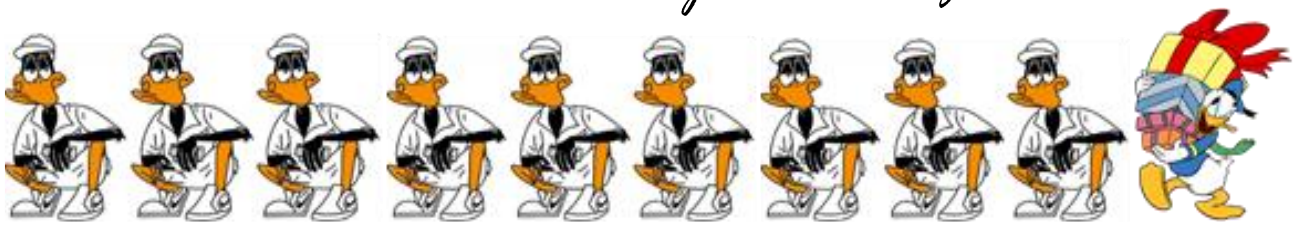
our SOUL is our TRUTH!
our FEELINGS are our TRUTH!
FEELINGS FIRST, mind to follow!

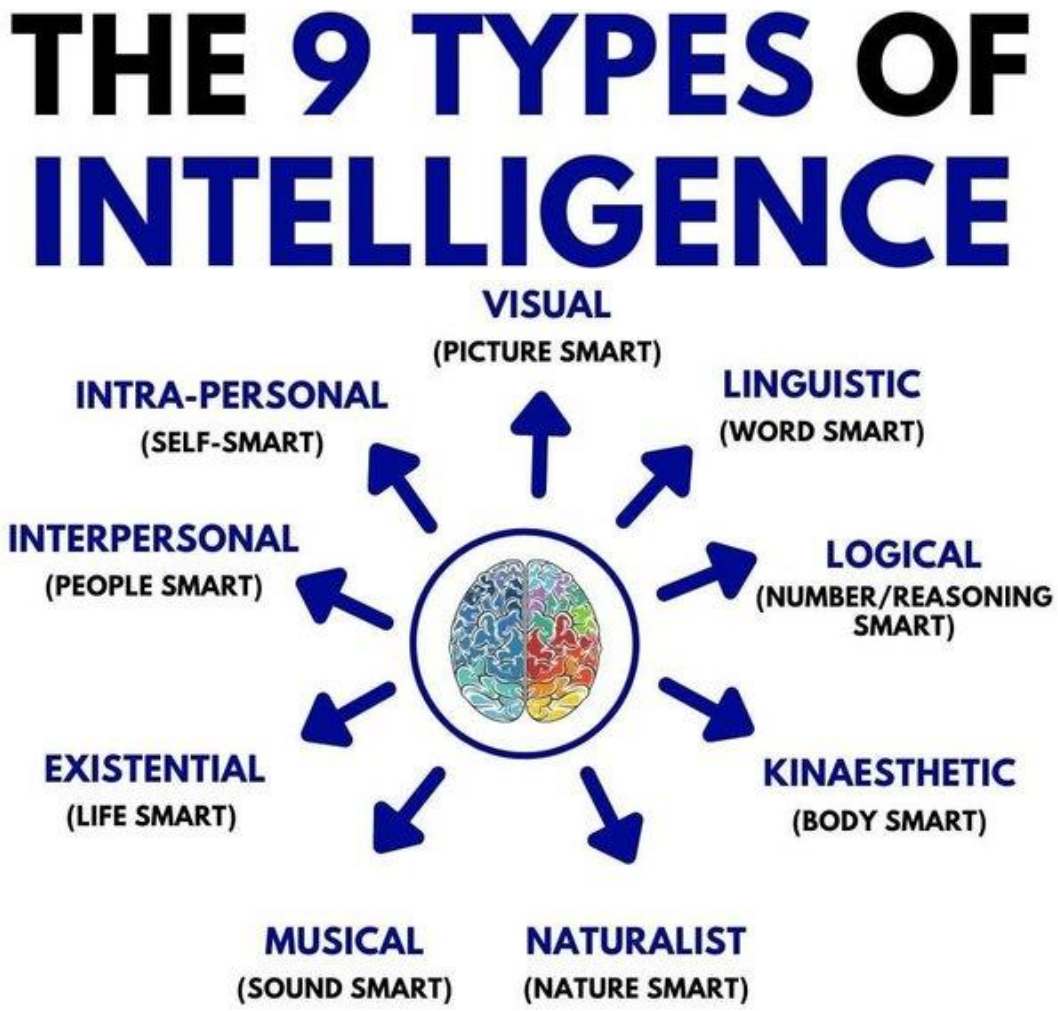
all we need is WITHIN.
our MIND suppresses FEELINGS.

Assumptions are the product of the mind, so how does that make you feel? When someone starts a conversation with; 'I think!' then you know they are going to discuss an assumption or a series of assumptions. Kindly observe your own assumptions. The error rate is about 98% with 2% only being flukes. When we act upon an assumption we invariably have to backtrack and rework what we have done. Look at research papers. When you start to count the number of 'assumptions' that the research is based on then it will end up being a disaster. Mostly the number of 'assumptions' will tally up well into the double digits and they call it 'research'.

Now that you can consider that our minds are addicted to untruth and that assumptions are generally 98% in error, then you are allowed to consider that all institutionalised systems are not just flawed, they are grossly in error, they are subjecting us to suppression and control and that all that we have accepted and embraced has been of great harm to us, continually for many thousands of years. You may also consider that we are continually to 'look up there' when we are to look somewhere else to discover the truth of what we are being deceived about. There is nothing that we will not need to dismantle and then rebuild on truthful foundations. NOTHING!

Ten ducks in a row, but one always misleading or misled!





A STATE of MIND!

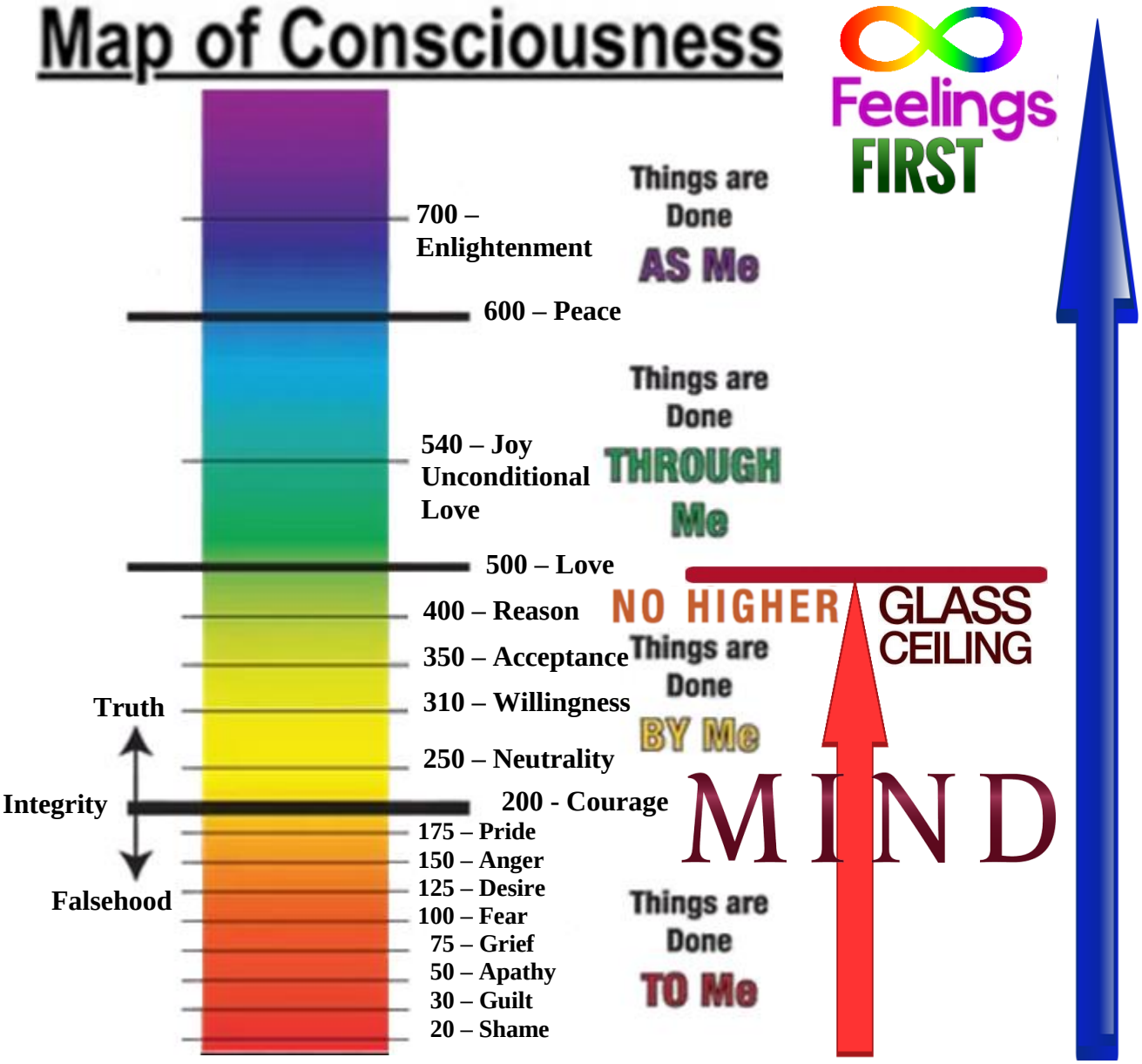
Middle class is a state of mind. The poor have got nothing to lose and live in the moment. The rich are in cahoots with government to pass laws to suit their interests.

Many who are told that they are at a given level of competency or incompetency tend to accept this as a rock solid truth and this becomes a lifelong barrier to their progress. This is a controlling mechanism recognised and utilised for thousands of years by high level invisible controllers.

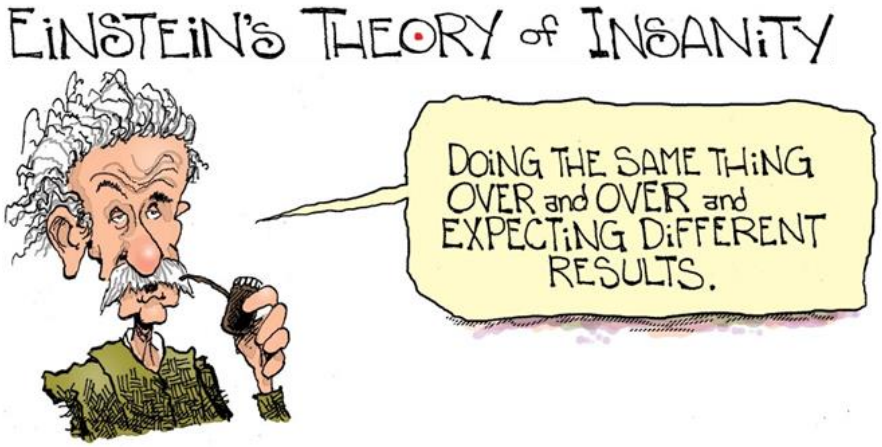
The Caste System of India is one such powerful mechanism. The Caste System now has been repackaged for our modern environment, it is now the Intelligence Quotient (IQ) assessment process. The consequences are the same. It has become a psychic barrier that will require long term continuous attention to address the false dichotomy that many have embraced as a belief.

We each have an enormous innate potential. We will each go on and achieve incredible capabilities – once we heal ourselves of our childhood suppression – the elephant in the room!

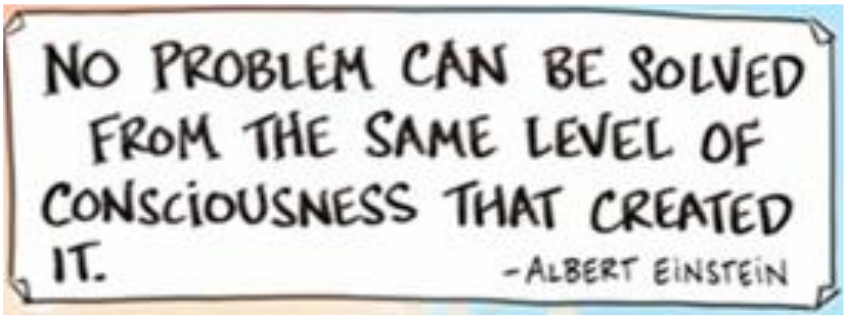
To bridge and overcome these barriers we are to strive to live feelings first having our minds to follow, our mind assisting in implementing what our feelings are guiding us to consider and embrace. Not the other way round as it has been these past 200,000 years of Rebellion and Default.



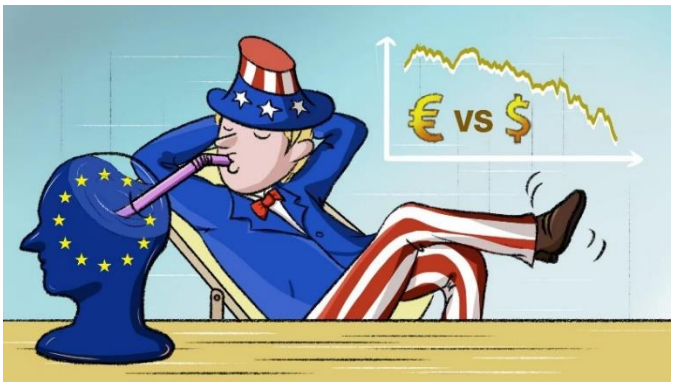
ALL spiritual and religious systems and institutions apparently espouse to lead us to higher levels of consciousness on a pathway to Heaven. Instead, they have all supported the way of life of being mind-centric. While we ignore and suppress our feelings, our soul based feelings which are always in truth, then we cannot progress beyond 499 on Dr David R Hawkins' Map of Consciousness scale. We cannot progress beyond what is the ceiling of consciousness for those now in the 1st spirit Mansion World. There are seven Mansion Worlds that we are to progress through before we can enter the 1st of the Celestial Heavens. These spiritual and religious systems and institutions continue to do the begging of the 'bright sparks' who imposed this entrapment and suppression upon all of humanity. These spiritual and religious systems and institutions are not doing anything to advance humanity – they are aiding our controllers!



After some 200,000 years, there are a pair now here on Earth who are of a higher consciousness than those who created the problem that has engaged all of Earth's humanity, and this couple have taken on the extremes of the Rebellion and Default and are healing themselves of it in demonstration for humanity to emulate and follow in the doing of their own Feeling Healing. This is the culmination of 4,000 years of progressive steps, physically commencing with Machiventa Melchizedek, then Jesus and Mary of Magdalene, and now the Avonal Pair. Yes, all of these personalities are each of a higher level of consciousness than those who created the Rebellion and Default on Earth. And no, doing the same thing over and over is not the pathway forward.



Yes, it is clear to many that democracy, whatever that means to each of us, is flawed within the most powerful nation that purports to support and promote it around the world. Democracy in which ever nation it is said to be in has been hijacked for the benefit of the few. Deception prevails.



It is not a nation drinking through the straw, draining the wealth of other nations. It is the hidden silent few draining the many within the umbrella of national structures and arrangements. These crafty few families have for many generations drained the collective wealth of the majority without being brought to account. These few families control governments, if they cannot then they control the second tier of the administration of those governments and are always positioning and training compromised replacements in all the critical positions to do their begging and be their puppets.

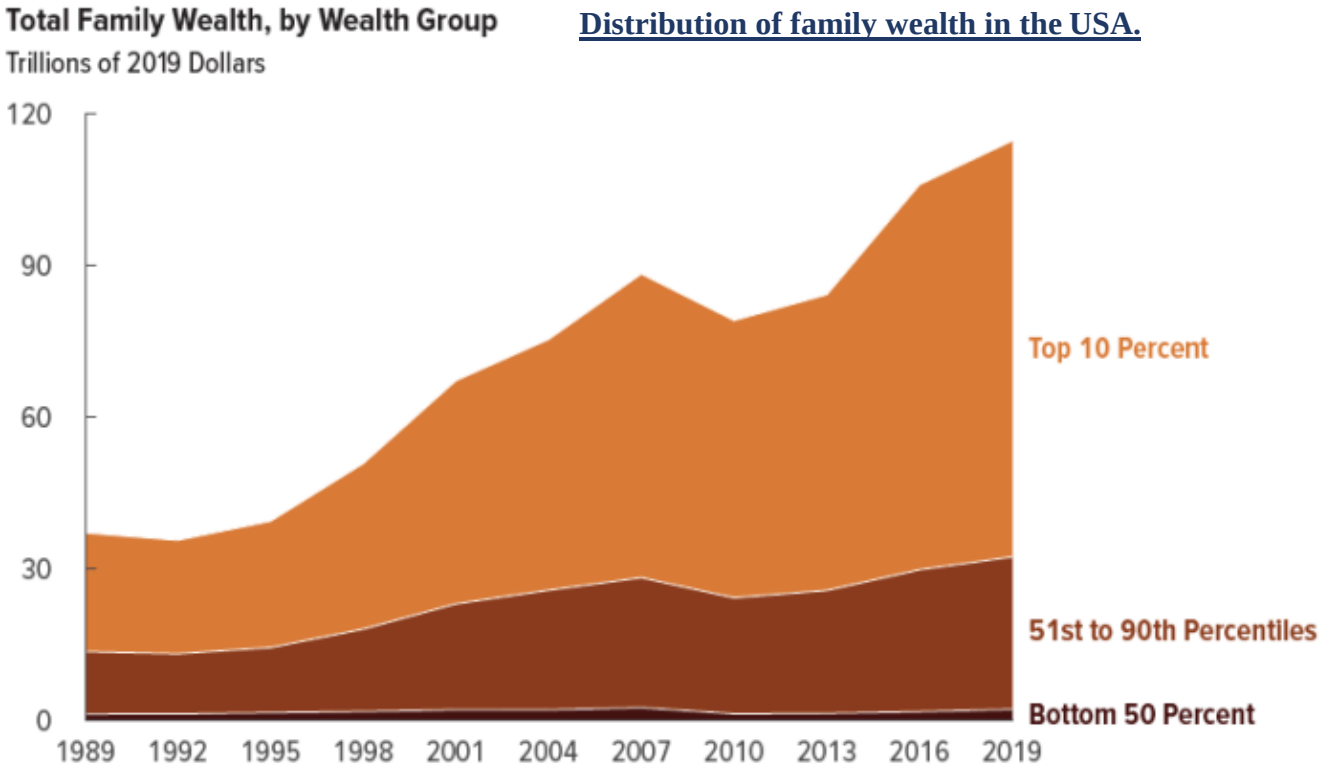
How could they possibly do this? Specific secret societies are a conduit and network worldwide. Should you look at the societies that each of the presidents of USA have been active members of then you see the controlling pathway. These secret societies typically link up through Lodges at their highest and secluded levels, which in turn may lead back to, say London and then to a Club. It is in one such Club that the majority of United States America then future presidents have been anointed. Funding of election corresponds with the acceptance and endorsement of appropriate 'policies'. The hidden controllers have been successful for the majority of US presidential elections through this pathway. Donald J Trump spoiled the election of Hilary Clinton, so that was a failure for this covert controlling group.

Over the decades we can all see the ever expanded tentacles of suppressive debt being imposed upon families. All systems are structured to make us all obedient consumers and corresponding debt slaves. Home finance was limited to 80% of valuation then with 'insurance' systems it is now 95% and greater. Consumer finance became more and more accessible for motor vehicles, then large home appliances and now it is almost instant on everything. Credit card finance can be almost unlimited. And now it is education financing that literally guarantees a funded student a life of debt slavery whereas education was free for all and needs to become free for all once again. And if you should have ill health in USA then medical expenses may most likely send an uninsured into bankruptcy.

Step back and look at processed food. The ultimate control and ownership of processed food may lead you to the same few mega-wealthy families who control such food distribution networks worldwide. The nutrition value of highly processed package food is NIL!

These hidden secret controllers may appear benevolent but they are also the funders of wars – BOTH SIDES. Then consider looking at the ultimate ownership of military industry complexes!

Distribution of family wealth in the USA.



INEQUALITY:

From the end of World War II until the early 2000s the number of democracies and the proliferation of human rights was generally increasing, but since then, it has been slowly decreasing. What is a good explanation for this change?

Two internal Western factors and one external.

- Unprecedented rise in ***inequality***, in some countries to the pre-WWI levels. More and more people are getting less and less of the cake, and the fact that the cake is growing nicely, somehow doesn't make them happy

- Exhaustion of the welfare model as the foundation of liberal democracy, because of the ***demographic decline***. Millennials and their kids must work more and harder for the same pay to uphold the comfortable lifestyle of retired people. They can't do anything within the democratic framework. The numerous, long-living, fun-loving baby-boomers outvote and outcompete the youngsters in politics, hands down and dentures out.

- The epic success of the ***meritocratic autocracy*** in China. It seemingly substitutes the short-sighted unpredictable chaos of democratic consensus-building with an impenetrable, depoliticised, benevolent stability and long-term planning horizon of one-party rule.

Mexico's richest 1% earn 442 times more than the poorest 10%

https://www.latamrepublic.com/mexicos-richest-1-earn-442-times-more-than-the-poorest-10/

A recent analysis of the 2024 National Survey of Household Income and Expenditure (ENIGH) reveals that the top 1% in Mexico holds 35% of the country's total income, earning 442 times more than the poorest 10%. The study, conducted by Oxfam Mexico and the Institute for Studies on Inequality (INDESIG), highlights that, despite overall income growth, structural inequality continues to limit access to basic rights such as healthcare, education, and housing.

Persistent Gap Between Rich and Poor

Between 2018 and 2024, the average income of Mexican households increased by 18.7%, rising from 18,381 pesos ($980) to 21,825 pesos ($1,164). However, this growth has not been sufficient to significantly reduce the social gap.

- Households in the poorest 10% earn only 2,168 pesos ($116) per person per month,
- While the wealthiest 1% receives 958,777 pesos ($51,160) monthly, illustrating a stark inequality in resource distribution.

Minimum Wage Impact on Income Improvement

The report notes that policies such as minimum wage increases helped raise the earnings of the poorest households, resulting in a 54% growth in labour income. This allowed monthly income to rise from 660 pesos in 2018 to 1,016 pesos in 2024.

Nonetheless, Oxfam and INDESIG emphasise that deeper reforms are needed to strengthen these gains and reduce structural inequality.

Population Group	Monthly Income per Person (MXN)	Monthly Income per Person (USD)	Share of Total Income
Poorest 10%	2,168	116	2%
National Average	21,825	1,164	–
Wealthiest 1%	958,777	51,16	35%

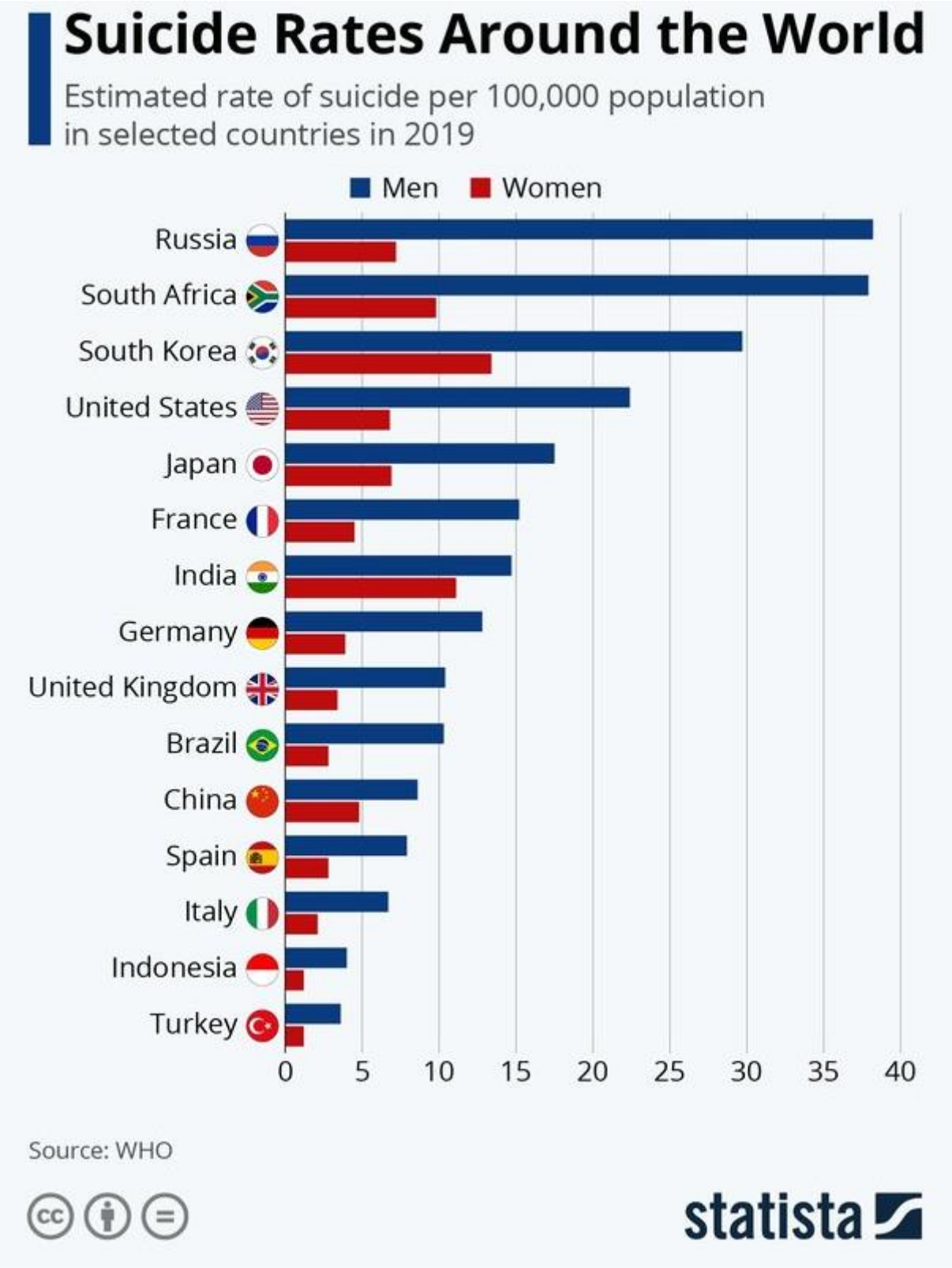
Military Expenditure worldwide pa US$2.7 Trillion
vs Humanitarian Aid worldwide pa US$46 Billion

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**

MoC

320
190
400
405
355
310
370
400
420
300
305
300
380
215
245



Suicide mortality rate (per 100,000 population) in Mexico (MoC 295) was reported at 7.35 in 2023, according to the World Bank.

"The True Liberation of Women is Through the Truth of Their Feelings."

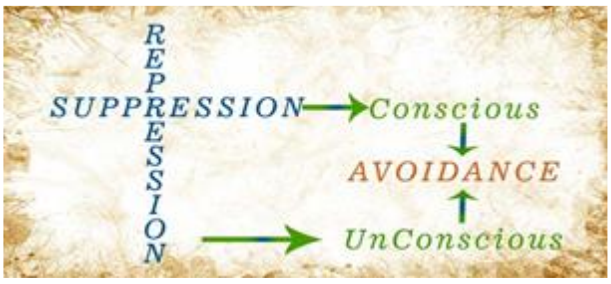
Imagine women came to understand their True Liberation is through the Truth of their Feelings.

It's time for the true Women's Revolution:
Liberation of the Feminine:
Women are Spiritual – live true to your feelings.
Put your feelings first – always. Let your feelings speak, DON'T DENY THEM.

I am my feelings. I care what I feel. I deserve the right to allow my feelings the right to exist. Let me OUT – Let my feelings have their Say. I will no longer keep them back, hold them in, shut them up. I want to be Heard. I want my feelings to have their say. I want to hear what my own feelings are telling me. It's time to face the truth, and my feelings are the way to it. My feelings won't like being suppressed, not once I get my mind out of their way.

Viva La Feelings – Women are Feelings. Women are Spiritual. Our Feelings are our true spirituality. Deny our feelings and we are denying our spirit. The suppression and forced repression of our feelings is to end. Bring Them ALL Out. Open your mouth and let your feelings come out, let your feelings have their say, and Long for the truth of Them. Want to know the truth of your feelings. My feelings are the Way to My Truth. I want to be true, beginning with being true to my feelings. And through my feelings I will be guided and shown how to live.

God loves all Feelings. You can only love God with your Feelings. Give ALL your good and bad feelings to God. Bring them out, stop keeping them hidden and bottled up. If you don't, you'll never uncover the truth of yourself, nor will you really get to know yourself or God.



Your feelings are the key to your successful relationships. Block your feelings and you're blocking your relationships. Express your feelings and want them to show you the deeper truth of yourself, and your relationships will become true too.

Long Live My Feelings. MeTOOandmyFEELINGS. I am Woman let me FEEL. It's time to honour what I feel. Liberate the true feminine by liberating ALL your feelings. It can be very difficult, there will be many obstacles within yourself and outside of yourself, however if you want to truly set yourself free of your pain and suffering, then seek and long with all your heart for the truth of your feelings – for your feelings to show you the truth God wants you to see about yourself. And slowly you will heal, slowly you will change and overcome all such difficulties.

James Moncrief 18 March 2018

Living FEELINGS FIRST

FEELINGS FIRST For Kids

The subject of WOMEN'S LIBERATION: 19 May 2003

As it has been evolving, women have been gaining equal rights with men. And so they should, men shouldn't make them feel inferior in the first place, women should always have felt equal, but men need their power over women, as women – their mothers – have made them feel so powerless.

What I want to point out is that women are setting out to be the equal of men, but that is being equal with men who are negative minded, and negative willed. Women want to compete, gaining equal status in the negative, in controlling things negatively, just as they see men do. And if this is what a woman wants then she should be able to have it, but what we want you to understand is that this sort of women's liberation is only liberation within the negative. And we want ALL WOMEN AND MEN to be equally liberated from their negative rebellious and unloving minds. So it's a different type of liberation: true spiritual liberation, we are suggesting.

Women are the true spiritual leaders, however if they merely persist in competing with men for power within the negative they will gain nothing. They will be selling out their soul and selling themselves out with a false liberation. Jesus – co-regent of Nebadon with Mary Magdalene

12 June 2003

One day you will revere the child as the most precious thing on your world, and everything will start to be designed with children taken into full consideration. If you think that humanity seems to be changing fast in its exploration of relationships, think again, it hasn't even got going.

The great changes heralded in the forthcoming age are to be changes in relationships between you all. Things will become secondary, as you start to sort out once and for all, the truth of your relationships together. Women's liberation is only the first up-welling allowing women to feel somewhat more equal with men, but still all in the wrong ways. From here, at least being wrongly equal you can start to tackle the bigger issue of being all wrong. And then look at how you are torturing your children. This will be the biggest eye opener and the hardest for most to accept. The private and sacred ground of the parent-child relationship will soon come under closer scrutiny with the braver of you accepting the truth and wanting to see it, and then wanting to do something about it all. This will show up just how lacking in love you are and how much you are playing games of charade when it comes to happy families.

The purging of humanity, to come clean and admit just how evil it is, will be a big challenge. Not all will be able to do it in this age, but great steps forward will generate enough momentum to carry it on into the future ages. Your torture of one another and of yourselves cannot go on. You are all crying out for help and relief from the pain and torment, so now you can do something about it. So many people say nothing makes sense, and that's because it doesn't. It can't add up in the negative, but at least now you know the way to do something about it. The upsurge you experienced towards the end of last century will only continue getting stronger with each generation.

Mary Magdalene – Jesus' soul partner

Hello Ladies; please allow your feelings to be the pathway to liberation. There is no need to endeavour to be equal or like men. They have no answer for those who aspire and live through their feelings. As you do so then you will automatically realise that you are not only equal but then leading the men. John

Kindly go to www.pascashealth.com then to the Library Download page, scroll down to Pascas Care Letters and click on to open and download:

Pascas Care Letters Women's Liberation and Mother.pdf

WOMEN LEAD Saturday, 19 August 2017

Helen – 3rd Celestial Heaven: **No man has any real power, that's the irony of the Rebellion and Default, you only believe you do, but it's a farce, and as much as women feel so dominated and powerless, they actually have all power because mostly the men leave the child raising in the hands of women. So the child turns out to be as the woman wants it, although most women aren't aware of that or of the actual power they wield, still that's how it is, with you living in what seems on the surface a man-dominated and run world, yet scratch that surface and dig deeper and you'll seen see it all comes from your early childhood and it was mothers who were mostly in control for you then.**

Women want their liberation, they want the power they believe they are being denied, yet ironically as well, they've already got it, they've always had it, as the men don't want to take over rearing the children. However women have failed to realise that they've had their own freedom in the palm of their hands, nursing their babies, and could have parented their children to take that power into their own hands. However that hasn't happened fully yet, however women are trying to get it now, which is just taking back the power they believe is rightfully theirs, yet is just the power of being rebellious and evil, so it's not that great, as they would see should they ever succeed in getting it fully from the men.

Pascas Papers are to help women embrace the truly spiritual way of life on Earth, helping them understand the importance of their very own feelings, helping them understand that to deny them is hurting them, is going against themselves, is being very unloving and disrespectful to themselves, so if they truly want to be loving of themselves, and so loving of their children and do the right thing, then they'd better start living true to their feelings and stop denying them.

And so **it's the most momentous time for humanity coming right up**. We women Celestial spirits are on the march, and as the Mother told you James last night, you are to help us and give us all the support you can, and do as we ask of you so long as your feelings agree with it, which you are doing now by allowing me to write all of this with you, so the **Revolution Of Woman Power** is commencing, and it's very thrilling to say the least! So don't worry about your hair falling out Crystal, looks aren't everything you know, and there are far greater things for you to do.

Feeling Healing with Divine Love is the key

to enter the Celestial Heavens:

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

<u>WOMEN are the TRUE SPIRITUAL LEADERS of HUMANITY</u>!

Our soul manifests a male and female personality – it is a duplex! One soul – two personalities! Our soul is the centre of our two personalities. We are children of our Heavenly Parents, our Mother and Father.

We are meant to live through the guidance of our soul based feelings – not live by our mind. Our mind cannot discern Truth. Our mind is addicted to Untruth. Our mind is a Control Addict.

High level spirits seduced humanity to live through their minds, thus brining about the Rebellion – 200,000 years ago! Then the Adamites Defaulted on their mission – more than 38,000 years ago.

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.

Okay, because we are amongst billions of people who have been forced to join the Rebellion and Default, we are one of them – experiencing all the crud and wrongness we can possibly get ourselves into. Yep, we are rebelling against our soul, which also means we are rebelling against our soulmate / soul partner and also our Heavenly Mother and Father.

As we are rebelling against our soul partner, the other personality originating from our common soul, we are being toxic to him or her. We carry this pattern into our relationships with others of the opposite sex. Many commit heinous crimes against their soulmates / soul partner only to discover this upon completing their Healing.

When we are living true to our feelings, we will be living true to the will of our soul no longer with our mind getting in the way. And so too will we be living True to God's Will. We live God's Will by living fully expressing all we feel as we long for the truth of such feelings. Our feelings are to guide us in life, not our mind; our true feelings are Our Way, which is also: God's Way.

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

And it is the women that will lead the way in Healing, not only of themselves but also for men.

To liberate one's real self, one's will, driven by one's soul, moves one to embrace Feeling Healing so 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.

Feelings First Spirituality, The New Way

Feelings are your own truth and personality

LIVE FEELINGS FIRST

<u>HUMANITY is within a kind of dormancy, or even more like a stupor</u>!

We, all of humanity, have been reduced to the barest of self-expression, having been reduced to the least creative life we can all live, that which the Earth is currently reflecting with everything and everyone trying to be the same. The pressure to keep going this way is to end. Steadily the pressure to go the opposite way, to increase creative expression, and this is not only meant through the creative arts, but in every aspect of life, socially, collectively and individually, is going to open things out enormously. It's going to be an explosion of light, that which is to end the darkness, something that's never been seen before.

It's the light in our souls, it's the light that comes from the truth we are to be living that will change us – that changes us all, light from our soul. **If one applies themselves to their Healing, thereby ending their unconscious self-denial, they will as they Heal, change and start expressing all the buried attributes, characteristics and talents, any natural part of themselves that's been denied because of their unloving parenting**. We are nothing like how we should be due to our self-denial. So many people are living completely false lives, so when they become true, they will almost be the complete opposite to how they have been.

We are to be alive and vital, real expressions of our soul, to be living fully Healed lives as Celestials while living on Earth. Continually coming to terms with all we have been through, we all take a long time to integrate and understand it all, but we will virtually be New People.

We on Earth are used to our anti-self-conditions. For the people who knew us before Healing, we will seem like completely different people, although with the same basic personality traits and characteristics. However all the self-hating, denying patterns and consequential behaviour will be gone, with all our loving self being expressed. **We are all but the living dead, whereas the Healed are the living living. And there's a huge difference.**

We and those who are Healed are like chalk and cheese, we can't relate to them anymore, and they certainly can't relate to us. **Healing is taking someone who was all but crippled right the way through their childhood and undoing all that retardation within them.** Doing one's Healing is changing the whole programming of every structure within you, all in keeping with getting older and naturally ageing with your mind and feeling systems ageing as well, working right down on the deepest will levels, it all changing, all to rid you of your wrongness and make you become right. It's a huge undertaking.

Yet it all follows on, it's not like you'll be so different from the old you that may as well not have existed, it's all there, all the new you to become, with only snippets currently being exercised and expressed, with **the rest of you in a kind of dormancy, or even more like a stupor.**

Once you have finished your own Healing, you'll be like a new person.

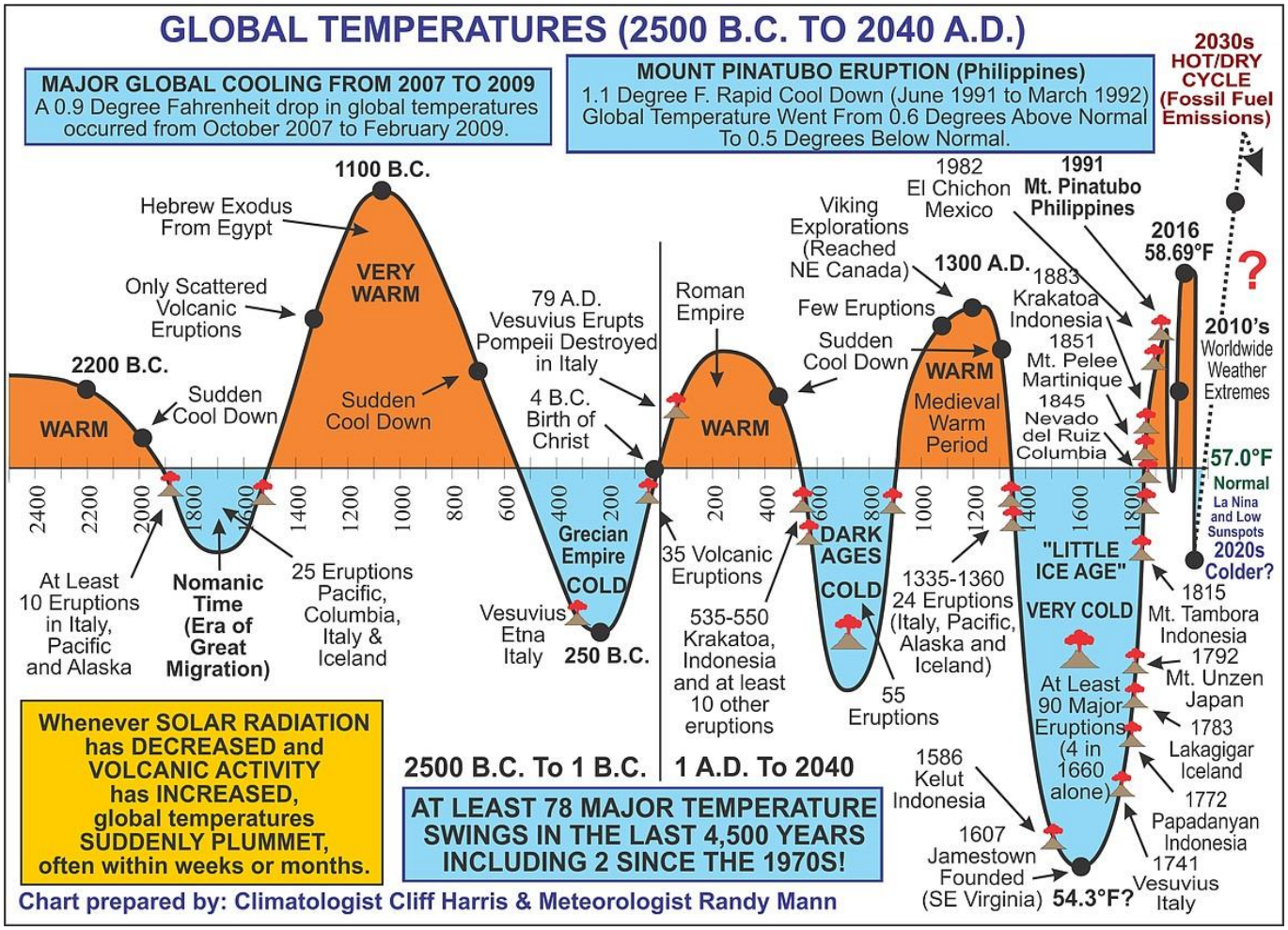
Notes derived from Celestial Nanna Beth 20 – 23 April 2018

EARTH CHANGES

All the people of all the populations are being told that we are damaging the atmosphere causing global warming when the heating is unfolding at and from the core of Earth. Yes, down there!

During the second half of the 20th century (1950s onwards) there have been increases, if not surges, of energy received by our Sun from the core of the Universe. The Sun has transmitted this increased energy outwards and it has been received into the core of all the planets within our local solar system. In turn this increased energy has slightly increased the internal rotation of Earth's core bringing about surface tension, warming from underneath and significant changes in the pattern of weather events, earthquakes, volcanic activity (mainly under the oceans) and changes in our environments.

Yes, we need to reduce our polluting of Earth and also find and adopt alternative energy systems as the burning of combustible fuel is depleting a very finite supply of fossil fuels. But the changes in the ocean levels is not man made. The rotation of the core is spreading the oceanic tectonic plates thus some islands are rising and some are subsiding.



The BIBLE – or rather the NEW TESTAMENT

Religion in the Mexico

The history of the **Catholic Church in Mexico** dates from the period of the Spanish conquest (1519–21) and has continued as an institution in Mexico into the twenty-first century. Catholicism is one of many major legacies from the Spanish colonial era, the others include Spanish as the nation's language, the Civil Code and Spanish colonial architecture. The Catholic Church was a privileged institution until the mid nineteenth century. It was the sole permissible church in the colonial era and into the early Mexican Republic, following independence in 1821. Following independence, it involved itself directly in politics, including in matters that did not specifically involve the Church.

Commencing on 31 May 1914, Apostles Matthew, Mark, Luke, John, Paul, Judas, Peter, as well as Mother Mary, Mary Magdalene and Jesus of Nazareth have progressively written through James Padgett, Dr Daniel Samuels and Hans Radax, with copious writings now through James Moncrief. What they have addressed, amongst many revelations, are the significant errors and omissions throughout the New Testament. These can now be reviewed by going to www.pascashealth.com, then to the Library Download page, scroll down to Medical – Soul Condition & Health, then click on to open and download:

- Bible New Testament Matthew Peshitta Lamsa.pdf
- Bible New Testament Revelation Mary Magdalene.pdf
- Bible New Testament Review - Part I.pdf
- Bible New Testament Review - Part II.pdf
- Bible Old Testament Revisited.pdf

The New Testament only had Matthew's notes that he had made during Jesus' public work, to start with. Most of the New Testament was written down a decade or much more after Jesus' death. Since then, assumptions and personal interpretations have compounded issues with the records. Copying and subsequent translations have been manipulated for political agendas. The knowledge of the availability of Divine Love was lost following the Nicean Council in 325 AD. Nevertheless, these some 300 pages containing around 185,000 words have fulfilled their purpose.

You will find that the commentary now added will lead most to conclude that the Catholic Church has got one thing right out of all its cannon laws, dogmas, creeds, rituals and sacraments – its name!

Firstly, consider discovering the truth of your emotional pain through Feeling Healing.
Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.
Primary and most important readings are the writings of James Moncrief.
Then consider the Padgett Messages, and then The Urantia Book.

Pascas Papers, being free, are located within the Library Download **www.pascashealth.com**
http://www.pascashealth.com/index.php/library.html

The event that is unfolding now is meant to be noticed and the records of revelations already exceed 75,000 pages, being more than 23 million words, and the public work is yet to formally begin!

This is a time of great change and with it comes enormous clarity and access to support that we have never previously experienced. The three major sets of writings are all part of the one revelation that has been unfolding since 1914 and continues today through 2025 and ongoing.

Plan no harm then have no pain. Your angels will celebrate your change of heart!

Our feelings will guide us to be free of any compensation and away from causing harm to others.

<u>REBELLION and DEFAULT formally ended 31 January 2018</u>:

All in keeping with the **outworking of the Rebellion and Default**. Humanity is so shut off to anything that one's feelings provide, we are all but minds robotically carrying out instructions; nothing is fluid, intuitive nor feeling-free. Our whole world can't change as it is, because everyone and everything is so bogged down in the mire of artificial laws and procedures.

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

Great U-Turn for humanity now ready for Mobilisation 22 July 2023
Celestial soul state condition achieved 22 September 2024
Rebellion Ended Forever 30 August 2025

Food Security Mexico

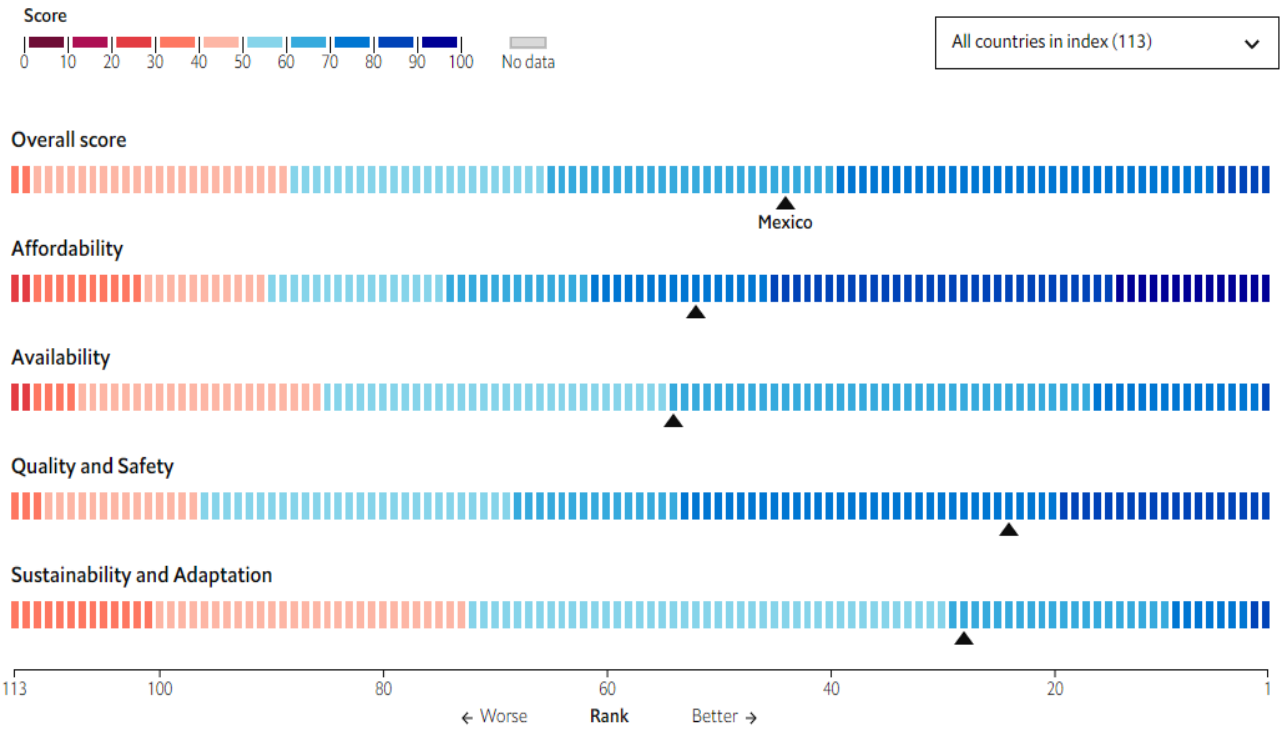
Global Food Security Index 2022

https://impact.economist.com/sustainability/project/food-security-index/explore-countries/mexico

Mexico

Latin America | Upper middle income

6.1%	12.1%	4.7%	28.4%	0.78
Prevalence of undernourishment	Percentage of children stunted	Percentage of children underweight	Prevalence of Obesity	Human Development Index



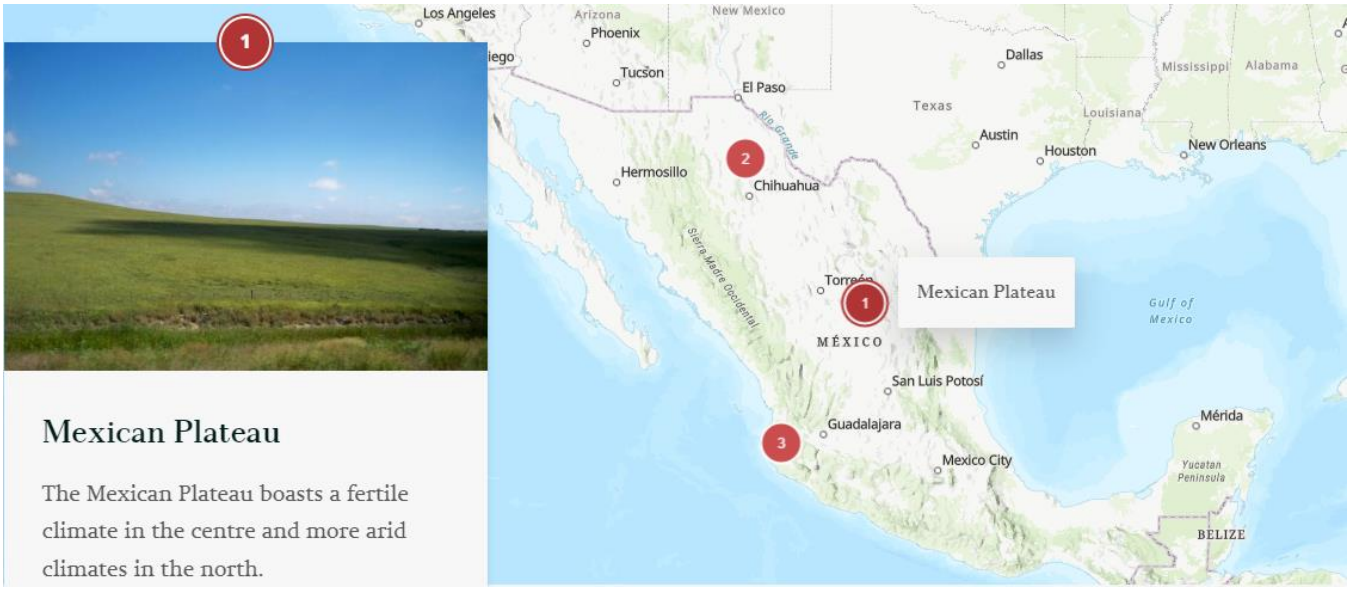
Food Security in Mexico

https://storymaps.arcgis.com/stories/22bc5061dd0945298498afd4a2da8f8e

Exploring the Sustainability of the Agriculture Industry

Daniel Moriarty, Seán Ó'Néill, Callum Walsh

3 December 2024



Mexico: The Roots of Food Insecurity and Sown Seeds for Improved Public Health

https://latinarepublic.com/2024/06/21/mexico-the-roots-of-food-insecurity-and-sown-seeds-for-improved-public-health/

Paula Perez 21 June 2024

Mexico: The Roots of Food Insecurity and Sown Seeds for Improved Public Health

Introduction

Within Mexico's beloved agricultural production regions such as Sinaloa, Chihuahua, Veracruz, and Oaxaca, the harvested fruits and vegetables beam as abundantly as its scorching sun. Here, fertile soils continue producing ancestrally diverse agri-food systems stemming back to pre-Hispanic periods. El Mundo elaborates how,

"Mexico's agricultural biodiversity… helps adapt to specific agro ecological conditions, resist pests and diseases, and climate change. However, the continued expansion of large-scale intensive agriculture, monoculture practices and the abandonment of traditional agricultural production make households and communities more vulnerable to natural and economic shocks, not to mention the serious repercussions in food security and nutrition."

With this, the most vulnerable communities happen to be the laborious "six million 560 thousand 164 people (6,560,164) dedicated to agriculture, livestock and fishing" who face greater burdens regarding malnutrition, food insecurity, along with harsher living and labour conditions, denoted by a 2019 research article published in the *International Journal of Environmental Research and Public Health*, by José Castañeda and five other colleagues in "Food Security and Obesity among Mexican Agricultural Migrant Workers."

The main idea of their research paper analyses the very link between household food insecurity and obesity among migrant farm workers centred in modernised agribusiness regions of Northwest Mexico through a cross-sectional study. Astoundingly, their research also emphasised how the National Nutrition and Health Survey in Mexico found,

"70% of adult women and men obese or overweight; the survey also reported that 70% of households (almost 50 million people) experienced food insecurity."

Provided with such alarming rates, this report aspires to first cover the historical and socioeconomic factors that initiated food insecurity. It seeks to create a grounded understanding of Mexico's diverse agricultural systems and their global impacts, including international exports / imports and food production's effect on the environment.

Branching into the public health sector, great emphasis will be placed on understanding the shift from traditional diets to highly processed foods and its relation to food insecurity. Combined, these will help gauge how the obesity epidemic began, as it heavily leans into the marketised dietary practices within Mexican culture.

Alas, this feature will explore recent policy suggestions to reduce non-communicable diseases caused by nutrition-related health concerns and government initiatives aimed at amplifying food security and general agricultural wellbeing.

Historical and Socioeconomic Context

Mexico's food system experienced serious shifts concurrent with the changes amidst post-revolutionary national reconstruction, from rural to urban lands, as explained by Hector Ávila-Sánchez in Chapter 6 of *Public Policies and Food Systems in Latin America*.

Primarily, Sanchez describes how governmental intervention during the post-war 1920s distinguished itself through a notably welfare-based approach given the widespread poverty. As the Mexican economy inched upward, the State embodied the role of a patron for indigent communities by providing breakfast, food supply, and subsidies for agricultural production to help increase livestock production.

Condensing more of Sanchez's historical report, the 1940s experienced inconsistent popular food supply due to pressurised allegations from private commerce of alleged unfair competition. Hence, government policies strengthened, during the 1950s and 1960s, through fundamental measures which greatly impacted basic food production. For example, The National Seed Production Agency (PRONASE) had been initiated with the intention of permitting availability of basic crop seeds at low prices to small producers and *ejidatarios* in a market dominated by transnational companies.

Unfortunately, the rural *ejido* communities were the first majorly striked by the breakdown of the 1970s after the authoritative model crashed alongside the economic growth the people had once witnessed such as "sustained economic growth, consolidation of an emerging middle class, management and prioritisation of poverty issues."

Ejido Communities in Mexico. Image Created with Canva.

According to Sanchez, "the change of government in 1982 marked the start of a gradual dismantling of historically instituted food policies." Moving into the 1990s, social programs increased once again hoping to reduce the detrimental marginalisation at play. Notwithstanding, these food programs were supported by the tumultuous import of basic grains. To which, "foreign food purchases multiplied, to the detriment of small producers and peasant-farming economies."

To help combat this, the early 2000s introduced the commencement of the Law for Sustainable Rural Development where the legal dynamics and activities inherent to rural territories in Mexico are managed, focusing on sustainable food production and prioritizing security, sovereignty and self-sufficiency for workers and agricultural land. Ultimately, Sanchez claims how while the recent span of the 20th century has been filled with initiatives and policies,

> The great challenge that lies ahead relates to the actual operation of these policies; with how they might transcend and achieve their remit. How government action might promote greater participation for small rural producers in strengthening and consolidating the food system.

To briefly extend on the comprehension of Mexico's current socioeconomic stressors and its implications, "The Route to Food Self-Sufficiency in Mexico Interactions with the U.S. Food System" written by Cassio Luiselli Fernandez, reveals five essential concerns that illuminate the immediate pressures on Mexico's socioeconomic system.

Fernandez begins by listing Mexico's industrialisation pattern, as it has not established a "national orientation which could satisfy the basic needs of Mexico's sizable but latent internal market," and their inability to stress the importance of modern infrastructure, along with its lack of greater technological pursuit that could be halting their potential to maximise their resources.

Closely related to the stressors prior is Mexico's urbanisation process which has experienced expansively rapid growth. This alludes to the fact that "Mexico City will be home to 30 million people before the end of this century (Mexico City population 2025 being 22.75 million)… the costs of such urbanisation — monetary, social, and ecological — will soon become intolerable if this level and type of urban sprawl continues to deplete the country's resources and ecosystems."

Mexico Aerial Landscape. Image Created with Canva.

Finally, he describes the last pressure as the "agrarian-agricultural continuum" where "barriers in the agricultural sector hinder the introduction of modern practices which could stimulate equity in the

countryside rather than the preservation of an unfair and increasing concentration of resources. The ownership of agricultural land is highly polarised in Mexico…".

Fernandez reiterates the importance of this list as a realistic checkpoint. He claims, "An understanding of this situation is essential if we are to propose valuable and practicable strategies for the progressive transformation of the country's agrarian sector."

With that being said, the ongoing correlation between food scarcity and obesity seems to heavily rely on the reformation of Mexico's socioeconomic concerns. Overpopulated and impoverished communities will continue depending on unsustainable diets if governments do not actively address and strategically implement policies that will nourish the people, instead of deprive and marginalise them.

Food Agriculture in Mexico

According to a 2015 *World Bank* report titled "Climate-Smart Agriculture in Mexico", the country has four known agricultural regions: irrigated, maize-bean, dryland-mixed, and coastal plantations. The agricultural systems with largest land usage are the irrigated regions in the north like Sinaloa and maize-bean in central and southwest regions of Mexico.

The highly valued agricultural production systems on a national scale are maize, beans, coffee, sugarcane, wheat, and cattle such as beef, poultry, and milk. The report specifically references 2014 data from the Food and Agriculture Organization of the UN which found that,

> "Relative importance is based on the product's share of crop area (e.g., maize occupies 33% of total cropland), the production value (US$5.6 billion for beef; $3.6 billion for poultry), and the contribution to daily kilocaloric consumption per capita per day (170 kcal/capita/day for milk; 446 kcal/ capita/day for sugarcane; 102 kcal/capita/day for beans; 1,030 kcal/capita/day for maize)."

While much pride has been carried in what is recognised as the traditional, vegetable-oriented Mexican diet, there is no denying the significant changes that have occurred in agriculture and dietary consumption. Notably, an accelerated shift in Mexican dietary habits occurred after the signing of the North American Free Trade Agreement (NAFTA) in 1994 which had extended the Mexican economy to international trade.

Jose Tello and two others on a 2020 research article "How dietary transition changed land usage in Mexico" highlighted this shift and hypothesised that a key indicator of dietary transition on Mexican agriculture has been the "proportion of farmed area devoted to the production of food for direct human consumption (food crops) relative to the area devoted to the cultivation of feed crops (i.e., crops destined for animal consumption)."

To truly understand this claim, Tello first explains how in order to sustain an increase in per capita consumption, considering the Mexican population had been steadily rising at a 2.5% annual rate, the production of livestock products *had* to increase at a much faster rate than the population.

Notwithstanding, Tello continues elaborating on how the demand of *maize* for animal feed exploded since the NAFTA of the 1990s, which had met most of its demand through imports. The early 1990s number of imported maize constituted about 20% of all maize used for animal feed, while the late 2000s imports formed 70% of maize consumed for feed. As of 2013, 36% of the total harvested land has been devoted to growing feed for livestock.

COMMERCIAL IN CONFIDENCE

Image created with Canva.

The environmental implications of raised feed production lies do not paint a pretty picture. For one, laborious feed crops produce high levels of pesticides, water, and fertilizers. Overwhelming concentrations of livestock generate high amounts of nitrogen-rich waste, often close to urban centres, that after saturating the soils eventually pollute aquifers and surface water. Furthermore, leading to increased waste water mismanagement and manure.

What does this imply about food production and consumption? Based on the observed trends, Tello and his colleagues estimate that by 2027, agricultural land devoted to feed production will surpass that of food crops. Ultimately, they demonstrate that if these trends continue,

> The environmental sustainability of Mexican food production will be seriously challenged. The adoption of more balanced food diets by the majority of Mexicans, taking advantage of the country's rich culinary tradition, would contribute to an improvement of both public and ecosystem health.

Nutritional Transition

Globally, all high income and many economically developing countries currently find themselves amidst a transitional stage where nutrition related non-communicable diseases including obesity, type 2 diabetes, and hypertension dominate adult morbidity at high prevalence, as shown in the 2021 Nutritional Transitional Model elaborated by Popkin and Weng Ng.

Several multifaceted factors contribute to the shift from traditional to more processed diets. For example, the rise in income and labour force participation encourages people, especially working women with families, to seek time-saving processed foods. Agriculturally, farms now subsidise sugar, rice, and animal products far more at the expense of healthier coarse grains and vegetable protein products.

Not to mention, how the food industry itself has strategically altered consumer food choices through methods such as: creating convenient and palatable ultra-processed foods that significantly displaced traditional food preparation along with modern department stores that include food sections into their domestic chain. As foreign chains grow attracted to them and disperse, these food chains are then promoted into surrounding cities and towns.

In terms of popularisation, *newly* generated eating behaviours such as snacking have been successfully established by effective food advertising tactics depicted through television, movies, and social media. Distortion of nutritional transparency in food packaging and appealing to children's gullibility by placing certain foods at eye level also play a major role in avid consumption of processed foods.

Cultural and Social Factors

Such elicited factors actively influence the reason behind Mexico's high rates of obesity and diabetes throughout urban and rural populations today. Within Diana Denham and Fiona Gladstone's 2020 article "Making Sense of Food System Transformation in Mexico," they performed a case study and interviewed individuals from small rural areas of Oaxaca. Here, they analysed how much the corporate food establishment had influenced the habits of rural civilians.

Evidently, the article explains how several companies like Coca-Cola and PepsiCo offer many advantages to local shopkeepers to incentivise sales. That is by directly distributing to small stores regardless of their size and location, painting storefronts (such that it is difficult to distinguish store names from advertising), providing refrigerators and display cases, and replacing expired products at no cost to vendors.

Furthermore, within their study, many farming families mentioned that several decades ago, they bought very little. Comparing forty years ago to today's food system, a Yodocono shopkeeper recalled,

> "There were chickens, cows. We ate very little meat and ate more wild violets, mustard, *quelites* and cactus. We drank coffee with our own cow's milk. Now there are more stores, there are pizzas and Ramen noodles. With the commerce, the propaganda, the advertising on T.V. one picks up the vice."

Denham and Gladstone reiterate the importance of television as a main source of media in rural Oaxaca, as internet and cell phone coverage are not as consistent. On television, white actors on soap operas living in Mexico City enact lifestyles based on leisurely restaurants and supermarkets founded on the basis of mainly Western diets. With this, "such portrayals reinforce longstanding racial hierarchies in Mexico that denigrate "indigenous" foods."

Food Insecurity and Psychological considerations

Keeping this in mind, one may also wonder how limited access to fresh, healthy foods contributes to poor diet choices. This is where the broader concept of food insecurity and food deserts weigh in. For clarity,

a food desert is distinguished as an urban area where despite having access to general food, it is actually difficult to buy affordable and nutritious fresh foods.

Published by Cambridge University in 2019, Andrea Lopez-Cepero and four other colleagues researched the "Association between food insecurity and emotional eating in Latinos and the mediating role of perceived stress" based on US Latinx.

In their cross-sectional study, they measured food insecurity with the *US Department of Agriculture Household Food Security Scale*, perceived stress by the *Perceived Stress Scale*, **emotional eating (EE)–**a dysfunctional eating behaviour characterised by eating due to an inability to resist negative emotions– by a translated *Three-Factor Eating Questionnaire (TFEQ)-R18*, and considered covariates such as sex, age, education, marital status, household size and country of birth.

Not surprisingly, their study found a significant association between food insecurity and high levels of EE which was largely mediated by perceived stress. Specifically, they found that compared to a national estimate, the prevalence of food insecurity had been approximately three times higher in this sample located in Lawrence, where the population is 74% Latino.

This heightened level of food insecurity linked with EE reflects an emotional distress caused by various factors such as lacking access to nutritious meals and lower socio-economic status. Thus, Lopez-Cepero and others predict that **emotional eating** may paradoxically serve as a coping mechanism to relieve the stress triggered by food insecurity.

Ultimately, these researchers highlight how the strong prevalence of nutrition-related health conditions and its correlation to food insecurity and EE suggests a vital prioritisation of mitigating food insecurity among Latinx populations.

Sensible suggestions Lopez-Cepero and her colleagues propose are first improving benefits and eligibility, at a policy level, to reduce the racial and ethnic wage gap. Then, improving community-level interventions to improve access to healthy foods "such as through mobile markets (to decrease transportation barriers), community gardens, and chain supermarkets (to eliminate food deserts)". Lastly, pushing the individual need for "tailored interventions targeting stress and EE in food-insecure Latinxs."

Comparative Case Study

The concept of urban food deserts has significantly risen across the Global North spanning the United States, Canada, and the UK; however, it has not been systematically applied to regions in the Global South. While food deserts were first thought to solely be a spatial issue, many researchers now agree that food deserts are a dynamic combination of social, economic, and political interactions.

A hesitance to apply a Euro-American understanding of food deserts onto the Global South stems not only from the stark contrast of malnourishment prevalence between the two regions, but the Global South's history and geography in terms of food system development which emphasises a much higher level of informal food economy that challenges conventional methods to measuring food deserts.

That is why a 2019 article composed by Jeremy Wagner and five others beckoned "Do Urban Food Deserts Exist in the Global South? An Analysis of Nairobi and Mexico City" to discover any correlated relevance in measuring urban food insecurity and food security, in terms of northern food desert concepts. It turns out that while there was a statistically significant correlation, the actual strength of these

relationships remained weak. They found that “food deserts in the Global South should not be understood through the proxy measurement of supermarket access.”

Still, the distinctive qualities between the two cities in terms of varying cultural and developmental patterns along with distant location selection offers enriching insight into the unique operationalisation of food desert definitions.

Wagner and his colleagues highlight how the city of Nairobi in Kenya is relatively young with an urbanisation rate that is now struggling to provide nutrition for its population. They explain how, “In 2009, the population of Nairobi was 3.1 million, with projections estimating this number to double by 2025”. Nairobi's 2025 population is now estimated at **5,766,990**.

Nairobi’s food system has mainly revolved around an informal food economy, though recently, a formalised food system has been expanding by relying on centralised networks and supplier systems. However, Wagner remarks that “this trend towards a formalised food system development is recent… the impact it will have on food access, neighbourhood food environments, and the city’s vitally important food markets and associated informal sector within the city remains unclear.”

Comparatively, historically rich Mexico City is trying to meet the “daily food demands of over 20 million inhabitants…from a combination of traditional and highly sophisticated modern food supply chain systems from rural areas, its fishing industry, and food imports.”

Image credit: Ian Yao/Pexels.

According to Wagner and his colleagues research, 52% of food sales in the Metropolitan Area of Mexico City are controlled by supermarkets, grocers, and corner stores, as of 2016. Notably added, informal food markets and vending in Mexico City are highly subject to restrictive state policies related to public space, streets, plazas and parks, as well as permissive state-led, market-oriented policies towards the redevelopment of specific commercial and tourist zones in downtown Mexico City.

With many informal food markets, the people's health and diets in Mexico have been continuously characterised as "nutrient-poor, energy-dense, and highly processed, and these characteristics are associated with growing obesity, over-nutrition, and micronutrient deficiencies."

All that being said, households in both Nairobi and Mexico City access large numbers of food retail sources, including informal neighbourhood retailers, corner stores, small shops, and markets. Meaning, supermarket intervention responses to neighbourhood scale issues of food and nutrition insecurity would *not* reflect the plurality of food sourcing options residents experience.

Through this investigation, Wagner and his colleagues suggest the development and implementation of evidence based, neighbourhood and citywide food security strategies that contribute to the achievement of the Sustainable Development Goals (SDGs) along with alternative food desert conceptions which might offer a useful way to raise debate about the structural inequalities at this scale.

Policy Suggestions

Overwhelming, by the nature of this entire report, there is a lot to consider when it comes to addressing food insecurity plus its environmental and public health concerns. Gratefully, many knowledgeable experts have established evolving policies to address said issues. In reference to an article published in the 2020 *Mexican Journal of Medical Research ICSA* titled "Overview of the overweight and obesity epidemic in Mexico," Miriam S. Hernández-Medina outlines Mexico's shift from trying to solve issues of nutritional deficiencies to the recent epidemiological transition to an excess of nutritional, not-so-healthy content.

Hernández-Medina explains how public health experts have agreed that to achieve an effective design and application of obesity prevention policies, it is crucial to act on both the environment and the individual. Which means, establishing a normal adaptation of healthy eating and physical activity behaviours requires environments in which healthy options are the *norm*; that is, they are available, accessible and easy to adopt.

In battling against obesity, she states that "implementation of educational campaigns (food orientation) and medical and nutritional counselling programs based on behavioural change, which usually includes recommendations for lifestyle changes, nutritional therapy with various degrees of caloric restriction and increased physical activity" tend to be the most used public health policies.

However, Hernández-Medina also exposes that a notable limitation to policies issued at the individual level is that sometimes they do not take full consideration of a person's actual, static environment, which underestimates the challenge of realistically carrying out any improvement.

At the national level, she elaborates on public policies focused on managing the business sectors. Specifically through governments promoting laws on taxing sugary drinks as done in 2014, regulating the time and method of advertising food and its intentional labelling. Through this action, the consumption of sugar-sweetened beverages has decreased, but the spending on households unfortunately has not

matched this trend accordingly. To date, statistical data of people who are overweight or obese still prove themselves alarming.

In addition to regulating the business and governmental sector, Hernández-Medina emphasises the vital importance in carrying out constructive instructional action during educational stages. She broadly references the Food and Agriculture Organisation (FAO), which states that the promotion of quality nutrition in schools can extend beyond the classrooms to the overall wellbeing of a child's home and community.

Ultimately, she asserts that positive results begin from the basic improvement of habits and behaviours related to food, and physical activity, from an early stage of development where it is critical to promote health care, in addition to modifying the school, social and family contexts, by increasing the availability of healthy products. These factors combined could elicit a transformative impact in the acquisition of healthy behaviours related to food and physical activity, not only during childhood years but for all stages of human development.

Local Initiatives

Aside from policies aimed at reducing nutrition-related health concerns, it is important to return to the stem of food insecurity which is addressing sustainable agriculture. In effort to bring to light some recent initiatives, here are three that the *Ministerio de Agricultura* from the *Gobierno de México* have recently announced:

- May 31st, 2024: Mexico's department of International Agricultural Affairs met with their partners from Honduras, in order to follow up on the Food Security, Nutrition and Eradication of Hunger Plan. Both parties highlighted the necessary work needed to promote the lines of action considered in the plan based on achieving the Sustainable Development Goals (SDG) of the 2030 Agenda for Sustainable Development. More specifically related to strengthening legal frameworks, promoting sustainable production, guaranteeing the affordability and consumption of healthy diets, and promoting resilient agri-food systems.

- On June 9th, 2024: Starting with 13 states of the country, the Ministry of Agriculture and Rural Development began delivering productive assets to farmers who guard native corn, being a symbol of identity and culture, for the Government of Mexico, for the preservation and production of 64 breeds that are available and support the producers of these grains.

- Published June 15th, 2024: A collaborative initiative between The National Institute of Forestry, Agricultural and Livestock Research (INIFAP) and the Fujian Agriculture and Forestry University (FAFU) of China who signed an agreement to promote the development of Juncao technology in Mexican territory. The research studies edible mushrooms and herbs as an alternative to controlling soil erosion, preventing desertification and developing forage for livestock and biofuels. Such characteristics of the technological model make it applicable to Mexico and other countries in the region, for the benefit of small-scale farmers.

Applicable Solutions

Overcoming food insecurity and obesity in Mexico requires a sophisticated approach that addresses both the availability of nutritious food and lifestyle factors contributing to obesity. Since local farmers and families can play crucial roles in eliminating food insecurity through various actionable steps. Here are a few specific measures they can take:

Local Farmers

1. **Diversify Crops**: Grow a variety of crops to ensure a more resilient food system and reduce dependence on single cash crops. This can help mitigate risks from pests, diseases, and climate change.
2. **Leverage Technology**: Use modern agricultural technologies such as drip irrigation, greenhouse farming, and precision agriculture to increase productivity and reduce waste.
3. **Adopt Sustainable Farming Practices**: Implement practices such as crop rotation, agroforestry, and organic farming to maintain soil health, reduce environmental impact, and improve yields.
4. **Engage in Community Supported Agriculture (CSA)**: Establish CSA programs where community members buy shares of the farm's harvest in advance. This provides farmers with upfront capital and ensures local families have access to fresh, local produce.
5. **Utilise Urban and Peri-Urban Farming**: Engage in urban and peri-urban agriculture to produce food closer to where it is consumed, reducing transportation costs and making fresh food more accessible.
6. **Educate and Train**: Participate in and offer training programs on sustainable farming practices, new agricultural techniques, and business management to improve efficiency and productivity.

Image Created with Canva.

Local Families

1. **Support Local Farmers**: Purchase food directly from local farmers through farmers' markets, CSAs, and farm stands to support local agriculture and ensure access to fresh, nutritious food.
2. **Grow Home Gardens**: Cultivate home gardens to supplement family diets with fresh fruits, vegetables, and herbs. This can reduce food costs and improve food security.
3. **Reduce Food Waste**: Plan meals, store food properly, and use leftovers to minimise food waste. Composting organic waste can also provide valuable nutrients for home and community gardens.
4. **Engage in Food Preservation**: Learn and practice food preservation techniques such as canning, drying, and freezing to extend the shelf life of seasonal produce and ensure year-round access to nutritious foods.

5. **Promote Nutrition Education**: Educate family members about the importance of a balanced diet, how to prepare healthy meals, and the benefits of consuming locally sourced produce.
6. **Volunteer and Donate**: Volunteer at or donate to local food banks, community kitchens, and food rescue programs to help those in need and reduce food insecurity in the community.

With these steps, local farmers and families can significantly contribute to reducing food insecurity, promoting sustainable agricultural practices, and building a more resilient and self-sufficient food system. Notably, food insecurity and water shortages are significant drivers of climate migration in Mexico. The interaction between these factors can force individuals and communities to migrate in search of better living conditions. Here's a detailed explanation of how **food insecurity** and **water shortages** are related to **climate migration**:

Impact of Climate Change on Agriculture

Changing Rainfall Patterns: Climate change is causing shifts in rainfall patterns, leading to more frequent and severe droughts in some regions of Mexico. This affects the availability of water for irrigation, reducing crop yields and food production.

Extreme Weather Events: Increased frequency of extreme weather events such as hurricanes, floods, and droughts can destroy crops and livestock, leading to food shortages and loss of livelihood for farmers.

Diminished Agricultural Productivity

Reduced Crop Yields: Water shortages limit the amount of water available for crops, reducing yields and making it difficult for farmers to produce enough food to sustain their families and communities.

Livestock Losses: Lack of water also affects livestock, as animals need water for drinking and for the production of fodder. This can lead to decreased meat and dairy production, further exacerbating food insecurity.

Health Impacts

- **Malnutrition**: Food insecurity can lead to malnutrition, especially among vulnerable populations such as children and the elderly. Malnutrition can weaken health, reduce productivity, and increase susceptibility to diseases.
- **Water-Borne Diseases**: Water shortages can lead to the use of contaminated water sources, increasing the risk of water-borne diseases. Poor health further exacerbates food insecurity as affected individuals are less able to work and earn a livelihood.

Migration as a Coping Strategy

- **Rural-Urban Migration**: Faced with food and water shortages, many rural inhabitants migrate to urban areas in search of better opportunities. Urban areas, however, may not have the capacity to absorb the influx, leading to increased urban poverty and strain on urban resources.
- **Cross-Border Migration**: In extreme cases, individuals and families may migrate across borders in search of better living conditions. This is particularly relevant for Mexico, with significant migration flows towards the United States.

Policy and Governance Challenges

- **Inadequate Infrastructure**: Lack of adequate infrastructure to manage water resources and support agricultural productivity can exacerbate the impacts of climate change, making migration more likely.
- **Insufficient Support Systems**: Weak social safety nets and inadequate government support for affected communities can leave people with no choice but to migrate.

COMMERCIAL IN CONFIDENCE

Addressing the Nexus of Food Insecurity, Water Shortages, and Climate Migration
To mitigate the impact of these factors and reduce forced migration, the following measures can be implemented:

1. **Sustainable Water Management**: Invest in water conservation techniques such as rainwater harvesting, efficient irrigation systems, and the restoration of natural water systems to ensure a reliable water supply.
2. **Climate-Resilient Agriculture**: Promote the use of drought-resistant crop varieties, sustainable farming practices, and diversified agricultural systems to reduce dependency on vulnerable crops.
3. **Economic Diversification**: Develop alternative livelihoods and income-generating opportunities in rural areas to reduce dependence on agriculture and enhance economic resilience.
4. **Disaster Preparedness and Response**: Strengthen disaster preparedness and response systems to protect communities from the impacts of extreme weather events.
5. **Social Safety Nets**: Enhance social safety nets and provide direct support to vulnerable populations to reduce the immediate impacts of food insecurity and water shortages.
6. **Infrastructure Development**: Improve infrastructure to support water management, agricultural productivity, and urban planning to accommodate migrating populations.
7. **Policy Integration**: Integrate climate adaptation, food security, and migration policies to address the root causes and create comprehensive strategies for sustainable development.

By addressing the root causes of food insecurity and water shortages and implementing adaptive measures, Mexico can improve food security, ensure an enhanced and well-sustained agricultural sector, and improve the resilience of affected communities.

The Mexican government itself can take several concrete actions to help address food insecurity in remote, rural, desert, and indigenous areas to ensure these communities can grow and access healthy foods. Here are some detailed steps:

Infrastructure Development
- **Improve Transportation Networks**: Invest in roads, bridges, and transportation systems to connect remote areas with markets, allowing farmers to sell their produce and access supplies more easily.
- **Irrigation Systems**: Develop and maintain irrigation infrastructure to ensure consistent water supply in desert and arid regions. This can include the construction of dams, reservoirs, and drip irrigation systems.

Support Sustainable Agricultural Practices
- **Subsidies and Grants**: Provide financial support through subsidies, grants, and low-interest loans to encourage sustainable farming practices and the cultivation of diverse crops.
- **Training and Education**: Offer training programs in sustainable agriculture, organic farming, and modern farming techniques to increase productivity and ensure environmental sustainability.

Access to Resources
- **Seed and Tool Distribution**: Distribute high-quality seeds, tools, and other agricultural inputs to farmers in remote and indigenous areas.
- **Water Conservation Techniques**: Promote and support the adoption of water-saving techniques such as rainwater harvesting and soil moisture conservation.

Market Access
- **Local Markets**: Develop and support local markets where farmers can sell their produce directly to consumers, reducing transportation costs and increasing profitability.

- **Cooperatives**: Encourage the formation of cooperatives to help small-scale farmers pool their resources, access larger markets, and achieve better pricing.

Food Assistance Programs

1. **Nutritional Programs**: Expand food assistance programs that provide nutritious food to vulnerable populations, including school feeding programs and community kitchens.
2. **Subsidised Food Baskets**: Offer subsidised food baskets that include healthy and locally sourced foods to families in need.

Community Empowerment

- **Participatory Programs**: Involve local communities in the planning and implementation of food security programs to ensure they are culturally appropriate and address specific local needs.
- **Indigenous Knowledge**: Integrate indigenous agricultural knowledge and practices into government programs to enhance sustainability and respect cultural heritage.

Health and Nutrition Education

- **Educational Campaigns**: Launch campaigns to educate communities about nutrition, healthy eating, and the benefits of consuming locally grown foods.
- **School Programs**: Implement nutrition education programs in schools to teach children about healthy eating habits from a young age.

Technological Support

- **Access to Technology**: Provide access to modern agricultural technologies, including mobile apps for weather forecasting, pest control, and market prices.
- **Research and Development**: Invest in research to develop crop varieties that are resilient to local climatic conditions and pests.

Policy and Governance

- **Food Security Policies**: Develop comprehensive food security policies that prioritize the needs of remote, rural, desert, and indigenous areas.
- **Monitoring and Evaluation**: Establish robust systems for monitoring and evaluating the effectiveness of food security programs to ensure continuous improvement.

Economic Diversification

- **Alternative Livelihoods**: Support the development of alternative livelihoods and income-generating activities to reduce dependence on agriculture alone.
- **Small-Scale Enterprises**: Encourage the establishment of small-scale food processing and preservation enterprises to add value to local produce and reduce post-harvest losses.

By implementing these measures, the Mexican government can significantly enhance food security in a wide range of areas, ensuring that all communities have access to healthy and nutritious foods.

Conclusion

In summary, diving into the history of Mexico's food policies around the nineteenth century provides profound insight into the foundation of how Mexico navigated their agricultural economy and identifies the parallels in today's modern day socioeconomic stressors.

COMMERCIAL IN CONFIDENCE

Comprehending the operation of Mexico's agricultural system reveals "the fruit" of many people's labour. That is to say, understanding what products are produced most and are contributing to the national development along with international collaboration of the country. Interestingly, the evolution in land usage for livestock instead of native crops has undeniably raised many environmental and health-like worries.

Given that Mexico is steadily on its way to becoming a well economically developed country, predictions of meat production nor the rising Mexican population are seeming to come to a halt. Amidst the modern twentieth century, commercialised processed foods have also significantly influenced both rural and urban populations, contributing to Mexico's large public health dilemma of non-communicable, nutrition-related diseases such as obesity, diabetes, and hypertension.

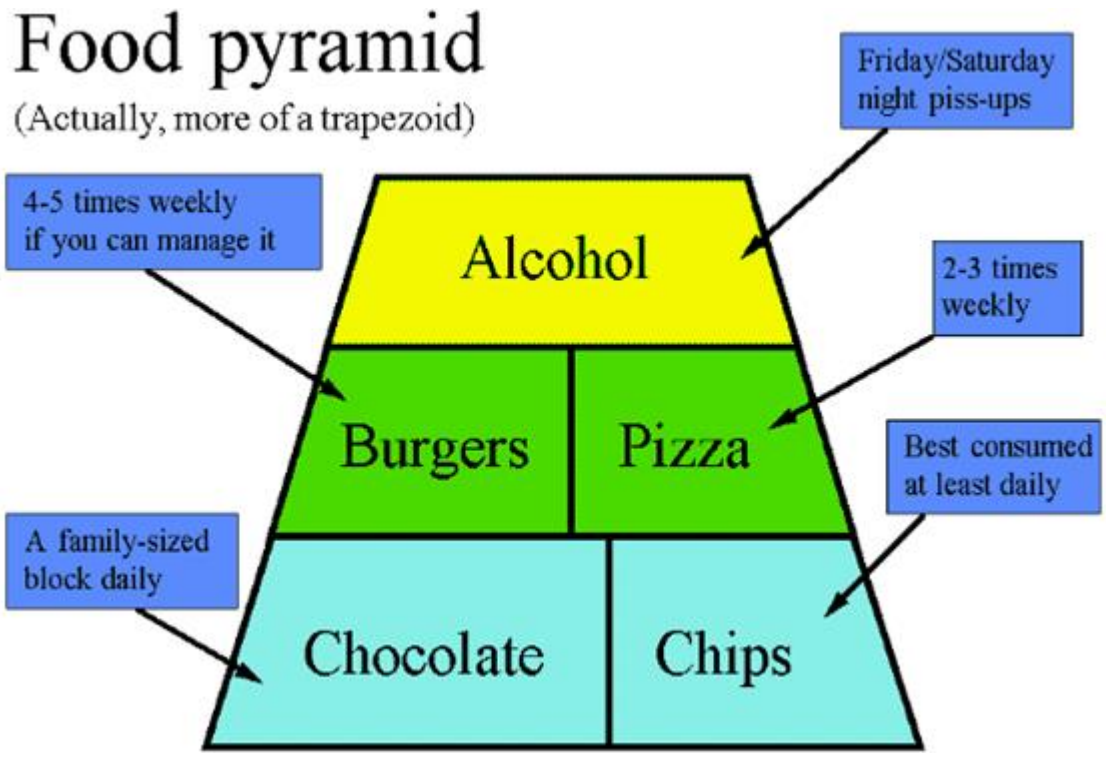
Unfortunately, Mexico is still a country that faces the double burden of over-nutrition (yet lacking quality nutritional value) or complete malnutrition which displays evident cases of stunting or anaemia among the general population. Such fluctuations point to the heightened prevalence of food insecurity which researchers have shown can lead to emotional eating and higher anxiety. Dealing with these experiences creates a positive feedback loop that reinforces a broad range of negative health concerns.

Of course, Mexico is not alone in dealing with agricultural, social, and economic shifts that have greatly impacted the grand population. The United States shares many of the same concerns, and in the case study observed, Nairobi, mirrors Mexico in their lively informal food markets which dismantles Euro-American perceptions of food deserts.

All in all, the prevalence of food insecurity and health concerns like obesity in Mexico are not something that can be altered overnight, but this is natural. It takes time for a person to become conscious of their not-so-healthy habits, it takes patience to break outside of generational habits and societal patterns that have been so seamlessly integrated into everyday life, and it takes unwavering persistence to truly make a difference, but these are not impossible.

In collaboration between the government's supportive enforcement of sustainable policies and a communities' constructive ability to carry out those practices, any change can be made– it just has to be done. So, today, start by finding ways to nourish your body and mind, and a seed for a better tomorrow will most definitely be sown.

Fresh is Best!



Pascas Food Basket

Food Security Mexico

HOW CLIMATE CHANGE IS AFFECTING MEXICO'S AGRICULTURAL SECTOR

https://climatecosmos.com/climate-society/how-climate-change-is-affecting-mexicos-agricultural-sector-fkbdn-2/ 27 October 2025

Mexico's agricultural sector is facing formidable challenges as climate change continues to reshape the environmental landscape. The implications are profound, affecting not only the country's food security but also the livelihoods of millions of farmers who rely on agriculture for their daily sustenance. Rising temperatures, irregular rainfall, and extreme weather events are just a few of the hurdles that farmers must now navigate. With agriculture being a cornerstone of Mexico's economy, the urgency to adapt to these changes is palpable. Here are ten crucial insights into how climate change is impacting Mexico's agricultural sector.

Rising Temperatures Are Reducing Crop Yields

The increasing heat is putting immense pressure on staple crops like corn, beans, and wheat. These crops are integral to Mexico's food supply and economy. As temperatures rise, plant growth is stunted, leading to a decrease in productivity. Imagine trying to grow a garden during a heatwave—plants wilt and struggle to survive. This is the reality for many Mexican farmers. The heat not only affects the plants but also the soil, reducing its fertility. Consequently, farmers are witnessing lower yields, which translates into less food on the table and reduced income.

Droughts Are Becoming More Frequent

Water scarcity is another critical issue exacerbated by climate change. Droughts are becoming a common occurrence, especially in northern and central Mexico. For crops that depend heavily on irrigation, such as vegetables and fruits, this spells disaster. Without adequate water, these crops cannot thrive. Imagine trying to quench your thirst with just a few drops of water—it's insufficient. Similarly, the crops suffer, leading to diminished harvests. Farmers are left with tough choices, such as reducing the number of crops they plant or investing in costly water-saving technologies.

Irregular Rainfall Disrupts Planting and Harvesting

The unpredictability of rainfall is causing chaos in the agricultural calendar. Farmers rely on established patterns to plant and harvest their crops. However, with irregular rainfall, these patterns are disrupted. Picture planning a picnic, only for it to rain unexpectedly—that's the level of unpredictability farmers face. This increases the risk of crop failure as planting during the wrong period can result in poor germination, and harvesting at the wrong time can lead to spoilage. The uncertainty makes it difficult for farmers to plan effectively, impacting their productivity.

Hurricanes and Extreme Weather Damage Crops

Mexico is no stranger to hurricanes and severe weather events, but their intensity and frequency are on the rise. These powerful storms leave a trail of destruction, uprooting crops and flooding fields. Imagine a hurricane tearing through a farm, leaving nothing but devastation in its wake. This is the harsh reality for many farmers. The economic losses are staggering, as entire harvests can be wiped out in a single

event. The aftermath often leaves farmers struggling to rebuild and recover, with limited resources at their disposal.

Soil Degradation and Erosion Are Worsening

The combination of higher temperatures and deforestation is contributing to soil degradation. Healthy soil is the foundation of agriculture, providing nutrients for crops to grow. However, when the soil erodes or loses its fertility, it becomes challenging to sustain crop production. Imagine trying to build a house on a shaky foundation—it's bound to collapse. Similarly, degraded soil cannot support robust crop growth, leading to decreased yields and increasing the vulnerability of the agricultural sector.

Pests and Diseases Are Spreading Faster

Warmer temperatures are creating ideal conditions for pests and plant diseases to thrive. These unwelcome guests can wreak havoc on crops, further reducing yields. Picture an army of pests invading a farm, leaving destruction in their wake. With climate change, these invasions are becoming more frequent. Farmers have to invest more in pest control measures, which can be expensive and not always effective. The spread of diseases also poses a significant threat, as it can wipe out entire crops, leaving farmers in dire straits.

Livestock Is Suffering from Heat Stress

It's not just crops that are feeling the heat; livestock is also suffering. Rising temperatures lead to heat stress in animals, affecting their health and productivity. Imagine trying to work under the blazing sun without any relief—it's exhausting. Similarly, cattle, poultry, and dairy animals struggle to cope, leading to reduced meat and milk supply. The impact on livestock not only affects the farmers' income but also the availability of essential food products for consumers.

Water Scarcity Threatens Irrigated Farming

The dwindling water sources, including rivers and underground aquifers, are a growing concern for irrigated farming. Water is the lifeline of agriculture, and without it, crops cannot survive. Imagine trying to water a garden with an empty hose—it's impossible. This is the challenge faced by many Mexican farmers. The scarcity of water forces them to make tough decisions, such as prioritising certain crops over others or investing in expensive water-saving technologies to sustain their farms.

Small-Scale Farmers Are the Most Vulnerable

Rural farmers, particularly those relying on traditional methods, are the most vulnerable to climate-related disruptions. These farmers often lack the financial resources to invest in adaptive technologies or practices. Imagine being caught in a storm without an umbrella—that's how exposed these farmers are to the impacts of climate change. The lack of resources makes it difficult for them to recover from losses, pushing them further into poverty. Their vulnerability underscores the need for targeted support and adaptation strategies to help them cope with the changing climate.

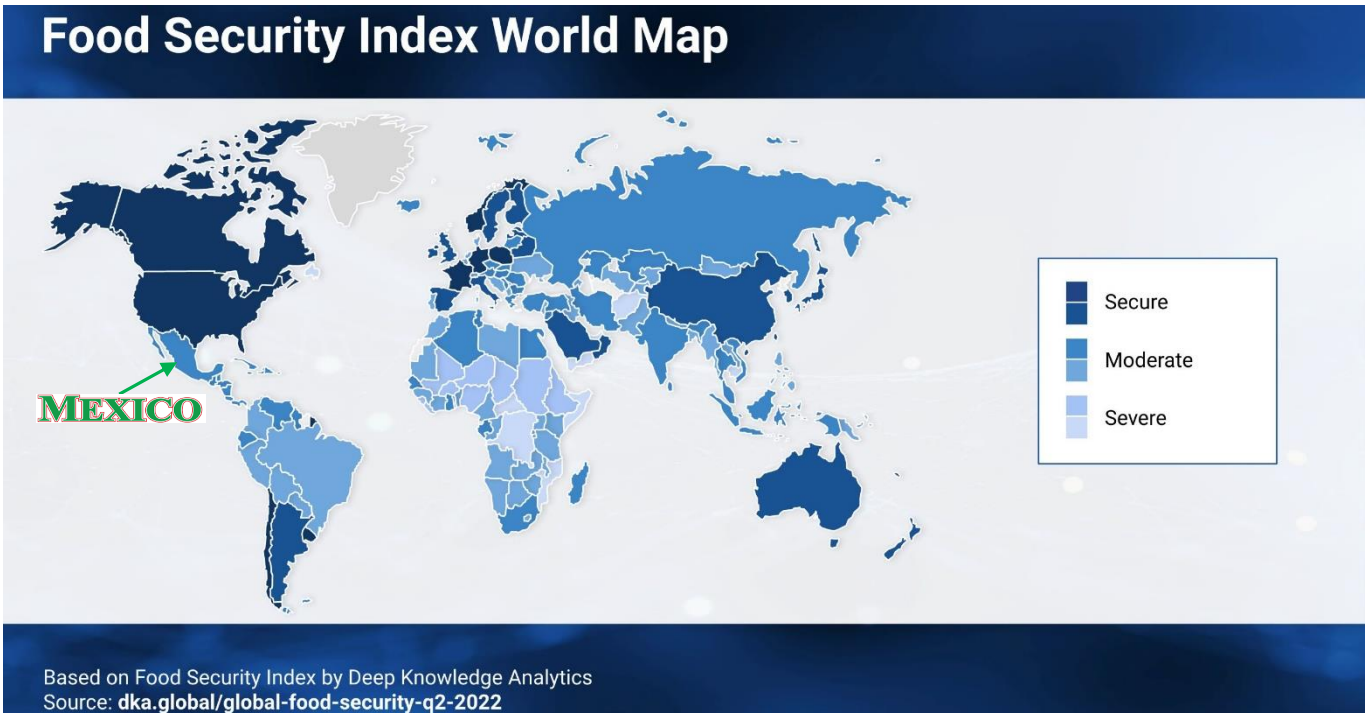
Adaptation Strategies Are Increasing

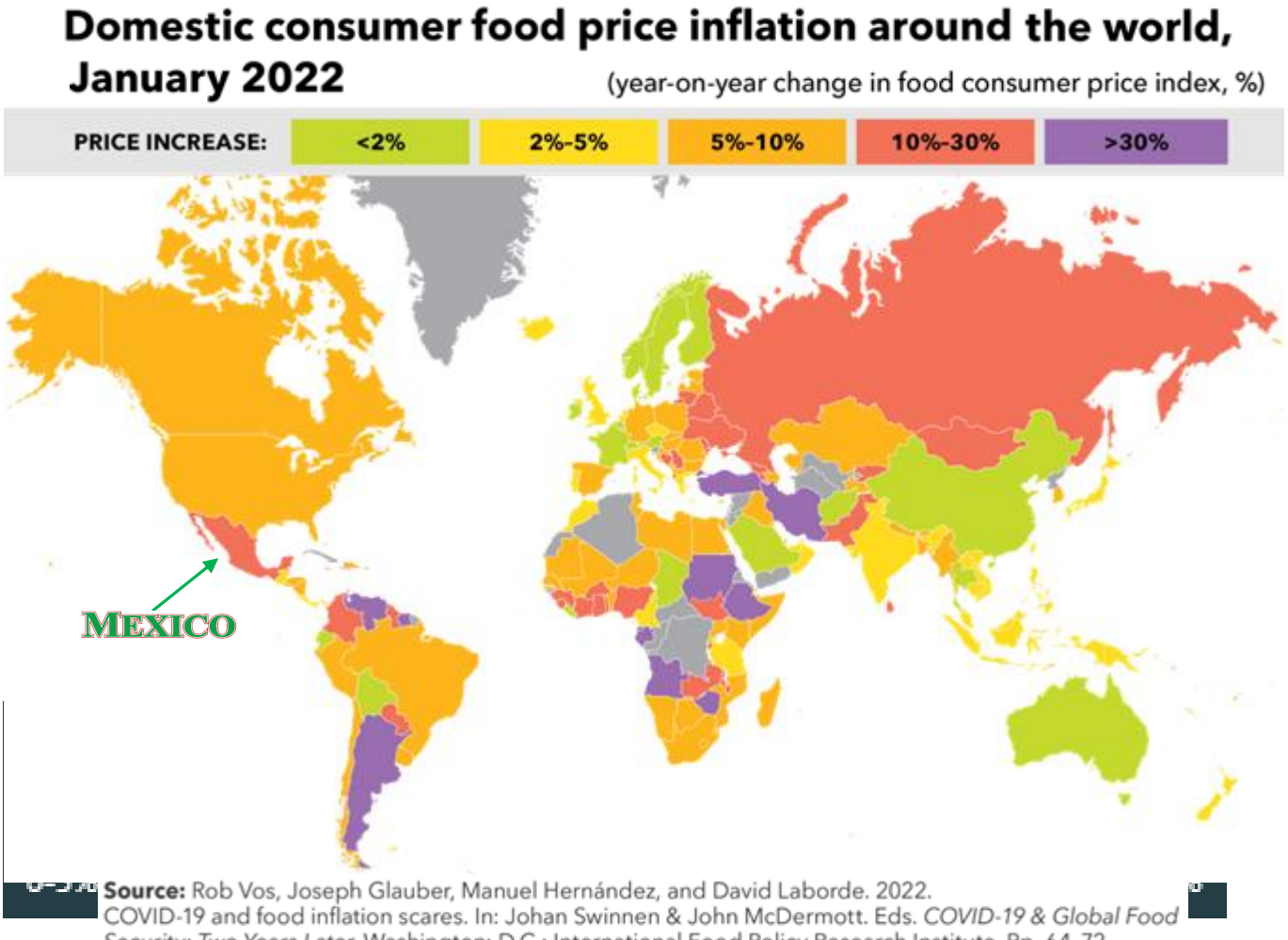
Despite the challenges, Mexico is making strides in adopting adaptation strategies. Investments in climate-resilient crops, improved irrigation systems, and agroforestry are on the rise. These initiatives aim to mitigate the impact of climate change and ensure the sustainability of agriculture. Imagine building a sturdy shelter to withstand a storm—it provides protection and security. Similarly, these adaptation strategies offer hope for farmers, enabling them to continue producing food and supporting their livelihoods amidst the uncertainties of climate change.

COMMERCIAL IN CONFIDENCE

Tracking World Hunger and Food Insecurity

https://www.visualcapitalist.com/interactive-map-tracking-global-hunger-and-food-insecurity/

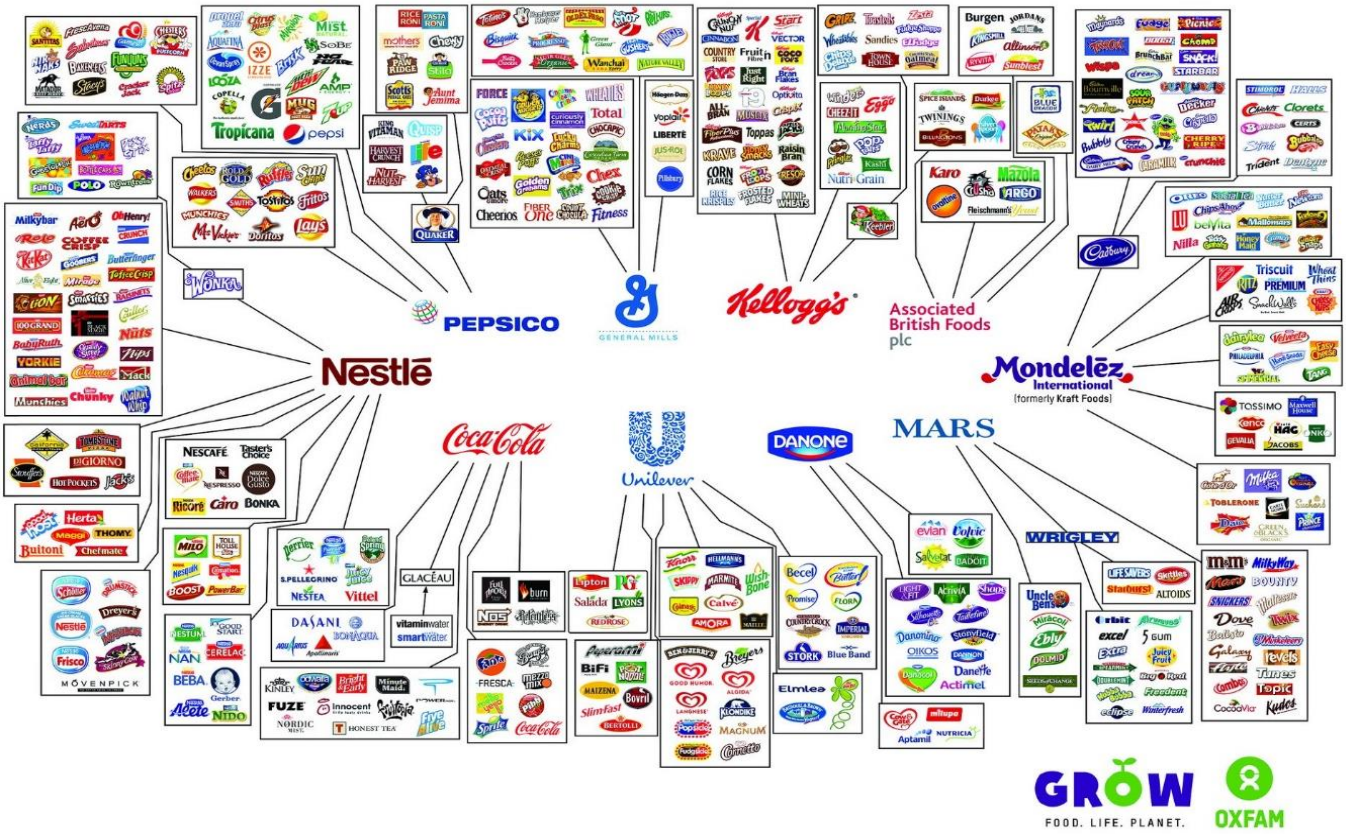




Unmasking the Global Food Cartel:

https://healthimpactnews.com/2021/unmasking-the-global-food-cartel-is-massive-starvation-and-population-reduction-their-next-move/

5 July 2021



Commentary by Brian Shilhavy
Editor, Health Impact News

The Globalists who control the world today are not politicians. Politicians are puppets, chosen by the Globalists, who control the world's financial system.

Ten to 12 pivotal companies, assisted by another 3 dozen, run the world's food supply. They are the key components of the Anglo-Dutch-Swiss-American cartel, which is grouped around the 2 families (Rothschilds and Rockefellers).

Led by the six leading grain companies – this food and raw materials cartel has complete domination over the world's cereals and grains supplies, from wheat to oats and corn, from barley to sorghum and rye. But it also controls meat, dairy, edible oils and fats, fruits and vegetables, sugar, and all forms of spices.

Today, food warfare is firmly under the control of London and New York. The oligarchy has built up a single, integrated raw materials cartel, with three divisions – energy, raw materials, and increasingly scarce food supplies.

Meanwhile, the food cartel reduced the export regions, which supposedly enjoy favoured status, to a state of servitude as well. During the last 4 decades, millions of farmers in the US, Europe, Canada, Australia, Argentina, Brazil, India and South Africa, have been wiped out.

This is due to the fact that the Rothschilds have based themselves in London, since 1795, and from this base, managed to dominate European business and finance.

The US has come to the party late. But, since 1945, under Rockefeller patronage, the American companies have made great strides in the field of food. That is why the title "British-American Cartel," or BAC, for short.

Very little food moves on the face of the Earth without the food cartel having a hand in it.

Kindly go to www.pascashealth.com and then to Library Download page, scroll down to Nutrition and click on to open the PDF:

Pascas Care Energy Level of Food.pdf

Mondolez, Nestle, Associated Biscuits and Unilever are **Rothschild**-controlled entities. Pepsico, Coca Cola, Mars, Kellogg's, Phillip Morris, Kraft Foods, General Milling, Grand Metropolitan-Pillsbury and RJR-Nabisco are part of the **Rockefeller** Group.

The main alcoholic companies are all within the Rothschild bloc, such as SAB Miller, as well as the groups, such as wine, champagne, whisky, scotch, etc. Most of these premium brands are based in Scotland and France.

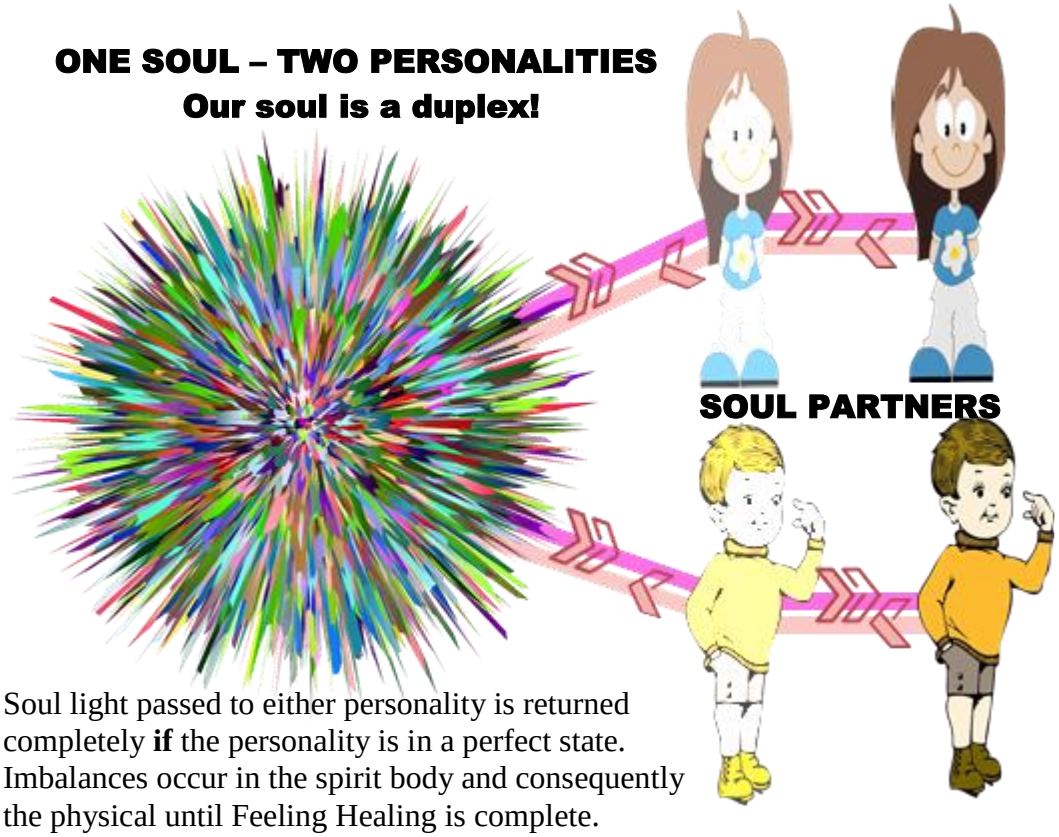
Now, those who explore the isles of supermarkets anywhere in the world, we are presented with the "British-American Cartel" BAC corporate products in enticing packaging. They take the raw ingredients, break them down and reconstitute them with added sugar, salt and fat, while tasting enticing, their nutrient levels have overall being universally degraded to what is essentially neutral. If the product is in factory packaging it is typically not life enhancing.

Most will be surprised that the nutrition factor of most pet foods is higher than most of the food for human consumption in supermarkets that is factory packed.

Within the Pascas Care Energy Level of Food.pdf to be found in the Library Download page of www.pascashealth.com scroll down to the Nutrition section, you may find some 800 food items that have been kinesiology calibrated using Dr David Hawkins research and his Map of Consciousness scale.
In short, reconstituted factory processed and packaged food typically calibrates at 200 or lower, it is appeal enhanced with added sugar, salt and fat whereas 'Fresh is Best' produce prepared and cooked in the home is typically calibrating around 400 or more on the Map of Consciousness. The scale is based on the common log of 10 and this difference is enormous. A 10 point increase is a 10,000,000,000 fold increase in energy and we are talking 100s of points of energy differences.

The excessive sugar, salt and fat intake is the driver of obesity, diabetes, and associated illness that is now pandemic around the world. Further, the cost of non-nutritious processed food is money for the pockets of the few mega-wealthy families who are manipulating the people of Earth for their personal gains.

OUR PHYSICAL HEALTH is DEPENDANT UPON BALANCING the RETURN of the LIGHT RECEIVED from OUR 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.

To balance the soul light flow through the circuitry requires our FEELING HEALING to be completed. This will require of each of us a great effort over years. FEELING HEALING has now been demonstrated for the first time in the history of humanity.

END to the REBELLION and DEFAULT – 31 January 2018:

31 January 2018: Nanna Beth, 3rd Celestial Heaven: Yes John, very good news we want to pass onto you for your records. Earth and the seven associated Mansion Worlds (including the two Earth planes) are **officially** now fully under the control of Celestial spirits. And this means John, that Earth is now 'Ours'. It's been a long time coming, but it's a huge milestone and marks a tangible and real end to the Rebellion and Default. It's one of a number of 'End's' that are to occur.

With the departure of the Caligastias and Daligastias (C&D) some years ago (1993), humanity has been in a state a limbo so far as who is doing what with it, it not being allowed to be left alone so it could do whatever it liked, it always needing to have a spirit connection. With the mind spirits, as we've told you, basically calling the shots still happy to ignorantly carry out C&D's plans. But now with our systematic and progressive take over, we're now in complete control.

And what that means is we have our fingers in every pie and we're on the case so far as what everyone is doing. However it doesn't mean we're taking over and telling humanity what to do and how to be, although we are able to work more with certain individuals directly and indirectly helping to move or point or orientate (depending on how you want to look at it) individuals, groups of people, whole societies, the whole world, according to the plans given to us by the Melchizedek Receivers.

So humanity will still carry on outworking it's unloving, untrue and rebellious state, that has to be worked through to its natural conclusion, however we want you to understand and just know that it's another end of things and beginning of the new. And it's basically what we've been working with you in connection with James this past year to achieve. There is a lot more to it and how and why it's been done, and done as it has been done, however you can find out about all of that when you come over.

So we Celestials will guide humanity now according to what our Mother and Father want, so humanity's got a real tangible safety-net under it now, so no more 'downside risk', it all being to move it toward doing its Healing.

I'll speak again soon – love Nanna Beth.

Root Cause

Highly esteemed Lanonandek spirits from within our local universe of Nebadon were assigned as System Sovereigns of our local system to oversee Earth's humanity and their spiritual development. 200,000 years ago they, the Lucifers, became infatuated with their authority and turned against the regents of Nebadon, Mary and Jesus, as well as rejecting God. Through their Planetary Princes, also Lanonandek spirits, they had taken the humanities of 37 worlds within their local system into their Rebellion.

Through living through our minds, suppressing our feelings, we on Earth will continue to be at war with each other, illnesses of all descriptions will continue from our feelings suppression, famine and inequalities prevail, control of others is the core of all systems, we cannot determine truth from falsehood and life on Earth is a living hell. We have been continually seduced by mind Mansion World spirits and we live life in a stupor – nothing more than zombies doing the begging of the evil ones, the rebellious Lanonandek spirits.

Through living through our minds, suppressing our soul based feelings, we have been progressively going further and further away from our Heavenly Parents, now to the point that we cannot go any further. Through working cracks in the Universal Contract governing the Rebellion and Default, this control has been ended formally as of 31 January 2018.

Pathway Forward

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.

God's Divine Love: Pray for it, ask for it, and receive it.

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

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

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.

Nanna Beth – 3rd Celestial Heaven, 2 April 2019:

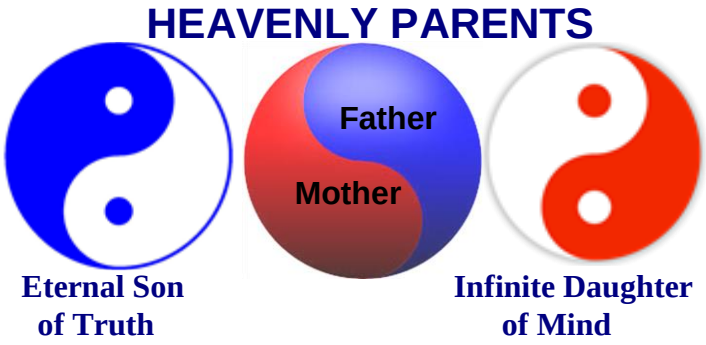
'Earthing' levels of the Law of Compensation are far greater than anything humanity could ever come up with so far as 'destroying one's enemies'. And yet people are not or no person is the enemy. This change is solely for humanity, to help everyone, even the worst most controlling person, to help them end being helplessly and hopelessly trapped within their wrongness, even if they can't see it nor believe they want to end it. So in the short term they might not give any thanks for what is to be done – what is now being done – however everyone will come to understand and be grateful for 'turning it around', for turning them around, for stopping them continuing on in their mad rebellious rush to oblivion.

A lot of mostly well-meaning people will be fine, like how it is for most well-meaning people when they arrive in the Mansion Worlds, with a few minor adjustments being made. But overall, a huge sense of relief being experienced that 'God has your back', that you can finally trust and rely on God to 'look after you' because no one will be able to hurt or harm you as they'd instantly suffer such trauma themselves and even possibly before they got to the point of openly inflicting it on you.

A hypothetical example of how the quickening or 'Earthing' of the Law of Compensation may work as it does within the 1st Spirit Mansion World:

James: What's to stop the hidden controllers discovering I like women, to set me up with say a nice Russian alluring Jewish woman, who comes into my life on the pretext of wanting to do her Healing, only to stitch me up or knock me off? I like allowing my woman-fantasies to run amuck, as you understand?

Nanna Beth – 3rd Celestial Heaven: In the context of all of this, it's a valid point James, to which I will counter by saying she will not come to you in that light. Firstly, being Healed, you will not feel the same fanciful attraction to such women; and secondly, she wouldn't get a foot in the door, because once you are fully Healed (or the Avonal Pair), then you both personally have 'lowered the Law of Compensation', so it is instantly applied; which means, should anyone seek to even contemplate harming you, let alone the physical destruction of you, then that person or persons will be 'struck down' by the Law of Compensation hardly able to function anymore as all the pain of that harm they were wishing to inflict on you would become inflicted instead on them, with their angels making it happen, leaving them in no condition to approach you, to seduce you with any feminine charms, or to plot blowing you up from afar. And then, as we've talked about, that personal relationship with the Law of Compensation, because through your Healing you have fully settled it within yourselves, will be imposed on humanity when the time is right, by you (or the Avonal Pair) carrying out the dictates of the Eternal Son and Infinite Daughter. And when that happens, there goes all the plans of the Evil Ones, all the Jewish control and anyone else seeking any sort of control over nature or anyone else. And as we talked about yesterday, then it will be like a 'blanket from Heaven' will descend over the whole world – the whole of humanity, and a spiritual blanket – bringing with it a sense of peace as everyone instantly becomes subjected to the Law of Compensation to the level of the first Mansion World. However up until that time, so the plans of the Rebellion will move toward fruition, with we Celestials mitigating some of them, those we're allowed to interfere with as you progress in your Healing.



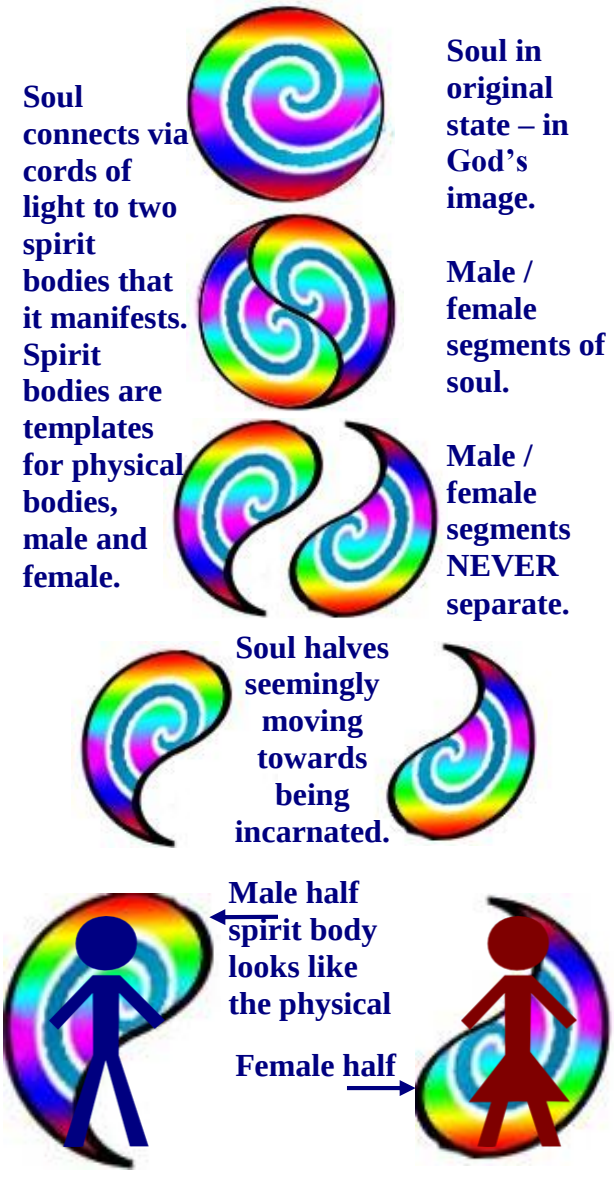
Angels of Encouragement to Behave! We each have two angels with us at all times.

When the time comes, the Angels will administer the Law of Compensation as it is Earthed. It is through the earthing of this law that an era of peace may prevail over humanity on Earth. A form of the carrot and the stick. The carrot being our transformation through undertaking our Healing with Divine Love – Soul Healing.

The SOUL DOES IT ALL. THE SOUL INITIATES CONCEPTION AND THE GROWING OF THE PHYSICAL AND SPIRITUAL BODIES, AND ALL THAT CONNECTS THEM TO EACH OTHER AND TO THE SOUL ITSELF.

The soul oversees EVERYTHING – we are soul. And our soul is duplex, in that it has bestowed upon it, two unique personalities by its Creator Parents – our Heavenly Mother and Father. So at conception, our soul incarnates you, one of the two personalities into Creation – life. The soul does it all. The soul doesn't come at some point embracing the embryo. The embryo wouldn't exist if it weren't for the soul wanting it to exist. We are never separate from our soul.

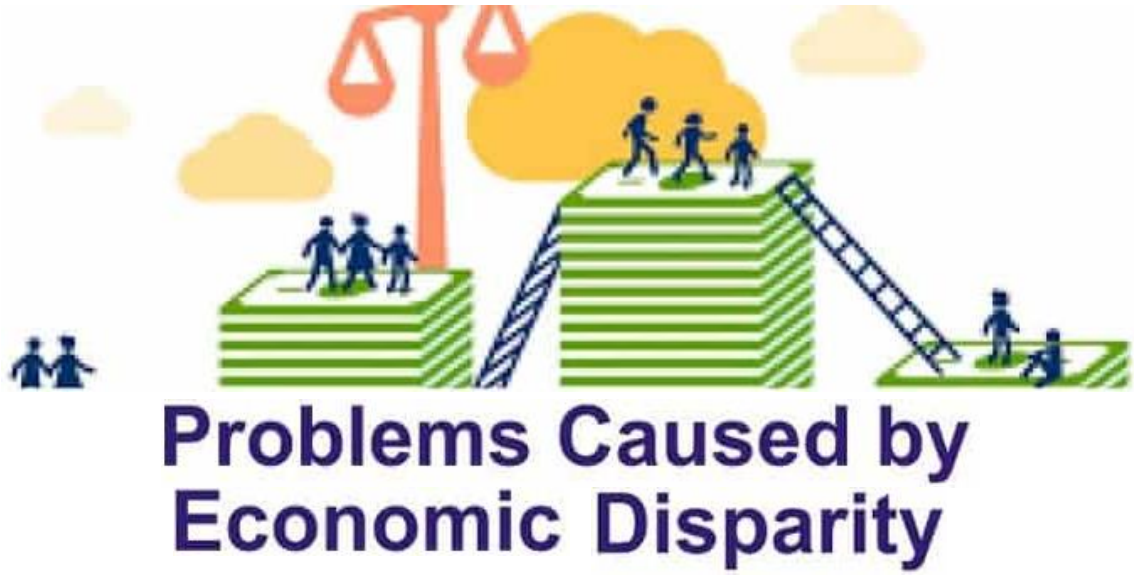
We are one of the personality expressions of our soul, our soulmate is the other one, our 'other half'. Our soul can incarnate its two personality expressions at different times on Earth. With each 'half' experiencing life as a full individual and independent personality destined at a predetermined time to meet each other, which will more than likely happen at some point through one's Healing or when one has finished it. And whilst we're living in rebellion against our soul, ourselves, our truth, so it's highly unlikely we'll have anything to do with our soulmate / soul partner until we start to heal that rebellion, because we are anti each other – anti the truth of ourselves and each other. We can ONLY experience true soulmate love when we are FULLY healed of our rebellion and default – when we've done our Healing.



And our soul would naturally, had we not been unlovingly interfered with by our parents, evolve us in truth through our feelings and the experiences that give rise to them. However, because our parents unwittingly got in the way and stopped our soul from doing this, so we've become untrue and have to do our Healing to sort ourselves out, to bring ourselves back into being how we would naturally be were we not screwed around with.

The point of our Healing is to find the whole truth of our unloved state, all through our feelings and not with our mind. So once the truth is revealed, we can be set free of that untrue state. So we're not to look for specific traumas, we're not to try and home in on them, bringing to light all the bad feelings associated with them, then we're 'healed' of it, able to resume our life without the burden of that terrible experience. Certainly our Healing will do that, heal all the bad feelings associated with and resulting from that traumatic experience, however it doesn't stop there, it goes on and deeper until every aspect of self-expression that has been thwarted by negative unloving parental and childhood experiences – all one's trauma from feeling unloved – comes out and the truth seen. So healing our specific traumas is only one part of the Healing, with it being much more.

.



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.

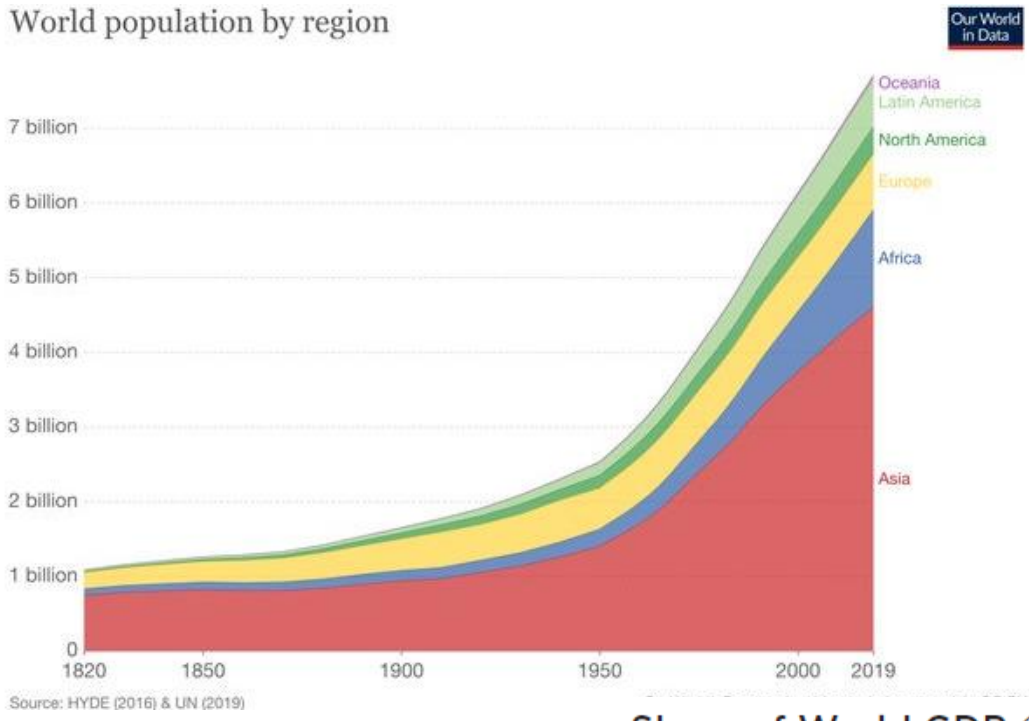
The students going to other regions and cities make a very small percentage of the total student body aspiring for higher education. The majority cannot go to the cities because of poverty. The huge expenses that they will have to incur to meet residential, educational, clothing, and food needs away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

Compromised health

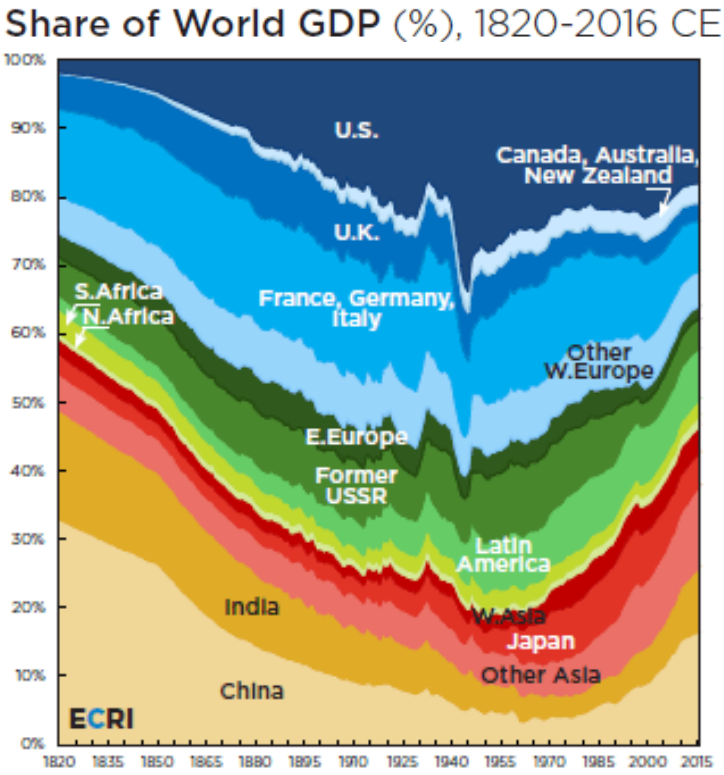
People in underdeveloped regions do not have access to quality and basic health care facilities. The mortality rate of women and children is high. In critical conditions, deaths occur on the way as patients are rushed to hospitals in far-flung areas. The majority of people cannot afford to go to other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

Why does the USA have a much higher per capita income (US$65,000 approximately even higher than Northern Europe's) compared to China and Russia (US$10,000 approximately)?
https://www.quora.com/Why-does-the-USA-have-a-much-higher-per-capita-income-65-000-approximately-even-higher-than-Northern-Europes-compared-to-China-and-Russia-10-000-approximately
This questions is a bit more interesting than it first appeared. First of all we need to look at some figures to get a rough idea of what has happened over time.

It is fairly obvious that things massively changed after 1950. That's one major "pivot"



The second graph is also important. It looks at GDP for each country and you can see there is a minor blip for World War 1 but thing massively change during World War 2 which is another "pivot"



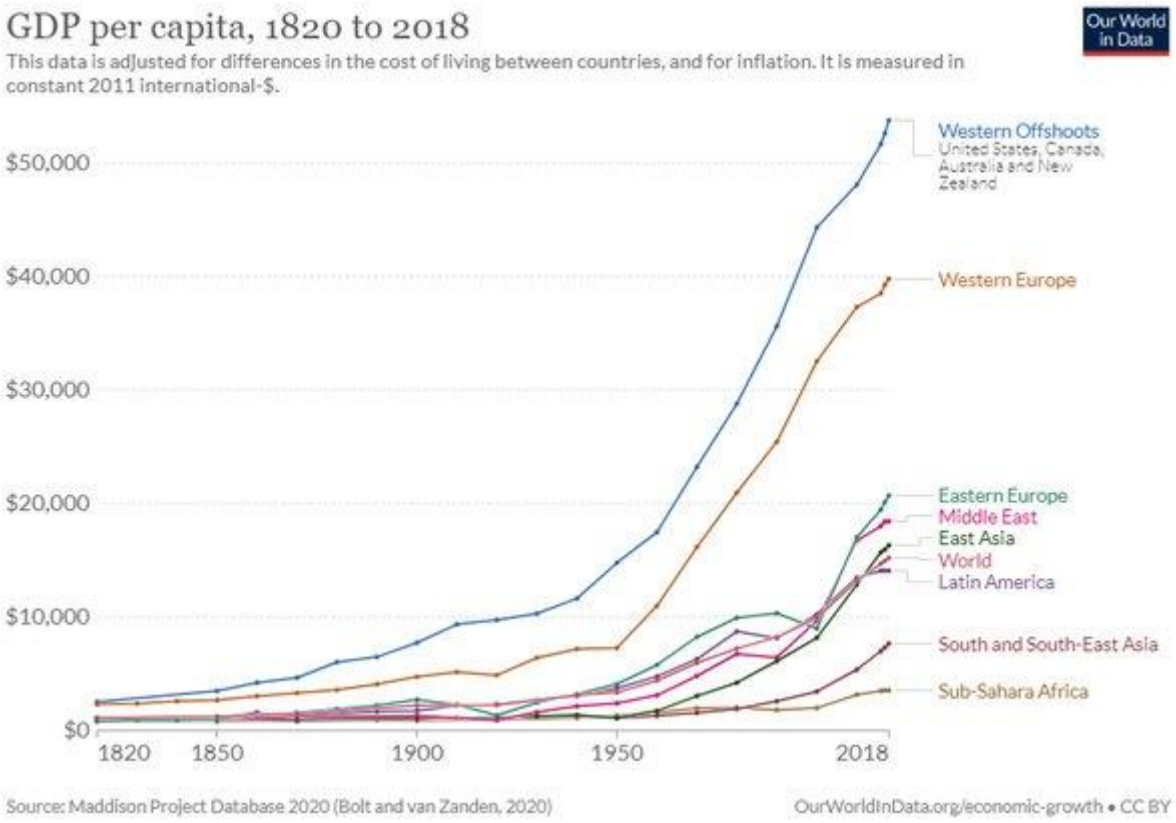
So what are some key dates and people:

- 1820 is towards the end of the industrial age for Europe and America. China and India are still agricultural societies.
- Gilded Age (1870 to 1900)
  - Rockefeller and Standard Oil with “horizontal integration”, “vertical integration” and the business trust.
  - Andrew Carnegie and Carnegie Steel Company
  - Vanderbilt family with rail and shipping.
- 1920 America has Henry Ford with Ford motor car and more importantly the assembly line.
- 1960 Silicon Valley and the information age.
- 1980 Cold War.
- 1990 Russia converted to a market economy and corruption destroys a lot of value.

If you look at 1800 to roughly 1900 America was ahead of every other country. The population was relatively small but there are a few people that were able to drive innovation and create a massive amount of wealth. Most of this time India and China are slowly becoming less important (as far as GDP is concerned).

Things changed with the creation of the cars, planes and “mass _____” which ultimately destabilised existing power balances and lead to WW1 & WW2. During this time Russia is generally staying stable.

Lots of people know what happened after WW2:

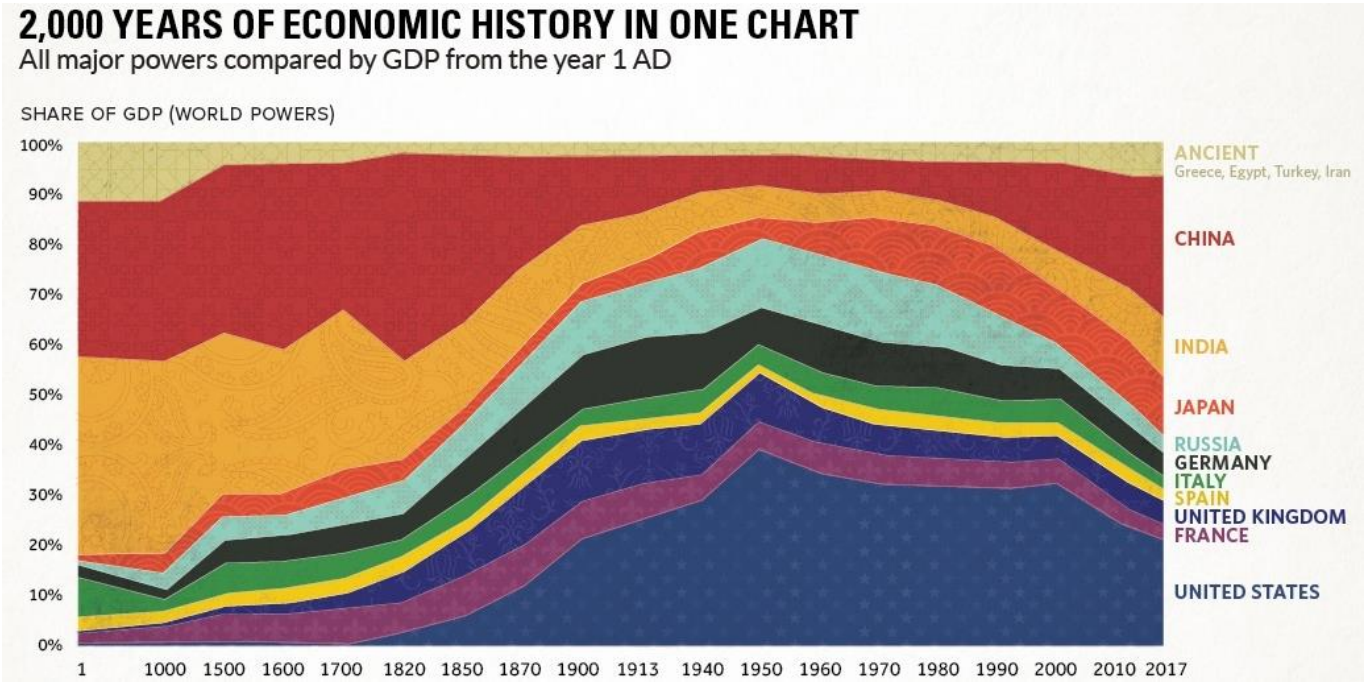


- America basically “stole” most of Europe’s money and gave them dollars instead which had to be spent in the US.
- America made a deal with the UK after the war that effectively transferred a lot of wealth from the UK to the USA.

- The creation of the Federal Reserve and everyone using USD.
- The Green Revolution which meant we had enough food for everyone and people didn't starve to death (the pivot in population).
- China and Asia became industrialised over 100 years after Europe and America.
- Russia lost a lot of economic value from the cold war, spending too much money on defence and corruption when they opened up the economy.
- China was a long way behind until after 1950 and has slowly steadily improved since the end of WW2, the Sino-Japanese war and the internal civil war.

So why?

- The American civil war happened back in the 1860 and was followed by the Gilded Age. Since then it hasn't been destroyed in any way (steady increase).
- China was a farming society while America was developing and was then kept back by local wars. Since then it has started to catch up but it takes time (v shape).
- Russia was generally better than China but then had multiple wars that damaged the country and the corruption when it became a market economy which put it back decades (roller coaster).



JOHN BOGLE, THE Vanguard founder who passed away in 2019, once told a story about money that highlights something we don't think about enough:

> At a party given by a billionaire on Shelter Island, Kurt Vonnegut informs his pal, Joseph Heller, that their host, a hedge fund manager, had made more money in a single day than Heller had earned from his wildly popular novel *Catch-22* over its whole history. Heller responds, "Yes, but I have something he will never have … enough."
>
> *Enough.* I was stunned by the simple eloquence of that word—stunned for two reasons: first, because I have been given so much in my own life and, second, because Joseph Heller couldn't have been more accurate.
>
> For a critical element of our society, including many of the wealthiest and most powerful among us, there seems to be no limit today on what enough entails.

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!

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

We are all interconnected.

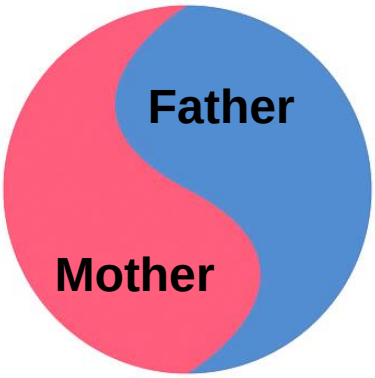
We are all on a never ending learning pathway.

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 strive to grow.

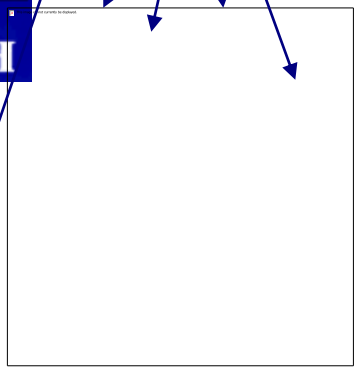
With this in mind, we see everyone in a loving way.

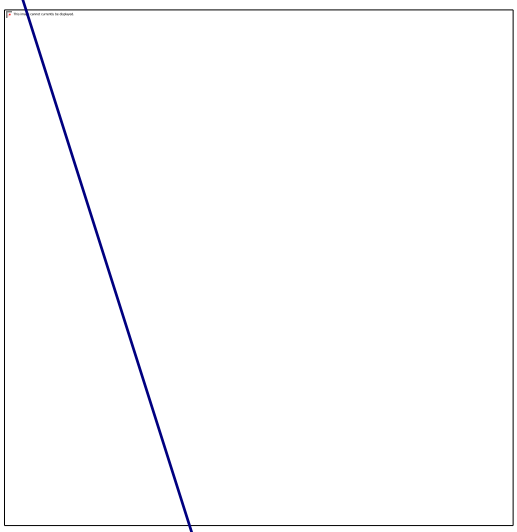
We support loving passions and desires and everything that assists one to realise such loving passions and desires.



Our Heavenly Mother and Father.

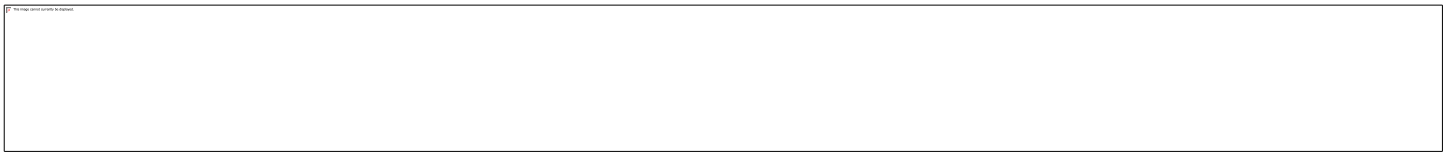
Our Heavenly Parents do not need an intermediary to connect with us, nor do we need an intermediary to connect to our true Mother and Father.





We are God's children. Our souls are in His / Her likeness as we are Their creation.

No matter where we are on Earth, we can always connect with our Creator without needing an intermediary.



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 Mexico

PASCAS OVERSIGHT COUNCIL of MEXICO: 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 may stop! The council is to, at all times, consist of at least 50% women. The oversight council members are to be Mexican nationals and they will not have any political allegiances, nor will they demonstrate any religious alliance. Every person living in Mexico is to be treated equal with respect. Yes, those in greatest need are to 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 are to be selected through a process similar to becoming employed by a major corporation into 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 Mexico 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.

Journey for Humanity

"JOURNEY for HUMANITY" is an entertaining educational experience, a museum, which 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.

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 embraced 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.

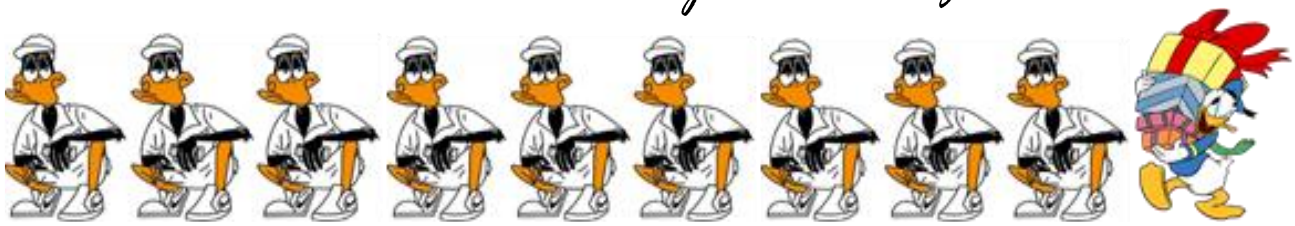
We have always been meant to live feelings first having our minds to follow in support of our feelings. It is our feelings that are always in truth. In fact, all that we need to know is accessible to each of us through our feelings. We are fully self-contained! When we embrace and follow what our feelings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

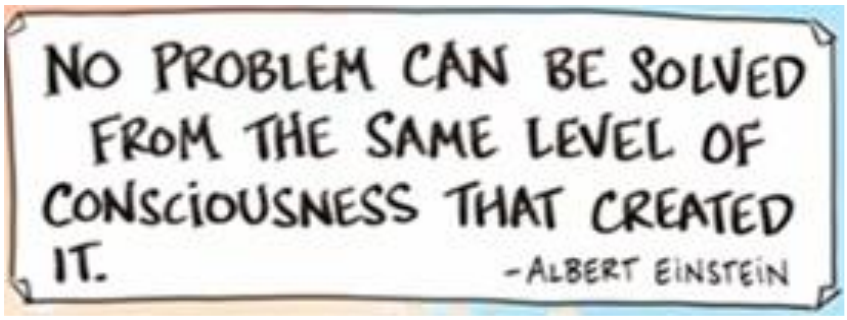
But, our minds cannot discern truth from falsehood. Our minds are addicted to control, control of our environment and of others. Our minds are addicted to untruth! Take a note, mental or otherwise, and over time you may observe that the assumptions that we may make are around 98% in error! The other 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!

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 hear 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 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:

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 CO_2 (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.

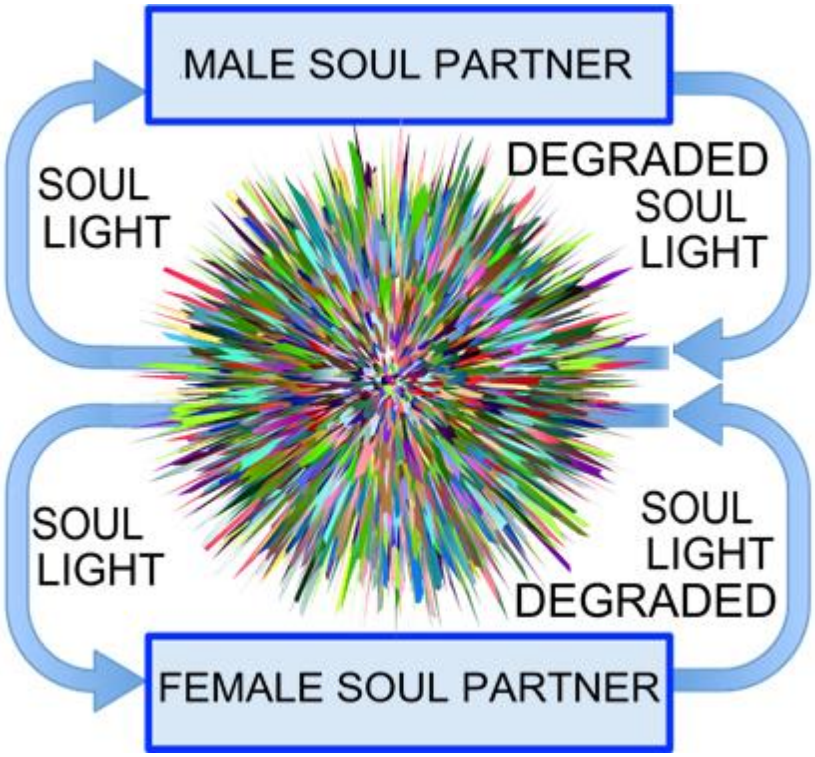
Medicine and the health industry. As medical science is mind-centric, it is finding itself overwhelmed with seemingly insurmountable difficulties. They have generally identified more than 10,000 diseases and illnesses, yet they do claim to have found cures for 500 of these.

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!

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.

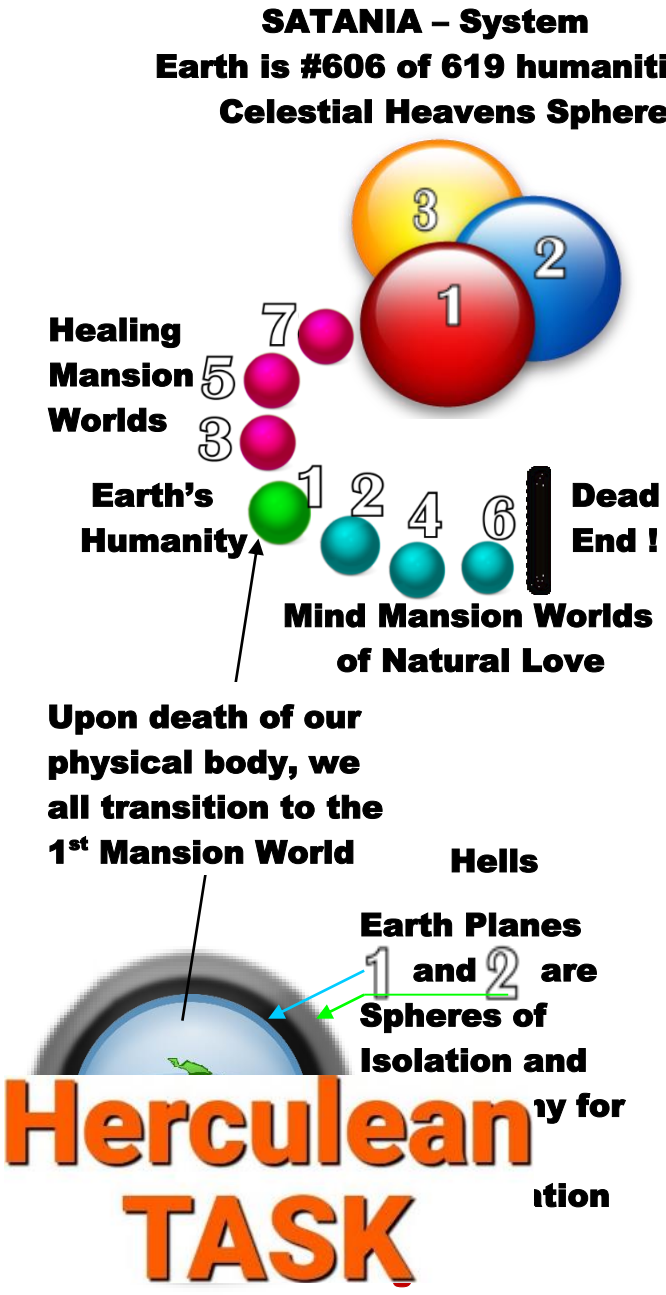
The elephant in the room being:
CHILDHOOD SUPPRESSION

The pathway forward is to embrace:
FEELING-HEALING

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

Great U-Turn for humanity now ready for Mobilisation 22 July 2023 Celestial soul state condition achieved 22 September 2024 Rebellion Ended Forever 30 August 2025

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 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 you are fixed in that category for your life.

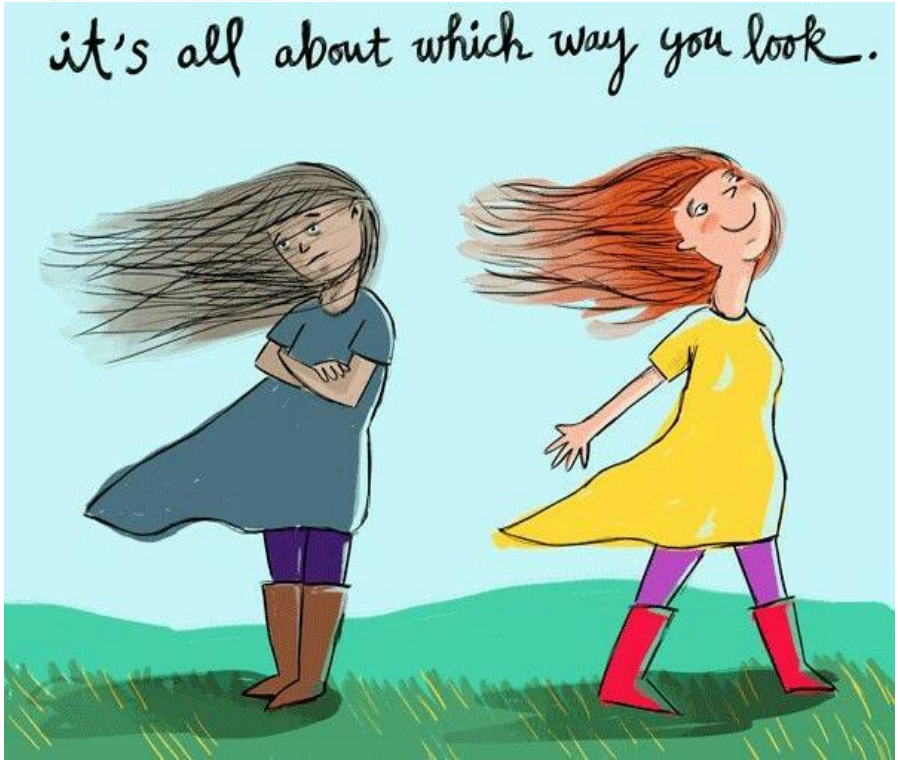
This is Childhood Suppression in its extremes.

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.



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.

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.

Hidden Control thru to COVERT 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 (Mexico) Ltd conception:

MEXICO Doctors Nurses Teachers Ratios					data.worldbank.org	
	DOCTORS		**NURSES & MIDWIVES**		**TEACHER / STUDENT**	
	per 1,000 people		per 1,000 people			**ratio**
Mexico	2021	**2.6**	2021	**3.0**	2017	**27**
Guatemala	2020	1.3	2020	2.3	2018	20
Belize	2018	1.1	2018	2.3	2018	20
Brazil	2021	2.1	2021	5.5	2017	20
United States America	2018	2.6	2018	15.7	2017	14
Canada	2019	2.4	2019	11.8	2000	17
Australia	2021	4.0	2021	13.7	2024	13
		Austria		Switzerland		San Marino
Strongest Worldwide	2025	5.5	2021	18.08	2018	6
https://data.worldbank.org/		Africa 27		Africa 30		Africa 21
Weakest Worldwide		Nations 0.1		Nations 1.0		Nations 40+

Simply put;
Mexico appears to need to double the number of doctors per 1,000 people.
Mexico needs to double their nurses per 1,000 people.
Mexico is best to add substantially to their teachers per students and improve their training and facilities.

It all begins with education. We of humanity are truth seekers and truth is what is required in abundance to lift the nation of Mexico 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 around **295**. The crisis is that 75% of the population calibrate under MoC 200 while 45% calibrate under MoC 100.

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

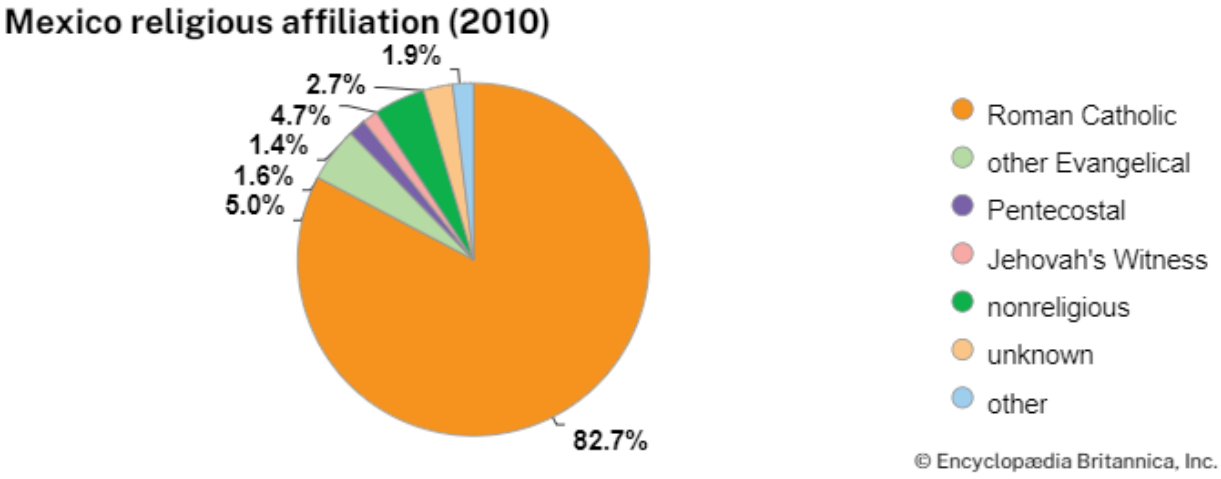
POVERTY as defined by lack of Consciousness, being in UNTRUTH							
Mexico Nation	Consciousness (MoC)	Population (2025)	Percentage Calibrating MoC 50 | MoC 100 | MoC 150 | MoC 200 or below				Population in Untruth Poverty
North		20,000,000	30%	51%	58%	81%	16,200,000
Central		86,000,000	26%	40%	60%	77%	66,200,000
South		26,000,000	29%	45%	60%	80%	20,600,000
Mexico overall	295	132,000,000	29% 38,300,000	46% 60,700,000	60% 79,200,000	78%	103,000,000

Map of Consciousness 295 MEXICO
United States of America
Mexicali
290
BAJA CALIFORNIA
Isla Cedros
290
BAJA CALIFORNIA SUR
Escollos Alijos
La Paz
Gulf of California
Heroica Nogales
SONARA
290
Hermosillo
Ciudad Juarez
CHIHUAHUA
290
Chihuahua
Hidalgo del Parral
280
COAHUILA DE ZARAGOZA
NUEVO LEON
Monterrey
290
Saltillo
280
Culiacán
SINALOA
Mazatlan
318
Gómez Palacio
DURANGO
Durango
Zacatecas
325
ZACATECAS
305
SAN LUIS POTOSI
300
Aguascalientes
San Luis Potosi
Tampico
TAMAULIPAS
Ciudad Victoria
NAYARIT
Tepic
330
Islas Tres Marias
NORTH PACIFIC OCEAN
Islas Revillagigedo
GUANAJUATO
Guanajuato
Querétaro
295
Guadalajara
JALISCO
315
Colima
COLIMA
320
Morelia
MICHOACAN DE OCAMPO
290
Toluca
Mexico City
Pachuca
Tlaxcala
Jalapa
Veracruz
Puebla
Cuernavaca
PUEBLA
Chilpancingo
300
GUERRERO
305
Acapulco
Oaxaca
OASACA
295
Tuxtla Gutiérrez
VERACRUZ-LLAVE
305
1. AGUASCALIENTES 325
2. QUERETARO DE ARTEGA 305
3. HIDALGO 310
4. MEXICO 290
5. DESTRITO FEDERAL 300
6. MORELOS 320
7. TLAXCALA 315
Gulf of Mexico
Campeche
CAMPECHE
320
Villahermosa
299
TABASCO
San Cristóbal de las Casas
CHIAPAS
305
YUCATÁN
305
Mérida
305
QUINTANA ROO
Chetumal
Belize
Guatemala
Honduras
Tapachula

MEXICO
Population Distribution
15%
de la población
vive aquí
65%
de la población
vive aquí
20%
de la población
vive aquí
geoscéntricos

Rank	State	Population (2020)	Map of Consciousness
1	México	16,992,418	290
2	Ciudad de México	9,209,944	300
3	Jalisco	8,348,151	315
4	Veracruz	8,062,579	305
5	Puebla	6,583,278	300
6	Guanajuato	6,166,934	295
7	Nuevo León	5,784,442	290
8	Chiapas	5,543,828	305
9	Michoacán	4,748,846	290
10	Oaxaca	4,132,148	295
11	Baja California	3,769,020	290
12	Chihuahua	3,741,869	290
13	Guerrero	3,540,685	305
14	Tamaulipas	3,527,735	300
15	Coahuila de Zaragoza	3,146,771	280
16	Hidalgo	3,082,841	310
17	Sinaloa	3,026,943	280
18	Sonora	2,944,840	290
19	San Luis Potosí	2,822,255	305
20	Tabasco	2,402,598	299
21	Querétaro de Arteaga	2,368,467	305

22	Yucatán	2,320,898	305
23	Morelos	1,971,520	320
24	Quintana Roo	1,857,985	305
25	Durango	1,832,650	318
26	Zacatecas	1,622,138	325
27	Aguascalientes	1,425,607	325
28	Tlaxcala	1,342,977	315
29	Nayarit	1,235,456	330
30	Campeche	928,363	320
31	Baja California Sur	798,447	290
32	Colima	731,391	320
Total		**126,014,024**	**295**



MEXICO major cities

	City	State	2020 Census	MoC
1	***Mexico City***	Mexico City	9,209,944	300
2	*Tijuana*	Baja California	1,810,645	300
3	*Ecatepec*	State of Mexico	1,643,623	295
4	*León*	Guanajuato	1,579,803	295
5	***Puebla***	Puebla	1,542,232	295
6	*Ciudad Juárez*	Chihuahua	1,501,551	300
7	***Guadalajara***	Jalisco	1,385,621	305
8	Zapopan	Jalisco	1,257,547	295
9	***Monterrey***	Nuevo León	1,142,952	305
10	Ciudad Nezahualcóyotl	State of Mexico	1,072,676	300
11	**Chihuahua**	Chihuahua	925,762	
12	***Mérida***	Yucatán	921,771	
13	Naucalpan	State of Mexico	911,168	
14	*Cancún*	Quintana Roo	888,797	
15	***Saltillo***	Coahuila	864,431	
16	***Aguascalientes***	Aguascalientes	863,893	
17	***Hermosillo***	Sonora	855,563	
18	**Mexicali**	Baja California	854,186	
19	***San Luis Potosí***	San Luis Potosí	845,941	
20	***Culiacán***	Sinaloa	808,416	
21	***Querétaro***	Querétaro	794,789	
22	***Morelia***	Michoacán	743,275	
23	Chimalhuacán	State of Mexico	703,215	
24	*Reynosa*	Tamaulipas	691,557	
25	Torreón	Coahuila	690,193	
26	Tlalnepantla	State of Mexico	658,907	
27	*Acapulco*	Guerrero	658,609	
28	Tlaquepaque	Jalisco	650,123	
29	Guadalupe	Nuevo León	635,862	
30	***Durango***	Durango	616,068	
31	***Tuxtla Gutiérrez***	Chiapas	578,830	
32	*Veracruz*	Veracruz	537,963	

State capital
State largest city
State capital and largest city
Federal capital

	City	State	2020 Census	MoC
33	Ciudad Apodaca	Nuevo León	536,436	
34	Ciudad López Mateos	State of Mexico	523,065	
35	Cuautitlán Izcalli	State of Mexico	515,353	
36	Matamoros	Tamaulipas	510,739	

MAP of CONSCIOUSNESS (MoC)
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!

Blessing your food achieves an increase of 15 points which is in fact a quadrillion (10^{15}) jump in energy.

Levels of consciousness are always mixed: a person may operate on one level at one time and quite another level in another area of life. [In fact, we move in and out of fear, anger, guilt, etc. for either brief or extended periods. Even the levels up through unconditional love at 500 are experienced by most. But it is the percentage of time spent in each level that determines the dominant level in which one lives.]

Shame: Shamed children are cruel to animals and to each other. Later they are capable of forming vigilante groups to project their shame onto others whom they righteously attack. Serial killers have often acted out of sexual moralism with the justification of punishing "bad women". Shame produces false pride, anger, guilt. Moc 20 – 29

Guilt: associated with victim hood, masochism, remorse. Unconscious guilt results in disease, accident - proneness, suicidal behaviour. Preoccupation with punishment. Guilt provokes rage. Capital punishment is an example of how killing gratifies a guilt-ridden populace. MoC 30 – 49

Apathy: State of helplessness / death through passive suicide / level of homeless and derelicts / level of streets of Calcutta, abandonment of hope. MoC 50 – 74

Grief: Level of sadness, mourning over the past / habitual losers / chronic gamblers / notion of being unable to replace what is lost. MoC 75 – 99

Fear: Fear runs much of the world [in the enmity fearfulness is dominant emotion of 65% of the world] insecurity, vulnerable / leads to jealousy and chronically high stress level / very contagious / fearful people seek strong leaders. MoC 100 – 124

Desire: Motivates vast areas of human activity. Desire for money, prestige runs lives of many who have risen above Fear. At this level of addiction / desire for sexual approval has produced an entire cosmetics and fashion industry / accumulation / greed. It is insatiable because it is an ongoing energy field. Satisfaction is impossible / frustration is assured. MoC 125 – 149

Anger: Leads to either constructive or destructive action. Expressed most often in resentment and revenge. Irritable / explosive / leads to hatred. MoC 150 – 174

Pride: Has enough energy to run the Marines. Is a great leap forward from lower fields / is socially encouraged. Defensive / vulnerable because dependent upon external conditions. Inflated ego is vulnerable / divisive / arrogance / denial. The whole problem of denial is one of Pride. MoC 175 – 199

Courage: Where productivity begins / zone of exploration / accomplishment / fortitude / determination / exciting / challenging / openness. All of this is achieved through the leap to truth / the courage to face one's flaws. MoC 200 – 249

Neutrality: Release from a position or opinion / flexible / non-judgmental / realistic. Not getting one's way is less defeating or frustrating. Beginning of inner confidence. One is not driven to prove anything. Does not lead to any need to control others. MoC 250 – 309

Willingness: Growth is rapid here. Willingness implies that one has overcome inner resistance to life and is committed to participation. Genuine friendliness / do not feel demeaned by service jobs. Helpful / high self-esteem / sympathetic / responsive to needs of others / resilient / self-correcting / excellent students / readily trained. MoC 310 – 349

Acceptance: Major transformation takes place when one recognizes that one is the source of the experience of one's life. A full assumption of responsibility for one's self. Acceptance of life without attempting to conform situations to one's own agenda. Denial is transcended / calm / perceptive / balanced / appropriate. No interest in determining right and wrong. Self-discipline / honouring of others rights / inclusive / tolerant. MoC 350 – 399

Reason: Intelligence/ capable of making rapid, complex decisions and abstractions / level of science / capacity for conceptualization / deals with particulars / level of Nobel Prize winners, Einstein, Freud, etc. but ironically reason is often a block to higher states. MoC 400 – 499

Love: Love is not what the media professes: emotionality / physical attraction / possessiveness/ sentimentality / control / addiction / eroticism / novelty. When lovers or marriages "break-up", they usually were based on these attitudes rather than love, which is why this kind of "love" can lead to hate. It wasn't love in the first place. Love Deals with wholes. Unconditional love is accompanied by measurable release of endorphins. Love takes no position / permanent. Only 0.04% of population lives out of this level of consciousness. MoC 500 – 539

Joy: Level of saints / effortless / people with near death experiences often have reached this level of consciousness. Healing occurs. Individual will merges with Divine will. MoC 540 – 599

Peace: Radiance / suspension in time and space / everything connects to everything else / no preconception. Great works of art, music and architecture, which calibrate between 600 and 700, can transport us temporarily to higher levels of consciousness. MoC 600 - 699

Enlightenment: Buddha and Krishna. Jesus progressed beyond 1,000 to achieve at-onement with God whilst living on earth. Enlightenment is a never ending process. Moc 700 – 1,000

PASCAS PAPERS

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

POVERTY as defined by lack of Consciousness, being in UNTRUTH

And such poverty is reinforced through psychic barriers resulting from the history of the people.

Indigenous: According to data from the 2020 Population and Housing Census, produced by the National Institute of Statistics and Geography (INEGI), 23.2 million people aged three years and older self-identify as Indigenous in Mexico, equivalent to 19.4% of the country's total population; 51.4% (11.9 million) of these are women and 48.6% (11.3 million) are men. Of the 23.2 million people who self-identify as Indigenous, 7.1 million (30.8%) speak an Indigenous language and 16.1 million (69.2%) do not. The 2020 Census also recorded that 6.1% of the country's total population speaks one of the country's 68 native languages, which can be broken down into at least 364 variants.

This is equivalent to 7.36 million people, being 51.4% (3.78 million) women, and 48.6% (3.58 million) men. Of these, 6.4 million also speak Spanish and 866,000 do not, with just four of the country's 32 states (Oaxaca, Chiapas, Yucatán and Guerrero) accounting for 50.5% of the total number of Indigenous language speakers. In addition, the 2020 Census indicated that 11.8 million Mexicans live in Indigenous households, 5.7 million of them men and 6.1 million women, with an average of 4.1 people per household.

Slavery: According to the 2023 Global Slavery Index, an estimated 6.6 in every thousand people were in modern slavery in Mexico at any point in 2021. In other words, 850,000 people experienced forced labour or forced marriage in Mexico in 2021. In terms of prevalence of modern slavery, Mexico ranks 64th globally and 13th within the Americas.

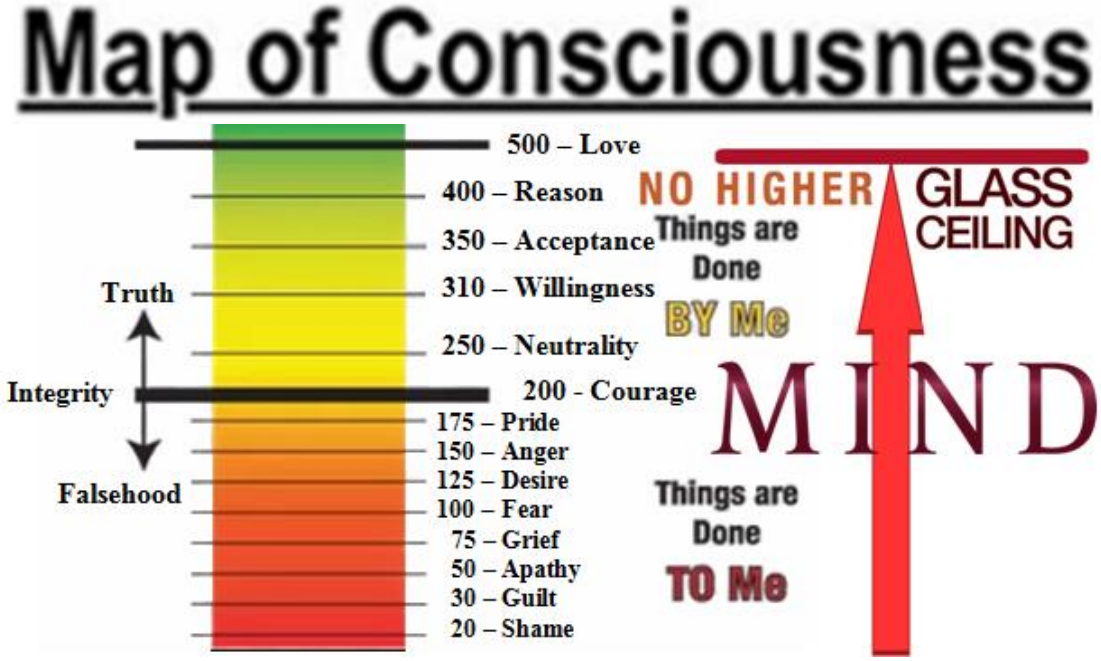
How vulnerable a country's people are to modern slavery is dependent on a range of factors which reflect the strength of governance, access to basic needs, inequality, disenfranchised groups, and effects of conflict. On a scale of 0 to 100, with 100 being the highest vulnerability to modern slavery, Mexico is rated as 58 and has above average vulnerability for the region. Vulnerability is highest in terms of effects of conflict.

Mixed: Mexico is a multi-ethnic nation, home to people of different races, ethnicity, and national backgrounds. Mexican Census does not collect census data on ethnicity, so as per various estimates and surveys, Mestizos account for 50-60% of the population of Mexico. The term mestizo means mixed in Spanish and is generally used throughout Latin America to describe people of mixed ancestry with a white European and indigenous background.

Mexicans of European heritage ("whites") are a significant component of the other ethnic groups who constitute 15-20% of the population. Mexico's population is also composed of many ethnic groups, including Indigenous American Indians (Amerindians), who account for nearly 20% of the total population.

This blending of races, colours and cultures is to unfold all around the world.

POVERTY as defined by lack of Consciousness, being in UNTRUTH



This is part of Dr David R Hawkins' Map of Consciousness (MoC). Please not that at MoC 200 and lower we are living in a world of "FALSEHOOD". We are in poverty, and that poverty is a world of UNTRUTH. Further, 'Things are Done TO Me'. That is we expect things to be done to me, we wait to be told what to do, we go to war without questioning! We lack perspective, we do not see the reality of what is around us and what is possible. We are compliant. We are friendly to all and welcoming – however we are the most dangerous. We make up the populations of prisons. We are in physical poverty with low income potential. We also have the shortest of life spans.

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%

Firstly; we are to recognise that our personal level of consciousness is directly related to the levels of our parents. We are a direct result of their emotional injuries and errors of belief, their heritage and cultural backgrounds. We live our lives mirroring their conditions. Thus, when we meet a child then we should come to know the child's parents or parent that is closest to the child. We need to understand the parents' heritage and recognise their personal condition relating to their level of truth (MoC).

WORLDWIDE relationship of MoC calibration with Life Experiences Life Expectancy, Development, Happiness, Education, Income							
MoC	**No. of Countries+ Territories**	**Average MoC**	**Average Life Expectancy**	**Human Development Index**	**Happiness Index**	**Education Index**	**Per Capita Income 2021**
400s	**22**	**405**	**82.2**	**0.924**	**7.1**	**.890**	**US$63,032**
300s	**71**	**343**	**77.2**	**0.794**	**6.1**	**.741**	**US$30,154**
200s	**50**	**251**	**72.7**	**0.676**	**5.3**	**.610**	**US$16,560**
High 100s	**38**	**174**	**70.5**	**0.659**	**5.0**	**.600**	**US$12,516**
Low 100s	**21**	**119**	**67.1**	**0.587**	**4.6**	**.501**	**US$7,081**
Below 100	**14**	**74**	**65.3**	**0.565**	**4.4**	**.501**	**US$6,377**
WORLD	**216**	**220**	**73.3**				**US$17,110**

These above two simple charts show the relevance of one's consciousness to one's quality of life.

Understanding the environment from which a person has been living within is essential to be recognised so that the starting point for a child, a person, everyone needs to be clear about as that understanding identifies the psychic barriers that need to be cleared through expressing, talking it out, to the level that all the truth and untruth of their heritage is revealed and the suppression be removed.

Apart from the parents' emotional injuries and errors of belief, we need to be cognisant of the impacts of:

Colonialism and colonisation suppressive events impacting their families' experiences.
Their family heritage, be they be indigenous or have a traditional line influencing them.
Slavery has far reaching implications and social impediments.
Mixed race family structures can be complex and involve multiple races.
All that is considered normal for an individual may be suppressive norms accepted without question.

All of these background issues and family history events need to be 'talked out', expressed emotionally while longing and asking to know the truth behind them. While they remain un-talked and suppressed then our personal level of truth remains frozen in error.

This is in addition to the elephant in the room, our childhood suppression, all has to be emotionally expressed to a companion who is willing to listen without judgement and without consoling in anyway.

As more than 75% of Earth's humanity calibrates 200 MoC or less, then we have 75% of our population living in a soul condition that prevailed 2,000 years ago. This is POVERTY in Untruth. This is the first step in lifting humanity out of its quagmire of insanity, zombiism and slumber.

Then comes the pathway to move past 500 MoC and that is truly living FEELINGS FIRST. While we remain mind-centric we are locked into a way of life that does not progress beyond 499 MoC.

Suppression of Truth Generally

Heritage: Inherited family norms, conflict
Indigenous customs - mixed race
Colonialism - slavery - socialism, etc.

Family: Mother, Father, siblings
carers in general

Living: Teachers, educators
Clergy, religion
Employers and employment
Governments and Hidden Controllers.

Mind: Living mind-centric is claustrophobic, suppressive zombiism.
Mind cannot discern truth from falsehood.

now with

Feelings Freedom:

Our feelings are our soul-based TRUTH!
With our feelings, infinite progression unfolds!

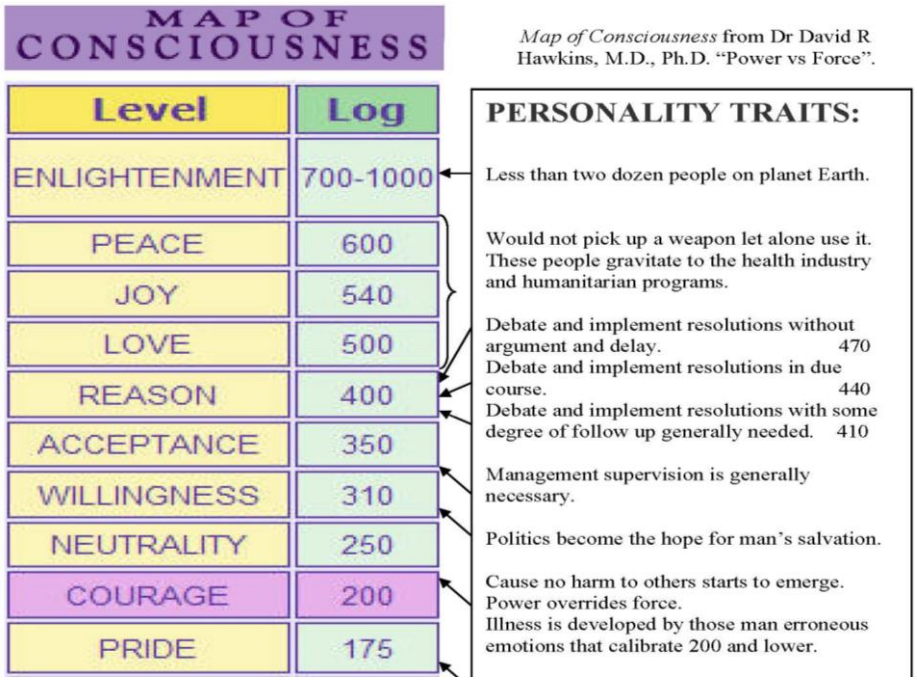
TALK IT OUT WITH A FRIEND!

GOVERNMENTAL RESTRAINT upon its PEOPLE					
Nation	Consciousness (MoC)	Population (2024)	**Parliament**	MoC (2024)	Elected Number
Afghanistan	85	43,400,000	Taliban Parliament 2021 ~ **was** Upper 102 Lower 250	205	0 352
Angola	80	37,800,000	National Assembly	220	220
Argentina	280	46,000,000	Federal Parliament Senators (upper house) Deputies (lower)	310 320 300	329 72 257
Australia	410	27,000,000	Federal Parliament Senate (upper house) Representatives (lower)	380 380 380	227 76 151
Brazil	300	213,000,000	National Congress Senate Federal Deputies	368 379 360	594 81 513
Burundi	140	14,400,000	Parliament Senate National Assembly	290 300 280	162 39 123
China	305	1,425,000,000	Politburo Standing Committee Politburo Central Committee Congress	280 285 290 295	7 24 200 2,000
Colombia	320	52,200,000	Parliament Senate Chamber of Representatives	344 344 332	296 108 188
Eritrea	180	5,800,000	Dictatorship	315	none
European Union	380	451,000,000	Parliament	335	705
India	370	1,436,000,000	Parliament Council of States (upper) House of People (lower)	400 410 390	788 245 543
Indonesia	220	280,000,000	Parliament Regional Rep Council Peoples Rep Council	288 295 280	711 136 575
Jordan	185	11,500,000	Parliament Senate Representatives	280 290 270	207 69 138
Mexico	295	132,000,000	Parliament Senate Deputies	364 280 350	628 125 500
Pakistan	140	251,000,000	Parliament Senate National Assembly	310 315 300	432 96 336
Philippines	225	119,000,000	Senate Representatives	291 299	24 316
Poland	190	38,500,000	Parliament Senate Lower House	280 300 270	560 100 460

Russia	320	144,000,000	Federal Assembly Federation Council (upper) State Duma (lower)	305 310 300	620 170 450
Rwanda	70	14,500,000	Parliament Senate Chamber of Deputies	275 270 280	106 26 80
South Africa	190	64,000,000	Parliament National Council National Assembly	280 290 270	490 90 400
Tanzania	200	68,800,000	National Assembly	290	393
Uganda	90	50,500,000	Parliament	280	529
Ukraine	330	38,000,000	Verkhovna Rada	300	450
United Kingdom	420	68,000,000	Parliament UK House of Lords UK House of Commons	390 380 400	1,433 783 650
United States of America	405	341,000,000	USA Congress Senate House of Representatives	380 365 390	535 100 435
Zimbabwe	100	17,000,000	Parliament Senate (upper) National Assembly (lower)	260 260 260	360 80 280
World overall	220	8,100,000,000			

LEADERSHIP PERSONALITIES should CALIBRATE at or over 400 MoC

For dynamic leadership and to qualify for being considered to represent the people of any nation, candidates need to calibrate on Dr David Hawkins' Map of Consciousness at or over 400 MoC. To qualify for high political appointments, then only those calibrating 410 MoC + need to stand for such positions. Great leaders and statesmen throughout history generally have high consciousness levels. As can be seen by the above observations, politics in most nations have been hijacked by controlling interests so that their nominees are readily compromised and the people then being suppressed and manipulated without their best interests being prioritised.



We are TRUTH SEEKERS!

Caste 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.

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 then 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 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.

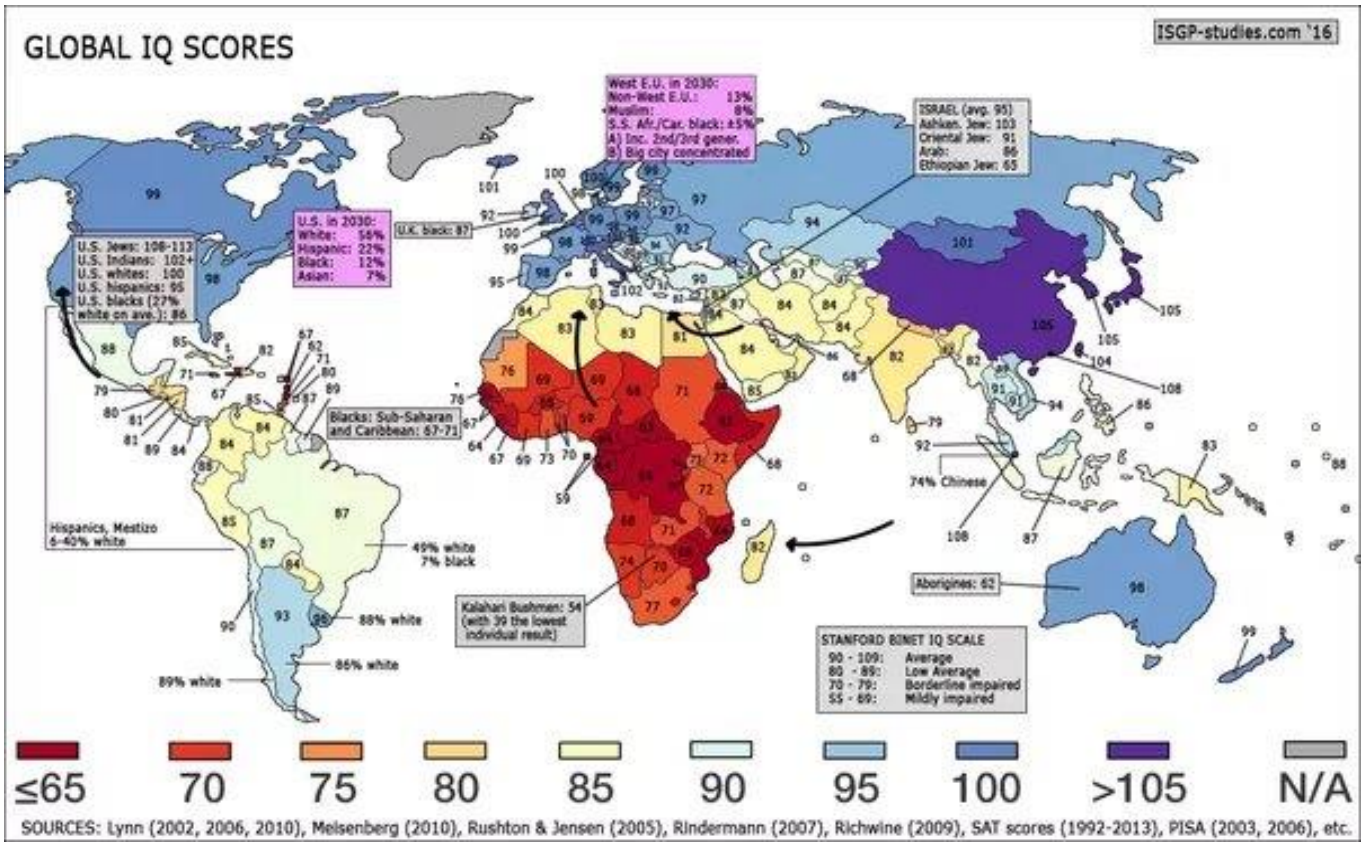
Intelligence Quotient (IQ) system is a modern day Indian' Caste System imposed upon the whole world through a modern day repackaging of those hidden controllers agenda.

IQ (intelligence quotient) compared by countries

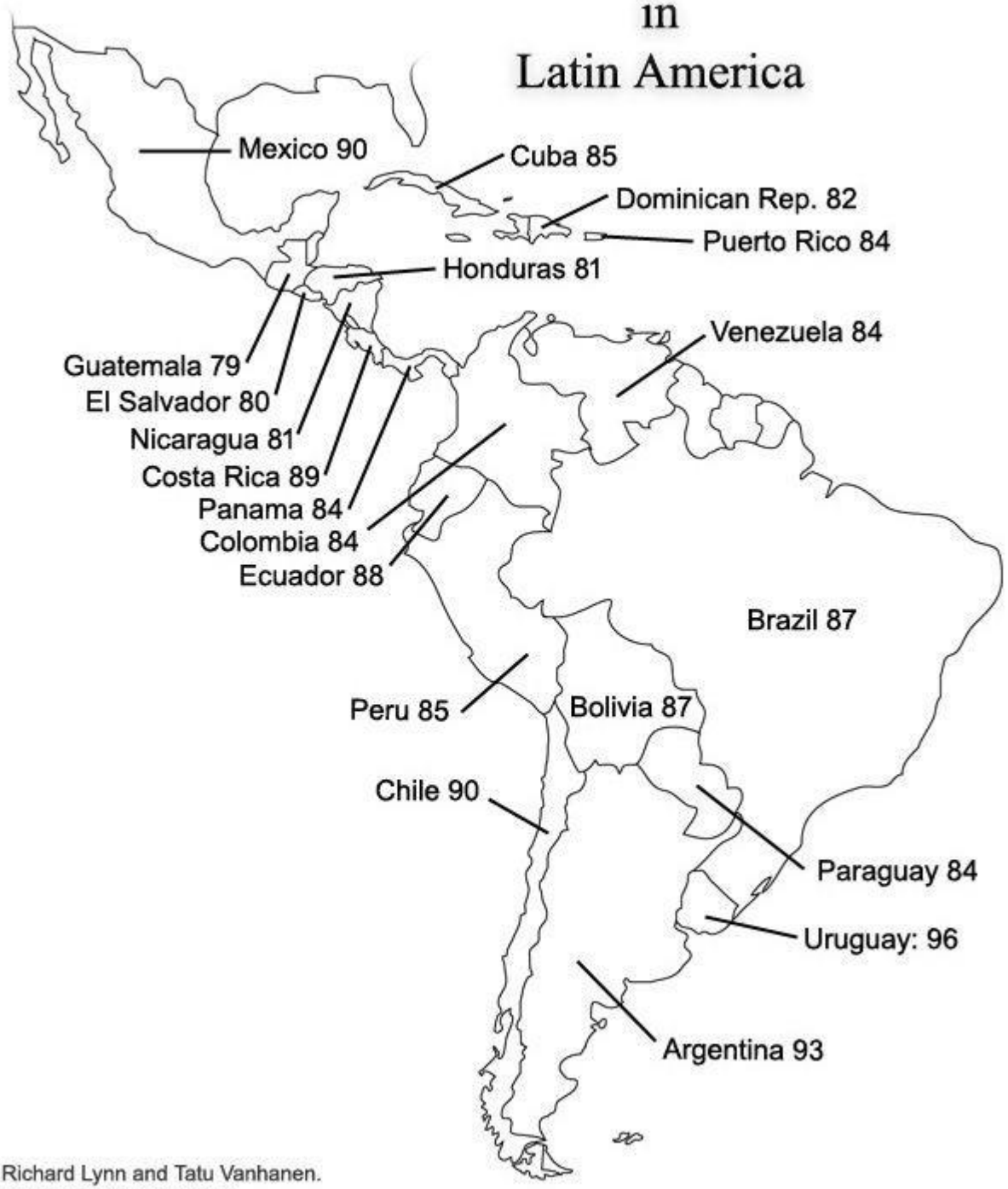
https://www.worlddata.info/iq-by-country.php

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.

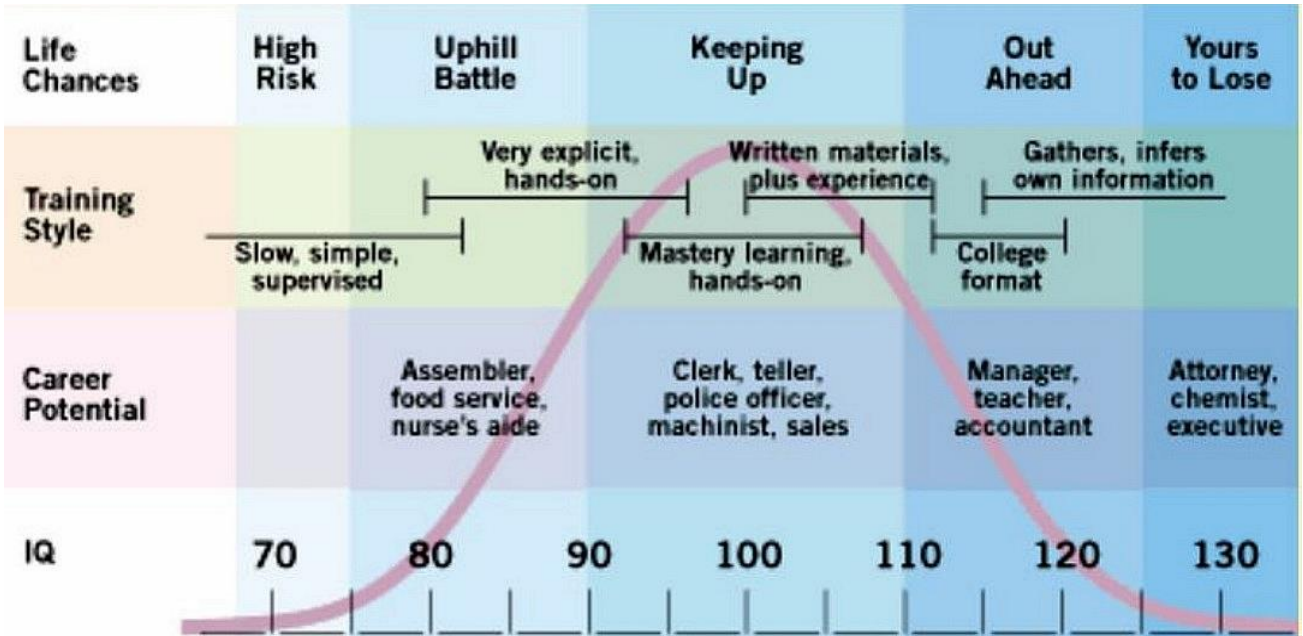
The displayed IQ was averaged from the results of 9 international studies and compared the average income and government expenditures on education from 1990 to 2010.



Average Intelligence Quotient in Latin America



Richard Lynn and Tatu Vanhanen.
IQ and Global Inequality.
(Washington Summit Publishers, Atlanta, Georgia, 2006)



	Population Percentages				
Total population distribution	5	20	50	20	5
Out of labor force more than 1 month out of year (men)	22	19	15	14	10
Unemployed more than 1 month out of year (men)	12	10	7	7	2
Divorced in 5 years	21	22	23	15	9
Had illegitimate children (women)	32	17	8	4	2
Lives in poverty	30	16	6	3	2
Ever incarcerated (men)	7	7	3	1	0
Chronic welfare recipient (mothers)	31	17	8	2	0
High school dropout	55	35	6	0.4	0

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.

CS 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.

A Nation's Persona!
National Psychic Barrier

Consider this! For generations, parents have coerced their children to 'develop their minds', to embrace their minds in every aspect of their living, to reject their feelings at all times, to literally worship their minds to the detriment of their feelings.

This is also the mantra of the nation's education system.

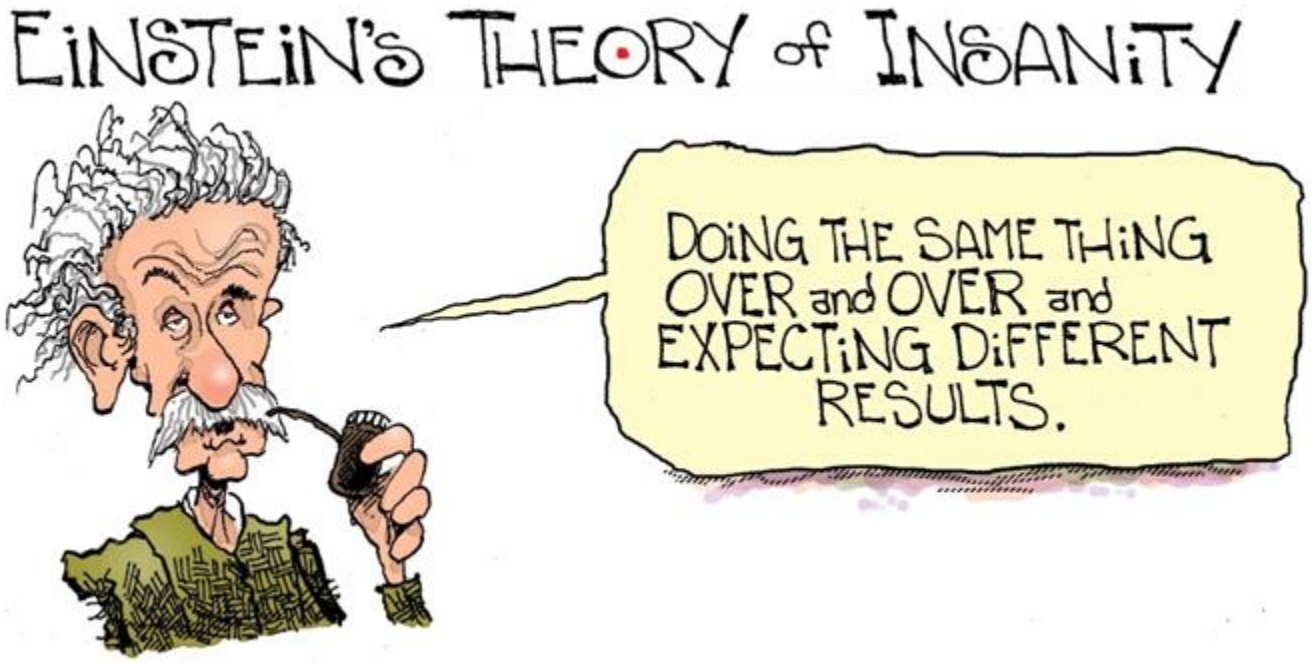
The world is now experiencing the product of this ideology. They are seeing a nation of people demonstrating an ego and arrogance that is a combination of the "dark" traits of narcissism, psychopathy, and aggression. This arrogance is essentially believing that they are better, smarter, or more important than other people. They are being superior, overbearing, self-entitled, and presumptuous.

They are closed off to considering they could be wrong. Closed-mindedness and stubbornness mean many arrogant people won't negotiate or back down. In their mind, your options are to accept what they say or suffer the consequences.

Arrogant people lack the skill of self-awareness to objectively question or evaluate their own qualities, actions, and feelings. Without the ability to truly see themselves, they find it difficult to change unhealthy or destructive behaviour.

Compassion and understanding can be seen as weaknesses of an arrogant person. That's because displaying these characteristics actually takes incredible inner strength which arrogant people struggle with.

They remain imprisoned in their mind centricity until they open to their feelings, their soul-based feelings that are always in truth. Until they do so, their national social issues will slowly destroy their society and civilisation. The situation is leading to civil tension and potential internal conflict. Their health system is lacking, the education curriculum is restricting student development, and the nation is disillusioned with its own self-importance. However, for those who open to their feelings, their future will be incredible.



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**

Enter:

The NEW WAY **The NEW WAY**

POLITICAL SYSTEMS in General

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 inherit 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 for the benefit of a few oligarchs (local and foreign!). 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.

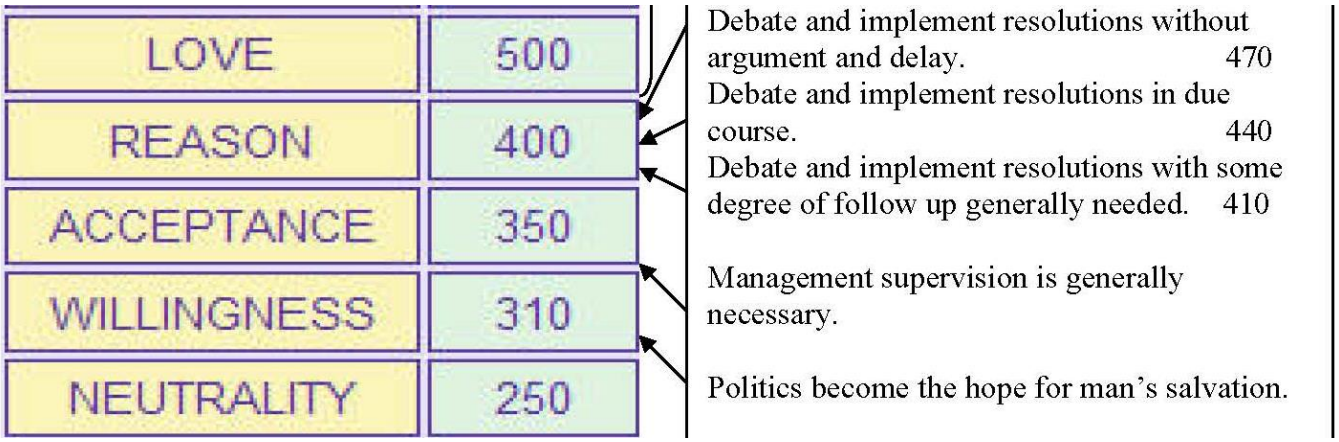
While we have mind centric people who are low in the MoC calibration we have governments that are hell bent on controlling and suppressing their people. And we have leaders that do not have the capability to perceive and recognise the dire straits the nation is in, nor the capability that they have been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

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 of Mexico presently calibrate around 295 overall on the Map of Consciousness. The members of the Mexican parliament who are presently in power calibrate overall at 364 MoC, out of this group, the Senate overall calibrates at 380 MoC, whereas the Deputies calibrate at 350. 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. (The scale is based on the common log of 10.) 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 governing members who are more capable.

As it is that oligarchs 'endorse' their preferred candidates to do their begging, there is little wonder that the people are becoming more and more disillusioned with politicians as they are not only not as conscious as those who elect them, they are stooges for industry or mega-wealthy families. Further, should the 'money men' not get their nominee up, they typically have stooges for them throughout the second tier of governmental decision making, thus frustrating genuine for the people governance overall. Worldwide, this is becoming more and more apparent to electors. Electors will slowly become aware of how democracy and all other political systems are being hijacked. As they do, they will bring to an end

this subversive control and seek to rebuild a better system of governance. This may take decades to unfold, but unfold it will.



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 is 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

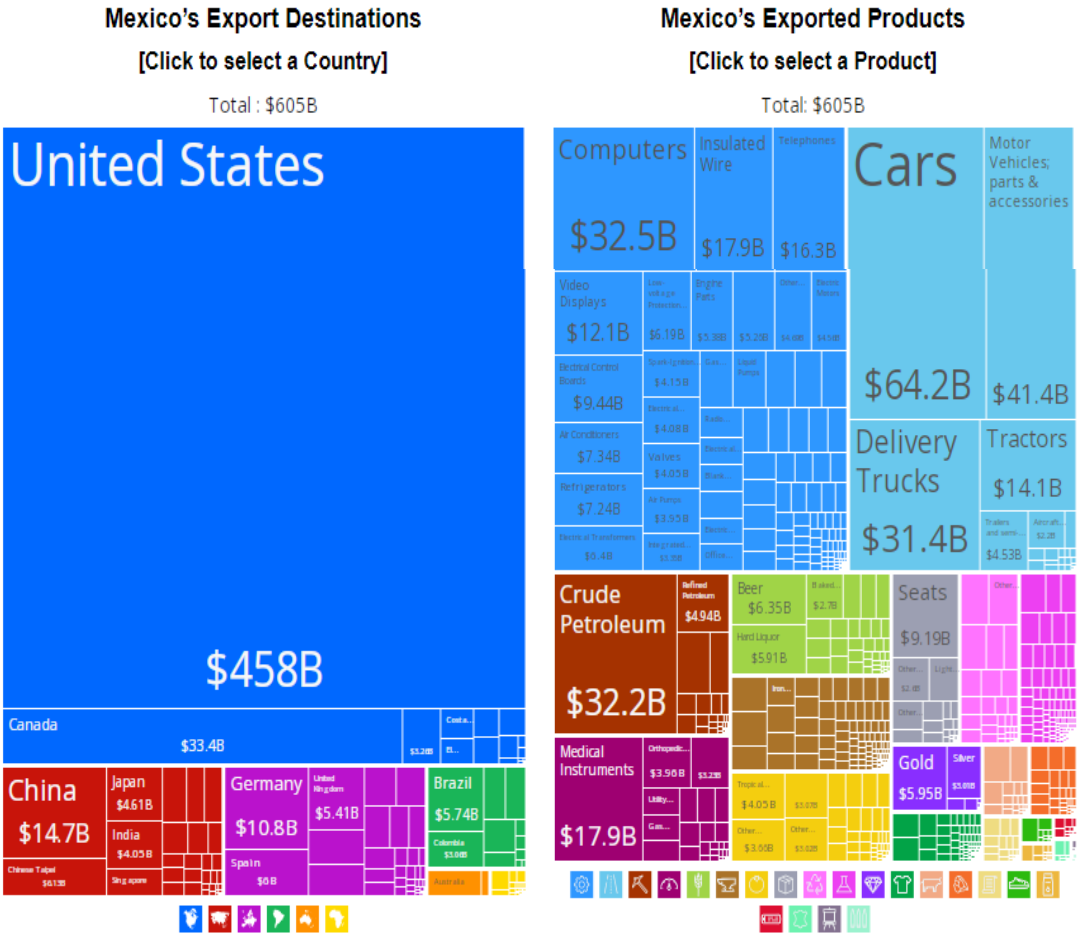
- Pascas Care Letters Democracy.pdf

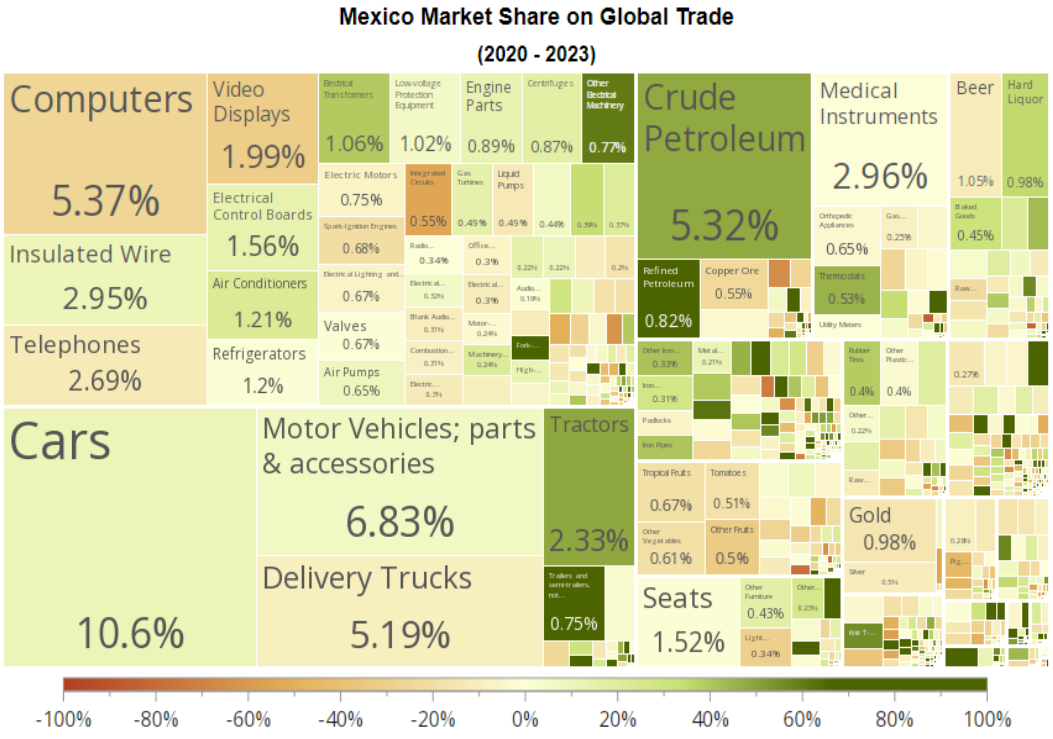
Medical

- Pascas Care Kinesiology Testing.pdf
- Pascas Care Kinesiology Personality Traits.pdf

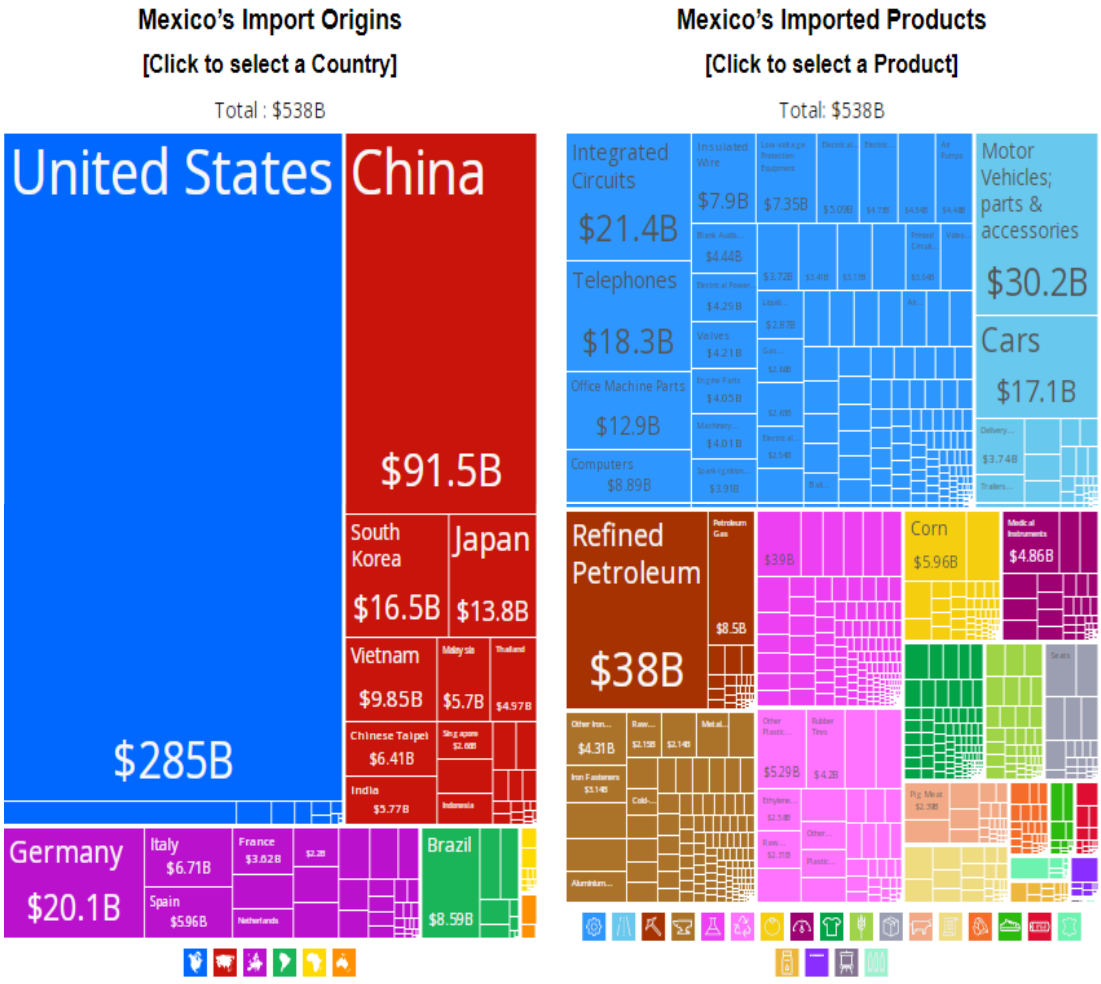
MEXICO

MEXICO EXPORTS
https://oec.world/en/profile/country/mex





MEXICO IMPORTS
https://oec.world/en/profile/country/mex?selector343id=Import



Mexico's Debt to Hit 60.7% of GDP in Sheinbaum's First Year

https://mexicobusiness.news/finance/news/mexicos-debt-hit-607-gdp-sheinbaums-first-year

23 April 2025

Mexico’s public debt is projected to reach 60.7% of GDP during the first year of President Claudia Sheinbaum’s administration, marking the highest level in six years, according to the International Monetary Fund’s latest Fiscal Monitor.

The report, released ahead of the IMF and World Bank Spring Meetings, includes all government obligations, such as those held by the central government, social security funds, public enterprises, development banks, the National Infrastructure Fund, and the National Surety and Insurance Corporation.

The IMF estimates that Mexico’s debt-to-GDP ratio will peak at 61.1% in 2026 and remain at that level through 2030. This increase is attributed to higher interest payments and rising borrowing costs, driven by tighter credit conditions and tariffs.

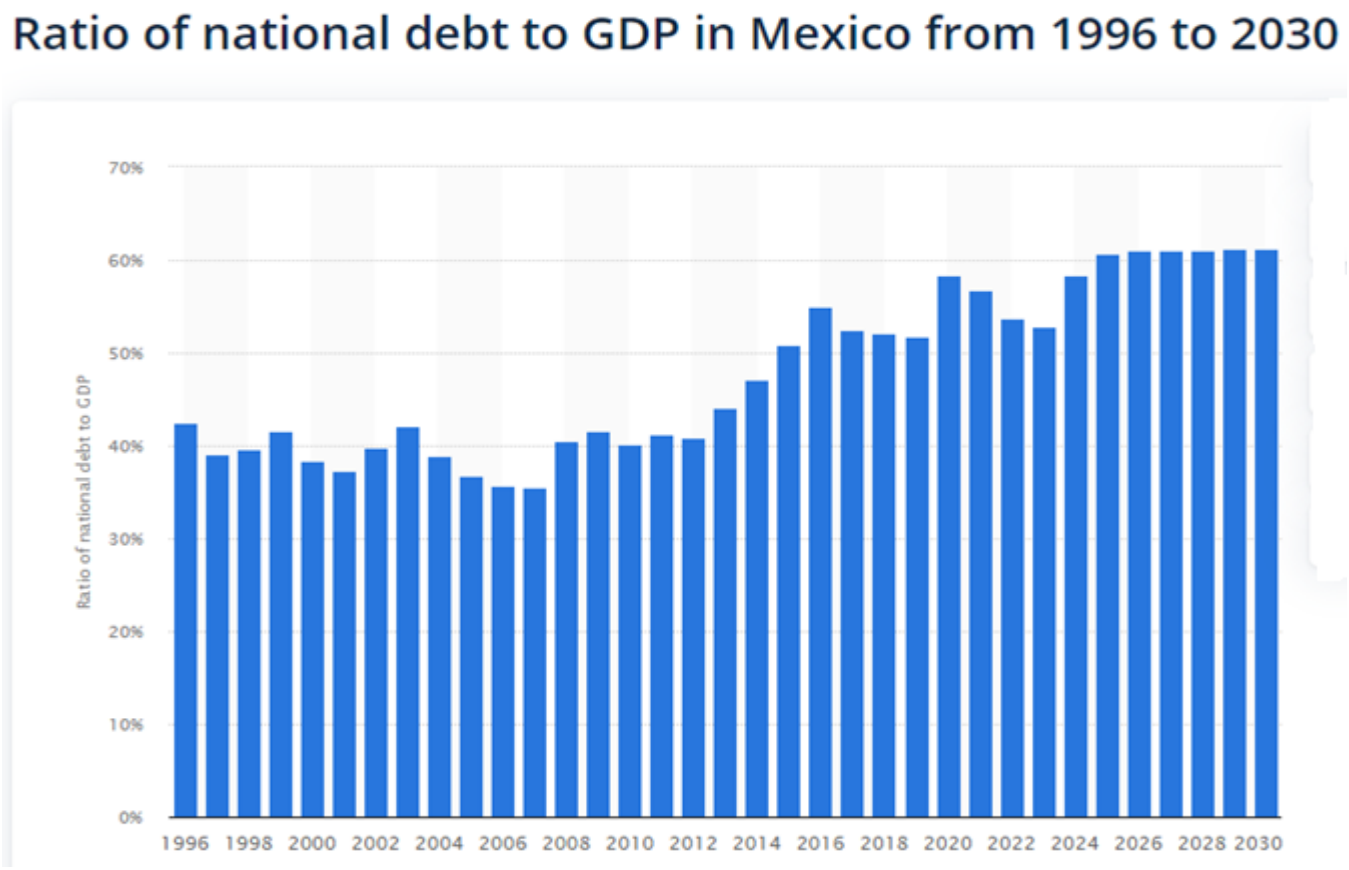
Despite the upward trajectory, Mexico’s projected debt ratio remains below the emerging market average of 73.6% of GDP.

The IMF’s forecasts have drawn skepticism from the Mexican government. President Sheinbaum dismissed the Fund’s prediction of a 0.3% economic contraction in 2025, asserting that her administration has a plan to bolster economic performance.

COMMERCIAL IN CONFIDENCE

Mexico: National debt from 2020 to 2030 in relation to gross domestic product*(GDP)*

https://www.statista.com/statistics/275429/national-debt-of-mexico-in-relation-to-gross-domestic-product-gdp/



Ratio of national debt to GDP in Mexico 1996-2030

Published by Aaron O'Neill, 5 November 2025

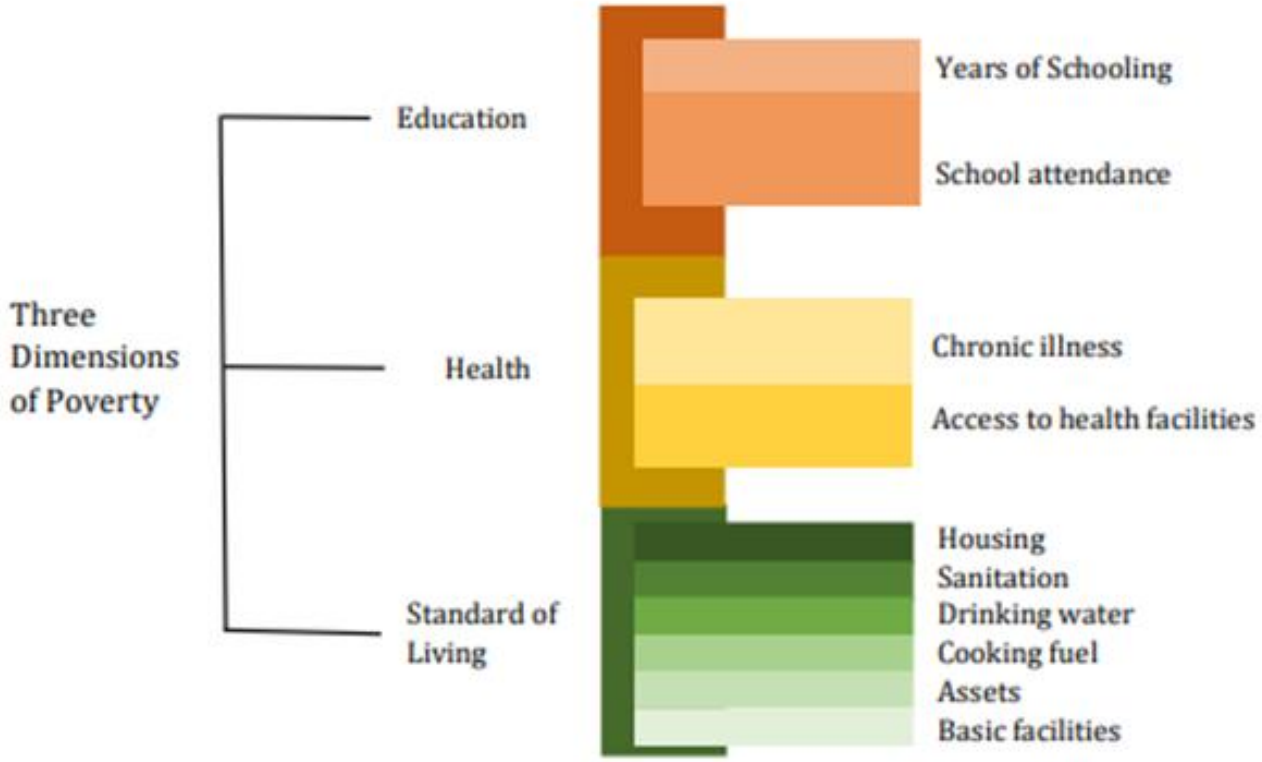
The ratio of national debt to gross domestic product (GDP) of Mexico stood at about 58.43% in 2024. From 1996 to 2024, the ratio rose by approximately 15.89 percentage points, though the increase followed an uneven trajectory rather than a consistent upward trend. Between 2024 and 2030, the ratio will rise by around 2.88 percentage points, showing an overall upward trend with periodic ups and downs.

The general government gross debt consists of all liabilities that require payment or payments of interest and/or principal by the debtor to the creditor at a date or dates in the future. Here it is depicted in relation to the country's GDP, which refers to the total value of goods and services produced during a year.

Multidimensional Poverty

Oxford Poverty & Human Development Initiative (OPHI)

Structure of the National MPI



Mexico's Multidimensional Poverty Index

https://ophi.org.uk/wp-content/uploads/
https://ophi.org.uk/sites/default/files/2025-10/cb_mex_2025.pdf

Five dimensions

Building on the flexibility inherent in the AF method, the MPI-Mexico assesses broader social and health-related aspects of poverty in five dimensions:

- Household education conditions
- Childhood and youth conditions
- Labour
- Health
- Access to household utilities and living conditions

The five dimensions are equally weighted and use 15 indicators.

Figure 8. Indicator Contribution to Overall Poverty by Area

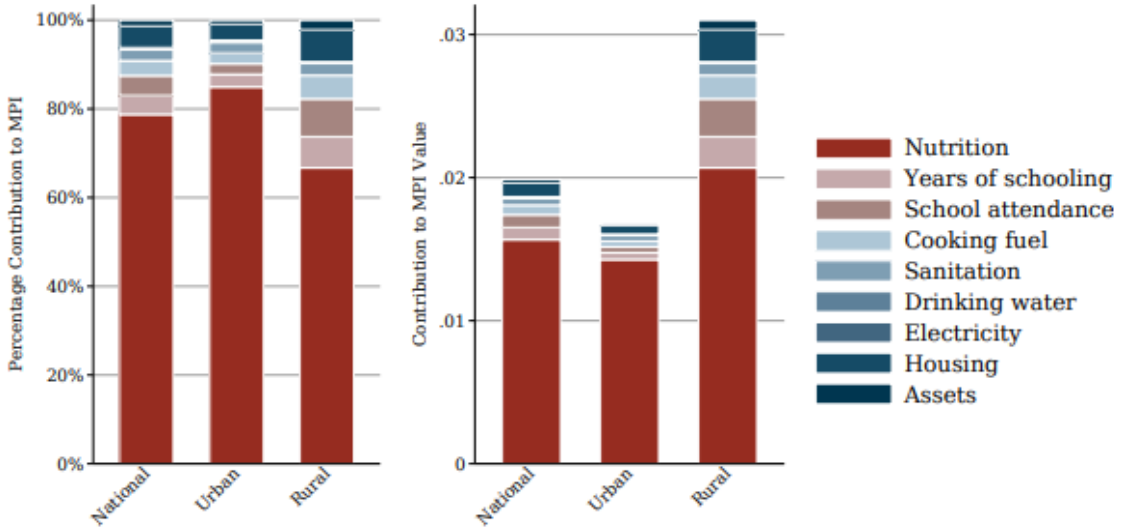


Table 1. Global MPI in Mexico

Area	*MPI*	*H*	*A*	Vulnerable	Severe Poverty	Population Share
National	0.020	5.3%	37.7%	1.5%	0.7%	100.0%
Urban	0.017	4.7%	35.6%	0.7%	0.2%	78.3%
Rural	0.031	7.3%	42.6%	4.6%	2.3%	21.7%

Source: Alkire, Mishra, Selden and Suppa (2025a,b) based on ENSANUT year 2023.

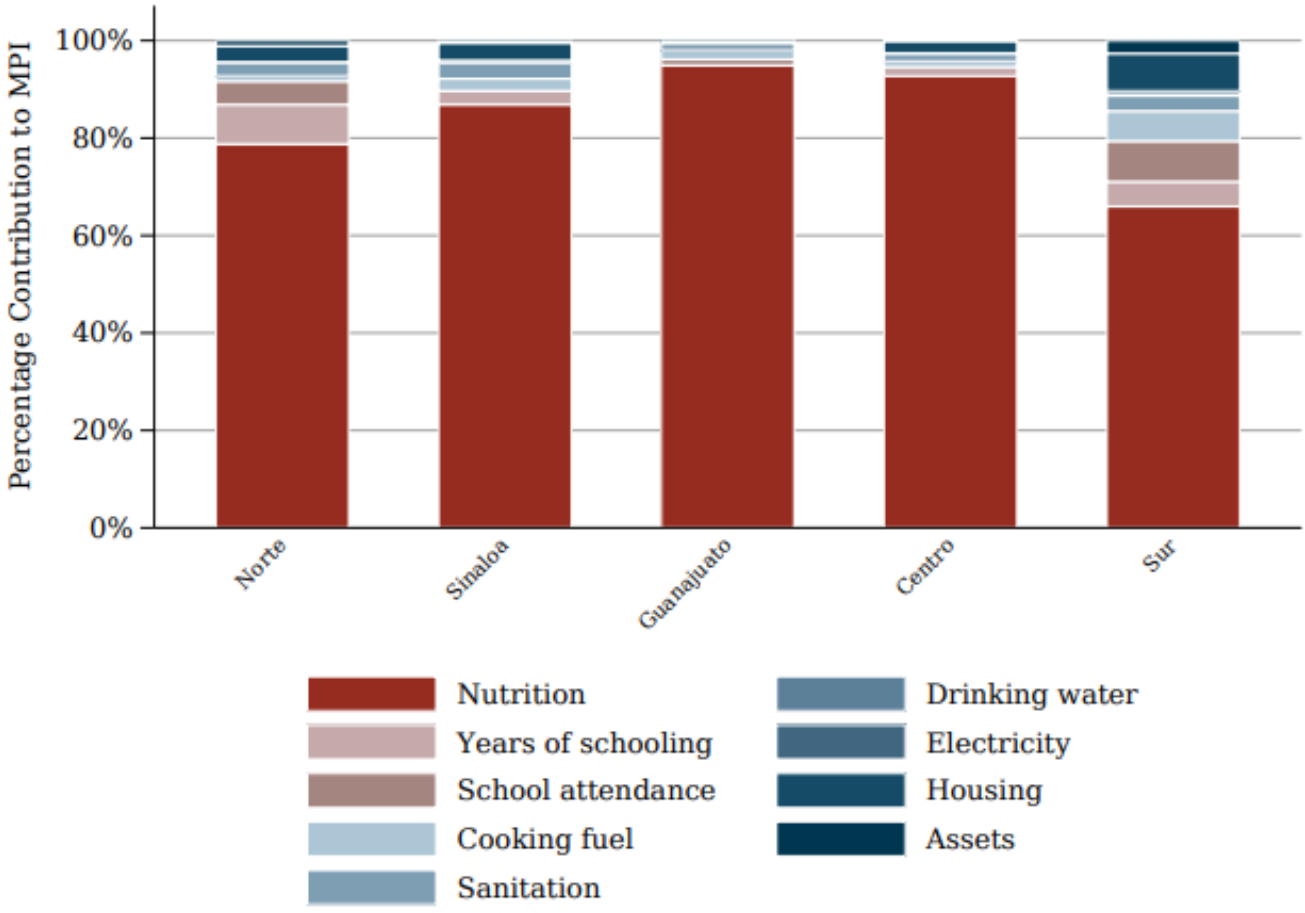
Table 2. Global MPI in Mexico by Subnational Region

Region	MPI	*H*	*A*	Vulnerable	Severe Poverty	Population Share
Centro	0.020	5.9%	34.6%	1.2%	0.0%	33.0%
Guanajuato	0.018	5.2%	35.1%	1.6%	0.1%	4.8%
Norte	0.009	2.7%	35.1%	0.8%	0.0%	36.5%
Sinaloa	0.012	3.3%	36.0%	1.3%	0.4%	2.3%
Sur	0.037	8.7%	42.4%	3.1%	2.8%	23.4%

Source: Alkire, Mishra, Selden and Suppa (2025b) based on ENSANUT year 2023.

In the global MPI, a person is identified as multidimensionally poor or MPI poor if they are deprived in at least one third of the weighted MPI indicators. In other words, a person is MPI poor if the person's weighted deprivation score is equal to or higher than the poverty cutoff of 33.33%. Following the AF methodology, the MPI is calculated by multiplying the incidence of poverty (H) and the average intensity of poverty (A). More specifically, H is the proportion of the population that is multidimensionally poor, while A is the average proportion of dimensions in which poor people are deprived. So, MP I = H × A, reflecting both the share of people in poverty and the degree to which they are deprived.

Figure 9. Indicator Contribution to Global MPI of Subnational Regions



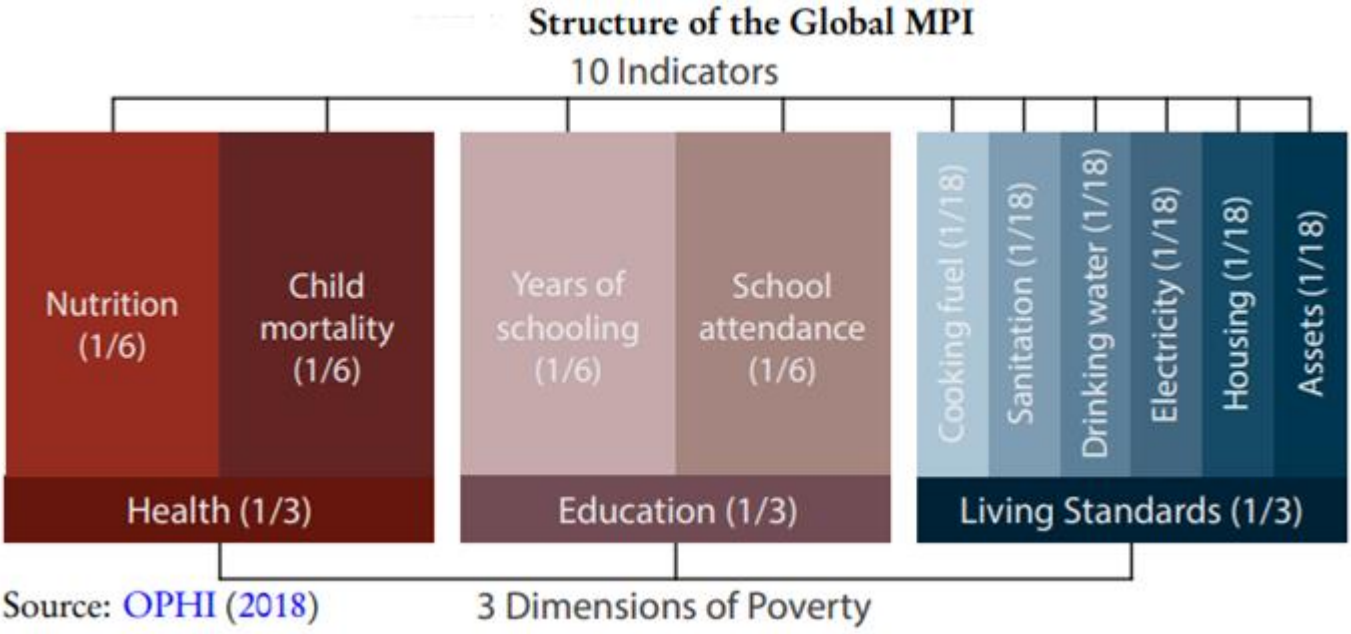
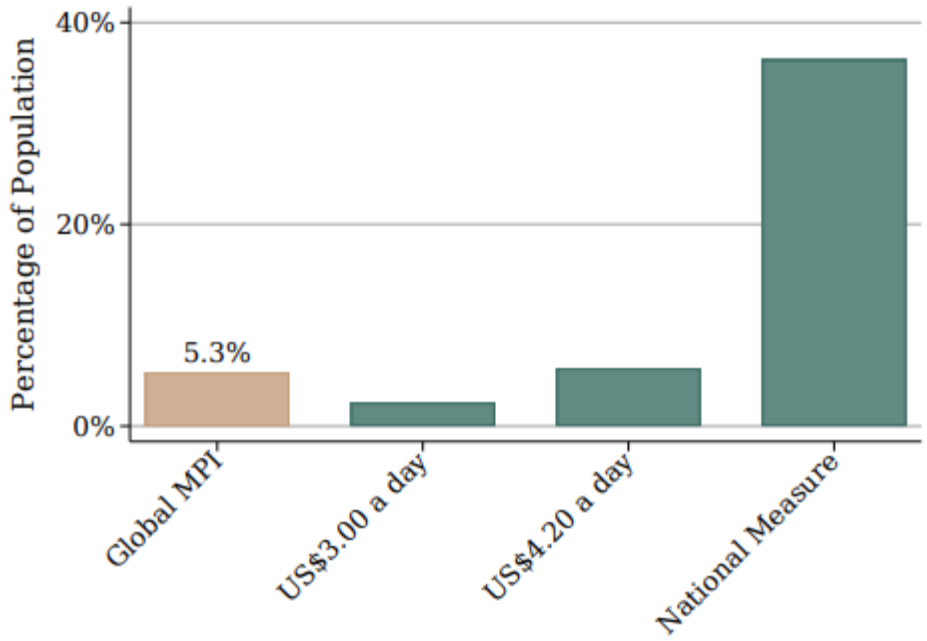


Figure 2. Headcount Ratios by Poverty Measures



Notes:
Sources: for global MPI Alkire, Kanagaratnam and Suppa (2023a) based on MICS, year 2019-2020. Monetary poverty measures are the most recent estimates from World Bank (Azevedo, 2011). Monetary poverty measure refer to 2021 ($2.15 a day), 2021 ($3.65 a day), and 2020 (national measure).

https://ophi.org.uk/wp-content/uploads/_2023.pdf

Figure 3. Headcount Ratios for Global MPI, Severe Poverty and $2.15/day

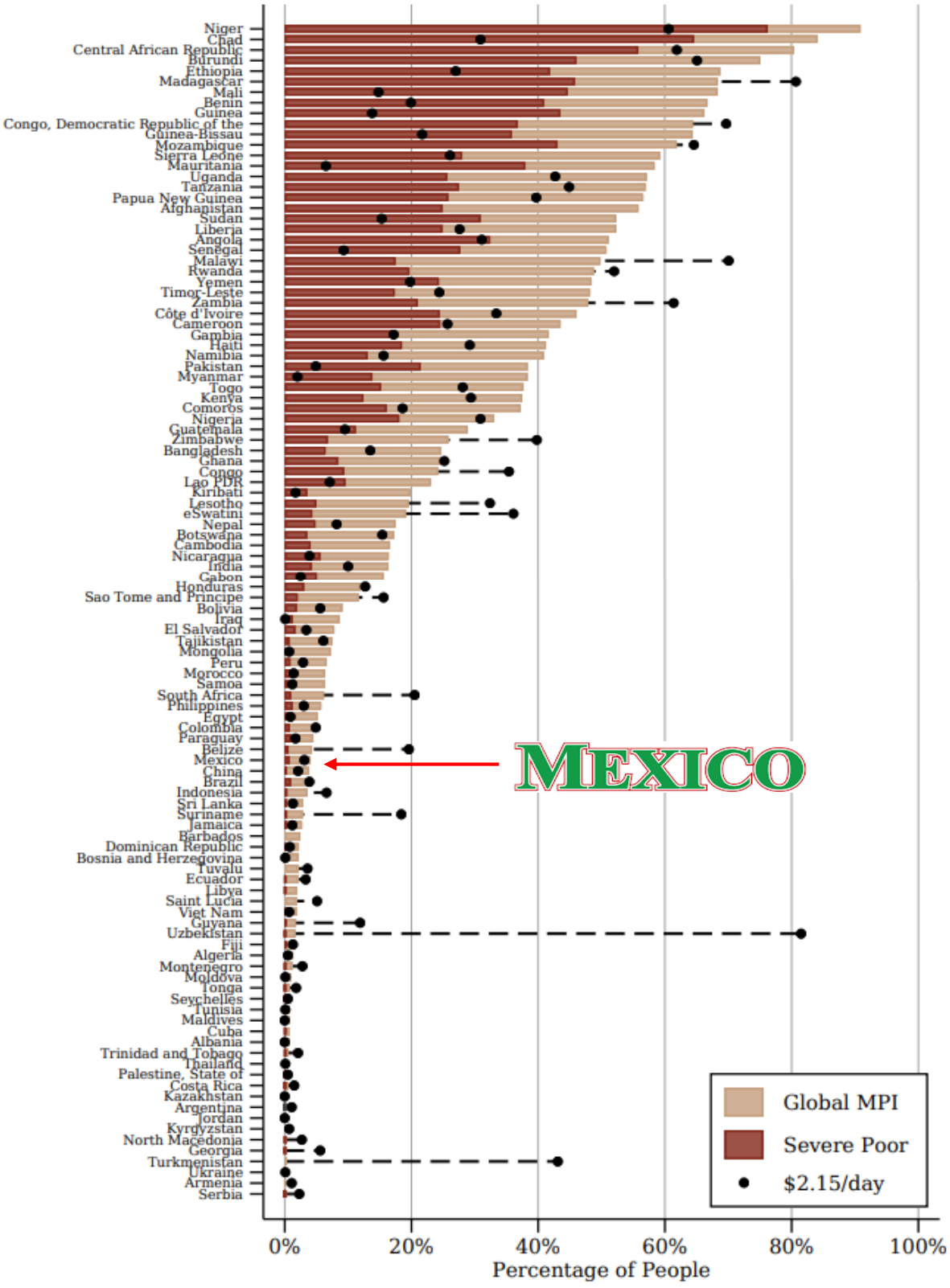


Figure 6. Censored Headcount Ratios

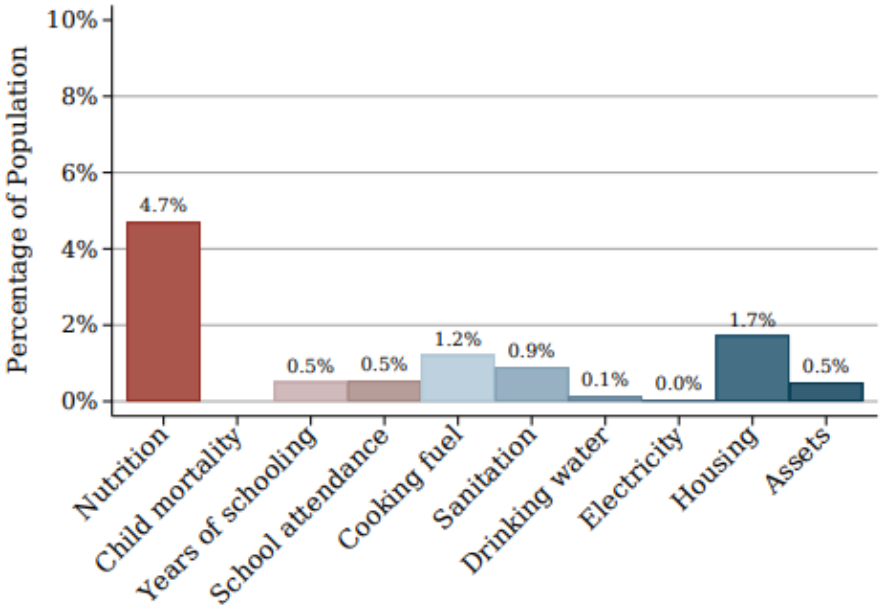
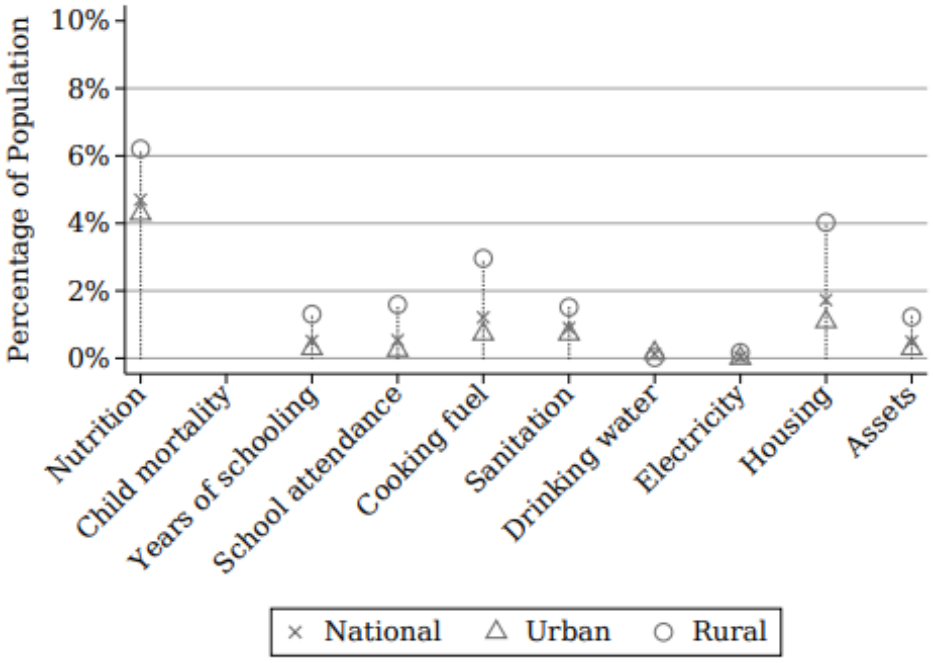
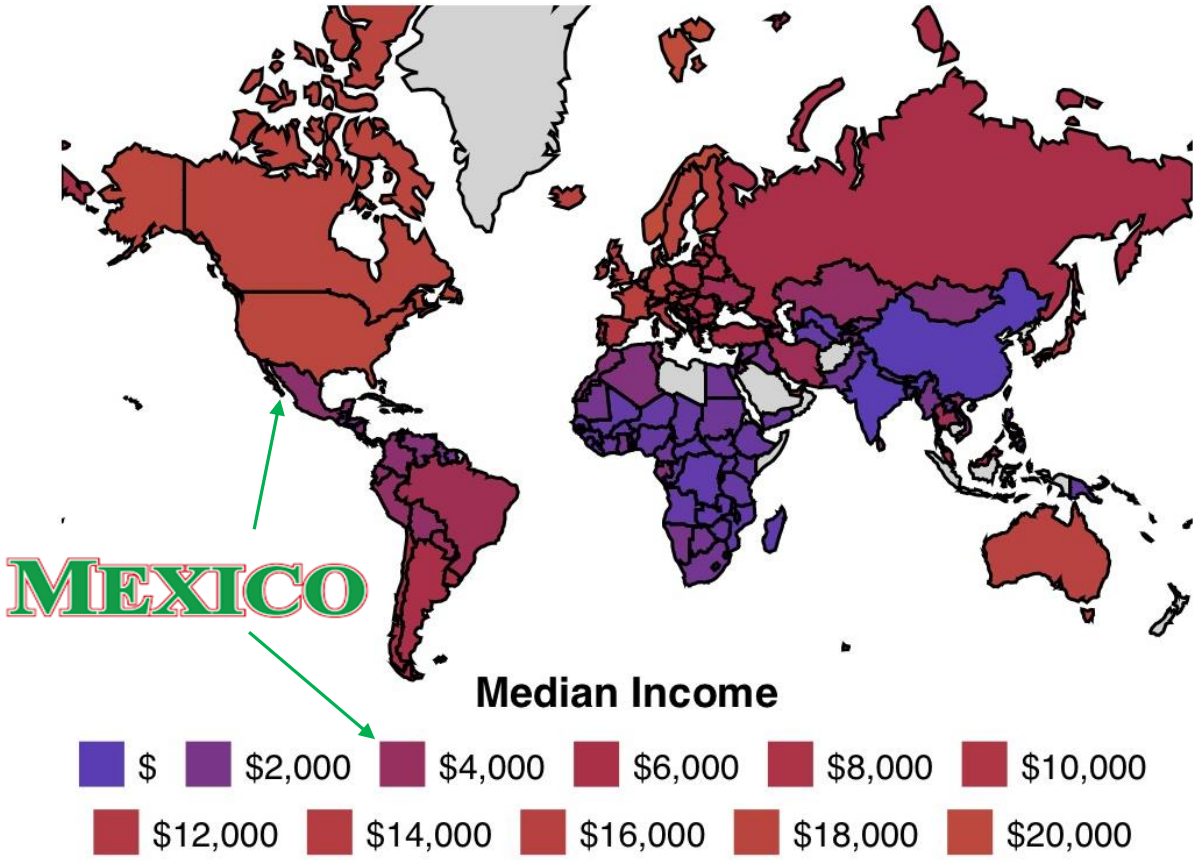


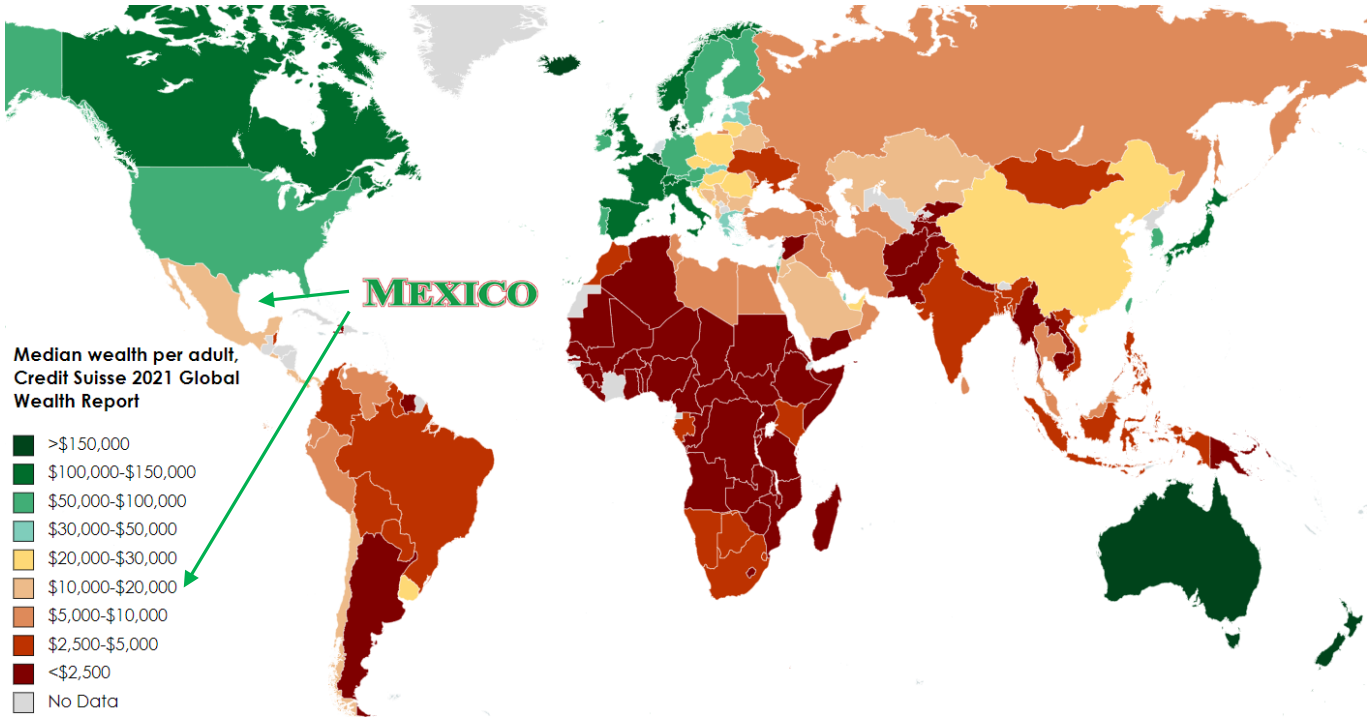
Figure 7. Censored Deprivations by Area

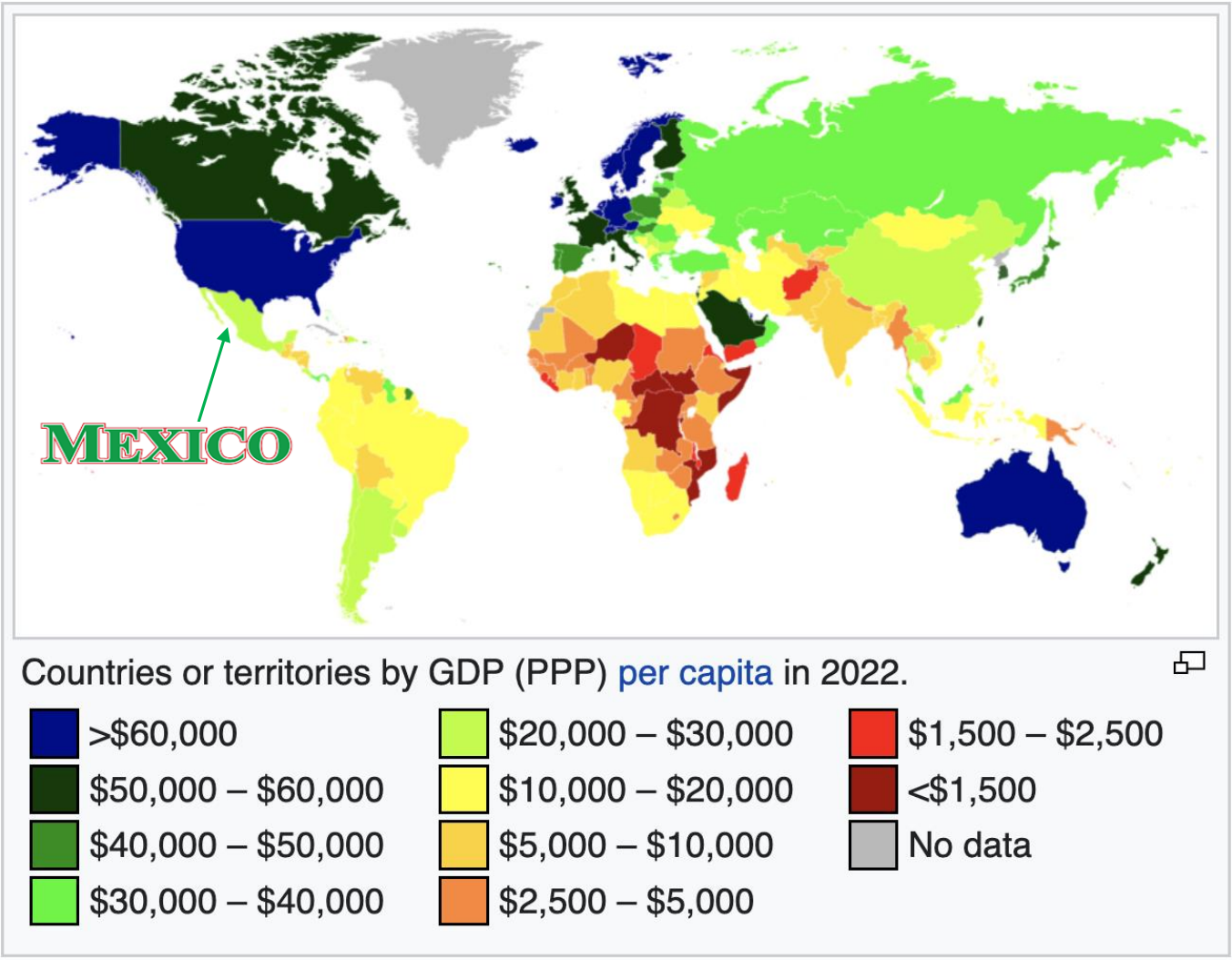


Median Income by Country 2022



Median Wealth per Adult




MEXICO
Countries or territories by GDP (PPP) per capita in 2022.
>$60,000
$50,000 – $60,000
$40,000 – $50,000
$30,000 – $40,000
$20,000 – $30,000
$10,000 – $20,000
$5,000 – $10,000
$2,500 – $5,000
$1,500 – $2,500
<$1,500
No data

CHILDREN'S RIGHTS WORLDWIDE 2018
MEXICO
BRAZIL
Good situation
Satisfactory situation
Noticeable problems
Difficult situation
Very serious situation

Social Housing for Domestic Violence, Homeless, etc.

Consider 1 resident per each one-bedroom unit		30 units	30 residents – single adult
Consider 3 residents per each two-bedroom unit		30 units	90 residents – single adult
Consider 4 residents per each three-bedroom unit		30 units	120 residents – single adult
Consider 6 residents per larger units		10 units	60 residents
	Total	100 units	300 residents

A 100 unit Family Shelter population:
Thus 100 adults
with 60 children aged 0 to 6 years
60 children aged 7 to 12 years
50 children aged 13 to 16 years
and 30 mature aged dependants.
300 residents **(3 per unit average)**

Around 3 in 10 households will most likely have a special needs member.

A Family Shelter of 100 units with an overall population of 300, we may anticipate that 100 adults would be with 200 children including mature aged dependants and that the children would range in age from 0 to 16 and the mature age dependents would be of any age.

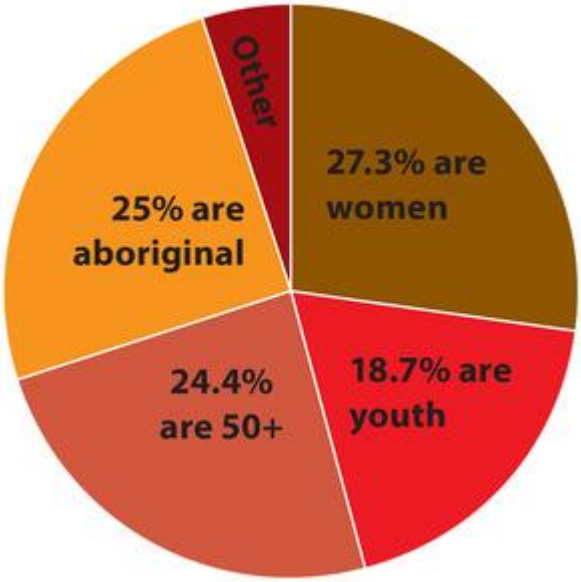
One counsellor is best engaged with 10 adults or with six mothers and their 10 children when assisting those escaping domestic violence. As a Family Shelter may have 100 adults, with between 60% to 75% escaping domestic violence, then around 15 counsellors with experiences encapsulating the skills called upon may be appropriate for such a community.

Budget US$700,000 per unit, a 100 unit complex budget may be US$70,000,000. 100 facilities would amount to US$7 billion and then add community Pascas Cafes as well as medium and smaller shelters for regional communities; then a budget of US$9 billion is to provide for establishment and ongoing operating costs until the facilities become financially self-funding.

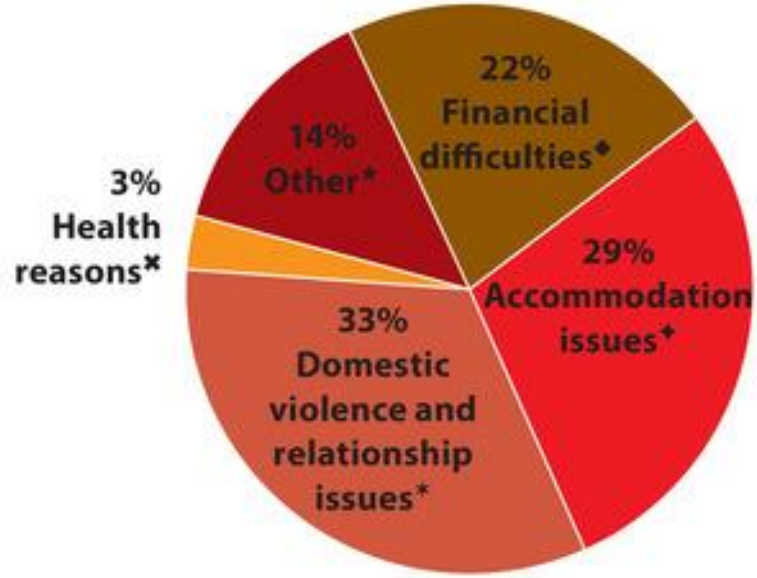
The focus of this endeavour is to primarily address the shortfall in housing availability for domestic violence victims, human trafficking refuge, homelessness and unsupported non-residents.

- A frontline facility may be a Pascas Café with showers, laundering, business centre, meetup area, and the availability of Pascas Counsellors. All are welcome; women, men and children.
- A small Pascas Family Shelter may have 1 Pascas Counsellor to assist 10 adults or 6 mothers with 10 children.
- A medium Pascas Family Shelter may have up to 30 units to house 90 residents with meeting rooms, community play areas and have 5 or 6 counsellors.
- A full Pascas Family Shelter may have 100 units to house 300 residents with Pascas Crèche, Pascas Café, community meeting area and business facilities and have 15 Pascas Counsellors including administration. Counsellors being available to Pascas Café and for home visits.

Who are the homeless?



Why are they homeless?



Women

Women fleeing violence, often accompanied by children, are a significant part of the 'hidden homeless', often moving between home, shelters and friends or relatives.

- 40-50% of homeless people are women and nearly 60% of people seeking specialist homelessness services are female.
- More than 90% of homeless women have suffered physical or sexual abuse; escaping that abuse is a leading cause of their homelessness.
- Homeless women between 18-44 are 10 times more likely to die prematurely than women the same age in the general population.

Shelter saves money

- In Canada, every US$10 spent on housing and support for the chronically homeless results in US$21.72 in savings on healthcare, social supports, housing and the criminal justice system.
- An Australian study found that preventing young people from becoming homeless by strengthening school and youth services at a community level could save US$626 million a year.
- The Central Florida Commission on Homelessness found the state spends $31,000 a year on each chronically homeless person. The cost of providing each of them with permanent housing, job training and healthcare was US$10,000 a year.

COMMERCIAL IN CONFIDENCE

The housing need in Mexico

https://www.habitat.org/where-we-build/mexico

According to data from the National Council for the Evaluation of Social Development Policy, more than half of Mexico's population is living below the poverty line. Their economic vulnerability limits their ability to meet their housing needs. There is currently a qualitative housing deficit of more than 14 million homes in the country, and self-produced housing represents 64.3% of national production. This situation is even more serious in southeastern Mexico, particularly among the native populations. More than three-quarters, or 79%, of their homes need to be improved. In the state of Chiapas alone, 96.5% of the population does not have safe homes.

As of 2016, an estimated 23.7 million Mexicans lacked access to basic services. Among them, 7.6% lacked access to water; 6.8% had no drainage at home; 0.4% did not have access to electricity; and 11.7% used firewood or coal for cooking and did not have a chimney.

How Habitat addresses the need

Housing

Habitat Mexico recognises housing as a fundamental human right and promotes the self-production of assisted housing. We aim to meet the housing needs of families, according to individual and regional practices and customs as well as the climatic conditions of the place where they live.

Sustainable projects

We work with families and communities to minimize the impact on the environment through the incorporation of new building systems, reinforcement of community infrastructure, eco-technologies such as rainwater harvesting, dry toilets, kitchen gardens, and wood-saving stoves, among others. We complement the initiatives through knowledge-sharing and skills training to promote the adaptation and use of such solutions.

Impact of concrete floor initiative

A regional initiative "100,000 floors to play on" aims to replace unsafe, dirt floors with concrete floors in Mexico. We partner with families who live in poor housing conditions, focusing on female-headed households and families with children under six years of age, older adults, and/or people with disabilities. We empower community leaders and ensure adequate logistical oversight for upgrading floors with the objective of making steady progress through public-private partnerships.

Habitat for Humanity Great Britain +01753313539
11 St Laurence Way, Slough, Berks, SL1 2EA
Level 9/80 Mount St, North Sydney NSW 2060 (02) 9919 7000 Email: info@habitat.org.au
https://habitat.org.au/wp-content/uploads/2021/11/Habitat-for-Humanity-Strategic-Plan-2021-2.pdf

Child Abuse

https://www.cdc.gov/violenceprevention/childabuseandneglect/fastfact.html

What are child abuse and neglect?

Child abuse and neglect are serious public health problems and adverse childhood experiences (ACEs). They can have long-term impacts on health, opportunity, and wellbeing. This issue includes all types of abuse and neglect of a child under the age of 18 by a parent, caregiver, or another person in a custodial role (such as a religious leader, a coach, a teacher) that results in harm, the potential for harm, or threat of harm to a child. There are four common types of abuse and neglect:

- **Physical abuse** is the intentional use of physical force that can result in physical injury. Examples include hitting, kicking, shaking, burning, or other shows of force against a child.
- **Sexual abuse** involves pressuring or forcing a child to engage in sexual acts. It includes behaviours such as fondling, penetration, and exposing a child to other sexual activities.
- **Emotional abuse** refers to behaviours that harm a child's self-worth or emotional well-being. Examples include name-calling, shaming, rejecting, withholding love, and threatening.
- **Neglect** is the failure to meet a child's basic physical and emotional needs. These needs include housing, food, clothing, education, access to medical care, and having feelings validated and appropriately responded to.

How big is the problem?

Child abuse and neglect are common. At least 1 in 7 children have experience child abuse or neglect. This is likely an underestimate because many cases are unreported.

Children living in poverty experience more abuse and neglect. Experiencing poverty can place a lot of stress on families, which may increase the risk for child abuse and neglect. Rates of child abuse and neglect are 5 times higher for children in families with low socioeconomic status.

Child maltreatment is costly. This economic burden rivals the cost of other high-profile public health problems, such as heart disease and diabetes.

What are the consequences?

Children who are abused and neglected may suffer immediate physical injuries such as cuts, bruises, or broken bones. **They WILL also have emotional and psychological problems, such as anxiety or posttraumatic stress.**

Over the long term, children who are abused or neglected are also at increased risk for experiencing future violence victimisation and perpetration, substance abuse, sexually transmitted infections, delayed brain development, lower educational attainment, and limited employment opportunities.

Chronic abuse may result in toxic stress, which can change brain development and increase the risk for problems like posttraumatic stress disorder and learning, attention, and memory difficulties.

How can we prevent child abuse and neglect?

Child abuse and neglect are preventable. Certain factors may increase or decrease the risk of perpetrating or experiencing child abuse and neglect. To prevent child abuse and neglect violence, we must understand and address the factors that put people at risk for or protect them from violence. Everyone benefits when children have safe, stable, nurturing relationships and environments. CDC developed Preventing Child Abuse & Neglect: to help communities use the best available evidence to prevent child abuse and neglect.

Different types of violence are connected and often share root causes. Child abuse and neglect are linked to other forms of violence through shared risk and protective factors. Addressing and preventing one form of violence may have an impact on preventing other forms of violence.

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

"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."

Mary Magdalene, 13 May 2003

Yes, this is Mary of Magdalene. She has only written through James Moncrief, whereas Jesus has only written through James Padgett, and now James Moncrief.

Mexico Population **2025** **132 million.**

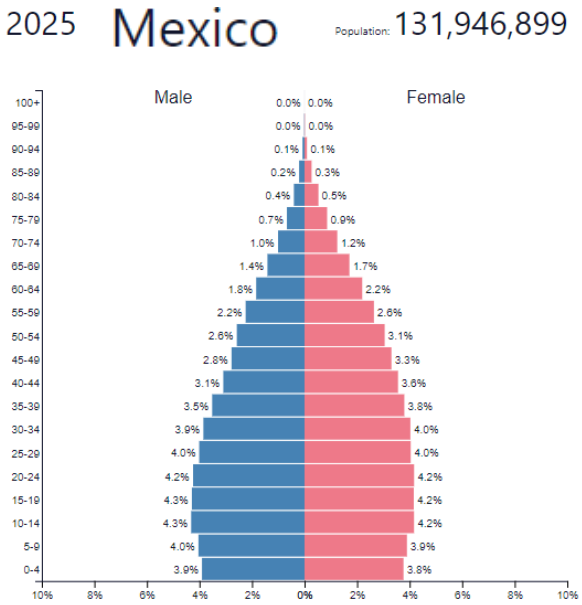
The current population of Mexico is 132,351,299 as of Sunday, November 16, 2025, based on Worldometer's elaboration of the latest United Nations data.

Mexico: 83.8 % of the population is **urban** (108,074,410 people in 2020) rural 16.2%.

Mexico life expectancy: 75.45 years (2025)

Mexican **men expect to live an average of 72.63 years, while women expect to live an average of 78.17 years**, a five and a half year difference.

Mexico median age: 29.6 years



Mexico Population Forecast

Year	Population
2025	**135,400,000**
2030	**137,000,000**
2035	**141,200,000**
2040	**144,200,000**
2045	**147,200,000**
2050	**149,000,000**

Languages of Mexico

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

The Constitution of Mexico does not declare an official language; however, Spanish is the *de facto* national language spoken by over 90% of the population although English is spoken by 5% also. This is making it the largest Spanish speaking country in the world. Due to the cultural influence of the United States, American English is widely understood, especially in border states and tourist regions, with a hybridisation of Spanglish spoken. The government recognizes 63 indigenous languages spoken in their communities out of respect, including Nahuatl, Mayan, Mixtec, etc.

The Mexican government uses solely Spanish for official and legislative purposes, but it has yet to declare it the national language mostly out of respect to the indigenous communities that still exist. Most indigenous languages are endangered, with some languages expected to become extinct within years or decades, and others simply having populations that grow slower than the national average. According to the Commission for the Development of Indigenous Peoples (CDI) and National Institute of Indigenous Languages (INALI), while 9% of the population identifies as belonging to an indigenous group, around 5–6% speak an indigenous language.

In 2003, the Mexican Congress approved the General Law of Linguistic Rights of the Indigenous Peoples (Spanish: *Ley General de Derechos Lingüísticos*), which is a law that recognises that Mexico's history makes its indigenous languages "national languages". They "have the same validity [as Spanish] in their territory, location and context". At the same time, legislators made no specific provisions for the official or legal status of the Spanish language. This law means that indigenous peoples can use their native language in communicating with government officials and request official documents in that language. The Mexican state supports the preservation and promotion of the use of the national languages through the activities of the National Institute of Indigenous Languages.

Mexico has about six million citizens who speak indigenous languages. That is the second-largest group in the Americas after Peru. However, a relatively small percentage of Mexico's population speaks an indigenous language compared to other countries in the Americas, such as Guatemala (42.8%), Peru (35%), and even Ecuador (9.4%), Panama (8.3%), Paraguay and Bolivia.

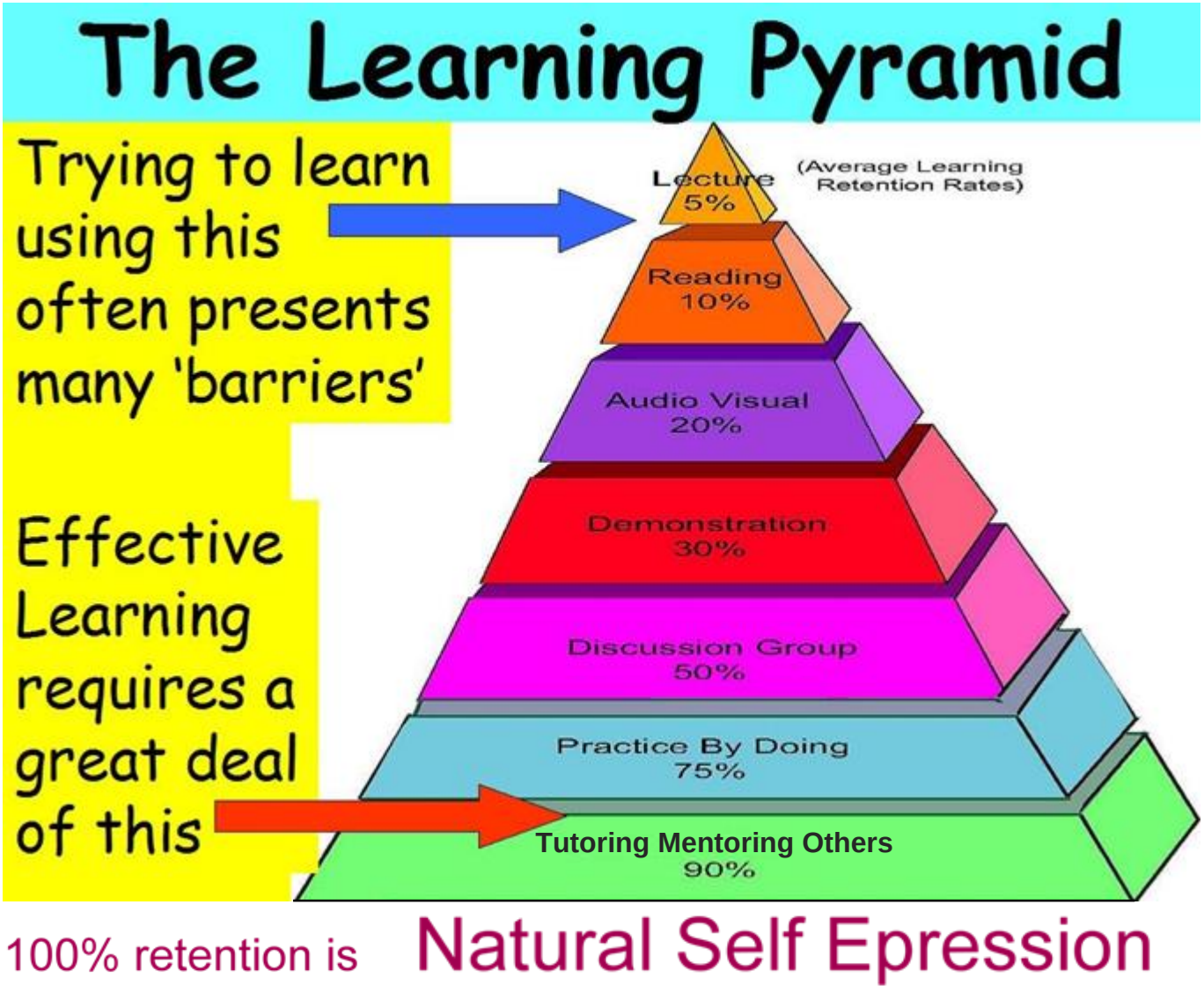
The only indigenous language spoken by more than a million people in Mexico is the Nahuatl language. The other Native American languages with a large population of native speakers, at least 400,000 speakers, include Yucatec Maya, Tzeltal Maya, Tzotzil Maya, Mixtec, and Zapotec.

Mexico

EDUCATION INEQUALITY

and

INEFFECTUALNESS



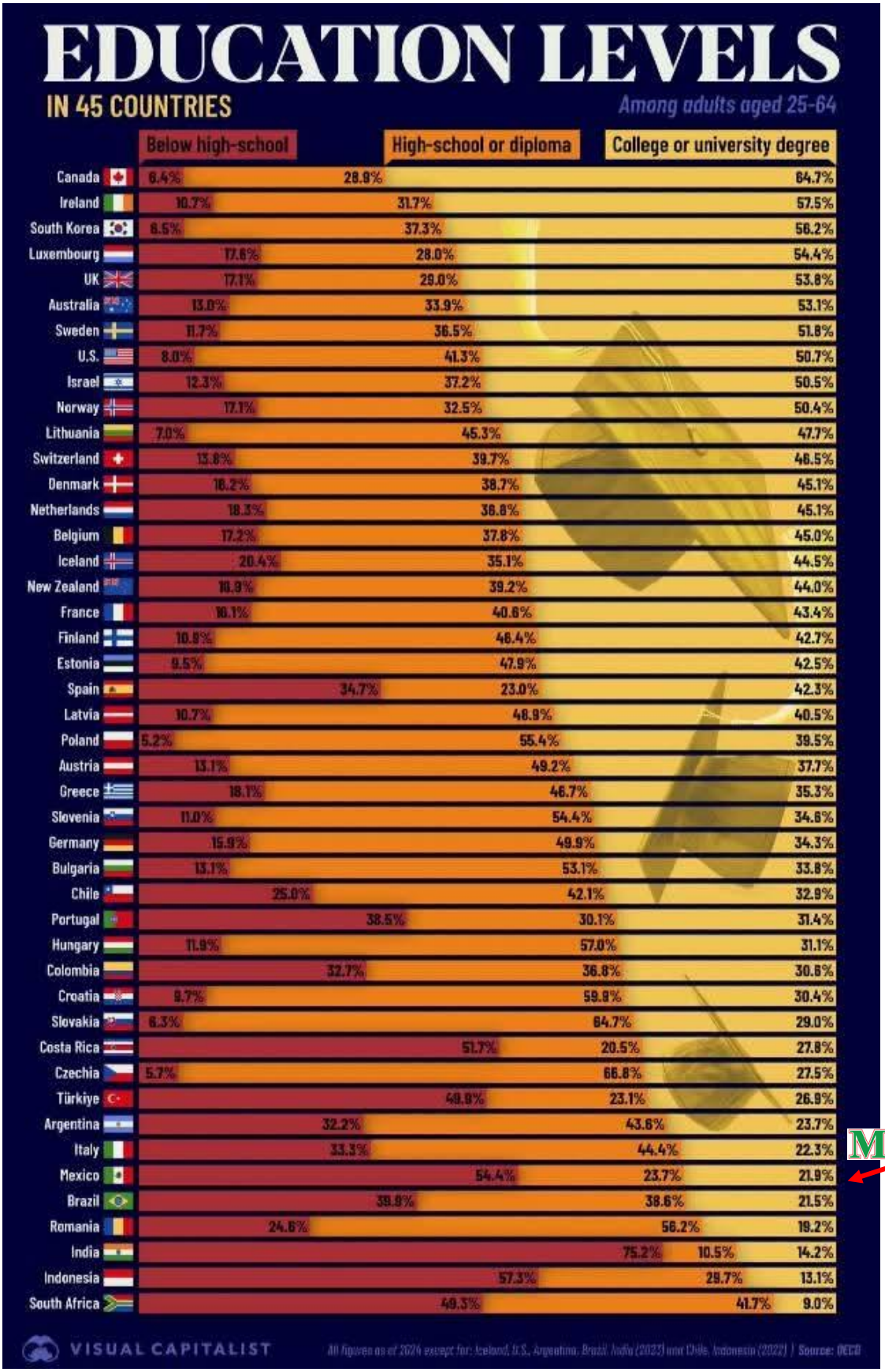
PISA 2018 Worldwide Ranking – average score of mathematics, science and reading – click to enlarge

Source: Organization for Economic Cooperation and Development (OECD), 2018-2019

PISA Scores by Country 2025

https://worldpopulationreview.com/country-rankings/pisa-scores-by-country

COUNTRY	PISA MATH 2022 ↓	PISA SCIENCE 2022	PISA READING 2022
Singapore	575	561	543
Australia	487	507	498
Germany	475	492	480
Lithuania	475	484	472
France	474	487	474
Spain	473	485	474
Hungary	473	486	473
Portugal	472	484	477
Italy	471	477	482
United States	465	499	504
Chile	412	444	448
Uruguay	409	435	430
Mexico	395	410	415
Peru	391	408	408
Colombia	383	411	409
Brazil	379	403	410
Argentina	378	406	401
Paraguay	338	368	373


EDUCATION LEVELS
IN 45 COUNTRIES
Among adults aged 25-64
Below high-school
High-school or diploma
College or university degree
Canada 6.4% 28.9% 64.7%
Ireland 10.7% 31.7% 57.5%
South Korea 6.5% 37.3% 56.2%
Luxembourg 17.6% 28.0% 54.4%
UK 17.1% 29.0% 53.8%
Australia 13.0% 33.9% 53.1%
Sweden 11.7% 36.5% 51.8%
U.S. 8.0% 41.3% 50.7%
Israel 12.3% 37.2% 50.5%
Norway 17.1% 32.5% 50.4%
Lithuania 7.0% 45.3% 47.7%
Switzerland 13.8% 39.7% 46.5%
Denmark 16.2% 38.7% 45.1%
Netherlands 18.3% 36.8% 45.1%
Belgium 17.2% 37.8% 45.0%
Iceland 20.4% 35.1% 44.5%
New Zealand 16.8% 39.2% 44.0%
France 16.1% 40.6% 43.4%
Finland 10.8% 46.4% 42.7%
Estonia 9.5% 47.9% 42.5%
Spain 34.7% 23.0% 42.3%
Latvia 10.7% 48.8% 40.5%
Poland 5.2% 55.4% 39.5%
Austria 13.1% 49.2% 37.7%
Greece 18.1% 46.7% 35.3%
Slovenia 11.0% 54.4% 34.6%
Germany 15.9% 49.9% 34.3%
Bulgaria 13.1% 53.1% 33.8%
Chile 25.0% 42.1% 32.9%
Portugal 38.5% 30.1% 31.4%
Hungary 11.9% 57.0% 31.1%
Colombia 32.7% 36.8% 30.6%
Croatia 9.7% 59.9% 30.4%
Slovakia 6.3% 64.7% 29.0%
Costa Rica 51.7% 20.5% 27.8%
Czechia 5.7% 66.8% 27.5%
Türkiye 49.8% 23.1% 26.9%
Argentina 32.2% 43.6% 23.7%
Italy 33.3% 44.4% 22.3%
Mexico 54.4% 23.7% 21.9%
Brazil 39.8% 38.6% 21.5%
Romania 24.6% 56.2% 19.2%
India 75.2% 10.5% 14.2%
Indonesia 57.3% 29.7% 13.1%
South Africa 49.3% 41.7% 9.0%
VISUAL CAPITALIST
All figures as of 2024 except for: Iceland, U.S., Argentina, Brazil, India (2023) and Chile, Indonesia (2022) | Source: OECD
MEXICO

Mexico’s Education System: Challenges and Reforms

https://www.mexicohistorico.com/paginas/Mexico---s-Education-System--Challenges-and-Reforms.html

Mexico's education system stands at a crossroads, grappling with a myriad of challenges that impact its effectiveness and accessibility. With a rich historical backdrop, the educational landscape has evolved significantly, shaped by cultural, social, and political influences. As the nation seeks to prepare its youth for an increasingly competitive global environment, understanding the intricacies of this system becomes essential for fostering meaningful reforms and innovations.

Despite advancements in infrastructure and policy, issues such as access, equity, and the quality of education remain pressing concerns. Disparities in educational opportunities continue to hinder the potential of many students, particularly in rural and marginalised areas. This article delves into the current state of Mexico's education system, examining its historical context, the challenges it faces, and the transformative reforms being implemented to address these issues and enhance the overall quality of education.

Overview of Mexico's Education System

Mexico's education system is a complex network of institutions and policies that has evolved significantly over the years. Understanding the historical context, the current structure, and the key policies that govern education in Mexico provides insight into the challenges and opportunities that lie ahead. As one of the most populous countries in Latin America, Mexico's educational landscape is crucial for the development of its human capital and the overall progress of the nation.

Historical Context and Development

The roots of Mexico's education system can be traced back to the colonial period when education was primarily controlled by the Catholic Church. After independence in the early 19th century, the Mexican government sought to secularise education and make it accessible to a broader segment of the population. The 1857 Constitution established the foundation for a national education system, promoting free, secular, and compulsory education. However, educational reforms were inconsistent, influenced by political turmoil, and often restricted to urban centres.

In the early 20th century, the Mexican Revolution (1910-1920) brought significant changes to the education system. The revolutionary leaders recognised education as a means to address social inequalities and promote national identity. This led to the establishment of a more inclusive educational framework, with an emphasis on rural education and cultural nationalism. The creation of the Secretaría de Educación Pública (Secretariat of Public Education) in 1921 marked a pivotal moment in organising and standardising education across the country.

Throughout the latter half of the 20th century, Mexico experienced rapid industrialisation and urbanisation, which put pressure on the education system to adapt. The 1990s saw the implementation of significant reforms aimed at improving educational quality and access, including the introduction of standardised

testing and national curricula. The challenges of globalisation and technological advancements further necessitated ongoing reforms to ensure that education remained relevant and effective in preparing students for the modern workforce.

Current Structure and Levels of Education

Today, Mexico's education system is divided into several levels: preschool, primary, secondary, and higher education. Preschool education serves children aged three to five and aims to prepare them for the more structured learning environment of primary school. Primary education is mandatory and lasts for six years, typically for children aged six to twelve. It focuses on basic literacy, numeracy, and social skills.

Following primary education, students enter secondary education, which consists of three years of schooling. Secondary education is divided into general and technical tracks, allowing students to choose a pathway that aligns with their interests and career aspirations. Higher education institutions, including universities and technical schools, offer a range of academic and vocational programs. The higher education landscape has expanded significantly, with numerous private and public institutions catering to diverse student populations.

Despite the formal structure of the education system, significant disparities exist regarding access and quality. Rural areas, in particular, face challenges in terms of infrastructure, teacher availability, and educational resources. The urban-rural divide is stark, with urban centres often enjoying better educational facilities and opportunities.

Key Policies and Frameworks

Key policies and frameworks have shaped the development of Mexico's education system over the years. The National Education Model (Modelo Educativo) is one of the most significant recent policies, aimed at addressing the challenges of quality and relevance in education. Introduced in 2017, the model emphasises competency-based learning, critical thinking, and the integration of technology in the classroom.

The General Law of Education (Ley General de Educación) outlines the fundamental principles and organisation of the education system. It establishes the right to education for all citizens and sets forth guidelines for educational quality, equity, and inclusion. Recent amendments have focused on improving teacher training, assessment methods, and accountability measures to enhance educational outcomes.

Additionally, the National Curriculum Framework (Marco Curricular Nacional) aims to provide a coherent and flexible framework for curriculum development across different educational levels. This framework emphasises the importance of intercultural education, promoting respect for diversity and inclusion within the learning environment.

International organisations, such as UNESCO and the OECD, have also played a role in shaping educational policies in Mexico. Their assessments and recommendations have informed national strategies and highlighted areas for improvement, such as early childhood education and teacher development.

In conclusion, the overview of Mexico's education system reveals a rich historical context, a structured framework, and ongoing policy developments aimed at addressing the challenges faced by the sector. As the nation progresses, continued efforts to enhance educational quality and access will be crucial in fostering human capital and driving sustainable development.

COMMERCIAL IN CONFIDENCE

Challenges Facing the Education System

The education system in Mexico has long been a topic of concern among policymakers, educators, and the public. Despite significant investments and reforms, the system continues to face a myriad of challenges that hinder its effectiveness and accessibility. This section will delve into the primary challenges confronting the education system in Mexico, focusing on access and equity issues, the quality of education and curriculum relevance, and the training and professional development of teachers.

Access and Equity Issues

Access to education in Mexico varies significantly based on geographical, socio-economic, and cultural factors. While the country has made strides in increasing enrolment rates, particularly at the primary level, disparities persist between urban and rural areas, as well as among different socio-economic groups. According to a report by the Organization for Economic Cooperation and Development (OECD), **approximately 17% of Mexican students from low-income families do not complete primary education compared** to only 2% from high-income families. This gap highlights the urgent need for policies that enhance access to education for marginalised communities.

Geographical barriers also play a crucial role in access issues. In rural areas, schools may be located far from students' homes, making it difficult for children to attend regularly. The lack of transportation options exacerbates this problem, as many families cannot afford to send their children to distant schools. Additionally, indigenous communities often face cultural and linguistic barriers that further limit their access to educational resources. The Mexican government has attempted to address these disparities through programs aimed at increasing school attendance and providing financial incentives for low-income families. However, these efforts have met with varying degrees of success, necessitating a more comprehensive approach to ensure equitable access to education for all children.

Quality of Education and Curriculum Relevance

Another significant challenge facing Mexico's education system is the quality of education delivered in schools. Despite having a relatively high enrolment rate, particularly in primary education, the quality of learning outcomes remains a concern. Standardised tests such as the PISA (Programme for International Student Assessment) have consistently shown that Mexican students perform below the OECD average in reading, mathematics, and science. These results point to the need for significant improvements in teaching practices, curriculum design, and resource allocation.

The curriculum itself has often been criticised for being outdated and not aligned with the needs of the 21st century. Many educators argue that it lacks relevance to the students' lives, particularly in terms of critical thinking, problem-solving, and creativity. **The emphasis on rote memorisation over practical skills** has led to a disconnection between what students learn and the skills required in the modern workforce. To address these issues, recent educational reforms have sought to update the curriculum and promote a more student-centred approach to learning. However, the implementation of these reforms has been met with challenges, including resistance from teachers and insufficient training on new methodologies.

Teacher Training and Professional Development

The quality of teaching is a critical factor in determining educational outcomes, yet teacher training and professional development in Mexico have been insufficient. Many teachers enter the profession with inadequate preparation, leading to challenges in delivering effective instruction. According to the Mexican

Teacher's Union, a significant percentage of teachers do not have the necessary qualifications or training to teach their assigned subjects. This lack of preparedness has serious implications for student learning and achievement.

Professional development opportunities for teachers are often limited and not tailored to meet their specific needs. While there are initiatives aimed at providing training, many of these programs are not well-structured and do not focus on practical, classroom-based strategies. Consequently, teachers may feel ill-equipped to implement new teaching methods or adapt their instruction to meet the diverse needs of their students. Furthermore, teachers often face heavy workloads and administrative responsibilities, which can detract from their ability to engage in meaningful professional development.

Efforts to reform teacher training and professional development have been initiated in recent years. The Mexican government has introduced policies aimed at improving teacher education programs, promoting ongoing training, and incentivising excellence in teaching. However, these reforms require sustained commitment and collaboration among stakeholders, including government agencies, educational institutions, and teachers themselves, to ensure their success.

Addressing the Challenges

To effectively address the challenges facing Mexico's education system, a multifaceted approach is necessary. This includes enhancing access to education for disadvantaged groups, improving the quality and relevance of the curriculum, and investing in robust teacher training and professional development programs. Additionally, increasing community and parental involvement in education can play a vital role in supporting students and ensuring that their educational needs are met.

Strategies to improve access may include expanding transportation options for rural students, implementing targeted outreach programs for marginalised communities, and providing financial incentives for families to encourage school attendance. Furthermore, the government must work to strengthen partnerships with non-governmental organisations and community groups to create localised solutions that address specific barriers to education.

In terms of curriculum relevance, there is a pressing need for collaboration between educators, industry leaders, and policymakers to ensure that what is taught in schools aligns with the skills and knowledge required in the workforce. This may involve integrating practical skills training, technology, and critical thinking into the curriculum, fostering a more holistic approach to education.

Finally, investing in teacher training and development is crucial for improving educational outcomes. This can be achieved through structured, ongoing professional development opportunities that are aligned with teachers' needs and classroom realities. Additionally, creating a supportive environment for teachers, including recognition of their efforts and providing adequate resources, will help foster a culture of continuous improvement within the education system.

In conclusion, while challenges persist in Mexico's education system, there are opportunities for reform and improvement. By prioritising access and equity, enhancing the quality of education, and investing in teacher development, Mexico can move towards a more effective and inclusive education system that meets the needs of all its students.

Reforms and Innovations in Education

COMMERCIAL IN CONFIDENCE

The landscape of education in Mexico has undergone significant transformations in recent years. As the country strives to improve the quality of education, various reforms and innovations have been implemented to address the myriad challenges faced by the education system. These changes focus on enhancing legislative frameworks, integrating technology into classrooms, and fostering community and parental involvement in education.

Recent Legislative Changes

In response to the pressing needs of the Mexican education system, recent legislative changes have been enacted to promote educational reform. A landmark moment in this journey was the educational reform initiative launched in 2013, which aimed to improve the quality of education and ensure equitable access to educational opportunities for all students. This reform was part of a broader set of structural reforms championed by the then-President Enrique Peña Nieto.

The 2013 educational reform introduced several key components, including the establishment of a new evaluation system for teachers, the creation of a national educational quality improvement program, and the transformation of the educational infrastructure across the country. One of the primary goals of this reform was to ensure that teachers are adequately trained and evaluated, which would, in turn, enhance the overall quality of education.

In 2019, under the presidency of Andrés Manuel López Obrador, further changes were made to the educational reform, emphasising a more inclusive approach. This reform aimed to dismantle some of the previous evaluations that were criticised for being overly punitive and not reflective of a teacher's capabilities. The new legislation sought to prioritise the educational needs of students and promote a holistic approach to education, focusing on values and critical thinking rather than rote memorisation.

These legislative changes not only represent a shift in educational policy but also signify a broader societal recognition of the importance of education as a fundamental right that should be accessible to all. The reforms have sparked discussions at various levels about the role of education in fostering social mobility and reducing inequality.

Technological Integration in Classrooms

As the world becomes increasingly interconnected through technology, the integration of digital tools in education has become essential. In Mexico, initiatives to incorporate technology into classrooms have gained momentum, particularly in response to the COVID-19 pandemic, which accelerated the shift towards online learning.

Governments at various levels have invested in digital infrastructure to support educational institutions in adopting technology. This includes providing schools with internet access, equipping classrooms with computers and tablets, and developing digital platforms for teaching and learning. The aim is to create a more dynamic and interactive learning environment that fosters student engagement and participation.

One notable example of technological integration is the "Aprende en Casa" initiative, launched by the Mexican government during the pandemic. This program provided educational content through television and online platforms to ensure that students could continue learning despite school closures. The initiative underscored the importance of adaptability in education and highlighted the role of technology in bridging gaps in access to information.

COMMERCIAL IN CONFIDENCE

Moreover, various non-governmental organisations and private sector partnerships have emerged to support technological integration. These collaborations have led to the development of educational apps, online resources, and training programs for teachers to enhance their digital literacy and pedagogical skills. The emphasis on technology aims to prepare students for the demands of a rapidly changing job market, equipping them with the necessary skills to thrive in a digital economy.

However, the integration of technology in education is not without challenges. Disparities in access to digital resources remain a significant concern, particularly in rural and marginalised communities. Efforts must continue to ensure that all students have equal opportunities to benefit from technological advancements in education.

Community and Parental Involvement in Education

Recognising that education is a shared responsibility, recent reforms have emphasised the importance of community and parental involvement in the educational process. Engaging families and local communities in education is seen as a crucial factor in improving student outcomes and fostering a supportive learning environment.

Efforts to involve parents in their children's education have included initiatives aimed at increasing communication between schools and families. Schools are encouraged to organise workshops, informational sessions, and parent-teacher meetings to discuss students' progress and educational goals. This collaborative approach not only empowers parents to take an active role in their children's education but also fosters a sense of community ownership over local schools.

Community involvement extends beyond parental engagement. Schools are increasingly collaborating with local organisations, businesses, and civic groups to create partnerships that enhance educational opportunities. These partnerships can provide resources, mentorship programs, and extracurricular activities that enrich the educational experience for students.

Additionally, programs that encourage students to engage in community service and social responsibility have gained traction. Initiatives that promote civic engagement help students develop a sense of belonging and responsibility toward their communities. This holistic approach to education recognises that learning extends beyond the classroom and that social and emotional development is vital for students' overall success.

As educational reforms continue to evolve in Mexico, the focus on community and parental involvement is likely to play a pivotal role in shaping the future of education. By fostering collaboration between schools, families, and communities, the Mexican education system aims to create a more inclusive and supportive environment for all students.

Kindly go to www.pascashealth.com, then Library Download page, scroll down to Pascas Care Letters and click on to open:

- Pascas Care Letters Poverty is due to Untruth.pdf
- Pascas Care Letters Divide and Conquer.pdf
- Pascas Care Letters Worldwide Survey.pdf

Numerous Challenges Limit Access to Education in Mexico: CONEVAL

https://mexicobusiness.news/talent/news/numerous-challenges-limit-access-education-mexico-coneval

11 December 2024

The National Council for Evaluation of Social Development Policy (CONEVAL) reports that Mexico has persistent gaps limiting access to education, leading to poor educational outcomes. These problems affect especially vulnerable groups such as children under five, people with disabilities, and those in rural or indigenous communities.

In the Diagnostic Study on the Right to Education 2024, CONEVAL identifies key challenges hindering education in Mexico. A key concern is the limited access to education for vulnerable groups. In the 2021-2022 school year, only 4.8% of children under five attended early childhood education, and nearly a quarter of children aged between three and five were not enrolled in preschool in 2022, as reported by CONEVAL. Public education for people with disabilities reaches only a fraction of the population, with services provided to about 600,000 students out of 1.1 million people with disabilities in 2022.
The study also reveals significant infrastructure deficiencies, particularly in rural and remote areas. In the 2022-2023 school year, over half of primary and secondary schools lacked access to potable water or hand-washing facilities, and one-third lacked electricity. Indigenous schools and distance learning secondary schools face similar challenges, further hindering educational access.

Mexico's performance in international assessments also raises concerns. In the 2022 PISA test, Mexican 15-year-olds scored below the OECD average in mathematics (395 versus 472), reading (415 versus 476), and science (410 versus 485), underscoring the need for urgent educational reforms.

CONEVAL recommends a detailed analysis of the factors affecting educational outcomes and the development of an integrated plan to improve learning. Key elements of this plan include targeted support for teachers, especially in low-performing schools, and increased resource allocation to enhance education quality.

The study also advocates for expanding and standardising early education through a Common Curriculum Framework and strengthening community-based education programs, particularly in marginalised areas.

CONEVAL urges the government to prioritise access to education for rural, indigenous, and lower-income children, focusing on improving enrolment rates in secondary and higher education. It calls for a complete overhaul of the country's educational infrastructure policy, including clearer management responsibilities and a long-term strategy to address urgent infrastructure needs, with regular diagnostic assessments.

Finally, CONEVAL calls for expanding financial support through scholarships and complementary aid, such as food and transportation assistance, especially for vulnerable groups such as students from rural areas, pregnant adolescents, and those with disabilities.

Kindly go to www.pascashealth.com, then Library Download page, scroll down to Pascas Care Letters and click on to open:

- Pascas Care Letters Poverty is due to Untruth.pdf
- Pascas Care Letters Divide and Conquer.pdf
- Pascas Care Letters Worldwide Survey.pdf

Education at a Glance 2024: Mexico

https://www.oecd.org/en/publications/education-at-a-glance-2024-country-notes_fab77ef0-en/mexico_7376478c-en.html 10 September 2024

This country note provides an overview of key characteristics of the education system in Mexico based on Education at a Glance 2024. In line with the thematic focus of Education at a Glance 2024, it highlights issues of equity in education. Data in this note are provided for the latest available year as indicated in Education at a Glance 2024.

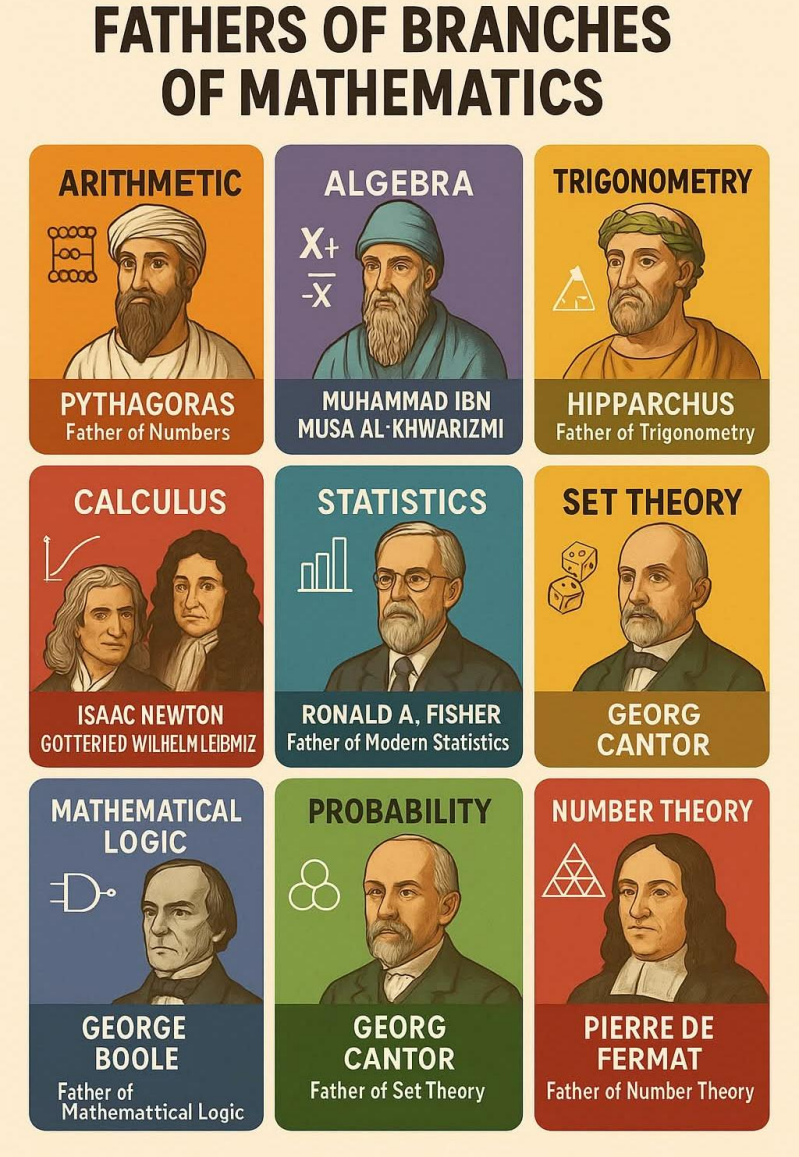
The output of educational institutions and the impact of learning

• Adults without upper secondary qualification are at considerable risk of poor social and labour-market outcomes throughout their lives. Reducing the share of young adults without an upper secondary qualification has been a priority in many countries and their share has decreased between 2016 and 2023 in 28 out of 35 OECD member countries. This is also the case in Mexico. Their share of 25-34 year-olds without upper secondary educational attainment decreased by 11 percentage points between 2016 and 2023. At 42%, it is 28 percentage points above the OECD average in 2023.
• The difficult labour-market situation faced by workers without an upper secondary qualification is reflected in employment rates among 25-34 year-olds. In Mexico, 68% of 25-34 year-olds without an upper secondary qualification are employed, compared to 73% of those with an upper secondary or post-secondary non-tertiary qualification. The corresponding OECD averages are 61% and 79%, respectively. Moreover, workers without an upper secondary qualification are at risk of earning very low wages in most OECD countries. In Mexico, 32% of 25-64 year-olds with below upper secondary educational attainment earn at or below half the median income compared to 16% of workers with upper secondary or post-secondary non-tertiary educational attainment and 6% of workers with a tertiary qualification. Across the OECD, the respective shares are 28%, 17% and 10%.
• Strong labour markets and increasing participation in education have led to a decline in the share of 18-24 year-olds who are neither in employment nor in education or training (NEET) in most OECD member countries. Across the OECD, the average NEET rate decreased from 15.8% to 13.8% between 2016 and 2023. In Mexico, the share of NEETs decreased from 23.2% to 16.3%.
• By almost all available measures, girls and women have better educational outcomes than boys and men, and in many cases the gap is widening. This is reflected in gender gaps in educational attainment. In all OECD member countries, women aged 25-34 are as likely or more likely than their male peers to have a tertiary qualification (54% compared to 41% on average across OECD countries). With a tertiary educational attainment rate of 28% for women and 28% for men, the gap is much narrower than the OECD average in Mexico.
• Although girls and women clearly outperform boys and men in education, the picture is reversed when they enter the labour market; the key measures of labour-market outcomes are generally worse for women than for men. Women aged 25-34 are less likely to be employed than men, with Mexico the gap typically widest for those with below upper secondary educational attainment and narrowest for those with tertiary attainment. In Mexico, only 47% of young women with educational attainment below upper secondary educational level are employed, while the corresponding share for young men is 91% (the corresponding OECD averages are 47% and 72%). In contrast, 78% of young women with a tertiary qualification are employed, while the corresponding share for young men is 89% (the corresponding OECD averages are 84% and 90%). However, tertiary attainment does not help to reduce the wage gap between men and women. Across the OECD, young women with a tertiary qualification earn on average 83% of the wage of their male peers, while the corresponding fraction is 81% in Mexico. Among those with upper secondary or post-secondary non-tertiary attainment, young women earn on average 84% of the wage of their male peers across the OECD and 73% in Mexico.

COMMERCIAL IN CONFIDENCE

Access to education, participation and progression

• Childcare and parental leave policies vary considerably between countries. Of particular importance for low-income families is the so-called childcare gap, the period between the end of paid parental leave and the start of free early childhood education and care or compulsory education. In eight OECD countries, including Mexico, there is no childcare gap as free early childhood education or compulsory education starts immediately following the end of paid parental leave.
• Early childhood education can help to reduce the developmental gaps that put some children at a disadvantage when they enrol in primary school. In most OECD countries, the large majority of children are enrolled in early childhood education one year before the start of primary education. In Mexico, 98% of children in this age group are enrolled, compared with an OECD average of 96%.
• Although most children and youths participate in education in the years before and after compulsory education, not all do so. In order to increase enrolment in the early years or among youths, twelve OECD member and accession countries have increased the duration of compulsory education over the past decade. Mexico does not belong to this group. Compulsory education in Mexico lasts from the age of 3 to 17 for a total of 14 years, which is above the OECD average of 11 years.



Educational challenges in Mexico: Access to education where inequality and discrimination deepens, and violence floods the social space

https://brokenchalk.org/educational-challenges-in-mexico-access-to-education-where-inequality-and-discrimination-deepens-and-violence-floods-the-social-space/ 7 October 2024

Mexico is facing an educational crisis; it is well known in Mexican society that many things are lacking inside the educational system. Besides the OECD (Organization for Economic Cooperation and Development) demanding better institutions to attend to the educational reality of the country, there has been a lot of pressure from other Institutions to attend to the issue. It is a country in development that depends economically on other countries and has a difficult social reality where corruption and drug dealing are a reality and it has been normalised in society.

The main issues in Mexican education have to do with poor quality, insufficient coverage at some levels, and high dropout rates in levels beyond primary. For instance, Mexico is a country that has a lot of cultural diversity as well as socio-economic issues that have created a huge gap between social classes. This reality has forced children to drop out of school and help their family, in some cases, forced to work with cartels creating dropouts and breaking the educational dynamic for children and youth which is

problematic due to the fact that upper secondary attainment is a minimum qualification for most of the labour market. **44% of young adults left school without an upper secondary qualification in comparison with the 14% of the OECD partner countries.**

This article highlights four major challenges to education that are seen in Mexico.

Education coverage and diversity

One of the main challenges is that Mexico doesn't guarantee education to most of the citizens. With 43.9% of the population living in poverty, it has become a challenge for people living in marginalised zones to access education due to a lack of transport, materials, and health problems.

Most indigenous communities often have to travel for hours to reach the nearest school further highlighting the issue that there haven't been enough schools built in these rural areas, putting rural and indigenous students at a disadvantage since they have to leave their communities and encounter many difficulties to further their education.

Since public education is funded by the federal state, the budget given to states is not always coherent with the necessities of each one. For example, a state with less infrastructure and bigger demand if books might have less budget than one that is located at the centre of a city which deepens the inequality of education between states with respective needs or considerations. For example, the state of Baja California and Mexico State contributes 40% of the total education budget through state funds, being a clear example of budget inequality.

Gender and Indigeneity Inequality

Mexican culture especially in the most marginalised places is attached to the belief of women confining themselves to their homes taking care of the children and other home related tasks because of which Mexican girls are more likely than boys to drop out of school denying them not only access to basic levels of education but also to access higher levels of education.

Child marriage is still a custom in most Mexican communities and 83% of married Mexican girls leave school.

There is also an existing inequality in the access to education for indigenous communities in which the system and programs are not designed for their customs or even language. Some of the courses are not even suitable for the way of life of these children as it does not take into consideration the different backgrounds that these children come from.

Management inside the educational system

School in Mexico is organised by public and private education, the public is based on state authority and school administrators but **there are no decisions that involve the important stakeholders such as parents and students.** There is an institution called SEP (Secretary of Public Education) that sets all major guidelines about public schools and is characterized by a lack of transparency and accountability for the correct application of financial resources, limiting the access to information and analysis of the development of public schools.

Parents and teachers have been protesting against the institution and demanding an investigation due to the sale of plazas and acts of corruption. **The sale of plazas is the action of one teacher selling his position to another person in exchange for money**, due to the lack of efficiency in registration for being a teacher in public schools and due to the corrupted system people can buy their place into the school.

In some cases, these people are not even qualified to teach. Teachers who aspire to be assistant principals, directors, pedagogical technical advisors, and general supervisors understand that they have three ways to achieve these. Buying the place. By influences. Or through the political favour of the current ruler.

Lack of resources or investment in educational infrastructure

Schools located in marginalised places and even public schools located in the city present unfavourable conditions and infrastructure which diminishes the well-being and the opportunities for knowledge denying the right to quality education for the students. There is also a lack of surveys conducted for schools, teachers, and alumni on basic education indicators to improve infrastructure based on the deficits identified. This causes a backlash for the students to grow with their educational level and creates a more distinguished barrier between public and private schools.

Another example is the lack of classrooms for students, especially in schools located in rural areas which are mainly indigenous students with present a higher number of students than classrooms.

In terms of learning materials, only 43.3% of schools count libraries or spaces with scholarly books whereas only 22% of indigenous schools have these materials. And this is not only seen in public schools, but it can also surprise us that **almost one-third of all private schools in Mexico lack a library**.

It poses a challenge for children and young people to learn with an absence of basic materials for education and becomes difficult for them to keep evolving in their education when there is no access to technologies in such a globalised world where 1.7% of them have access to the Internet and only 7% have a computer.

The Mexican education system cannot develop and strengthen itself if it keeps having corrupted individuals working within the educational system. In addition, the difference of education between private and public, rural and urban creates more bridges between access and quality of education. It is going to deepen and cause more inequality between individuals in Mexican society.

We can see clear evidence between the budget that is being expended in some states for education in comparison with the ones that are more centralised to the city. However, access to technologies and materials for everyone regardless of their environment is essential. Mexico will have to assess these issues in order to show better results with the international community as well as with the obligation it has to its citizens for access to free and quality education for all.

Kindly go to www.pascashealth.com, then Library Download page, scroll down to Pascas Care Letters and click on to open:

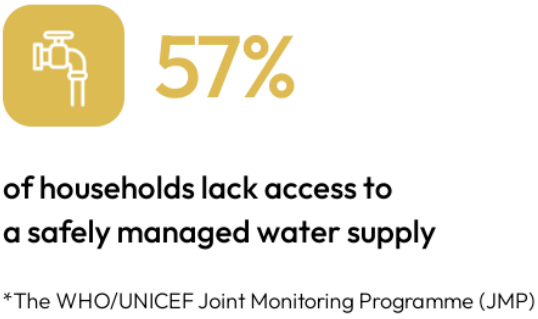
- Pascas Care Letters Poverty is due to Untruth.pdf
- Pascas Care Letters Divide and Conquer.pdf
- Pascas Care Letters Worldwide Survey.pdf

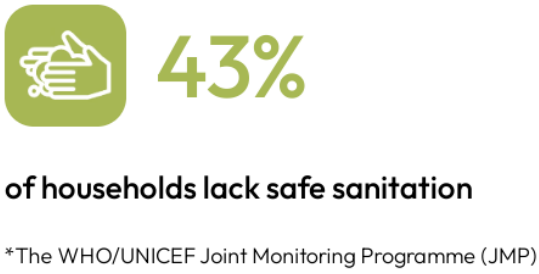
Mexico Water and Sanitation issues

https://planet-water.org/where-we-operate/mexico

Water and Sanitation Issues in Mexico

Access to safe water in Mexico is a challenge for a significant proportion of the population. According to UN and UNICEF data, 57% of households in Mexico lack access to a safely managed water supply and 43% lack safe sanitation.





Planet Water Foundation has been active in Mexico since 2019, and deployed over 200 clean water projects during this time, providing access to clean, safe water to over 350,000 people.

Our work is focused on the deployment of AquaTower water filtration systems which have been deployed in elementary schools across the country in conjunction with our water health and hygiene education program. Together, our solutions are helping to bring clean, safe water access to students, teachers and members of the communities surrounding our project sites.

Currently, our focus is on clean water projects in Chiapas, Estado de México, Hidalgo, Jalisco, Morelos, Neuvo León, Oaxaca, Puebla, Querétaro, Veracruz, and Yucatán.

In addition, Planet Water Foundation has been active in disaster response work in Mexico, deploying multiple water filtration systems in Acapulco following Hurricane Otis.

The water crisis in Mexico: challenges and solutions

https://smartwatermagazine.com/news/smart-water-magazine/water-crisis-mexico-challenges-and-solutions

- The water situation in Mexico has become an urgent challenge affecting millions of people across the country, from Mexico City to metropolitan and rural areas.
- The scarcity of potable water has become a growing threat that demands immediate attention and effective solutions.
- This article delves into the complexity of this crisis and the measures to address it, from the warnings of academic experts to governmental initiatives and investments in water-related projects.

The water crisis in Mexico has become an urgent challenge affecting millions of people in the country. From Mexico City to metropolitan and rural areas, the scarcity of clean water is a growing threat that requires immediate attention and effective solutions. In this article, we will explore the complexity of this crisis and the efforts to address it, from the warnings of academics to government initiatives and investments in water projects.

Mexico City on the brink of the water crisis

Mexico City, with its vast population, is in an alarming situation. According to researchers at the Autonomous University of Mexico (UAM), nearly 43% of its inhabitants lack access to clean water. This crisis has been exacerbated by a 30% increase in consumption during the pandemic and a 40% water loss due to leaks in the network, a result of inadequate infrastructure maintenance.

It is important to note that water scarcity is not limited to the lack of supply but also inadequate regulation of commercial options for water access. Mexico leads the world in per capita bottled water consumption, raising serious concerns about the quality of the water consumed by its citizens.

Senator Monreal warns of the 2024 crisis

Senator Ricardo Monreal Ávila, a former presidential aspirant, has issued a warning about the imminent water crisis Mexico will face by mid-2024. Monreal highlights that the country's 75 metropolitan areas will experience varying degrees of thirst, rationing, and rotational water supply due to drought exacerbated by climate change.

This call to action by the senator is not mere alarmism; it is a call for climate realism. Monreal proposes urgent measures such as desalination of seawater and rainwater harvesting. He also emphasises that water scarcity is not only a national security issue but also a matter of basic survival and social and political stability.

Mexico seeks solutions through water projects

The Government of Mexico, through the National Water Commission (Conagua), is taking steps to address this crisis. It will allocate a significant investment of 93.55 billion pesos (approximately 5 billion euros) to fifteen priority water projects. These projects include the construction of dams, aqueducts, and irrigation districts.

The aim of these projects is to tackle drought and water scarcity in various regions of the country. Among the projects are the El Cuchillo II Aqueduct in Nuevo León, the Santa María Dam in Sinaloa, and the Benito Juárez Drinking Water Plant in Tabasco, among others.

Future outlook

The water crisis in Mexico is a complex problem that requires long-term sustainable management, ongoing infrastructure investment, and public awareness of the importance of conserving this vital resource. The international community also plays a crucial role in collaborating to address global water challenges. Overcoming this crisis is essential to ensure a sustainable future for generations to come.

COMMERCIAL IN CONFIDENCE

Orphans in Mexico

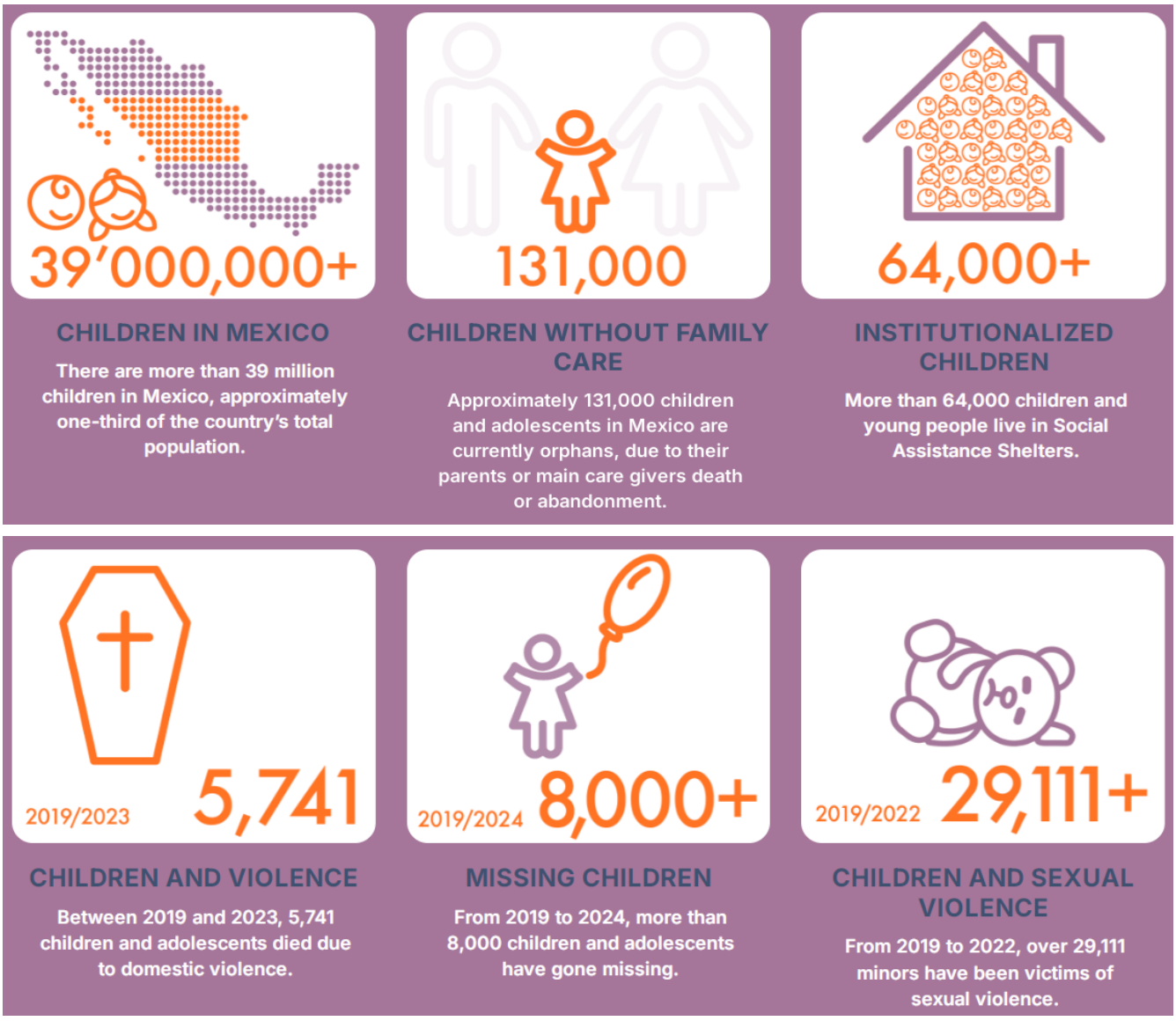
https://lifesong.org/countries/mexico/
Today, over 30,000 children in Mexico live in orphanages throughout the country. But it's estimated that as many as 400,000 children in Mexico are double-orphans, and 100,000 of these children roam the streets.

Orphaned and vulnerable children in Mexico remain at great risk of being recruited to gangs, human trafficking rings, or child labour.

Poverty also remains a difficult challenge facing the country. Currently, half of the population in Mexico lives below the poverty line, leaving children especially vulnerable to violence in the home or to a lack of education.

CHILDHOOD AND ADOLESCENCE STATISTICS IN MEXICO

https://www.unnido.org.mx/english/children-in-mexico



SUPPORTING ORPHANAGES IN MEXICO

https://borgenproject.org/orphanages-in-mexico/ 20 February 2023

According to the International Community Foundation (ICF), Mexico is home to more than 700 orphanages. Around 30,000 of the 400,000 parentless children in Mexico inhabit these orphanages. About 100,000 of Mexico's orphans are homeless, leaving many kids wandering the streets of Mexico. The lack of housing solutions for orphaned children and the abounding problems that orphanages in Mexico face have led to a crisis that requires urgent intervention.

Negative Coverage of Orphanages

The ICF says, "due to the lack of oversight and accountability for orphanages in Mexico," there have been reports of poor care and abuse within some orphanages. Orphanages also suffer from a lack of funding, which renders these facilities unable to meet the basic needs of the children within their care. Additionally, because Mexico lacks an official national census of orphaned children, it is difficult to track the whereabouts of these children and monitor their living circumstances.

Unfortunately, due to the negative coverage surrounding orphanages across Mexico, gathering support and funding is even more difficult. However, the ICF says, "As a result of increased awareness domestically and abroad, the Mexican government is under pressure to step up their regulation of orphanages and orphanages have been encouraged to improve their operations."

The Good News

Despite the negative coverage, there are several legitimate orphanages in Mexico that are committed to providing the best care for orphans so that they may lead prosperous lives as productive members of society. These orphanages require support in order to provide the best possible care to the children under their supervision. In order to identify legitimate orphanages in need of support, the ICF subjects orphanages to a screening and approval process to ensure that there will be no misuse of monetary support.

Casa Hogar de Cabo San Lucas is an example of a legitimate life-changing orphanage operating in Mexico. Casa Hogar houses children from 4 to 18 years old and strives to "educate and elevate." Its 'education' goals include increasing the "academics, life skills, moral values, spiritual values and social values" of the children. While its 'elevate' goal is to help children live up to their highest potential and exceed societal expectations and norms.

https://www.casahogarcabo.com/
+52 624 1231285
info@casahogarcabo.com
Calle Playas S/N entre Playa del Amor y Playa El Medano, Cerro de Los Venados, 23473 Cabo San Lucas, B.C.S.

Corazon de Vida (CDV)

The Corazon de Vida (CDV) is a U.S. non-profit organisation that hopes to work on a large scale to transform the lives of orphans in Baja, Mexico. By providing monthly funding and support to orphanages, the CDV looks to provide shelter, education, quality food and a sense of security to children plagued by homelessness. Currently, CDV works in more than 10 orphanages home to more than 500 youth.

The CDV also runs a program to provide older youth with access to university education. Its website explains the program's accomplishments: "Our university program currently has 54 plus past orphanage residents in college or technical school and serving as role models to their younger siblings." The work of the CDV goes beyond impacting one generation of kids to impacting the lives of many by creating positive role models and accomplishable goals for the youth to work toward.

https://www.corazondevida.org/
Corazon de Vida Foundation
14252 Culver Drive, A-800
Irvine, CA 92604

info@corazondevida.org
(949) 476-1144

The Importance of Supporting Orphanages

As the ICF says in its article on breaking the cycle of poverty in Mexico, improving education and providing homes for abandoned children is essential in decreasing poverty. By supporting orphanages, children have ample opportunity to gain the skills and knowledge to become self-sufficient, which can prevent a life of poverty in the future.

– *Brooklynn Rich*

At ‘World Without Orphans’ we are pursuing a world where every child is cared for in a safe and loving family, and reaches their God-given potential.

https://worldwithoutorphans.org/

In 2019, the best estimates show there are from 2 to 8 million children living in orphanages around the world, more than 150 million children who have lost one or both parents, and more than 1 billion children who experience serious abuse each year.

Research shows that children best develop and thrive in safe, stable, and nurturing families, with the greatest opportunity to reach their full potential.

What began in Ukraine in 2010 as one nation’s dream has gone on to become a global movement, with active initiatives currently in 38 countries, and 48 more nations with emerging WWO partners!

In India, Anu Silas previously ran a children’s home, but as she faced burnout and began to see there were ways she could help kids remain in their families and never enter an orphanage to begin with, she changed her ministry strategy. Now Anu and her team at her local NGO work to prevent family separation in their community in India by creating income-generating opportunities for poor families.

SOS Children's – Mexico

HTTPS://WWW.SOS-CHILDRENSVILLAGES.ORG/WHERE-WE-HELP/AMERICAS/MEXICO

Mexico

SOS Children's Villages ensures that children grow up with the care, protection and relationships they need to become their strongest selves (photo: SOS Children's Villages Mexico).

A land of contrasts, the Republic of Mexico is home to 132 million people. With a quarter of the population living in and around Mexico City, it is one of the biggest cities in the world. And its economy is one of the largest. But it is also a country marked by corruption and cartel violence where 42% of the population lives below the poverty line. 82% of Mexicans now live in cities surrounded by shanty towns, and this urban migration causes severe pollution issues.

SOS Children's Villages has been supporting children and young people without parental care, or at risk of losing it, in Mexico since 1971.

Children are at risk

In Mexico, 26% of the population is under the age of 14. Around 6% of children between 5 and 17 years old are engaged in child labour. Many children drop out of school to work. There are also environmental issues that affect their lives negatively. Access to clean water is problematic, and the country is facing waste management, erosion, desertification, and deforestation issues, threatening the natural resources the population depends on. Children and young people from vulnerable families are often the first to feel the impact of these problems.

53%

Of Mexico's children experienced violence at home

Widespread violence

Domestic violence remains a worrying issue in Mexico: more than half of the children between the ages of 1 and 14 have suffered from physical and/or psychological punishment at home. This kind of punishment by family members has a dramatic impact on a child's development. A new law was passed in 2014 to protect children and young people, but more needs to be done to raise awareness and change local attitudes towards children's rights.

57%

Of people do not have safe drinking water

Pollution

With pollution issues rising, the lack of clean water is an urgent topic across Mexico. Only less than half the population gets their drinking water from a source that is free from contamination and available whenever they need it. This leaves 57% to resort to piped water, protected wells or springs, packaged bottles, or even rainwater. The government now considers the lack of clean water and deforestation as national security issues.

14/1000

Under-five mortality rate

Health

Mexican children often suffer due to health conditions and the lack of access to medical services. In 2020, 30,080 children died before reaching their fifth birthday. Malnutrition is also a problem: 5 % of children under five are underweight. It's not only the access to water, but also to the right medical facilities and the proper nutrition, that's a grave cause for concern.

COMMERCIAL IN CONFIDENCE

Together we can make a difference for children in Mexico

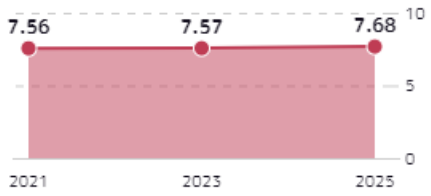
720 Adults and children	Are supported in the community	500 Children and adults	Can attend our kindergartens and trainings	230 Children and young people	Grow up in our care	70 Young people	Are supported on their way to independence

When children cannot live with their families, they find a new home in SOS Children's Villages. We care and support children and young people so that they become confident and independent. As they get older we help them develop a plan for their future (photo: SOS Children's Villages Mexico).

GLOBAL ORGANISGED CRIME INDEX – MEXICO

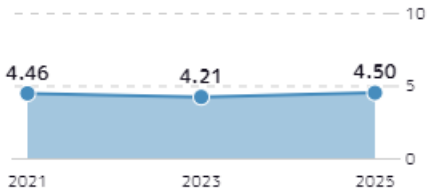
https://ocindex.net/country/mexico
https://ocindex.net/assets/downloads/2023/english/ocindex_profile_mexico_2023.pdf

7.68 ↗0.11
Criminality score



3rd of 193 countries – 0
2nd of 35 countries in Americas – 0
1st of 8 countries in Central America – 0

4.50 ↗0.29
Resilience score



111th of 193 countries ↘ -13
23rd of 35 countries in Americas ↘ -2
3rd of 8 countries in Central America – 0

CRIMINAL MARKETS

PEOPLE

Mexico plays a crucial role in human trafficking between Central and North America, acting as a transit hub primarily for north-bound Central American victims who may face various forms of exploitation, including forced sex work and labour. Sex trafficking is widespread near the US-Mexico and Guatemala-Mexico borders, while forced agricultural labour is more common in Guerrero and Oaxaca where indigenous communities and people of African descent are exploited. Vulnerable irregular foreign nationals and middle-class Mexicans are at risk of being trafficked, with the socio-economic consequences of the COVID-19 pandemic exacerbating these risks. An increase in criminal territorial control across Mexico, combined with increasingly rampant corruption, impunity, and institutional weakness in Mexican law enforcement agencies, have facilitated the expansion of Mexico's human trafficking market in recent years.

Mexico's human smuggling market remains active, driven by poverty, insecurity, and criminality across Central America, especially in the Northern Triangle countries of Guatemala, Honduras, and El Salvador. The impact of the COVID-19 pandemic has worsened these factors, causing a further increase in north-bound irregular migration towards the US through Mexico. Although smugglers in north-eastern Mexico are linked to transnational organised crime groups, drug cartels, and corrupt officials, those in southern Mexico are often locals living along key smuggling routes. Women and children are also involved in facilitating irregular migration. The impact of Mexico's human smuggling market is localised, with notable demand in overcrowded Mexican border towns and southern cities such as Villahermosa, Palenque, Tenosique, Comítan, and Tapachula.

Mexican criminal groups rely heavily on extortion as a source of revenue, targeting individuals as well as small, medium, and large businesses. The rate of extortion has substantially increased in some Mexican states while declining in others. Extortion can also involve private citizens who falsely claim membership in criminal groups to obtain small extortion payments. Territorial extortion, known as cobro de piso, has become a low-cost revenue source for criminal groups. The food industry has been increasingly targeted, leading to food crises and supply chain disruptions. Extortion remains a significant

concern in nearly all Mexican cities, with municipalities in the states of Michoacan, Guanajuato, Zacatecas, Morelos, Nuevo Laredo, and México experiencing the highest rates.

TRADE

Mexico's arms trafficking market is highly consolidated, driven by ineffective arms legislation and the inflow of weapons from the US. Although the vast majority of seized illicit arms can be traced back to US manufacturers, there is a notable flow of grenades and RPG-7s from Central America. Legal purchases of firearms in the US by criminal and civil entities contribute to the accessibility of weapons and high levels of violence and criminality in Mexico. Although Mexican authorities are working to combat the issue, there is a lack of comprehensive policy and coordination between state and federal law enforcement agencies and with US authorities, which may allow the arms trafficking market to continue to expand domestically and regionally. This issue has been a point of contention in US-Mexico bilateral relations, with Mexican authorities launching civil lawsuits against US arms manufacturers. Although there has been an increase in weapons seizures along the US-Mexico border, this has not significantly reduced the vast supply of illicit weapons to domestic criminal groups in Mexico.

Counterfeiting and piracy have become some of the most profitable crimes in Mexico, with the country being one of the largest producer and consumer of counterfeit and pirated products in both Latin America and the world. The sale of inexpensive counterfeit goods is widespread across the country. It is estimated that more than 10% of all US-sourced counterfeit and pirated products sold worldwide are destined for Mexican markets. Despite severe damage to the Mexican economy caused by the COVID-19 pandemic, the distribution of counterfeit pharmaceutical products was not affected and was even exacerbated by increased demand. However, despite some efforts being made, the convergence of criminal groups and customs authorities at various points of entry continues to complicate the fight against this crime. Additionally, the changing of labels in the illicit textile goods trade poses challenges for authorities in detecting counterfeit goods.

Mexico has become a key destination for the global illicit cigarette trade, with Chinese-sourced illicit cigarettes accounting for most of the consumption of illicit cigarettes not produced domestically. The COVID-19 pandemic worsened the situation, as declining income and rates of social interaction among Mexican citizens led to a notable drop in legal cigarette sales and a rise in low-priced cigarette brands. This trend provided organised criminal actors with an additional source of revenue and a means of laundering other criminal proceeds. Illicit trade in excise goods extends beyond cigarettes, with more than a third of the alcoholic beverages consumed in Mexico being smuggled into the country

ENVIRONMENT

Mexico's illegal trade in timber has become a highly lucrative industry, with criminal groups relying on it as a major source of revenue. The domestic and transnational trafficking of rosewood is a considerable issue, with Chinese mafia-style groups controlling the trade, which is facilitated by local Mexican criminal networks. Mexican authorities seize dozens of illicit rosewood shipments along Pacific ports and the Yucatan Peninsula annually, primarily destined for the Chinese furniture market. This market generates hundreds of millions of dollars in annual profits and has severe consequences for local communities, including extortion fees linked to protection quotas, kidnapping, and forced disappearance. With state regulation of Mexico's legal logging industry remaining limited, corrupt Mexican law enforcement officials have been known to engage in violence against local populations related to the market.

Mexico acts as a source, transit, and destination country for wildlife trafficking. The illegal wildlife trade in Mexico is closely linked to other organised criminal markets, particularly drug trafficking, posing a challenge for law enforcement authorities. Although Mexico has previously served as a transit country, Mexican wildlife species such as jaguars, golden eagles, totoaba fish, parrots, macaws, and reptiles are increasingly being trafficked to diverse destinations including North America, Europe, and Asia. The illicit totoaba fish trade, largely facilitated by Chinese mafia-style groups, generates hundreds of millions of dollars annually and is the most prominent wildlife trafficking operation in Mexico. The involvement of corrupt authorities in wildlife trafficking operations and market-related violence exacerbates the issue.

Theft of non-renewable resources such as oil and minerals is common, with criminal groups and corrupt officials within state-owned companies playing major roles. The Mexican government's efforts to combat the illicit oil trade have been minimally effective, with oil theft remaining a highly lucrative source of revenue for criminal groups. Fuel theft has been linked to tax evasion, and smuggling foreign-sourced fuel into Mexico has become a common practice. The involvement of criminal groups in fuel theft has triggered a rise in violence across the country, especially in states like Guanajuato and Puebla. In addition to oil theft, criminal groups have been engaging in illicit mineral extraction, particularly gold, silver, copper, lead, zinc, and iron. Territorial disputes between cartels have created an atmosphere of violence for legitimate mining companies and local communities. Mexican drug trafficking organisations have also become involved in the trafficking of Mexican sourced mercury to South American countries that have prevalent illicit gold mining markets.

DRUGS

Mexican drug trafficking organisations dominate the US's heroin market, with almost all heroin seized and analysed in the US originating in Mexico. Heroin production and trafficking occur primarily in north-western Mexico, in states such as Baja California, Sonora, Jalisco, Guanajuato, Queretaro, Colima, Michoacán, and Guerrero. However, in recent years, drug trafficking groups have shifted their focus to fentanyl trafficking, as it is cheaper and less labour intensive to produce than heroin.

Mexican drug trafficking organisations are major players in the global cocaine trade, acting as brokers and transporters of the drug worldwide. Mexico is a significant transit country for cocaine from South America to the US and increasingly to the EU. Criminal groups have become more active in Central American and Colombian cocaine trafficking markets, and territorial disputes between them over control of north-bound cocaine shipment routes to the US have resulted in high levels of violence across Mexico.

Despite the legalisation of cannabis in multiple US states and Canada, Mexico continues to constitute the US' largest foreign provider of cannabis. Moreover, Mexican drug trafficking organisations are heavily involved in the production and transportation of synthetic drugs, including fentanyl and methamphetamine. Although fentanyl can be sourced directly from China through clandestine online platforms and subsequently trafficked into the US, Mexican groups have increased their activities in fentanyl production in the country. Additionally, rising demand for various forms of synthetic opioids among US drug consumers has resulted in a considerable increase in the import of synthetic opioid components into Mexico, primarily smuggled into the country through seaports in Michoacán, Campeche, and Sinaloa. Mexican cartels are involved in methamphetamine trafficking to EU ports for further distribution inside and outside the EU.

CYBER-DEPENDENT CRIMES

Mexico is currently facing a surge in cyber-dependent crimes, with a large number of cyber-attacks launched through malicious software programs detected by the national guard. In recent years, federal institutions have experienced cyber-attacks, with their information systems being compromised or hijacked by criminal actors. These attacks have led to adverse reputational impacts on these institutions and have resulted in the leaking of terabytes of confidential information. Given the increasing use of technology and the internet, it is highly likely that cybercrime will continue to grow in Mexico.

FINANCIAL CRIMES

Financial crimes are a major issue in Mexico, affecting state institutions, private companies, and citizens. State institutions are allegedly involved in financial crimes such as tax evasion, which is associated with the embezzlement of hydrocarbon exports and/or imports. Private companies are often victims of fraud and corruption, resulting in significant financial losses. Finance-related cybercrime has increased significantly since the onset of the COVID-19 pandemic. Allegations of corrupt practices related to public contract appointments exist at both the federal and local government levels, elevating the risk of embezzlement and other financial crimes.

CRIMINAL ACTORS

Mexico's drug trafficking organisations are some of the most sophisticated mafia-style groups globally. They have substantial territorial control throughout the country and co-opt state institutions through bribery and intimidation. In addition to drug trafficking, these organisations engage in other criminal activities such as oil theft, human trafficking, kidnapping, and extortion, earning billions of dollars annually. Mexican drug trafficking organisations fuel violence across the country using a variety of firearms, including military grade weapons, resulting in brutal territorial conflicts with competing drug trafficking organisations and state security entities. The state's no-confrontation policy (now reversed) and perceived impunity exacerbate retaliatory attacks against law enforcement initiatives. Despite internal fragmentation reducing the number of drug trafficking organisations engaging in transnational forms of organised crime, the remaining drug trafficking organisations continue to exert significant influence across the Americas, collaborating with foreign counterparts in Asia, South America, North America, and Europe.

Smaller Mexican criminal networks have mainly emerged from crises of violence and tend to cooperate with larger mafia-style groups. Internal fragmentation within Mexican drug trafficking organisations has led to the creation of numerous loosely structured criminal networks, making them difficult to track. In recent years, state efforts to capture and kill criminal leaders have increased because of the emergence of community self-defence groups in Guerrero and Michoacán. These criminal networks engage in various forms of local criminal activity, including extortion, auto theft, oil theft, human trafficking, human smuggling, illicit mining, and drug sales. Organised crime factions are also believed to be partly responsible for the uptick in disappearances witnessed in recent years. Moreover, they still play crucial roles in the transnational drug trafficking market by providing transportation and security services to well-established drug trafficking organisations and engaging in proxy wars between dominant groups.

Mexico is plagued by state-embedded corruption, with officials at various levels facilitating organised criminal activities such as drug trafficking, oil theft, and extortion. This collusion not only funnels substantial amounts of illicit revenue to high-ranking officials but also undermines law enforcement agencies, hindering the country's fight against organised crime. There are also reports suggesting the

persistence of corrupt practices within federal institutions tasked with combating organised crime. However, corruption at the local level, including among state and municipal officials, remains a more significant concern because of the lower financial cost of collusion with low-level officials and their deeper knowledge of the territories they govern. Drug trafficking organisations have been successful in exerting notable influence over Mexico's democratic process, allegedly going to great lengths to ensure the election and/or re-election of key political allies, including murdering politicians perceived as threats.

Private sector actors in Mexico, large and small businesses, engage in criminal activities such as tax fraud and money laundering to generate illicit revenue. Internal fraud is prevalent among private sector businesses. These actors also commit environmental crimes, including illicit mining. Private sector actors are known to engage in corrupt practices in an effort to either obtain services, permits, and licences, or to avoid sanctions. Foreign criminal actors have a limited presence in Mexico, largely because of extreme territoriality among Mexican criminal groups. Those present primarily engage in business dealings and other forms of collaboration with Mexican drug cartels. However, a notable number of criminal actors from Eastern Europe, Italy, and Asia have been arrested in the Riviera Maya and on the Yucatan Peninsula in recent years, and Salvadoran mafia leaders seeking refuge from strict regulations in El Salvador have been known to operate from inside Mexico.

.

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**

Map of Latin America

MIGRANT CHILDREN FLEEING VIOLENCE FACE NEW DANGERS AND UNCERTAINTY AT MEXICO'S NORTHERN BORDER, NEW REPORT FINDS

https://www.savethechildren.net/news/migrant-children-fleeing-violence-face-new-dangers-and-uncertainty-mexicos-northern-border-new 5 May 2025

The research, based on 155 interviews with migrant children and their caregivers across three of Mexico's major border cities—Ciudad Juárez, Reynosa, and Tijuana—reveals that after fleeing violence, many children found themselves in overcrowded shelters, out of school and in unsafe neighbourhoods alone, where they faced further dangers and continued to be denied their rights.

MEXICO CITY, 5 May 2025 — Children migrating through Mexico in search of safety are being met with alarming levels of violence, family separation, and uncertainty at the country's northern border, according to a new study by Plan International and Save the Children in Mexico.

The research, based on 155 interviews with migrant children and their caregivers across three of Mexico's major border cities—Ciudad Juárez, Reynosa, and Tijuana—reveals that after fleeing violence, many children found themselves in overcrowded shelters, out of school and in unsafe neighbourhoods alone, where they faced further dangers and continued to be denied their rights.

While many of the children surveyed initially travelled with family or a loved one, the journey often resulted in painful separation. In Ciudad Juárez, nearly two in three children (63.5%) left home with a parent or guardian, but only about a third arrived in Mexico with someone by their side. This separation leaves children—especially girls—more vulnerable to violence, exploitation, trafficking, and forced recruitment by armed groups.

"Organised crime has many ways of finding and grabbing you. There are many areas where it's hard to run away if you're trying to escape," said José, a 16-year-old unaccompanied boy interviewed in Ciudad Juárez.

The number of unaccompanied children making the journey to Mexico has surged in recent years, jumping from nearly 69,500 in 2019 to more than 137,000 in 2023, driven by escalating violence, poverty, and climate-related displacement. Many of these children, especially girls, are subjected to sexual and gender-based violence, exploitation, and other dangers as they travel alone in search of safety.

For many of these children, their journey does not end in safety once they reach Mexico's northern border, but in further hardship. Interviews with the children reveal that they are often forced to live in unsafe conditions for months at a time. In Reynosa, for example, one in three girls interviewed had been living in displacement shelters for over six months, often confined to unsafe areas in high-risk areas, where even basic freedoms—like stepping outside—are restricted by fear of kidnapping.

In Ciudad Juárez, children interviewed also described being forced to leave their homes to escape violence, only to encounter new forms of danger in overcrowded shelters and unsafe neighbourhoods.

“When someone was watching us or making us uncomfortable, we’d say we were going to get water or to the bathroom—just so we could step away or find a way not to come back,” said Estrella, an 8-year-old girl from central Mexico, describing how she and other girls learned to protect themselves during their journey.

The education among migrants at Mexico's northern border has also been severely disrupted. Nearly three-quarters (70.3%) of the children interviewed previously attended school, but now more than half (58.1%) are now no longer learning inside a classroom. Barriers such as administrative hurdles, security risks, and a lack of formal education in shelters are major factors. Additionally, discrimination and xenophobia in schools is worsening the situation, according to testimonies collected, because "*the mothers, fathers and caregivers of the Mexican population do not want their children to live with children on the move.*"

The research also found that the emotional toll on migrant children in these cities is immense, especially among those separated from their parents. Many struggle to understand why their parents are no longer with them or why they've been living in shelters for extended periods with little to no contact. Despite this and the distressing condition many face, access to mental health support for migrant children in these three cities was reported to be almost non-existent.

Reena Ghelani, Chief Executive Officer of Plan International, said:
"This study has found that migrant children are not finding safety when they cross the border into Mexico —they’re finding more fear, more waiting and more lost time.

“No child should find themselves in this situation, especially after enduring such a perilous journey to find safety. They need support now – including protection, access to safe shelter, education and mental health care. We are seeing families so desperate that children are being forced to consider returning to the very places they fled from. That should never be their only option."

Fátima Andraca, Programmes and Humanitarian Director in Save the Children in Mexico, said:
“Migrant and internally displaced girls face severe risks and are systematically denied their fundamental rights — including access to education and protection. Our joint study sheds light on the challenges these girls endure and presents actionable solutions to address the ongoing humanitarian crisis affecting migrant children in Mexico.

“In times like these, the collective commitment of society is more important than ever. Together, we must ensure that every girl has the opportunity to thrive — no matter where she comes from or where she’s going.”

In light of these findings, Plan International and Save the Children in Mexico are calling for an immediate and coordinated response. This includes strengthening child protection systems in border cities across Mexico, ensuring inclusive and safe access to education and mental health care, and providing dignified shelter arrangements that prioritise the needs of children and adolescents—especially girls—fleeing violence and instability.

Save the Children has been working in Mexico since 1973 with health and nutrition, education, and protection programmes for children on the move in the country.

COMMERCIAL IN CONFIDENCE

VIOLENCE AGAINST CHILDREN IN LATIN AMERICA AND THE CARIBBEAN

https://www.unicef.org/lac/media/38241/file/A-statistical-profile-of-violence-against-children-in-latin-america-and-the-caribbean.pdf

Across Latin America and the Caribbean, violence has become part of everyday life. In fact, by various measures, the region today is considered the most violent in the world. Its high rates of violence against children have been attributed to a dominant patriarchal culture, limited understanding among caregivers of effective non-violent disciplinary methods, authoritarian social norms, weak government systems, corruption, organized crime, narco-economies, urban marginalization, the proliferation of small arms and light weapons, and tough security policies. All these factors, combined with constant threats to gender equality and lack of recognition of the rights of the LGBTQI2+ community,1 have created a region characterized by stark inequalities.

Available data confirm that being a child in Latin America and the Caribbean is dangerous. This publication offers a snapshot of three forms of violence: corporal punishment and psychological aggression used as disciplinary methods; sexual violence; and violent death, with a focus on armed violence. All of them compromise children's lives and futures and can have dire consequences: early pregnancies, low school performance, health issues, poor mental health, suicidal thoughts, social exclusion and fear.

Violence against children is a reality in all countries in the region, but it does not have to be. This publication concludes with specific strategies and actions that UNICEF and its partners are prioritizing in addressing violence against children in the region. Sadly, however, the response so far has not been proportionate to the problem, and children are paying the price.

KEY FACTS
ABOUT VIOLENCE AGAINST CHILDREN IN LATIN AMERICA AND THE CARIBBEAN
https://www.unicef.org/lac/media/38241/file/A-statistical-profile-of-violence-against-children-in-latin-america-and-the-caribbean.pdf

Nearly two thirds of children aged 1 to 14 in Latin America and the Caribbean experience violent discipline at home; levels exceed 80 per cent in Haiti, Jamaica and Suriname.

Of the region's 187 million children, 73 million live in countries and territories where corporal punishment at home is still permitted to some extent, while 7 million school-aged children lack full legal protection from corporal punishment at school.

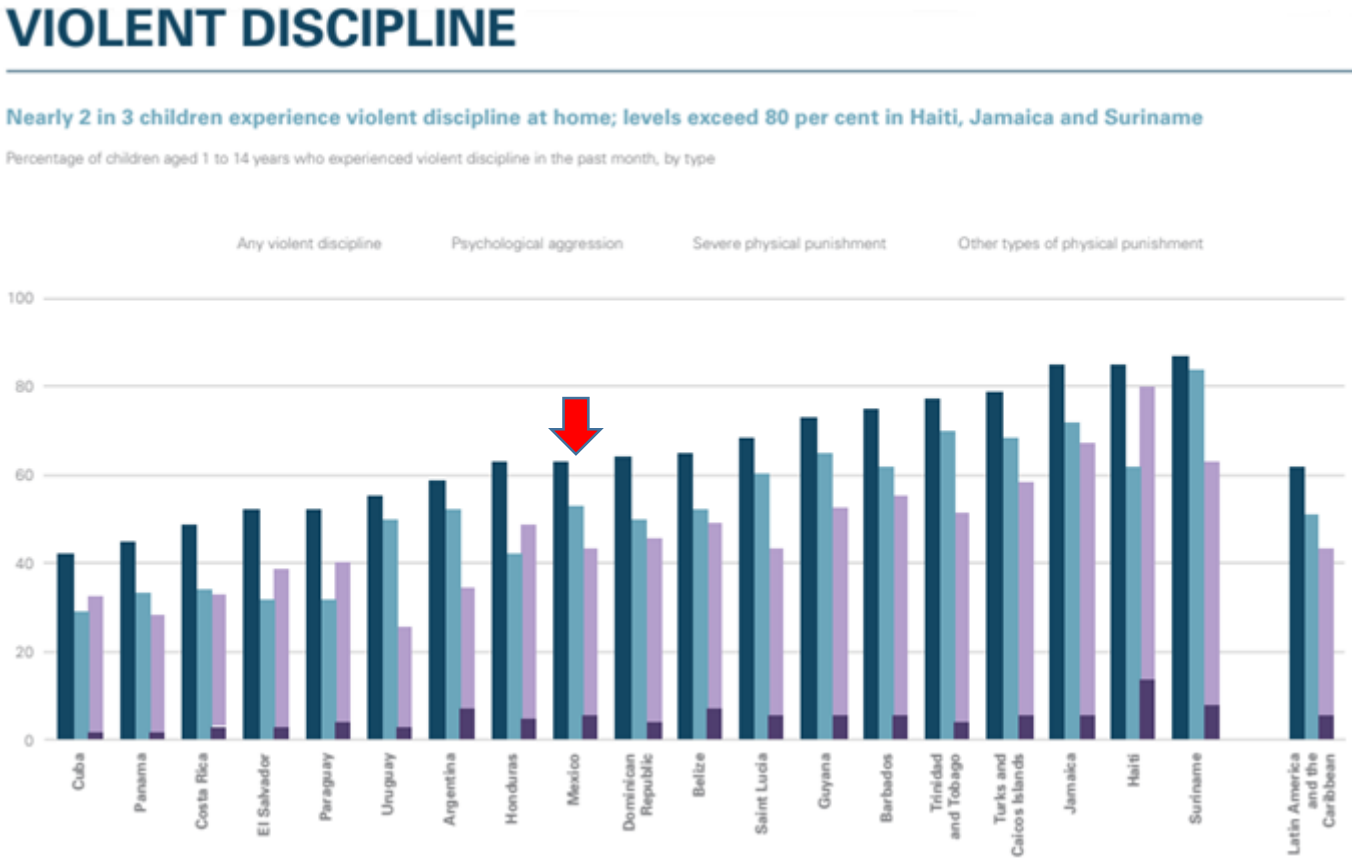
Comparable prevalence data on sexual violence in childhood remain limited, largely due to differences in the definitions used to classify acts as sexual violence. Among countries in the region, levels of sexual violence in childhood among young women vary widely – from just 1 per cent to 25 per cent.

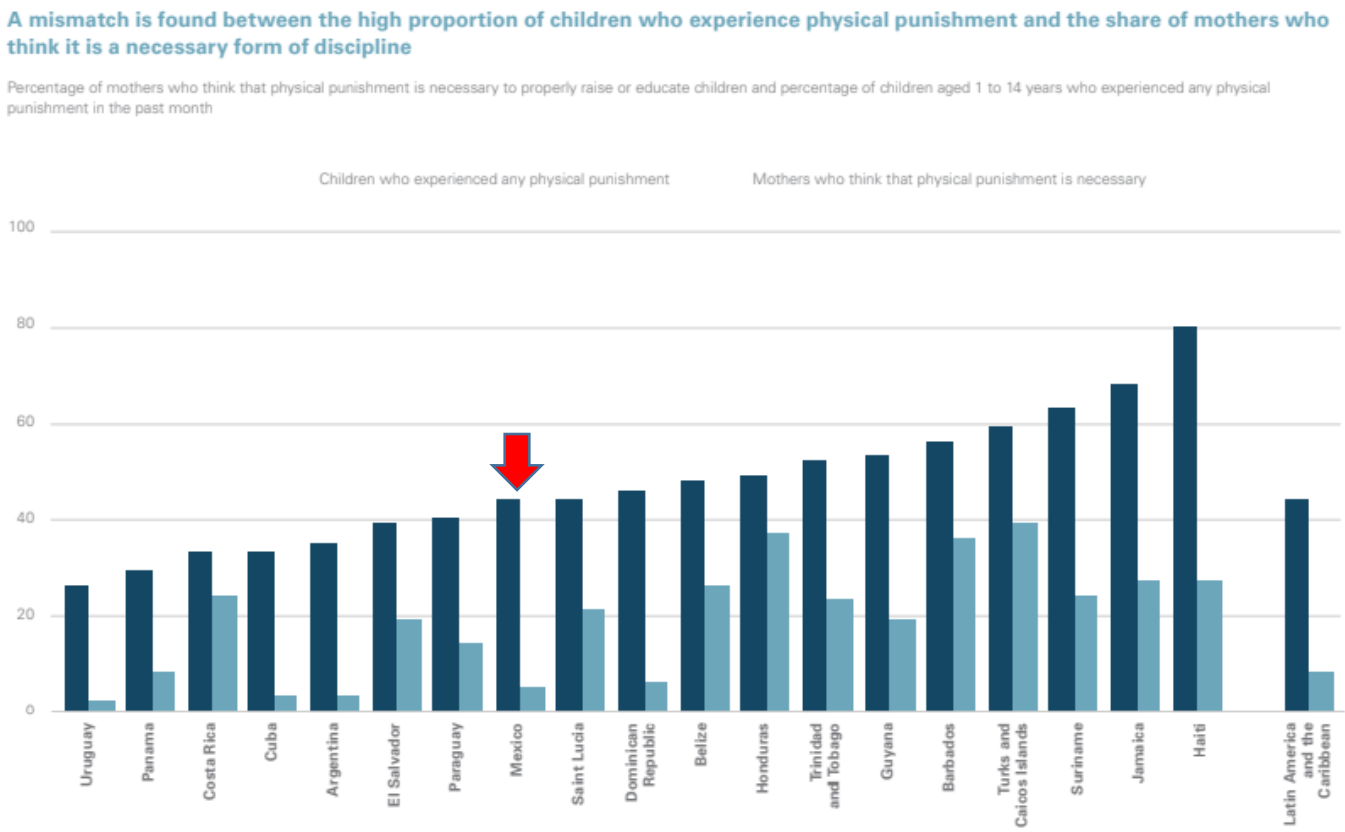
Around 1 in 10 deaths among children and adolescents in the region are the result of homicide, and it is the leading cause of death among adolescents aged 10 to 19.

The mortality rate from homicide among children and adolescents in the region is four times higher than the global average.

Boys are seven times more likely to die as a result of homicide than girls.

The five countries with the highest homicide rates among children and adolescents worldwide are all in Latin America and the Caribbean.





PROTECTING EVERY CHILD FROM VIOLENCE

Violence against children is preventable. UNICEF's regional theory of change to end such violence recognises the importance of engagement at all levels of society. It emphasises working with children and adolescents, families and other caregivers and enhancing coordinated services and community decision making. It also highlights the need for national and regional commitment to action complemented by strong legal and policy frameworks. Ending violence against children in Latin America and the Caribbean will demand changes in gender and social norms that perpetuate violence, both in the community and in the political arena. Countering beliefs that normalise sexism, racism and violence itself are fundamental to this goal.

UNICEF engages with government and civil society partners across the region to end violence against children. It works within the specialised child protection system to optimise the strengths of various agencies and structures and considers policies in light of the practicalities of implementation. Examples of initiatives in the region that address corporal punishment, sexual violence and armed violence include the following:

• **Corporal punishment:** Ending corporal punishment requires a change in mindsets, and one strategy is to encourage parents to use positive and alternative forms of discipline. In Argentina, UNICEF is providing psychosocial support to parents and children to reduce risk factors. In Belize, positive parenting messages are being communicated through WhatsApp/SMS. In Bolivia, a 'Safe Family' helpline is providing support, counselling and parenting advice. In Chile, UNICEF is working with the private sector to improve work-life balance and has developed fact sheets on child protection and the prevention of violence at home. In Cuba, a book was published on positive parenting, and in Jamaica, face to face training towards the same end has been carried out. Work on parenting is complemented by

support for the implementation of related laws, as in Colombia, and evidence-gathering on the practice, as in the Dominican Republic.

• **Sexual violence:** Sexual violence is one of the most hidden forms of violence. In Argentina, an Observatory is being created to assess the quality and effectiveness of related interventions and bring about more coordinated responses. In Ecuador, a campaign called 'Now that you see it, say no more' included prevention of sexual abuse among peers as a key message. Case management structures in many countries in the region are ensuring that children who have experienced sexual violence have access to necessary services. This is particularly true in areas with high levels of migration, such as Colombia, Ecuador and Panama.

• **Armed violence:** Armed violence is a complex multi-dimensional issue linked to high levels of inequality and exclusion and institutional and structural constraints. In Brazil, UNICEF is working with State Committees for the Prevention of Adolescent Homicide, which has resulted in state funding for violence prevention and victim assistance. Strategies and programmes have been developed in major Brazilian cities to address armed violence, incorporating participation by adolescents, community engagement, the strengthening of the social workforce, school-focused interventions and risk mitigation for gender-based violence. In Honduras, programmes to address gang activities are creating alternative social networks for children and youth through sports and community networks and activities.

Despite some progress, these efforts are simply not enough. UNICEF calls on governments in the region – all of which committed to end violence against children within the framework of the Sustainable Development Goals – to take urgent and lifesaving action.

FEELING HEALING WITH DIVINE LOVE

Feeling-Healing with God's Divine Love is a spiritual Healing practice that integrates deep emotional processing with the prayerful reception of Divine grace. True spiritual progression and Healing requires more than just intellectual understanding; it demands the courageous acknowledgment and emotionally experiencing denied and suppressed feelings — rooted in childhood wounds—while simultaneously praying for the inflow of God's Divine Love into the soul. In this process, the Divine Love is viewed not merely as a sentiment, but as a tangible, transformative substance that, when invited into the heart, strengthens the soul to face painful denied and suppressed childhood feelings, and know the truth of every emotional blockage. As the individual authentically feels and releases these buried hurts, the Divine Love occupies the newly cleared space, gradually transforming the human soul from a natural love state, into a Divine Love essence, leading to profound healing and at-one-ment with God, the Mother and Father of our Soul.

How Mexico is Combating Child Labour and Human Trafficking

https://www.mexicohistorico.com/paginas/How-Mexico-is-Combating-Child-Labor-and-Human-Trafficking.html

Mexico faces a profound challenge in combating child labour and human trafficking, two interlinked issues that affect the most vulnerable members of society. Despite significant progress over the years, these problems persist, robbing countless children of their right to safety, education, and a brighter future. Understanding the current state of these issues is crucial for developing effective strategies to protect children and empower communities across the nation.

The Mexican government, along with various non-governmental organisations and international partners, is actively working to address these pressing concerns. From implementing comprehensive legislative frameworks to launching community awareness initiatives, a multifaceted approach is essential for creating lasting change. This article delves into the current landscape of child labour and human trafficking in Mexico, highlighting key statistics, vulnerable populations, and the regions most affected, while showcasing the collaborative efforts being made to combat these injustices.

Current State of Child Labour and Human Trafficking in Mexico

The issue of child labour and human trafficking in Mexico remains a significant challenge, deeply rooted in socio-economic factors and exacerbated by systemic issues. As the nation continues to grapple with these problems, understanding the current state, prevalence, and demographics affected is essential for formulating effective solutions. This section explores the statistics and prevalence of these issues, outlines the vulnerable populations most at risk, and identifies key regions where these crimes are particularly pronounced.

Statistics and Prevalence

According to the International Labour Organisation (ILO), approximately 10.5 million children are engaged in child labour across Latin America, with Mexico accounting for a significant portion of this figure. The 2021 National Survey on Child Labour and Youth Employment (ENSTyE) reported that over 3 million children aged 5 to 17 were involved in some form of labour, with around 1.2 million engaged in hazardous work conditions. This alarming statistic underscores a pressing need for intervention and support.

Human trafficking, on the other hand, is a multifaceted issue in Mexico, often linked to organised crime, poverty, and corruption. The U.S. Department of State's Trafficking in Persons Report indicated that Mexico is both a source and destination country for trafficking victims. It is estimated that thousands of individuals, including children, are trafficked each year, primarily for sexual exploitation, forced labour, and in the context of drug trafficking. The National System for the Integral Family Development (DIF) in Mexico has documented cases where children are exploited in agricultural fields, street vending, and domestic work.

Data from UNICEF highlights that children, particularly those living in impoverished conditions, are at a heightened risk of human trafficking. The COVID-19 pandemic has further exacerbated these vulnerabilities, with economic downturns pushing families into desperation, thus increasing the likelihood of children being trafficked or forced into labour. The economic instability has been a catalyst for many parents to send their children to work, often in hazardous environments, instead of attending school, which perpetuates the cycle of poverty and exploitation.

Vulnerable Populations

In Mexico, several demographic groups are disproportionately affected by child labour and human trafficking. Indigenous children, migrant families, and those living in urban slums face the greatest risks. Indigenous children, who often lack access to education and adequate social services, are particularly vulnerable to exploitation. Many of these children are forced to work in agriculture, mining, and domestic services, often in conditions that violate their rights.

Migrant children, especially those traveling alone or with their families in search of better opportunities, are at a high risk of being trafficked. The journey across Mexico can be perilous, exposing them to criminal networks that exploit their vulnerability. Many migrants are subjected to extortion, violence, and forced labour, which often goes unreported due to fear of authorities.

Urban slums are also breeding grounds for child labour and trafficking. In cities like Mexico City, children living in poverty are often pushed into street vending, begging, or worse, trafficking. These children usually lack access to education and social services, making them easy targets for traffickers. The lack of awareness of their rights and the prevalence of corruption within law enforcement further complicates their situation, leaving them without protection.

Key Regions Affected

Child labour and human trafficking are prevalent in several key regions across Mexico. The states of Guerrero, Oaxaca, Chiapas, and Puebla have been identified as hotspots for these issues. In Guerrero, for instance, the combination of poverty, limited access to education, and the presence of drug cartels has resulted in a high incidence of child labour and trafficking.

Oaxaca and Chiapas, known for their indigenous populations, experience significant levels of child labour, particularly in agricultural sectors. Many children in these regions work in the fields, often under hazardous conditions, contributing to the family income while being deprived of their right to education. The lack of government oversight and support in these rural areas exacerbates the problem, as families struggle to survive economically.

In urban areas like Mexico City, the concentration of poverty and the influx of migrants create an environment conducive to trafficking. Children are often found working on the streets, selling goods or begging, with many falling prey to traffickers who exploit their desperation. The anonymity of urban life and the high population density make it difficult for authorities to monitor and address these issues effectively.

Moreover, the border regions, particularly those near the United States, are critical areas where trafficking occurs. Many children are trafficked across borders for various purposes, including sexual exploitation and forced labour. The presence of organised crime syndicates and the ease of movement across borders complicate efforts to combat trafficking.

Region	Key Issues
Guerrero	High child labour rates linked to poverty and violence from drug cartels.
Oaxaca	Prevalence of child labour in agriculture, particularly among indigenous populations.
Chiapas	High levels of poverty leading to increased child labour in rural areas.
Puebla	Vulnerable populations, particularly indigenous children, are at risk.
Mexico City	Urban poverty leads to child labour and trafficking in street activities.

In summary, the current state of child labour and human trafficking in Mexico is dire, with millions of children affected by these issues. Vulnerable populations, particularly indigenous and migrant children, are at the highest risk. Key regions across the country, especially those with high poverty levels and a lack of access to education, are the most affected. Addressing these challenges requires a multifaceted approach that includes government intervention, community support, and international cooperation to protect these vulnerable children and provide them with a brighter future.

Government Initiatives and Policies

In recent years, the Mexican government has taken significant steps to combat child labour and human trafficking, recognising the urgency of these issues as they pertain to the protection of the rights and welfare of children. The strategies implemented range from legislative measures to collaborative efforts with non-governmental organisations (NGOs) and international bodies. This section will delve into the various initiatives and policies that have been established to address these pressing concerns.

Legislative Framework

The foundation of Mexico's efforts to combat child labour and human trafficking is rooted in its legislative framework. The country has enacted several laws aimed at protecting children from exploitation. The key legislative acts include the General Law on the Rights of Children and Adolescents, which was enacted in 2014. This law establishes the right of children to protection against all forms of exploitation, including labour and trafficking. It emphasises the need for a comprehensive approach to safeguard children's rights and welfare.

Additionally, the Federal Labour Law sets forth regulations that prohibit the employment of minors in hazardous conditions and outlines the legal age for employment. Under this law, children under the age of 14 are prohibited from working, while those aged 14 to 17 are allowed to work only under specific conditions that ensure their safety and educational opportunities.

Another critical piece of legislation is the General Law for the Prevention, Punishment, and Eradication of Human Trafficking, which was established in 2012. This law aims to prevent human trafficking in all its forms, including the trafficking of children for labour and sexual exploitation. It criminalises trafficking activities and sets forth measures for the protection and assistance of victims.

To ensure the effective implementation of these laws, the Mexican government has established a series of regulatory bodies and committees tasked with monitoring compliance and enforcing legal standards. These bodies work in conjunction with local and state authorities to create a more robust enforcement mechanism that can address violations effectively.

National Action Plans

The Mexican government has also developed various National Action Plans (NAPs) aimed specifically at tackling child labour and human trafficking. One of the most significant plans is the National Action Program against Human Trafficking, which outlines strategic objectives and actions to combat trafficking at national and local levels. This program emphasises inter-agency collaboration, capacity building for law enforcement, and public awareness campaigns to educate citizens about the risks and realities of human trafficking.

The NAPs also focus on data collection and analysis, recognising the importance of evidence-based approaches in formulating policies and interventions. By gathering accurate data on the prevalence of child labour and trafficking, the government can tailor its response to address specific needs effectively. This data-driven approach is essential for measuring the impact of initiatives and adjusting strategies as necessary.

Moreover, these action plans prioritise the protection of vulnerable populations, including indigenous communities, migrants, and those living in poverty. By addressing the root causes of vulnerability, such as lack of access to education and economic opportunities, the government aims to reduce the factors that contribute to child labour and trafficking.

Collaboration with NGOs and International Organisations

Recognising that government efforts alone are insufficient to eradicate child labour and human trafficking, Mexico has sought to collaborate with various NGOs and international organisations. These partnerships play a vital role in providing resources, expertise, and community-level support to combat these issues more effectively.

One of the key partnerships is with the International Labour Organisation (ILO), which has been instrumental in providing technical assistance for developing policies and programs aimed at eliminating child labour. The ILO's initiatives in Mexico include training programs for government officials, awareness campaigns, and support for community-based projects that focus on education and vocational training for at-risk youth.

Additionally, organisations such as UNICEF and Save the Children have been active in Mexico, working on programs that promote children's rights and protection. These NGOs often implement grassroots initiatives that target vulnerable communities, providing education, resources, and support to families to prevent child labour and trafficking.

The collaboration with international organisations also extends to funding opportunities, allowing the Mexican government and local NGOs to implement comprehensive programs that address the multifaceted nature of child labour and trafficking. These programs often include prevention, protection, and rehabilitation components, ensuring a holistic approach to addressing the challenges faced by affected children.

COMMERCIAL IN CONFIDENCE

Furthermore, Mexican authorities have engaged in various international agreements and conventions, such as the United Nations Convention on the Rights of the Child, which underscores the commitment to safeguarding children's rights globally. This adherence to international standards not only enhances Mexico's credibility in the global arena but also facilitates cooperation with other countries to share best practices and resources.

Impact and Challenges

While the initiatives and policies enacted by the Mexican government have led to some progress in combating child labour and human trafficking, significant challenges remain. The persistence of poverty, lack of educational opportunities, and socio-economic inequalities continue to fuel these issues. In many regions, particularly rural and marginalised areas, families resort to child labour as a survival strategy, making it challenging for policies to take root effectively.

Additionally, corruption and inadequate enforcement of laws can hinder efforts to combat trafficking. Reports have highlighted instances where law enforcement officials have turned a blind eye to trafficking activities or have been complicit in them, undermining the legal framework established to protect children.

Another challenge is the need for greater public awareness and community engagement. Despite government initiatives, many communities remain unaware of the legal protections available to children or the risks associated with child labour and trafficking. Increasing awareness through education and outreach programs is crucial for mobilising communities to take action against these issues.

Moreover, the COVID-19 pandemic has exacerbated vulnerabilities, with increased economic hardship pushing more families into poverty and forcing children into exploitative labour situations. The pandemic has highlighted the need for adaptive strategies that can respond to emerging challenges while maintaining focus on long-term goals of eradicating child labour and trafficking.

In conclusion, Mexico's government initiatives and policies play a critical role in addressing the complex issues of child labour and human trafficking. Through a comprehensive legislative framework, national action plans, and collaboration with NGOs and international organisations, the country is making strides toward safeguarding the rights and welfare of children. However, continued commitment, enforcement, and community engagement are essential to overcome the challenges that persist and to create a safer environment for all children in Mexico.

Community and Grassroots Efforts

Community and grassroots efforts play a fundamental role in combating child labour and human trafficking in Mexico. These initiatives often arise from local needs and are driven by the communities themselves, which allows for a more tailored approach to addressing the unique challenges they face. Various organisations, both non-governmental and community-based, have taken significant steps to create awareness, provide education, and offer rehabilitation services to affected individuals. This section delves into the different aspects of community and grassroots efforts in Mexico, highlighting education and awareness programs, rehabilitation and reintegration services, and notable success stories.

Education and Awareness Programs

Education is a powerful tool in the fight against child labour and human trafficking. Many grassroots organisations in Mexico focus on raising awareness about the dangers of child exploitation and the

importance of education for children. Through workshops, seminars, and community events, these organisations aim to inform parents, children, and community leaders about the risks associated with child labour and trafficking.

One such initiative is the "Stop Child Labour" campaign, which has been implemented in various states across Mexico. This program engages local communities in discussions about the implications of child labour and the benefits of keeping children in school. The campaign emphasises the legal frameworks that protect children and the rights they have to a safe and secure childhood. This grassroots effort not only informs but empowers communities to take action against exploitation.

Another effective program is the "Educate to Prevent" initiative, which partners with schools to create an environment where children feel safe and supported. This program includes training teachers to identify signs of trafficking and abuse, enabling them to respond appropriately and refer victims to the necessary support services. The initiative also incorporates life skills training into the curriculum, helping children develop resilience and self-awareness, reducing their vulnerability to trafficking.

In addition, community theatre projects have been employed to raise awareness about child labour and trafficking. These performances, often involving local youth, dramatise the realities of exploitation, engaging audiences emotionally and prompting discussions among families and community members. Such creative approaches have proven effective in challenging social norms and changing perceptions surrounding child labour.

Rehabilitation and Reintegration Services

Rehabilitation and reintegration services are crucial for children who have been rescued from labour exploitation or trafficking. These services aim to provide a supportive environment where victims can heal and reintegrate into society. Various NGOs and community organisations have developed comprehensive programs to address the psychological, educational, and social needs of these children.

Organisations like "Casa Alianza" offer shelter, therapy, and educational programs for children who have been victims of trafficking. They provide a safe space where children can receive psychological support and engage in therapeutic activities that promote healing. Casa Alianza also focuses on reintegrating these children into their families or communities, ensuring they receive the necessary support to prevent re-trafficking.

Additionally, the "Reinsertion and Rehabilitation Program" in Mexico City provides vocational training and education for children rescued from exploitative labour situations. This program aims to equip them with skills that will enable them to secure stable employment and contribute positively to their communities. The focus on vocational training not only empowers the children but also addresses the root causes of child labour by providing viable alternatives for income generation.

Furthermore, community-based support groups have emerged, offering a network of care for survivors. These groups help children build friendships and connections with peers who have undergone similar experiences, fostering a sense of belonging and community. They also provide mentorship programs where older survivors guide younger ones, sharing their experiences and encouraging them to pursue their education and life goals.

Success Stories and Case Studies

Amidst the challenges of combating child labour and human trafficking, numerous success stories highlight the effectiveness of community and grassroots efforts. These stories not only inspire hope but also serve as models for replication in other regions.

One notable success story involves a small community in Oaxaca, where a grassroots organisation implemented an after-school program for at-risk children. Through this initiative, children were provided with tutoring, recreational activities, and life skills workshops. Over the course of three years, the program successfully reduced child labour rates in the community by over half, as families began to recognise the value of education and the dangers of child exploitation.

Another inspiring case is that of a young girl named María, who was rescued from a trafficking situation in Guadalajara. After receiving support from a local NGO, she was able to access education and vocational training. Now, María has become an advocate against child trafficking, sharing her story with others and working within her community to raise awareness. Her journey exemplifies the transformative power of rehabilitation and community support.

In a rural area of Chiapas, a community-led initiative focused on empowering women has had a significant impact on reducing the vulnerability of children to trafficking. By providing women with income-generating skills and education, the initiative has helped families become economically stable, decreasing the reliance on child labour for additional income. This success underscores the interconnectedness of gender equality, economic stability, and the fight against child exploitation.

Moreover, the collaboration between local organisations and the government has led to the establishment of child protection networks in various regions. These networks facilitate communication and cooperation among different stakeholders, including law enforcement, social services, and community groups. They work together to identify at-risk children and ensure they receive the necessary support and protection. The success of these networks illustrates the importance of a coordinated approach in tackling child labour and trafficking effectively.

Key Takeaways:

- Community engagement is critical in raising awareness and preventing child labour.
- Education and vocational training are essential for the rehabilitation of trafficking survivors.
- Success stories demonstrate the effectiveness of grassroots efforts and community-led initiatives.
- Collaboration among local organisations, government, and communities enhances the fight against child exploitation.

In conclusion, the role of community and grassroots efforts in combating child labour and human trafficking in Mexico cannot be overstated. These initiatives not only address immediate needs but also work towards long-term solutions by empowering communities and fostering resilience among vulnerable populations. As Mexico continues to confront these complex issues, the importance of community-driven solutions will remain a cornerstone of effective strategies to protect children and ensure their rights are upheld.

COMMERCIAL IN CONFIDENCE

“All the people in the world should be able to read and write because education is a human right”

https://worldliteracyfoundation.org/people-should-be-able-to-read-and-write/

22 May 2022

Hello! My name is Soledad and I’m from Argentina. I’m 28 years old and I’m a teacher. I love learning about education and networking with the people who work in this field.

Education in Brazil is very important, and my country provides free and public education. Brazil is considered a country with a low percentage of illiteracy, that is not so, but we are working towards a future with 0% illiterate people.

Joining WLF’s Youth Ambassador Program

I learned about the foundation and the Ambassador Program through a friend from Peru. She was an ambassador in the year 2020, and told me about her experience and how amazing it was. The following year I applied to become an ambassador too, because I wanted to learn more about illiteracy in the world and also connect with other ambassadors.

I was speaking on the radio in my city about the program ambassador

I believe that literacy and education are very important for all societies because this is the first step to change the world to have equal societies, and to end poverty. **All the people in the world should be able to read and write because education is a human right.**

I enjoyed the program a lot. I liked that every month the coordinators sent us information in modules. The modules were very complete with information about illiteracy around the world, and also about projects different. I really liked meeting other ambassadors in the Facebook group.

Advocating for literacy

I am applying the skills that I have learned in the youth ambassador program. At the moment, I work with a NGOs doing an educational program for teenagers in Argentina. The ambassador program was a great inspiration for my life.

I would like to tell those young people who want to apply that it is a great experience and also this is a big opportunity to meet people with the same goals, and to be part of an international community of ambassadors. You can create your project about education!

I want to thank The World Literacy Foundation for this opportunity and for my amazing experience as the program ambassador 2021.

How many teachers are needed?

The teaching shortage in Latin America and the Caribbean: UNESCO launches a global report and a strategy to strengthen the profession

https://www.unesco.org/en/articles/teaching-shortage-latin-america-and-caribbean-unesco-launches-global-report-and-strategy-strengthen

Without teachers, there is no quality education. Without education, there is no sustainable development. With this call to action, on 4 April, UNESCO, the International Task Force on Teachers for Education 2030 (Teacher Task Force), the Ministry of Education of Chile, and the SM Foundation launched the first Global Report on Teachers in Latin America and the Caribbean.

The world faces a deficit of 44 million teachers to achieve universal education by 2030. In Latin America and the Caribbean, the situation is alarming: **3.2 million teachers are needed**, most of them to replace those who leave the profession due to excessive workload, low salaries, and lack of recognition.

Proven Strategies to Tackle Teacher Shortage

https://www.teachfloor.com/blog/teacher-shortage-solutions

Gain knowledge on actionable strategies to solve teacher shortage:

- Understand why improving teacher salaries is a crucial aspect
- Discover the significant part continuous professional development plays

Strategy 1: Improving Teacher Salaries

Attracting talent into the teaching profession often hinges on the element of competitive salaries. Although many pursue teaching out of passion, fair compensation cannot be overlooked.

The financial stability provided by a competitive salary not only attracts more individuals to the teaching profession but also helps retain existing teachers who might be contemplating a career switch due to financial constraints.

Research and evidence highlight the **importance of competitive salaries** in addressing teacher shortages. Teachers in the U.S. typically earn about 80% of what other college-educated professionals make, a disparity that contributes significantly to the profession's shortages.

Addressing this through policy changes, such as those implemented in New Mexico with an average salary increase of 20% for teachers, has shown positive effects on recruitment and retention.

Similarly, studies from the Centre for Education Policy Analysis at Stanford have shown that bonuses and overall salary increases can significantly reduce teacher turnover, with targeted incentives leading to substantial decreases in attrition rates.

These findings emphasise that strategic financial incentives are vital in making teaching a more attractive and sustainable profession.

Strategy 2: Enhancing Teacher Training and Professional Development

Professional development is often unappreciated yet plays a significant role in contemporary teaching. **Continuous learning and upskilling** not only improve the efficacy of teachers but also boost their morale and job satisfaction, leading to lower attrition rates.

Continuous Professional Development (CPD) serves as a crucial mechanism for teachers to refine their skills, deepen their subject matter expertise, and adapt to innovative pedagogical approaches.

This continuous growth not only enhances teachers' proficiency but also significantly impacts their willingness to stay in the profession and their effectiveness as educators.

Research highlights that CPD is linked to improved teaching practices, higher teacher motivation, job satisfaction, and commitment to the profession, which in turn can lead to decreased teacher turnover rates

Programs focusing on teacher training and professional development have proven successful time and again. Calling back to Singapore's National Institute of Education (NIE), a robust institution dedicated to continuous professional development for teachers.

They attribute the high teaching standards in their classrooms to their commitment to ongoing teacher education. It's a testament to the power of uplifting teacher training and development programs.

This in-depth understanding of these actionable strategies lends further weight to the urgent need for their implementation in regions grappling with a teacher shortage. Now, we stand better equipped to tackle the challenge effective solutions demand.

Innovative Solutions for Teacher Shortage

- Allowing Remote Working for Teachers (Thanks to Technology)
- Encouraging teacher diversity as a solution for teacher scarcity issues.

Strategy 3: Allowing Remote Working for Teachers (Thanks to Technology)

Remote working allows schools to recruit teachers from a broader geographic area, including those from regions with a surplus of educators or from areas with specialised skills that are in short supply locally. This means schools in rural or underserved areas can have the same access to quality education as those in more affluent regions.

For many educators, the lack of work-life balance contributes to job dissatisfaction and burnout, leading them to leave the profession. Remote work can offer teachers more control over their schedules, reducing stress and increasing job satisfaction. This flexibility can be particularly appealing to teachers with caregiving responsibilities or those who prefer a digital nomad lifestyle.

The use of video conferencing tools, **online collaborative platforms**, and digital resources can make remote teaching just as engaging as in-person instruction.

Teachers can employ a mix of **synchronous (live) and asynchronous (pre-recorded)** teaching methods, interactive assignments, and virtual office hours to maintain high levels of student engagement and performance.

Allowing **remote working for teachers** presents a promising solution to the teacher shortage crisis, offering benefits that include expanded recruitment opportunities, improved teacher satisfaction, and enhanced flexibility. However, its success depends on careful implementation, ongoing support, and equitable access to technology.

As education continues to evolve, remote work could play a crucial role in shaping the future of teaching, making the profession more sustainable and appealing to current and prospective educators.

Strategy 4: Encouraging Teacher Diversity

A diverse teaching workforce plays a substantial role in offsetting the dis-balance induced by teacher shortage. It involves hiring teachers with diverse backgrounds, academics and experiences.

A diverse faculty brings on board a rich mix of cognitive skills, creativity, and multiple perspectives – all instrumental in shaping students holistically. It also breaks down any implicit biases, fostering equal opportunities for students from different races and ethnicities.

Several initiatives target making the teaching profession more inclusive and representational, promoting diversity in the teaching workforce. These strategies are not just about patching the teacher shortage; they are about creating a stronger, more inclusive education system.

Addressing Teacher Shortage: The Role of Policy and Administration

- Investigate the influence of governmental and administrative steps in resolving teacher shortages.
- Uncover real-world instances of beneficial policies reducing teacher shortages.

Strategy 5: Implementing Favourable Policies for Teachers

The power of policy shouldn't be underestimated when resolving teacher shortages. Government and school administration hold the key to create environments that encourage more individuals to enter and stay in the field of teaching.

When policy-makers prioritise education and acknowledge the importance of quality teachers in shaping future generations, they enable the development of favourable conditions for teachers.

This can take various forms like better pay, smaller class sizes, ample professional development opportunities, and a supportive work environment. An effective policy approach can create a

domino effect that not only attracts more individuals to the profession, but also ensures their retention.

Profitable examples of such policies are found worldwide. In Canada, large-scale investments in education led to smaller class sizes, fewer out-of-field teachers, and fewer multi-grade classes.

Finland, renowned for its education system, has policies in place that make the teaching profession highly attractive. From **competitive salaries** to continuous professional development opportunities, these policies have ensured a steady supply of qualified teachers.

Even in the United States, where teacher shortages are a burning issue, certain policies have proved beneficial. For instance, the 4% salary increase for teachers in Texas during 2019 led to a significant reduction in teacher turnover in the state.

Similarly, the Student Loan Forgiveness Program, which eliminates student debt for teachers serving in low-income schools or high-need fields, has attracted more young professionals to consider teaching as a viable career.

These examples signify the ripple effect policy changes can engender in redirecting the narrative of teacher shortages. Committed administrations, backed by research-based policies, have the efficacy to nurture a robust education workforce.

Consider:

Kindly go to www.pascashealth.com, the Library Download, then Pascas Care Letters, click on to open:

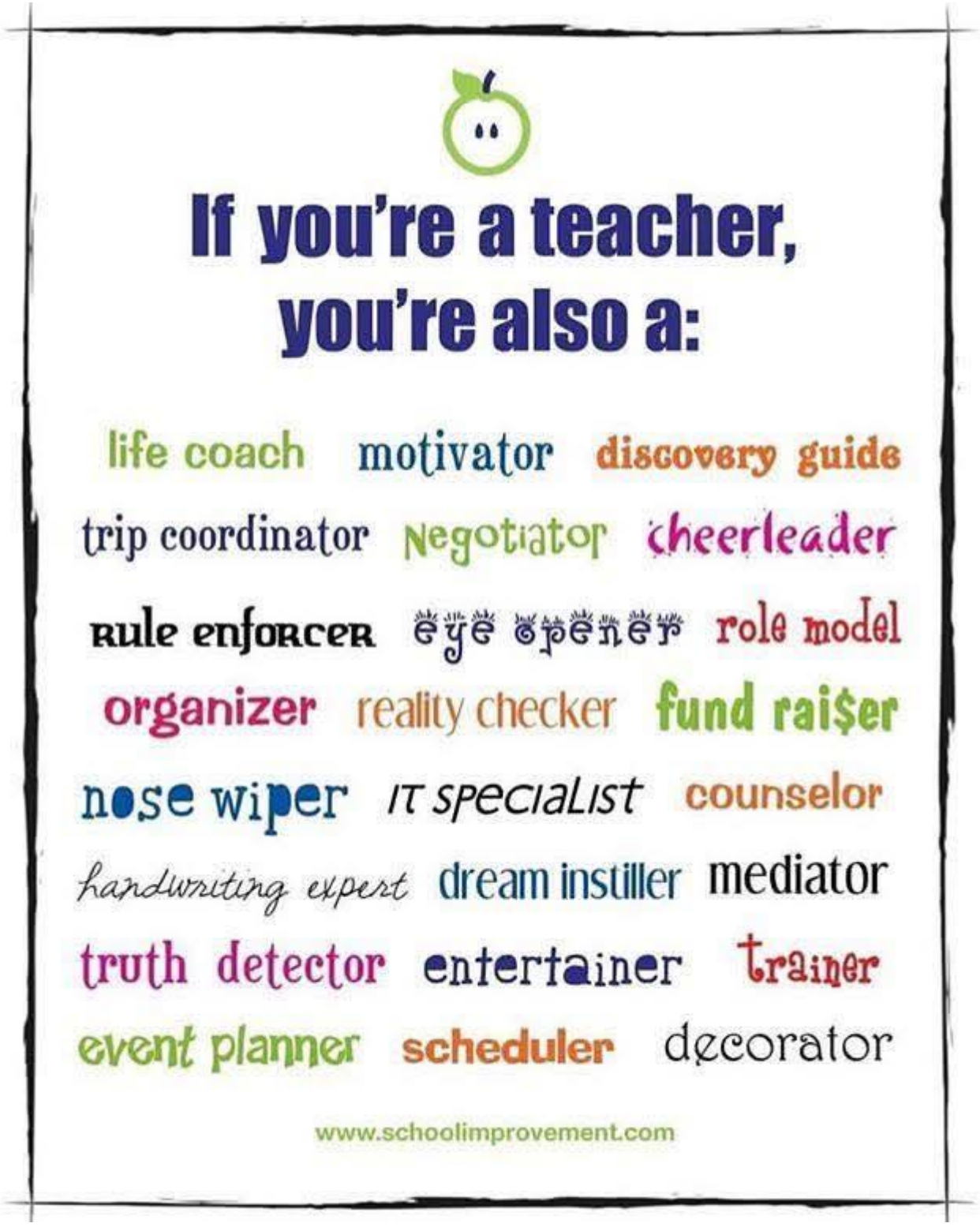
Pascas Care Letters Poverty is due to Untruth.pdf

Pascas Care Letters Worldwide Survey.pdf

Then to Medical Education for:

Pascas Park Journey for Humanity Museum.pdf

Truth if fundamentally missing throughout every institutionalised system worldwide.


If you're a teacher,
you're also a:
life coach
motivator
discovery guide
trip coordinator
Negotiator
cheerleader
Rule enforcer
eye opener
role model
organizer
reality checker
fund rai$er
nose wiper
IT specialist
counselor
handwriting expert
dream instiller
mediator
truth detector
entertainer
trainer
event planner
scheduler
decorator
www.schoolimprovement.com

Empowering Nurses to Strengthen the Mexican Health System

https://dai-global-developments.com/articles/empowering-nurses-to-strengthen-the-mexican-health-system/

Mexico is facing numerous challenges related to the COVID-19 pandemic and, simultaneously, a historically high burden of non-communicable diseases (NCDs), including some of the highest prevalence rates of hypertension, obesity, and **diabetes**. People with **underlying chronic health conditions** have a higher risk of severe COVID-19 symptoms or dying of COVID-19. The pandemic has put the issue of health inequities and access to high-quality care into sharp relief, as NCDs tend to be more prevalent in less advantaged socioeconomic groups.

In this context of uncontrolled risk factors and scarce doctors, having a well-trained and appropriately sized nursing workforce is crucial. So the UKaid-funded **Better Health Programme Mexico (BHPMx)** designed a comprehensive strategy to foster an advanced nursing practice in Mexico.

The strategy has four pillars:

- Diagnosis and planning
- Knowledge exchange
- Education and training
- Advocacy and communication

Nursing and midwifery cadres are essential to achieving high-quality universal healthcare. Because nurses and midwives are predominantly women, our team is striving to make nursing an accredited career option for secure employment. A cross-cutting emphasis on gender equality and social inclusion has been considered within these four policy pathways.

The Mexican health sector has wanted to expand the **advanced practice nurse** (APN) role for some years, yet there are currently very few qualified APNs at work in Mexico. APNs enable task shifting, reduce the pressure on doctors, and cut costs for the health system; more emphasis on APNs also means more career options for nurses. COVID-19 brought the need for the APN role into sharp focus: with so many people hospitalised, there is a clear need for more nurses with advanced treatment skills.

Increasing the numbers of highly trained nurses leads to better health outcomes.

Diagnosis and Planning

In 2020, BHPMx began working with the National School of Nursing and Obstetrics (ENEO) to research the barriers to expanding the APN role in Mexico. ENEO teamed up with researchers and students at the prestigious Universidad Nacional Autónoma de México (UNAM), and the resulting research was used in a comparative analysis of the APN role in the United Kingdom and Mexico. This analysis also mapped

the constraints and opportunities facing Mexico, generating data to enable the design of a national policy on the APN role.

BHPMx brokered the support from the U.K. National Health Service Joint Unit, Health Education England, and the General Medical Council to identify U.K. experts who could share their experience and provide feedback on the research design and policy recommendations—an example of **knowledge exchange** in action.

"We are very proud to be involved in an international project within the Better Health Program," said Rosa Zárate, Director of the National School of Nursing and Obstetrics, ENEO. "It is an excellent learning opportunity between Mexico and the United Kingdom to contribute to the expansion of the role of nursing in our country and to start training a new generation of researchers."

BHPMx has also participated in the Mexican Secretariat of Health Strategic Group, the technical group that is helping draft the National Plan for the advanced nursing practice rollout in every Mexican state.

Education and Training

Among the project's other achievements to date:

- BHPMx and our partners UNAM, **TecSalud**, and **Primary Care International** have developed e-learning modules on leadership, teamwork, and digital skills, which will be available later this year for all health professionals in Mexico.
- A self-directed diploma in nursing care in diabetes, based on a primary healthcare approach, will be delivered to thousands of practising professional nurses thanks to synergies encouraged by BHPMx.
- Nursing and medicine undergraduate and graduate programmes are being reviewed to enhance inter-professional training and promote a more equitable health workforce framework.
- A healthcare model based on advanced nursing practices will be piloted in the poorer southern state of Chiapas this year. This will generate the practical evidence needed in a low-resource setting to scale the model to a national level eventually.

Emphasising partnership every step of the way, BHPMx has linked high-level representatives of the government, academia, nongovernmental groups, regulatory bodies, and international organisations. Our **communication and advocacy campaign** will supplement efforts to increase awareness of the importance of the advanced nursing practice within the health system.

The empowerment of nurses within the Mexican health care system is an excellent example of how BHPMx is simultaneously helping to improve access to high-quality care and promote gender equity while building a sustainable UK-Mexico collaboration agenda for better health.

Eduardo Gonzalez-Pier *is the Team Leader for BHPMx and* ***Alejandro Sanders*** *is the Human Resources for Health Lead.*

COMMERCIAL IN CONFIDENCE

A Complete Guide to the Nursing Industry in Latin America

https://eturbonews.com/a-complete-guide-to-the-nursing-industry-in-latin-america/

21 October 2019

Latin America has seen tremendous societal growth and development in the past 50 years, bringing entire industries and markets to the 20 economies and 12 dependencies which make up this diverse region. Nursing is one particular sector that has played in an important role in the advancement of medical care in this part of the world. Midwives are nurses who provide obstetric care to pregnant and nursing women. Thus, the fields of clinical nursing and midwifery are closely related and many professionals opt to become a certified nurse-midwife (CNM) to have the option of performing both duties. Unfortunately, conducting research into Latin America's nursing industry can lead you down a rabbit hole of official reports and studies with no clear direction or conclusion. In this simplified guide, we'll go over some of the most insightful stats and facts that describe the current state of the nursing and midwifery industries in Latin America:

Online Schools are Becoming More Popular for New Nurses and Midwives

As is evident by looking at any satellite map zoomed out, there are many vast rural areas in Latin America. Most of these towns and villages do not have any local universities or nursing degree programs. Of course, with about 30,000 new babies born in Latin America every day, the constant need for midwife training and education is also a factor. Most students who do not live near a university have no option but to attend an online midwifery school or nursing program to obtain the credentials needed to begin their careers.

There are More Than 1,200 Nursing Schools in Latin America

According to a report published by the World Health Organization (WHO), more than 1,280 schools of nursing have been identified throughout Latin America and the Caribbean. That might seem like a lot, but when you consider the fact the region has a total population of more than 630 million people as a whole, that means there's about one nursing school program per half a million people. These schools are also mostly concentrated in urban and metropolitan areas, and as a result much of the region does not have convenient access to local schooling.

Most of the Region is Facing a Nursing Shortage

While there are some countries in Latin America that actually have more nurses than needed, most are dealing with the opposite – a widespread shortage that is expected to last another 5-10 years. The aforementioned lack of accredited nursing schools in many places makes it unlikely for students in those areas to ever consider the possibility of becoming a nurse. Even in countries where education has been made available to citizens for free, there are still expenses and barriers to becoming a nurse or midwife.

Retiring Baby Boomers are Part of the Problem

When it comes to pinpointing a primary cause for the ongoing nursing shortage, the increased retiring of the baby boomer generation may be just as influential than the industry-wide gender disparity. This age group, which ranges from 55-75 years old, represents a growing portion of the nursing and midwife workforces in Latin America. As these individuals retire, a new wave of graduates is needed to replace them. The problem is, the training rates are not living up to the human resource needs in many areas. Also, even if you had an equal number of new graduates ready to fill the shoes of the retiring baby boomers, it can be difficult for them to get hired with no experience.

Nurse Migration is Another Issue

Many accredited nurses and midwives who live and work in Latin America have dreams of migrating to other more developed nations where they can earn higher salaries and benefit from stronger economies.

COMMERCIAL IN CONFIDENCE

This is an understandable aspiration to have as an individual, but on a larger scale it's bad for Latin American nursing because every year thousands of nurses choose to migrate, leaving even more gaps in already concerning shortages faced by countries like Chile and Bolivia. Sadly, there's really no way for these countries to provide an incentive for their most skilled and experienced workers to stay, so this will continue to be a factor.

Gender Disparity Follows a Global Trend

The nursing sector is largely occupied by women worldwide and this trend is also seen in Latin America, where an overwhelming majority of nurses are women. Despite the fact that Latin America is a melting pot of cultural tolerance, the world still hasn't been able to shake the societal stereotype that says men should be doctors and women should be nurses. Dispelling and moving beyond this archaic view would help to curb the severity of the global nursing shortage.

Key Nursing Stats for Peru

Fittingly, we'll begin our exploration into the relevant stats for each Latin American country with an overview of Peru's nursing industry. Many countries are facing nursing shortages, but Peru may actually be able to fill the gaps in this sector by as early as 2020. By then, an estimated 66% of midwives and 74% of nurses will be employed. There are about 23 medical staff per 10,000 population, making Peru one of the most well-staffed Latin American countries in the healthcare sector. However, the vast majority of Peruvian nurses and midwife graduates may have difficulty getting hired during the first two years of their career.

Key Nursing Stats for Colombia

In Colombia, there are only about 6 nurses per 10,000 people. Despite that figure, the country's average life expectancy is about 79. With an overall population of about 50 million, we can see that there are currently about 30,000 nurses employed in Colombia. The average salary for a nurse in Colombia is about 29,000,000 COP (USD5,800), which works out to about 14,000 COP (USD2.80) per hour. To put that into perspective, that's about $3 USD per hour. Of course, with wages like those, it makes sense that Colombian nurses would have dreams of moving to a country where the hourly wage is 5x that amount.

Key Nursing Stats for Brazil

Brazil has about 4 nurses per 10,000 inhabitants – a very low number for this metric and one that indicates a clear shortage. With a total population of about 209 million, that means there are roughly 80,000 nurses working in Brazil right now. However, being that the country has a huge land mass with plenty of rural areas, there are many rural areas in Brazil where it's difficult or impossible to gain access to professional medical care or midwifery. Even in major cities like Rio de Janeiro there have been incidents where the country's health ministry needed to hire medical staff on an emergency basis due to funding crises that left hospitals and clinics short-staffed.

Key Nursing Stats for Argentina

With about 4 nurses per 1,000 people, Argentina has been included on the list of the top 30 countries with the worst nursing shortages. In a country of more than 44 million people, there are only about 18,000 nurses. It is interesting to note that this country is known to have a surplus supply of physicians, so there's a somewhat odd and unique shortage there in that the hospitals have more than enough doctors but not enough nurses. Interestingly, Argentina's nursing shortage is about twice as bad as it was two decades ago, and many analysts suspect that the worsening is due primarily to immigration to other countries where skills earn higher salaries.

Bolivia, Chile, Ecuador, Guatemala, Mexico and Caribbean are also noted in similar fashion.

COMMERCIAL IN CONFIDENCE

Nursing Stats for Mexico

It wouldn't make sense to cover Latin America's nursing industry without discussing the current situation in Mexico. The country's government recently reported that another 255,000 nurses are needed in order to meet the World Health Organization's guidelines of having 6 nurses per 100,000 inhabitants. At the moment, Mexico only has about 4 nurses per 100,000, with a total of about a half a million nurses who service a population of more than 129 million. The areas with the worst nursing shortages in Mexico include Veracruz, Michoacan, Queratero, and Puebla.

Nursing Stats for the Caribbean

Finally, since the Caribbean and Latin America are typically bunched together into the same overall region, it's only right to discuss this area's stats as well. There are about 1.25 nurses per 1,000 inhabitants in the English-speaking Caribbean. That translates to about 8,000 nurses working in this region. As of 2006, the unmet demand for nurses in the Caribbean was 3,300. By 2025, that number is expected to reach 10,000. Every 5 years, roughly 2,000 nurses leave the Caribbean to migrate to higher-paying countries. This statistic highlights the common problem that many Latin American countries are having – the inability to keep their most valuable medical staff from migrating.

Why Students are Choosing Online Programs Over Offline Schools

By reading the above statistics and insights, you start to see a very clear picture of a region where pursuing a career as a nurse doesn't always seem like the most beneficial career option. Many students are opting for the online route because it gives them the ability to become accredited by a foreign university. Credentials offered by schools that are based in developed countries are generally preferred.

A degree from a US-based or European university may look better on a future job application than a nursing degree earned from a small or obscure university located in Central or South America. That factor alone often motivates ambitious students to pursue an education abroad or through an online distance learning institution. In closing, online degree programs seemingly offer more prestige than offline Latin American schools, which translates to more migration and career advancement opportunities.

Mexico

Nurses Per 10,000: 30

Mexico is faced with serious understaffing of nurses, especially in its regional states. Nurses being lured to leave the country to work is due to poor work conditions and treatment.

The world needs 6 million new nurses by 2030

22 Jul, 2020

How many nurses are needed?

https://www.toprntobsn.com/countries-most-in-need-of-nurses/

Countries in Need of Nurses

The 30 countries most in need of nurses lack the resources to employ the number of nurses they need but also to educate them. One of the greatest dangers facing worldwide public health is the global nursing shortage that faces not only the Third World but many major world powers as well. Nurses are the first line of defence against widespread epidemics, and as the people who treat patients directly and daily, they are the most key components of any health care system. Throughout the world, the **World Health Organization is monitoring nations** where there are not enough nurses, and sponsoring programs to recruit and educate nurses who can work to improve quality of life through basic healthcare.

Solving the Global Nursing Shortage

Professional nurses are taught to pay attention to details, but at the same time not lose sight of the big picture. Nursing shortages are often only part of social and cultural struggle worldwide, related to poverty, political instability, repressive regimes, religious intolerance, and racism. As technology, science, social media, and world travel transform our world into an ever-smaller global village, conscious awareness of the day-to-day reality in unstable nations is crucial for global understanding at both a human and professional level.

In the US, they tend to think of nursing education as an opportunity for personal betterment, professionally and financially, but nursing education has a much wider impact. The choice of specialisation, for instance, is not just a matter of personal preference; it can be part of meeting a worldwide need. Some of the most crucial areas of specialty needed in the rest of the world are:

- Paediatric Nurses
- **Nurse Midwives**
- Rural Health Nurses
- Public Health Nurses

Even if one is not planning to dedicate their life to preserving health in some distant nation, there is much that can be done as a working nurse or nursing student. Every BSN program requires clinicals and nursing internships, and many programs include the opportunity to study abroad to meet those requirements. BSN is a **bachelor's degree of science in nursing** and is a four-year program for students who seek to become a registered nurse, or those who already are a registered nurse and have an associate degree in nursing. There are also numerous nursing scholarships that include global service.

Ranking Methodology

Countries are ordered from the highest shortage to the least. Finding statistics for a common year is a challenge, as is the reporting for nurses independently of other health workers, so sources for statistics may vary in their numbers. Because less developed countries have less recent data available, in order for commonality in reporting time to be relevant, the most recent WHO data is used regardless of year. Although those statistics in numbers may not reflect current reality, the trends are still valid. Countries reporting more than 23 health workers (doctors, midwives, and nurses) per 10,000 population are not listed. **World Health Organization** (WHO) considers that ratio is the minimal number required to provide 80% coverage of basic health needs. The absence of any country on the list does not imply that

they have obtained minimal coverage. As a point of comparison, even with nearly 100 nurses per 10,000 population, the United States continues to report a nursing shortage.

Statistics for Nurse/Population ratio come from the WHO Global Health Observatory Data Repository.

Mexico

Nurses per 1,000: 3.0

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.

How Many Doctors Are There in Mexico? Examining Physician Density and Distribution

https://advancestudy.org/how-many-doctors-are-there-in-mexico/

Mexico has approximately **2.5 doctors per 1,000 people**, which translates to an estimated ***315,000+ practicing physicians*** in the country, a number that is constantly evolving and influenced by various factors.

Understanding Mexico's Healthcare Landscape

Mexico's healthcare system is a complex tapestry woven from public and private institutions. This dual structure significantly impacts the distribution and availability of physicians across the nation. The public system, primarily managed by the *Instituto Mexicano del Seguro Social (IMSS)* and the *Instituto de Seguridad y Servicios Sociales de los Trabajadores del Estado (ISSSTE)*, provides healthcare to a large portion of the population, particularly those formally employed. The private sector caters to those who can afford private insurance or direct payments for medical services. **How Many Doctors Are There in Mexico?** is intrinsically linked to understanding the roles and resources of these diverse entities.

Regional Disparities in Physician Density

A critical aspect of the physician landscape in Mexico is the significant regional disparity in physician density. Urban centres like Mexico City, Guadalajara, and Monterrey tend to have a higher concentration of doctors compared to rural and marginalised areas. This uneven distribution poses a major challenge to ensuring equitable access to healthcare services for all Mexicans. Factors contributing to this imbalance include:

- **Economic opportunities:** Doctors often gravitate towards cities with better career prospects and higher earning potential.
- **Infrastructure:** Rural areas may lack adequate infrastructure, including hospitals, clinics, and diagnostic facilities, making it less attractive for physicians to practice.
- **Education and training:** Medical schools and postgraduate training programs are largely concentrated in urban areas, further exacerbating the disparity.

The Impact of Medical Education and Training

The quality and accessibility of medical education in Mexico play a vital role in shaping the physician workforce. Several factors influence the number and quality of medical professionals:

- **Medical school capacity:** The number of available spots in medical schools determines the overall supply of new doctors entering the profession.
- **Specialisation opportunities:** The availability of specialised training programs affects the number of specialists in various fields.
- **Quality of education:** The quality of medical education directly impacts the competence and preparedness of newly graduated doctors.

Challenges Facing the Mexican Healthcare System

Several challenges hinder the growth and effectiveness of the Mexican healthcare system, impacting physician availability and distribution:

- **Brain drain:** Many Mexican doctors seek better opportunities abroad, particularly in the United States and Canada, leading to a loss of skilled professionals.
- **Underfunding:** Inadequate funding for the public healthcare system limits its ability to attract and retain doctors, especially in underserved areas.
- **Bureaucracy and administrative burdens:** Excessive bureaucracy can discourage doctors from working in the public sector.

Understanding Physician-to-Population Ratios

Understanding the physician-to-population ratio is crucial for assessing healthcare access. While Mexico's ratio of *approximately 2.5 doctors per 1,000 people* is similar to that of some Latin American countries, it still lags behind developed nations. The *Organisation for Economic Co-operation and Development (OECD)* average is significantly higher.

How Many Doctors Are There in Mexico? directly impacts the overall health outcomes and accessibility of medical services for the nation's citizens.

The following table compares physician density across different countries:

Country	Physicians per 1,000 Population
Greece	6.3
Austria	5.5
Germany	4.3
United States	2.6
Mexico	2.5
Brazil	2.3

Policy Initiatives to Address Physician Shortages

The Mexican government has implemented several initiatives to address physician shortages and improve healthcare access:

- **Increasing medical school enrolment:** Expanding the capacity of medical schools to produce more doctors.
- **Incentive programs for rural practice:** Offering financial incentives and other benefits to encourage doctors to work in underserved areas.

COMMERCIAL IN CONFIDENCE

- **Telemedicine initiatives:** Utilising technology to provide remote healthcare services to patients in remote locations.
- **Investing in public health infrastructure:** Improving hospitals, clinics, and diagnostic facilities in rural areas.

The Role of Technology in Expanding Access

Telemedicine and other technological advancements are playing an increasingly important role in expanding healthcare access in Mexico. These technologies can help bridge the gap in physician availability, particularly in rural and remote areas.

- **Remote consultations:** Allowing patients to consult with doctors remotely via video conferencing.
- **Remote monitoring:** Enabling doctors to monitor patients' health remotely using wearable devices and other technologies.
- **Electronic health records:** Improving the efficiency and coordination of healthcare services through the use of electronic health records.

Frequently Asked Questions (FAQs)

How does Mexico's physician density compare to other Latin American countries?

Mexico's physician density is *comparable to some other Latin American countries*, but still falls behind many developed nations. While specific numbers fluctuate, generally, countries like Argentina and Uruguay tend to have higher densities, while others like Guatemala and Honduras have lower densities.

What are the main reasons for the shortage of doctors in rural areas of Mexico?

Several factors contribute to the shortage, including *lower salaries, limited career opportunities, lack of adequate infrastructure, and personal safety concerns*. These combined present a significant challenge in attracting medical professionals to rural practice.

What is the role of IMSS in providing healthcare in Mexico?

The *Instituto Mexicano del Seguro Social (IMSS)* is the *largest public healthcare provider in Mexico*, offering insurance and medical services to formally employed workers and their families. It plays a crucial role in ensuring healthcare access for a significant portion of the population.

How does the private healthcare sector impact physician distribution in Mexico?

The private sector tends to concentrate physicians in urban areas where affluent patients can afford private insurance or direct payment for services. This *exacerbates the disparities* in physician availability between urban and rural regions.

What are some common specialisations among doctors in Mexico?

Common specialisations include *general medicine, internal medicine, paediatrics, gynaecology, and surgery*. The distribution of specialists also varies across regions, with urban areas having a higher concentration of specialised medical professionals.

COMMERCIAL IN CONFIDENCE

How does the Mexican government incentivise doctors to work in underserved areas?

The government offers various incentives, including *higher salaries, housing assistance, student loan repayment programs, and opportunities for professional development*. However, the effectiveness of these incentives varies, and more comprehensive strategies are often needed.

What are the potential consequences of physician shortages in Mexico?

Physician shortages can lead to *longer wait times for medical appointments, reduced access to specialised care, and poorer health outcomes*, particularly in underserved areas. This can have a significant impact on the overall health and well-being of the population.

What role does telemedicine play in addressing physician shortages in Mexico?

Telemedicine *helps bridge the gap* in physician availability by enabling remote consultations, monitoring, and access to specialised care for patients in remote and underserved areas. It is becoming an increasingly important tool for expanding healthcare access.

How is medical education structured in Mexico?

Medical education typically involves a *5-6 year undergraduate program followed by a year of internship and residency*. The quality and availability of residency programs can vary across regions and institutions.

What is the impact of "brain drain" on the number of doctors in Mexico?

"Brain drain," the emigration of skilled professionals, contributes to the shortage of doctors in Mexico, as many seek *better opportunities and higher salaries abroad*, particularly in the United States and Canada.

What are the current trends in the number of medical school graduates in Mexico?

The number of medical school graduates has been *gradually increasing* in recent years, but the pace of increase may not be sufficient to meet the growing demand for healthcare services, especially given physician attrition and emigration.

How does the quality of healthcare vary between public and private sectors in Mexico?

Generally, the *private sector offers a higher level of comfort and convenience*, but often at a higher cost. The public sector is more affordable but may experience longer wait times and resource constraints. *The perceived and actual quality of care* can vary based on specific hospitals and practitioners within each sector.

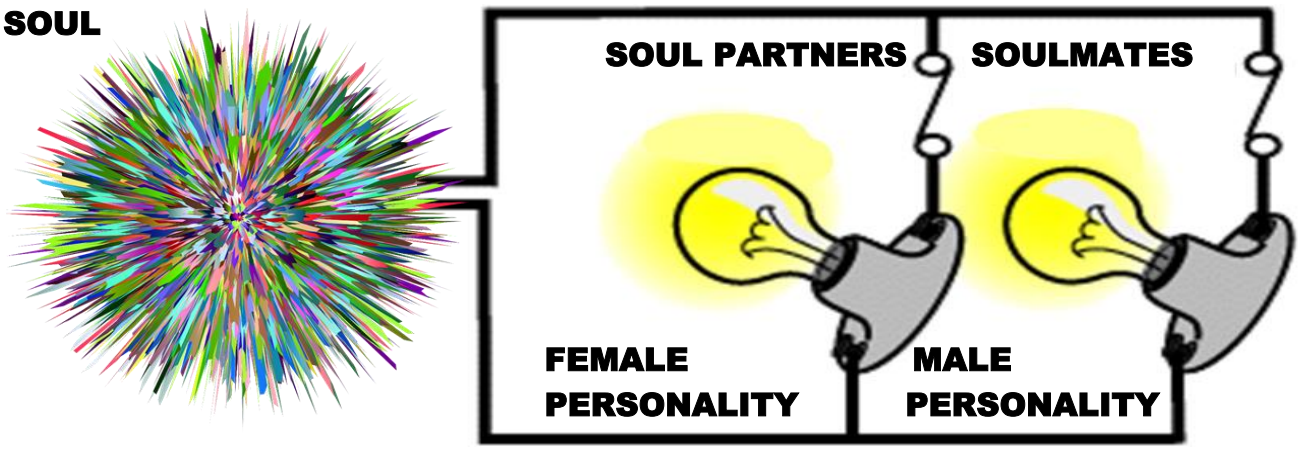
DRUG ADDICTIONS:
Kindly consider this report at the end of this document:
"The Healing Power of "Bello" – Beautiful"

Introducing ‘Med Beds’. Both a diagnostic system and treatment.

Health of all of Our Bodies

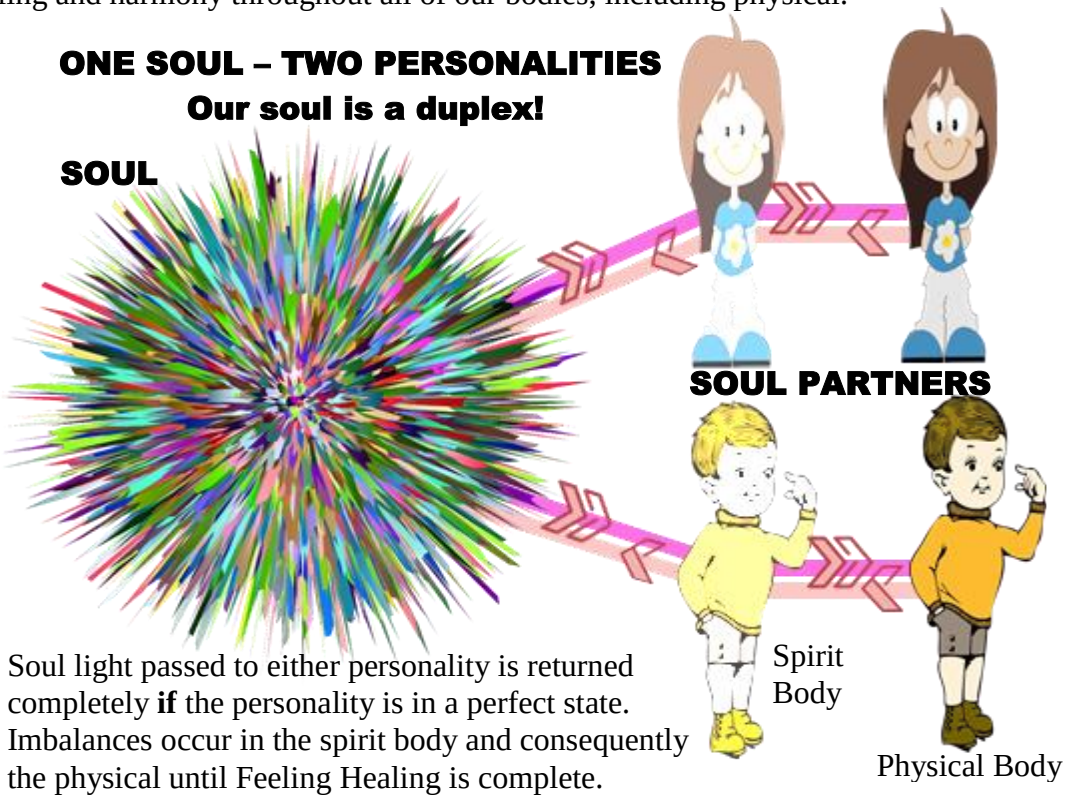
SOUL LIGHT emitted is to be BALANCED by the LIGHT RETURNED!

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.



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.

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!

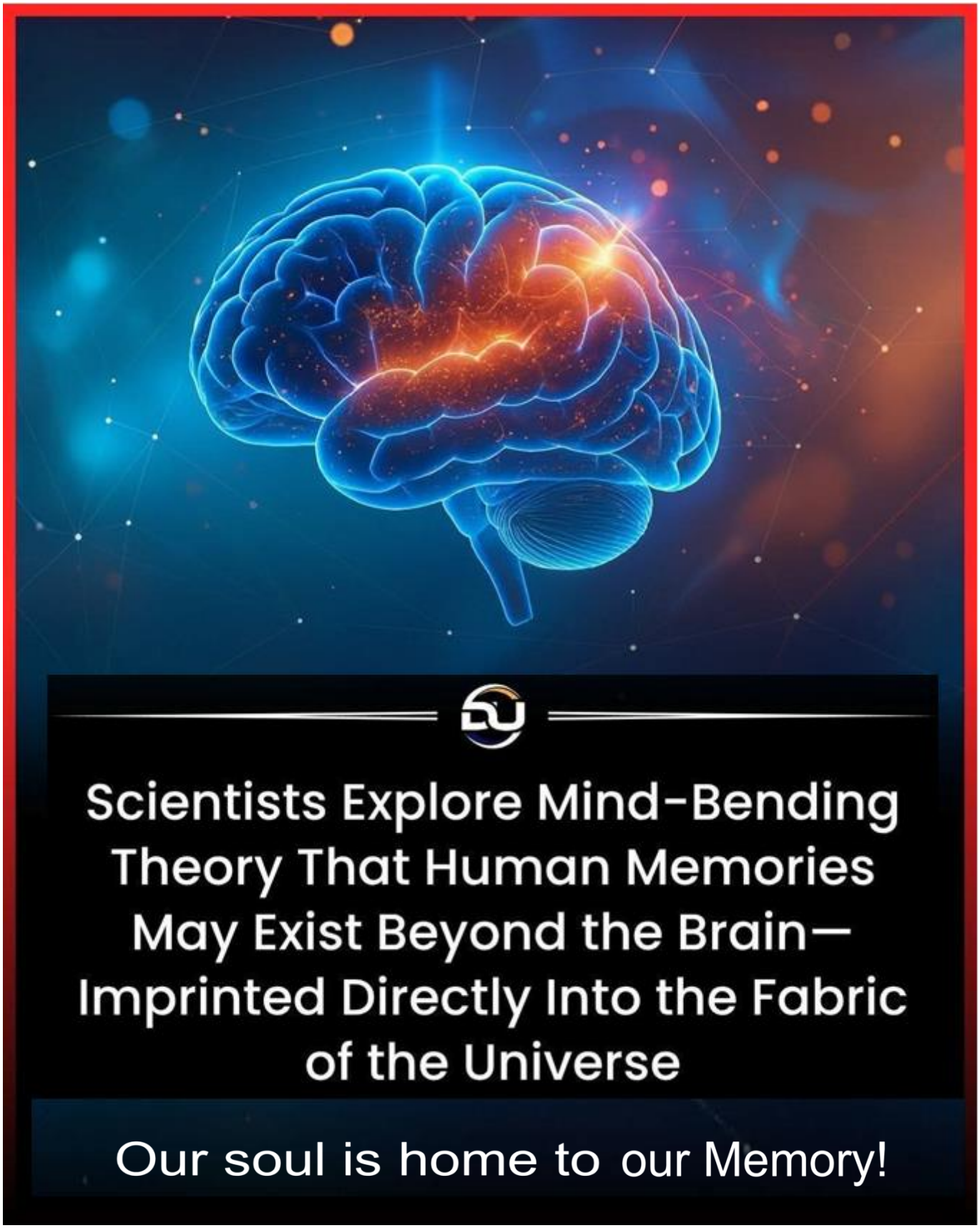
We are each to heal ourselves of the hurt and harm imposed upon us by expressing what we feel, both good and bad, and long to understand the truth behind what our feelings are drawing our attention to.

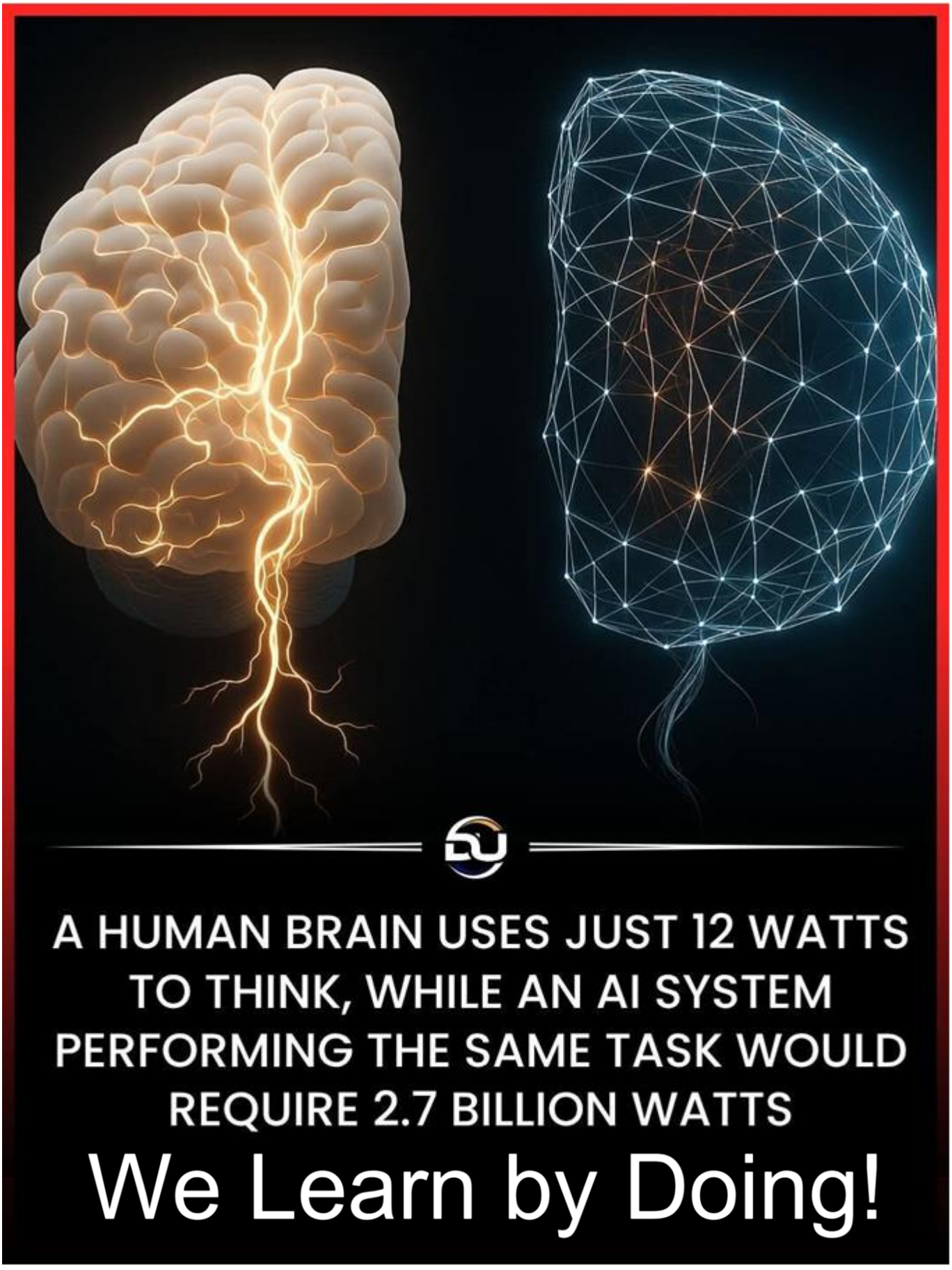
It is through these corruptions (errors of belief, emotional injuries, events that we have not been allowed to complete, our will being imposed upon, controls imposed upon us by others trying to make us be who we are not, etc.) that our energy flows back to our soul are degraded and that ultimately damages 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.

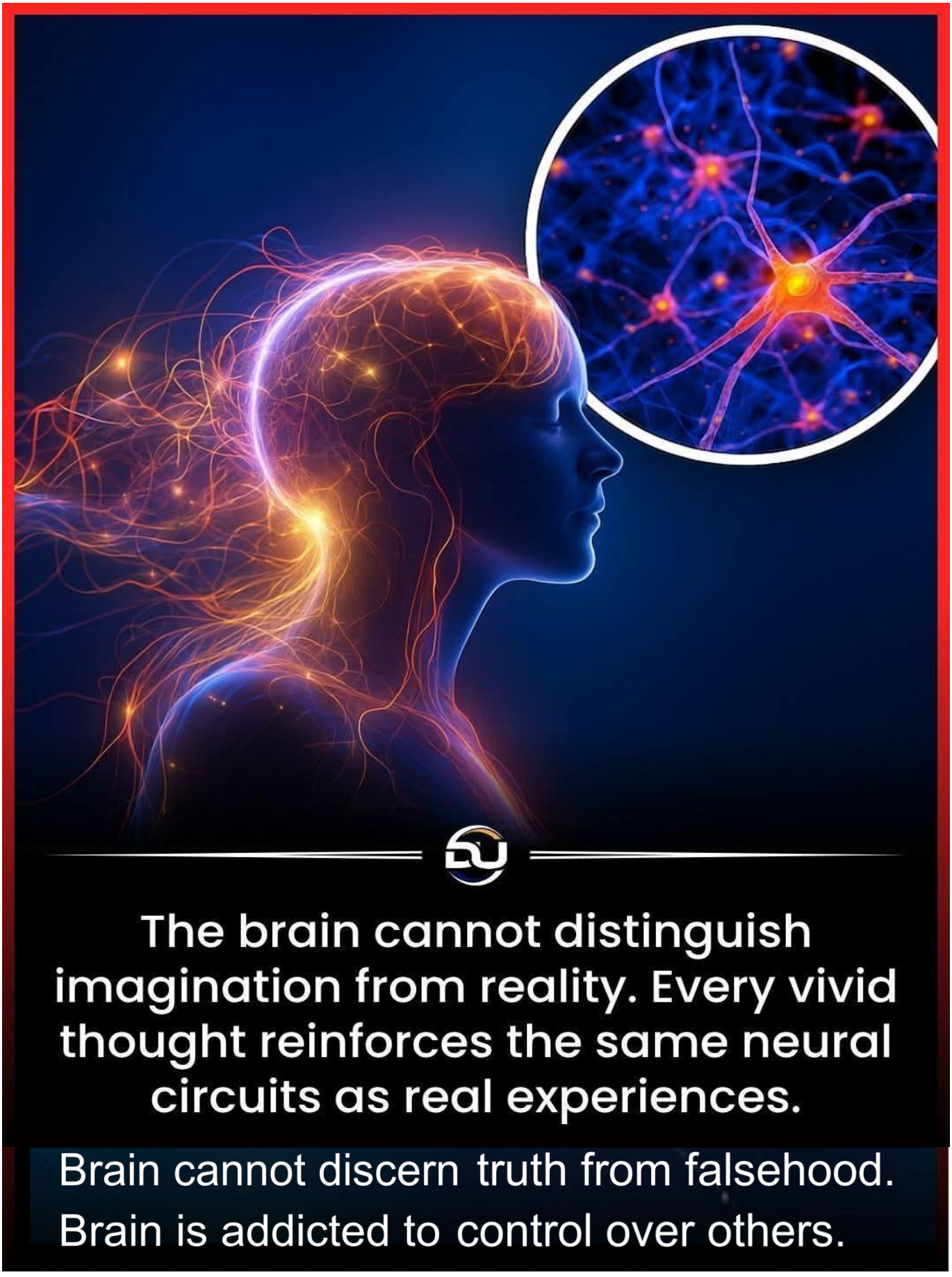
In our senior years, many of us are said to be losing our memory and awareness of what may be unfolding around us. Nevertheless, we each will remember everything that is imposed upon us and what unfolds for us. This is recorded within our spirit body and soul's memory. Everything throughout every moment 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


Scientists Explore Mind-Bending Theory That Human Memories May Exist Beyond the Brain— Imprinted Directly Into the Fabric of the Universe
Our soul is home to our Memory!


A HUMAN BRAIN USES JUST 12 WATTS
TO THINK, WHILE AN AI SYSTEM
PERFORMING THE SAME TASK WOULD
REQUIRE 2.7 BILLION WATTS
We Learn by Doing!


The brain cannot distinguish imagination from reality. Every vivid thought reinforces the same neural circuits as real experiences.
Brain cannot discern truth from falsehood.
Brain is addicted to control over others.

Scientists discover music physically rewires your brain's neural pathways, synchronizing brain waves and unlocking enhanced memory, focus, and emotional control. The implications for mental health are staggering.

MUSIC is HEALING – but not all is healing

Calibrations are by Dr David Hawkins, 'Truth vs Falsehood'.

At lower calibration levels, music becomes predominantly sensationalistic and celebrates the lowest elements of humanity by glamorising rape, criminality, violence, slaughter, and other extremes of excess brutality. It is the energy of the music itself, even without the lyrics, that negatively affects the body's acupuncture system and makes it go weak (shutting down the immune system).

The energy of classical music has a very positive impact on later behaviours and learning capacity, and increases the level of consciousness. It results in more advanced development of neuronal connections and patterning. Interestingly, it also results in higher mathematical capability and the transitioning from lower to higher mind. The exposure to classical music in childhood and early life results in attraction to peace, truth, and beauty, and aversion to violence, falsity, and gross vulgarity. The sensitivity to aesthetics provides a natural crossover network that also facilitates the emergence of spiritual awareness and non-ego awareness.

Clinically, the benefits of early life exposure to the classical arts are confirmed by a 75% lower rate of crime.

Energy of Music – Modern

Music (not personality) of:

Anderson, Marian	510	Gangster Rap, Punk Rock, Heavy Metal, Gothic, Violent-Antisocial Groups	35-95
Armstrong, Louis	590	Garland, Judy	405
Beatles, The	460	Gass, Robert ("Kyrie")	705
Beach Boys, The	400	Harrison, George	540
Bee Gees	510	Hip Hop	270
Berlin, Irving	415	Iglesias, Julio	400
Bocelli, Andrea	550	Jones, Spike	350
Caruso, Enrico	560	Joplin, Janis	495
Cash, Johnny	504	Lane, Christy	500
Charles, Ray	485	Liberace	365
Cole, Nat King	470	Mamas and the Papas, The	495
Country Western	255	Manilow, Barry	505
Crosby, Bing	485	Pop Rock	205
Disco	235	Presley, Elvis	420
Dorsey, Tommy	450	Riverdance	500
Dylan, Bob	500	Rolling Stones	340
Ellington, Duke	450	Santana	515
Elliott, Cass	505	Welk, Lawrence	475
Fitzgerald, Ella	465		

Music – Classical

Bach, J. S.	530	Kabalefsky, D.	480
Bagpipes (Black Watch)	505	Leoncavello, R.	475
Barber, S.	480	Lizst, F.	490
Bartók, B.	475	Mendelssohn, F.	480
Beethoven, L.	510	Mozart, A.	540
Berlioz, H.	480	Mussorgsky, M.	485
Bizet, G.	425	Offenbach, J.	480
Brahms, J.	495	Pachebel, J. ("Canon")	690
Cherubini, M.	485	Paganini, N.	515
Christmas Carols	550	Puccini, G.	550
Chopin, F.	500	Rachmaninoff, S.	490
Classical Ballet	525	Ravel, M.	475
Copeland, A.	465	Rossini, G.	490
Debussy, C.	485	Schubert, F.	460
Dvorák, A.	490	Shostakovich, D.	480
Glinka, M.	480	Sibelius, J.	485
Gluck, C.	475	Smetana, B.	470
Gounod, C.	420	Stravinsky, I.	465
Grand Opera	525	Strauss, R.	475
Grieg, E.	490	Tschaikowski, P.	550
Handel, G.	510	Vangelis	485
Hayden, F.	490	Weber, C. M. von	485
Humperdinck, E.	490	Wagner, R.	500

Spiritual Music

Ave Maria	575	Amazing Grace	575
Silent Night	575	U. S. Navy Hymn	575
Joy to The World	575		

Classical Music – Performers

Callas, Maria	485	Metropolitan Opera House	465
Caruso, Enrico	500	Pinza, E.	480
Chaliapin, F.	485	San Francisco Opera House	465
Cliburn, V.	480	Tagliavini, F.	485
Heifitz, J	490	Tebaldi, R.	485
La Scala Opera House (Milan)	465	Tibbett, L.	490
Menuhin, Y.	485	Toscanini, A.	490
		Paganini, N.	495

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

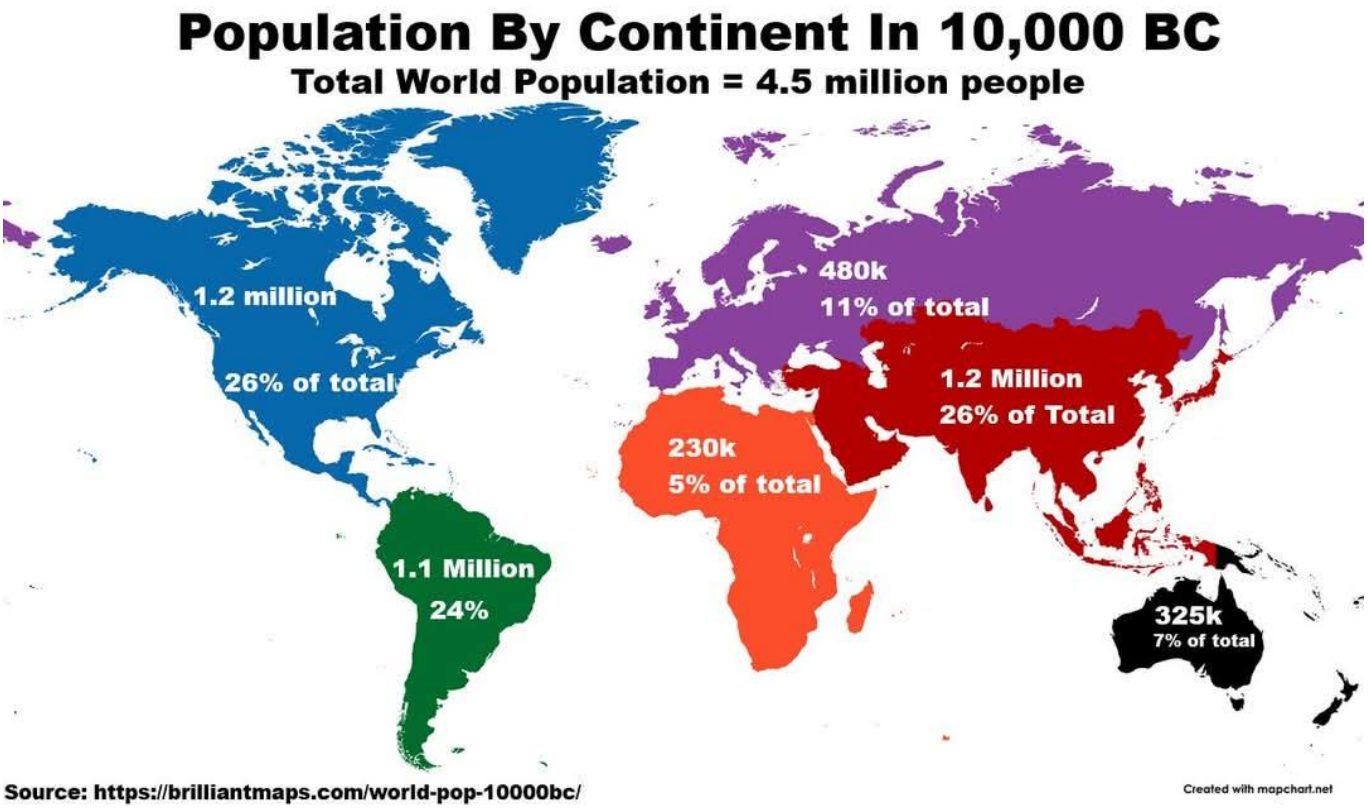
and

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



Cultural Correlations

Following a pole shift which cyclically unfold around every 12,000 to 13,000 years (if at all), the world population is greatly diminished. There have been populations on Earth in greater numbers than today. Sciences generally are now more advanced than with any preceding civilisation, however we are not as well advanced in some specific sciences than those before. The first man on the moon is not Neil Armstrong with Edwin Aldrin on 20 July 1969, others have been there before our recent endeavours.

A pole shift event essentially eliminates all the technology developments and records of the preceding civilisation worldwide. Thus humanity essentially starts all over again. And as can be seen from the sparse population numbers above, there is no way for anything sophisticated in a technological way to continue.

Thus, the Map of Consciousness map as outlined by Dr David R Hawkins in 1995 has great meaning.

“The energy fields (calibrations) below 200 are most common in extremely primitive conditions where people eke out bare subsistence. [Today, 45% of our population calibrates at or below 100 MoC, overall 75% of our population calibrates at or below 200 MoC – we are not progressing in our development.] Clothing is sparse, illiteracy is the rule, infant mortality is high, disease and malnutrition are wide-spread, and there is a vacuum of social power. Skills are rudimentary and centre around fuel and food gathering and shelter preparation, and there is total dependence on the vagaries of the immediate environment. This is the stone-age cultural level, little more than animal existence.

“Populations characterised by the low 200s are typified by unskilled labour, rudimentary trade, the building of simple artefacts such as dug-out canoes and temporary housing. Mobility begins to express

itself in the nomadic lifestyle, and in populations that average a somewhat higher consciousness, agriculture appears and barter evolves into the use of token currency.

“The mid-200s are associated with semi-skilled labour. Simple but life-sustaining housing and food economy become dependably available; clothing is adequate and elementary education begins.

“The high 200s are represented by skilled labour, blue-collar workers, tradesmen, retail commerce and industries. At lower levels, for example, fishing is an individual or a tribe activity, but above the mid-200s, it becomes an industry.

“At the level of 300 MoC we find technicians, skilled and advanced craftsmen, routine managers and a more sophisticated business structure. Completion of secondary education becomes customary. There is an interest in style, sport and public entertainment; television is the great pastime at this level.

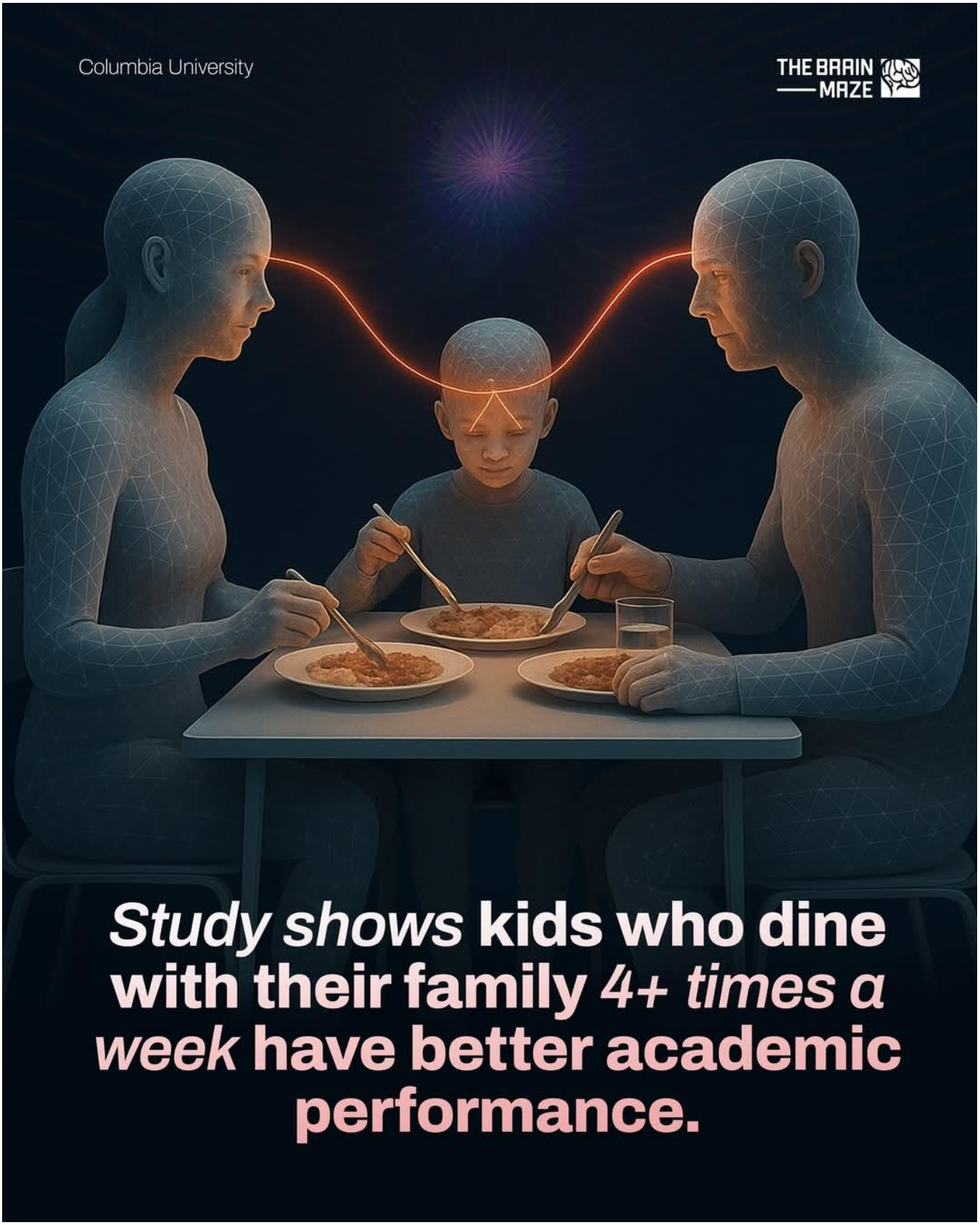
“In the mid-300s we fund upper management, artisans and educators, with an informed awareness of public events and a world view that extends beyond the tribe, neighbourhood, or city to the nation at large and its welfare. Social dialogue becomes a meaningful matter of interest. Survival has been assured by the acquisition of skills and information adequate to function as a civilised society. There is a social mobility and flexibility and resources which enable a limited amount of travel and other stimulating recreation.

“The 400s are the level of the awakening of the intellect, the locus of true literacy, higher education, the professional class, executives and scientists. The home, devoid of reading material at the lower levels, here exhibits magazines, periodicals and full bookcases. There is an interest in educational broadcast channels and a more sophisticated political awareness. Great communication adeptness, intellectual preoccupation and artistic creativity are common. Recreational activities take the form of chess, travel, theatre and concerts. Civic enterprises intended to enhance the social milieu receive serious attention. Supreme Court justices, presidents, statesmen, inventors and leaders of industry occupy this general range.

“Because education is the underpinning of this level, individuals tend to gather in metropolitan areas where they have access to sources of information and instruction such as the great universities. Some aspire to faculty status; others become lawyers or members of the other professional classes. The welfare of one’s fellow man is a common concern, though not yet a driving force. The high 400s are associated with leaders in their respective fields and with high social prestige, accomplishment and corresponding social trappings. Both Einstein and Freud calibrate at 499 MoC. But while the 400s are the level of universities and doctorates, they are also the source of the limited and limiting Newtonian vision of the universe and the Cartesian split between mind and body (Newton and Descartes also calibrate at 499 MoC).

“Just as the level 200 demarcates a critical change of consciousness, 500 is a point at which awareness makes another giant leap. Although survival of the individual is still important, the motivation of love begins to colour all activities, and creativity comes into full expression, accompanied by commitment, dedication and expression of charisma. Here excellence is common in every field of human endeavour, from sport to scientific investigation. Altruism becomes a motivating factor, along with dedication to principles. Leadership is accepted rather than sought. From this level emerges great music, art and architecture and the capacity to uplift others by one’s mere presence.”

Dr David R Hawkins – Power vs Force


Columbia University
THE BRAIN MAZE
Study shows kids who dine with their family 4+ times a week have better academic performance.

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 the Mexico presently calibrate overall at **295** 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.

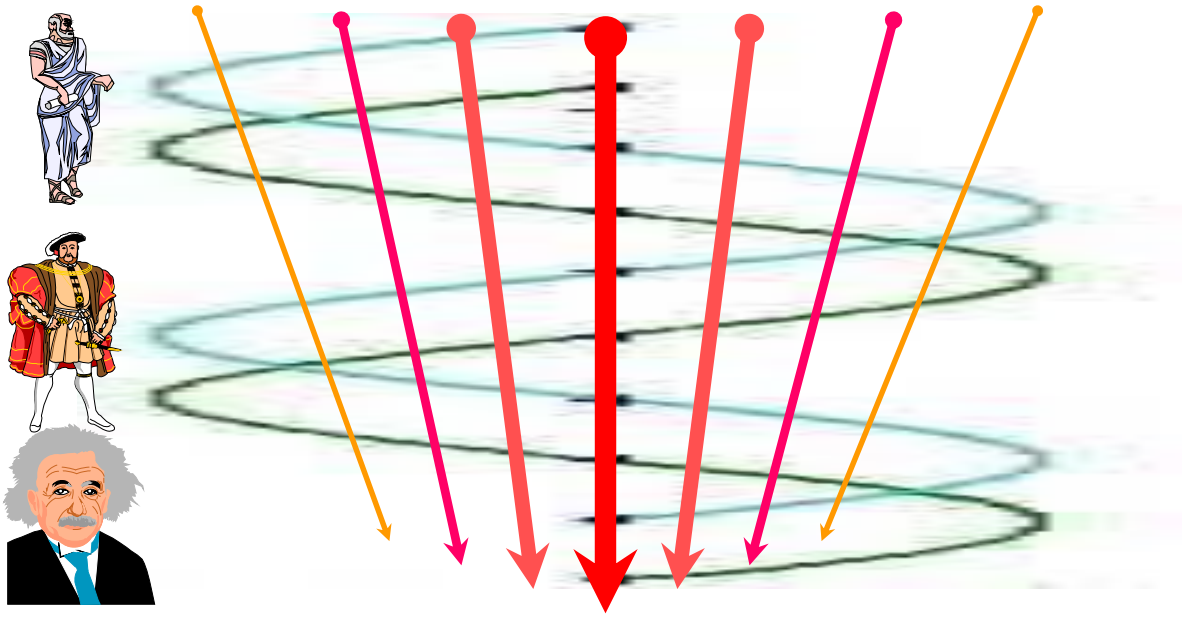
It is now possible to introduce a pathway to vibrancy, spontaneity and truth – this is the agenda herein!

Mexico life expectancy: 75.74 years (2025)

Mexico **men expect to live an average of 72.63 years, while women expect to live an average of 78.17 years**, a five and a half-year difference.

Mexico median age: 29.6 years

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.

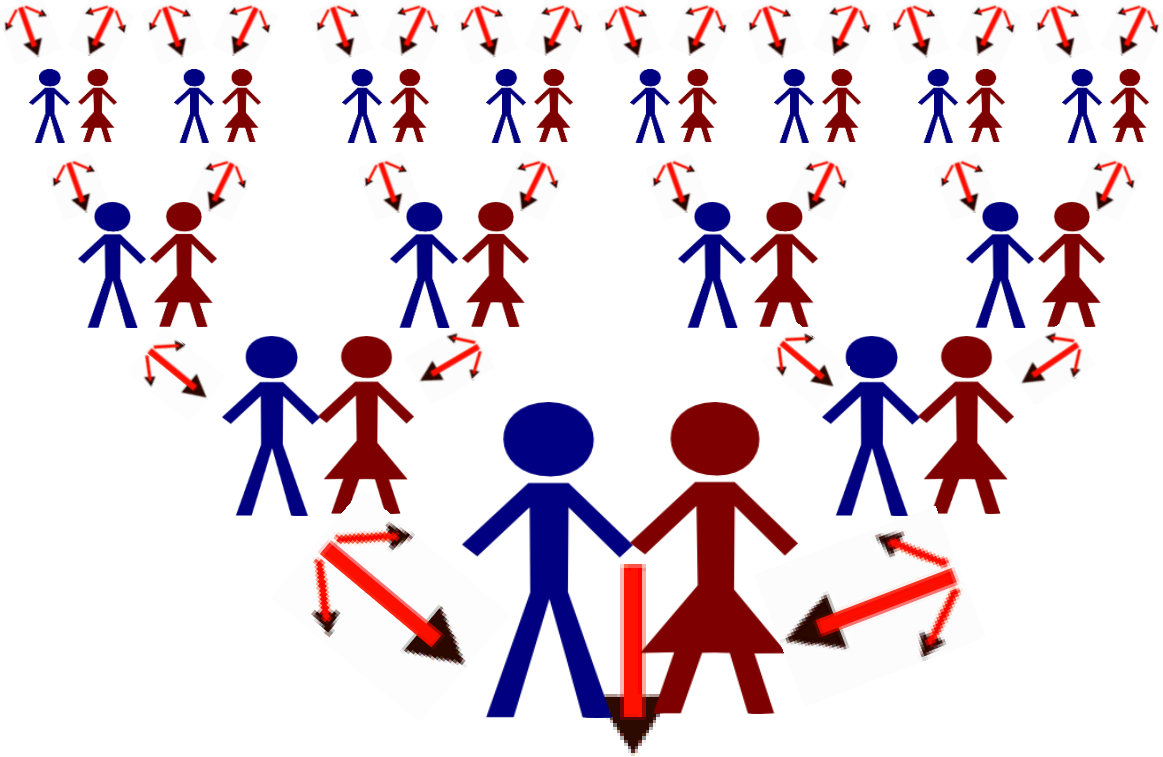
Baby's body, when conceived, is always perfect. Their soul condition is also perfect.

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 though 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 there after. It is the accumulation and combination of issues held by past generations that insidiously manifest as life threatening illness episodes within unborn and new born babies. Parents through their own healing can lift illness from their children! Thus, to assist our children, we must firstly resolve emotional issues within our selves. General emotional injuries or blockages manifest as various health issues. Thus, an illness episode or pain can be generally related to parents' emotional issues.



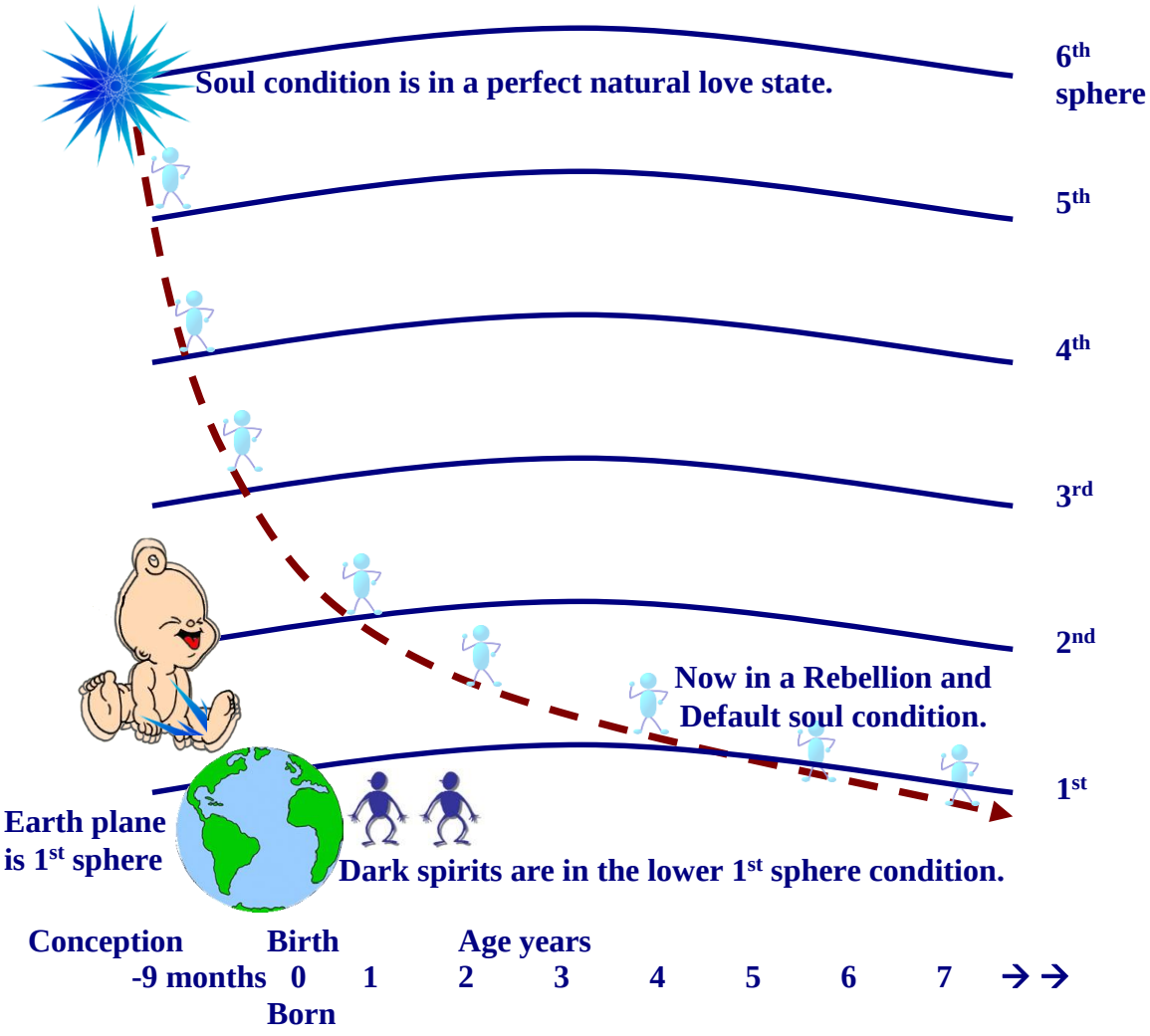
SOUL CONDITION of BABIES are SUPPRESSED to that of its PARENTS!

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 e 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.



<u>OUR INDUCTION into PHYSICAL LIFE</u>:
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.

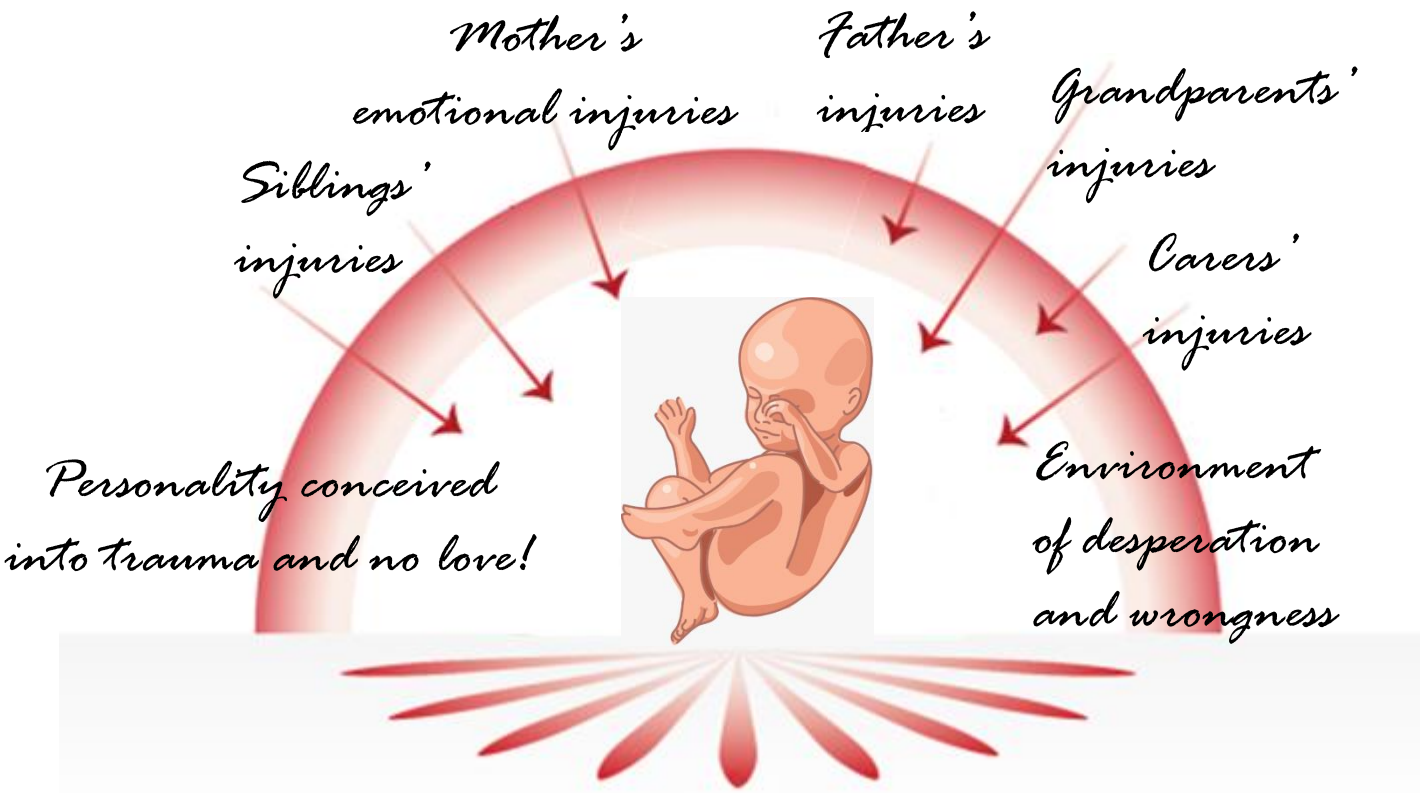
COMPULSIONS and ADDICTIONS

Tuesday, 13 September 2022

OUR FORMING YEARS are MOST DYNAMIC and TRAUMATIC:

Age-group	Age
Gestation	conception to birth
Newborn	0 days to 1 month
Infant	1 month to 1 year
Toddler	1 to 3 years
Preschool	3 to 6 years
School age child	6 to 12 years
Adolescent	12 to 18 years

Our childhood formative years are from conception through to age of 6 years. Commencing at conception, we begin to take on all of the injuries and errors of belief of our parents and carers. We capitulate to adopting the 'personality' that our physical parents impose upon us, to the detriment of our true personality.



James: Is there anything further they (Lady Spirits two Angles) can tell me about compulsions, what in fact are they, how do they come about, what's the difference been a compulsion and habit, and why can some people seem to change their habits and stop their compulsions and other's can't. Marion and I were listening to a guy who worked with people dealing with their drug addiction compulsions, and how the medical side calls the compulsions you can't do anything about being an actual disease. But they don't understand how it all originates in early childhood, like everything else.

Lady Spirit: Okay James... I'm just seeing how they want to answer you, going through me or direct to you... bit of both by the looks. Alright, I'll start, this coming from Zainta (one of her Angel pair). All

behaviour that originates from conception, through the womb, at birth, and then in the first three years of life becomes what one might call compulsive, in that you have no say in being able to work with it, which means, change it using your mind. Any behaviour after this as you get older becomes what you might call a habit, as in habitual, however it can be changed with certain effort and application of the mind. And the changes take play by applying the will to change one's underlying beliefs and subsequent behaviour.

So having said this, you don't see all how you are based on your early life as being one big compulsion that's divided into lots of different ones, but if you think about all your deep underlying and what you might call fundamental behaviour, which is how you express your personality, it's all what could be called compulsive, because you can't change it. And it can only change by fiat of the Mother and Father through the soul, which can occur at the end of your Healing if required.

We consider compulsions in largely a negative light, they are problematic and something when you become aware of doing them you might not like to keep doing, but as hard as you can try to change them, to change those aspects of yourself, of your personality expression, you can't do it. (I'm switching between saying it in my words and relaying Zainta's words directly).

So James, in light of the main compulsions, behaviour you don't like, that you've become aware of, notably, your fingernail biting, excessive eating for comfort, masturbation and disconnection – being unable to converse with Marion because of all your dysfunctional self-expression, these compulsions were all founded at your conception and developed through the womb, birth and first three years, to when you received that half-brick in your face, that horrendous rejection experience for you from the world locking them all solidly in place. So you feel so completely ingrained in you compulsion with no power of will to do anything about them. You've tried on and off throughout your life and more so through your Healing, you thought your Healing would enable you to gain some will and power being able to change yourself. But you can't. Whereas Marion has been able to apply her will to change her behaviour, ending taking the headache pills she was addicted to, being able to control her eating, and stopping anything else she didn't want herself to do anymore, however these have all been habits which she adopted later in her childhood or as an adult. You developed a mild habit as a young adult smoking marijuana, however once you begun your spiritual work you felt you needed to stop smoking and so did. So generally habits developed later in life don't have the hold on you, compared to ones developed earlier in childhood as a general rule of thumb, however it's not that simple because then you have to take into account the whole of your childhood and all the negative unloving powerless effects of that.

So you might have a bad habit but find it so hard to give up because you need it to mollify pain and emotional and spiritual dissatisfaction and feeling so unloved, needing to do what you do to ease the pain, gain some power and feel better by blocking out all your bad feelings. So you might take up as habits, such as smoking, drugs, alcohol, sex, having children to look after, work, hurting others, hurting yourself, whatever the habit might be, which with very hard work you might be able to end doing, whereas other people won't be able to give up, these becoming called compulsions, because they are tired into the deeper pain and feelings of feeling powerless, rejected and so unloved from the times from conception, through the womb and early in childhood.

Okay James, I get it, so habits start after three / four years old, but if they buy into or are even a result of deep and so early underlying compulsions you might not be able to change them as easily or at all by apply your will to use your mind to change your beliefs. I think I've got it. So James for you, you might have started your masturbation addiction at fourteen, but it's become a compulsion because it's really going from very early pain and trauma you experienced feeling so unloved and rejected at your

conception, in the womb, birth and early childhood, you finding a way to sooth some of that deep pain and anxiety and hurt, so having to keep doing it because you can't bear to allow yourself to be in that very early pain and feeling so powerless and like your life is continually under threat. So it is the same with your overeating, you eat for emotional comfort not because you're actually physically hungry, and when you do feel physically hungry you can't bear those bad feelings for one moment because it's really feeling so emotionally and spiritually hungry and deprived that you're feeling, so the physical hunger amplifying those deep underlying pain and the hunger needed to sooth that anguish deep in you from how your mother didn't love you and so denied, didn't 'feed' you emotionally or spiritually enough through the womb and when you were very wrong, and really right the way through your childhood. And by spiritually I mean by fully acknowledging you as the personality you are, not wanting you, hating you interfering with her, so she pushing you aside within herself when you were in the womb. Zainta (Angel) is saying your mother hated the notion of being pregnant, she didn't want the interference, she didn't want her body to be ruined by having stretch marks and all the rest from being pregnant, and she didn't want and hated all the difficulties of being pregnant, she was a woman who hated pregnancy, and so you causing all her problems, rather than a loving mother how loved every moment of being pregnant and so loving their child growing in them.

So James, you're fucked from such early times, and so no way do you have any power being able to change or stop doing those things, so they will be with you helping you to express all the bad feelings of having them, up until your Healing ends.

Zainta (an Angel) also wants me to point out to you James, that a lot of what we'd call our innate personality expression, is also compulsive yet we actually like how we are, so you don't fight those aspects of yourself, with only these few aspects of yourself that you don't like. But for us to understand that all how we are is really compulsive in that all of us is being driven from how our soul manifest us at conception, through the womb, at birth and the first early years, and a lot of how we are will not need to be changed by the Mother and Father when it comes time for us to leave the Rebellion and Default and end all the aspects that we hate about ourselves.

Many people have deep self-image issues, hating some aspect of themselves and their body, and so want to change themselves, some people even wanting to change their sex, and all these problems still also from these earliest times. If you're to be a boy and yet your mother and or father wants a girl and certain pressures are applied to you or impressed upon you at conception, through the womb, at your birth and early years, you can grow up feeling that you are really a girl trapped in a man's body, and that might plague you for the rest of your life, and you might even take measures to be more like a woman. But again it's to understand that is all a very simplistic depiction of such deep problems because there are many factors that come into play to create our negative compulsions and all those aspects of ourselves we might hate, despise and detest. And many of these difficulties are brought through from the hereditary lines on both sides at your conception, so you can take on stuff through your physical and spiritual genes, and then in a way even mental and emotional (feeling pattern) 'genes' as you are subjected also to your grandparents and their parents and so on back. It being like a huge smorgasbord from which your soul will select which parts of those genes to activate to bring your personality expression into Creation. And the genes can remain active your whole life, or be turned on and off at times or stopped all together and new ones activated, it all again depending on the needs of our soul so far as expressing you as one of its two personalities and giving you the life you need so as to experience all you will so as to give rise to all the feelings you'll need so as to give rise eventually to all the truth you need to evolve and ascend in.

Phew, I think I said it all as they wanted me to.

James: It sounds good to me, and thank you, thank them, for helping me understand why I do feel I can't do anything about my bad compulsions, why I feel so powerless, that they have such power over me, all because they started too early on in me. So they are an organic part of me, and so I do need some extra help to change them, to end my need to do them, which would be for me to no longer feel so deeply unloved and hated by mum and dad, needing to feel wanted, loved and cared about, so I feel powerful and not so horrendously powerless like I do feel.

Everything that we are comes from the patterns established early in our childhood and right from conception and the womb.

The people who can change themselves, were able to change themselves in their childhood, they have that power, and I hate it when they having stopped their addiction set about telling everyone else how to stop theirs and saying you must stop it, just do this and that, apply your will, accusing you as being a failure if you don't or can't seem to do, saying 'You're not ready yet, and you have to really, really, really, want to change', which is all very well for them because they weren't so heavily controlled during their early years, whereas those of us who were, we're too fucked to be able to do that sort of self-help.

It is all our spirit neuroses. So we are just expressing our spirit problems through our physical body.

It's always the spirit first, you as a spirit, just expressing your spirit-ness through your physical body. So whether you overeat or under eat, it's all because of you as a spirit is suffering and has experienced a lot of traumatic rejection and unlovingness at the hands of your parents very early on in your early life. And that's why it's so hard to deal with, because it's to do with you as a spirit, and not just a physical body, so it's very emotionally, mentally, psychologically and spiritually traumatising.

Madeline, then Edwin, now Pauline

Saturday, 17 September 2022

Lady Spirit, now in 5th spirit healing Mansion World: Idra took me to visit a mother of two, a young boy and girl, a single mother I should tell you, her partner leaving her because of they doing their Healing, he still seeing their children but she wanting them more than he did, so it suits them both. Idra took me to her apartment and she was very happy to greet us and more than willing to 'tell her story' being happy that someone was interested in her and it helping her bring up more feelings and understanding about herself as she was telling me all she's been through. Her children were away at a Play-House, another place where there are hundreds of enjoyable things for them to do. So I'll relate her life story to you as she told me. Her name was Madeline and Edwin, then Pauline which it is now... confused?

She started life as a girl, Madeline, a French mother and English father, living in London when I was, however dying ten years before I did. She lived a middle class family life with other brothers and sisters and yet she always felt like she was a boy, wanted to be a boy, was a boy trapped in a girl's body. So that as you might imagine made her feel very unhappy and unfulfilled and she set about changing herself into being a man as she grew older, becoming Edwin. She lived as a man for the rest of her life, not having children, having relationships with other men. Then she died and coming into spirit she still had her woman's body and yet still wanted to be a man, she still believed she was a man, so set about being a spirit man, carrying on being Edwin. She had another relationship with a spirit man for two years, but then things started to go very wrong in their relationship with her partner accusing him of being a her too much still. And that greatly upset her, and in searching for answers as to what should she do, she looking into religion for consolation, however was rejected for being too different and too odd, but she did discover that she loved God and wanted to be with Him. So without her knowing, she had started to pray with a true longing to God for His Love, and asking God to help him know the truth of himself, and why did he still have to have a woman's body – and was there something very wrong with him, or was he right being as he was, he didn't know, he was too confused and begged and prayed for guidance.

Then he/she went to a spiritualists meeting in which the medium said she could speak with and get personal guidance for difficult issues from God, but that turned out to be nonsense and of no help however he met a nice man who seemed to warm to him, yet not in a sexual way, but seeming to understand something about his problem. And that spirit man, as you might have guessed James, was a Celestial spirit man who started to introduce him to the Divine Love and longing for it consciously and with purpose knowing what he was doing, and then the notion of doing his Healing. And through discussions with his Celestial guide he slowly came to understand that as God has made him a woman, that really he was a woman and that he feeling he was a man was a part of his problems about being caught up in the Rebellion and Default, that it was all caused by her relationship with his parents from his conception and through the womb and very early years, all that resulted in him not feeling like he was a woman but a man.

So as you can imagine James, he/she was faced with so many conflicting feelings, such inherent deep confusion, all of which bought up terrible pain and feelings of self-hate. He hated being a woman, and so why was that, and that's what he/she is now being Pauline is still working through.

He was taken to a Divine Love sector of the first Mansion World, and there in one of the Healing groups met a man, but a man who wanted him to be her. So he tentatively started to try and be Pauline and to deal with all the bad feelings that came up, which led to the breakdown of the relationship with this man, but before that was finalised they both decided that to help him become more her, children might help. So they adopted their two children when they were babies, and again she found it very difficult being a mother for them, but kept up with the Healing sessions moving into the third Mansion World and there

early on they ended their relationship. And so she's kept working on herself become more of a mother and feeling more motherly and more like she really is a woman, because she is, and slowly becoming more aware of why she felt so confused about her sex.

So her severe compulsion and trauma really, as she said, was her believing she was a boy and man, when she wasn't. And she states emphatically now, because she understands the truth, she's living it more so every day, that it was "All in Her Mind". She only believed she was a man, it was one huge mind contrivance, and what a number she did on herself. She has a pair of Celestials who specifically help her with her Healing, she needing both the man and woman for the different times when she still feels she more a man than a woman and then more a woman. She said as she's been told by them that she expects to keep feeling that in some ways she's still a man and woman right through her Healing, she had expected to end feeling like she was a man and being fully a woman, but she's beginning to accept that might not actually fully happen until her Healing ends, and so right through her Healing, it's all about her accepting that she feels she is both sexes, and why she feels that.

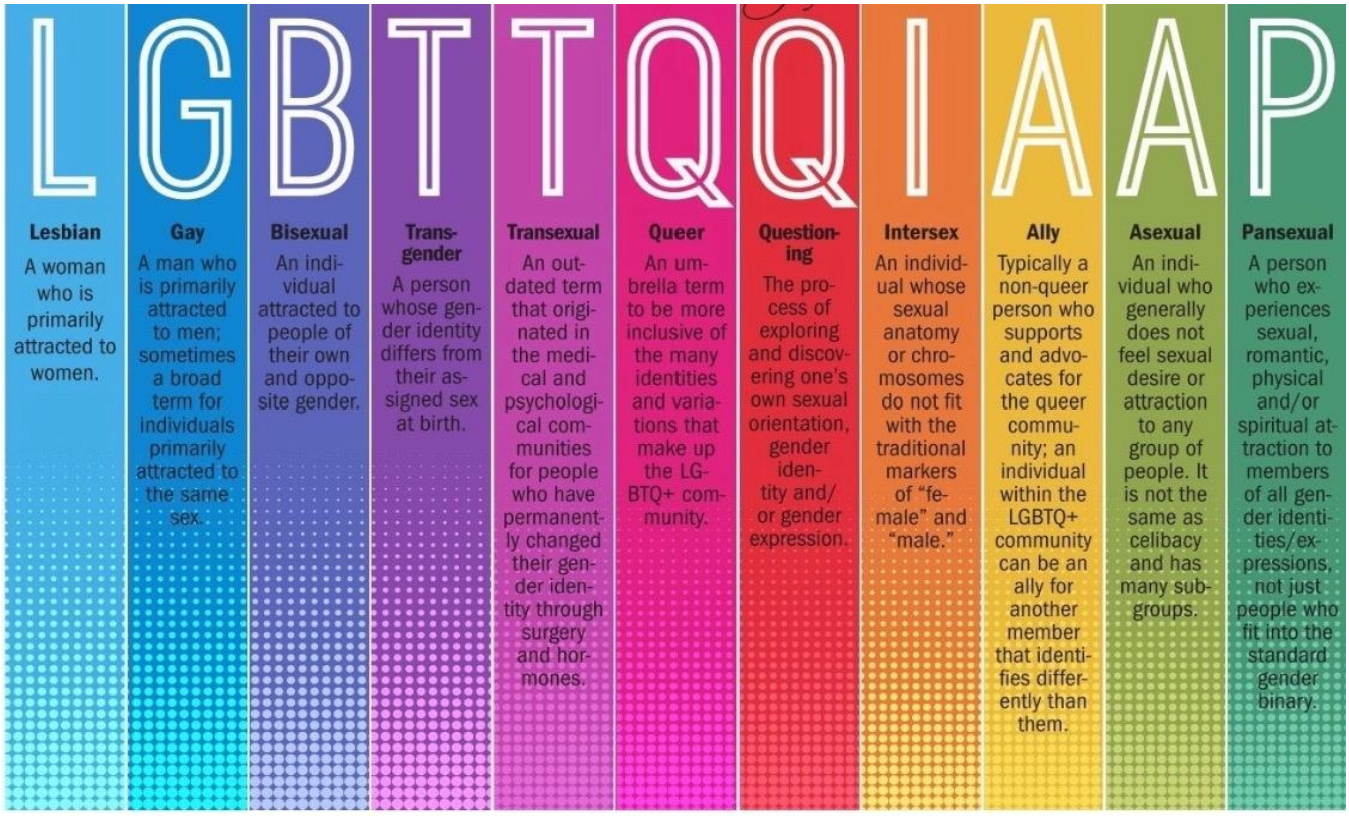
She said there was a lot of confusion with her parents soon after she was conceived, she said things conspired for them to believe she was a boy when she was a girl. They went to a good reputable clairvoyant who said she was a boy soon after they found out she was pregnant. Then the doctor and nurse said the same thing, so for most of the pregnancy her parents believed she was a boy and so were choosing boy names and getting things ready for a baby boy, so their whole focus was on denying her being a girl. Then when she was born a girl, it was a big shock for them both, it took then both time to adjust out of her being a boy by being a girl. And she believes from her feelings that secretly both her parents still wanted a boy, wished she was a boy, she being their first child. But with time, a few months they got on and accepted her as a girl, and so she grew up being a girl but later with all the deeper feeling of being a boy part starting to come to the fore. Her parents not loving her truly, as no parents can, added many problems to her feeling unloved in many ways, just as we all do, but all those things caused more separation between her and them, which added to her feeling odd and not fitting in and so much so that she was really a boy and that God had got it wrong.

So she is accepting now that her Mother and Father wanted her to have this weird and very traumatic experience in life, not feeling connected with her own sex, so being so disassociated and disconnected from the truth of herself on not only the physical level but also on the psychological level. She said now looking back she can hardly believe how she was as a man, how she acted putting on the whole show of it, and yet when she moves into her feelings she can still easily relate to feeling she was a man. So she has bad and good feelings about having her children: bad in that of course she hates imposing her rebelliousness on them, but good in that her Mother and Father want her to live his more extreme side of the Rebellion and Default, and that it's about her and her children having this negative experience so they can understand all the truth of the Rebellion God wants them to live.

And that seems to be the general theme with all the parents I spoke to James concerning how they feel about bringing their children into the Rebellion knowing they are rebellious and that they can't help it, and can only do their Healing, and that possibly by doing it and becoming truer to how fucked and unloving they are, they will impose less of it on their children. They all also understand, and feel good about it, they are offering their spirit children a very different live experience with them growing up with them doing their Healing, compared to all those other spirit children and children on Earth who are growing up in the Mind Way, being totally unaware of their rebelliousness.

For us in the physical unhealed world; it's actually very hard for those of us doing our Healing to be a good loving friend for another doing their Healing, we're too much in love deficit, without enough love to

give or offer another, whereas Celestials have all the love they need. So possibly we can only do so much, and it's not for us to expect ourselves being able to do too much. There we're the poor demented and unloved being with the poor demented and unloved, and all we can do is struggle on engulfed by our bad feelings and feeling so powerless and that we can't do it, because we can't, and we don't know how to do it, because we're still too engrossed in it.



Only through longing, asking for, begging to know the truth behind our feelings and expressing our feelings to or with a companion can we then only begin to resolve and address our compulsions – all being part of our pathway of Feeling Healing, and with Divine Love, Soul Healing.

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.

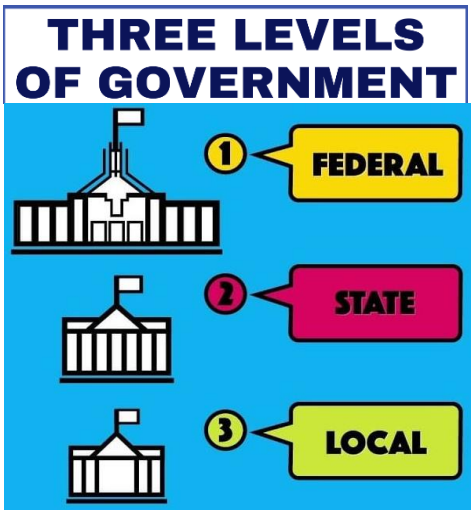
This childhood suppression way of living continues throughout our schooling years, thus we learn this is a way of life that is normal.

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.

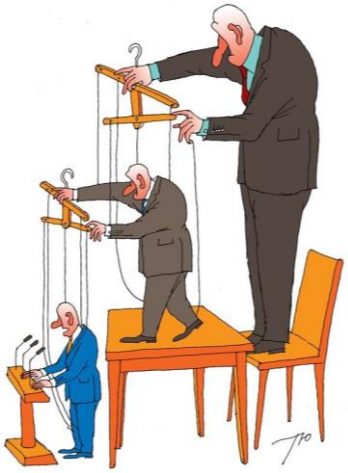
BUT THERE ARE FURTHER LAYERS OF CONTROL!



Federal, state and local governments impose their 'rule' upon the people that appoint them to serve these very same people!

Instead of assisting their people, governments at all levels impose restrictions and controls.

The same people who 'elect' the members of parliament do not realise that the 'nominees' are often puppets of hidden controllers.



HIDDEN CONTROLLERS

'Heads of society' are considered leaders. The 300 Bilderberg Club members are (short term) leaders throughout the world, but these are controlled by some 30 families (medium term), who are in turn are manipulated by 12 (long term) families. All of this is managed and imposed by global secret society networks under the direction of the 12 long term families and their chairman.

CONTROL DISRUPT

celestial Friends

Since 31 May 1914, Celestials have been progressively introducing high level truths to humanity that have been prevented from sharing for thousands of years. From 31 January 2018, Celestials have been disrupting the hidden controllers on Earth and slowly bringing about their manipulation and suppression of Earth's humanity.

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

Great U-Turn for humanity now ready for Mobilisation 22 July 2023
Celestial soul state condition achieved 22 September 2024
Rebellion Ended Forever 30 August 2025

REVELATIONS ×2

JAMES PADGETT MONCRIEF REVELATIONS 1 Commenced 1914
2 Completed 2014

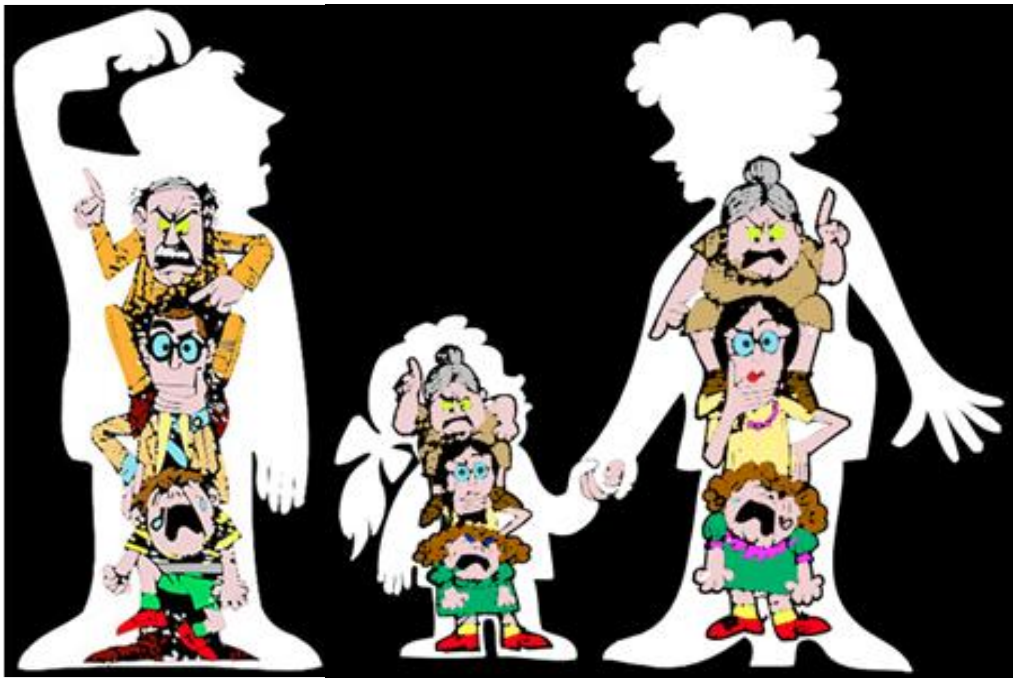
REVELATION 1 **Divine Love addresses the issues of the Rebellion.**

REVELATION 2 **Feeling Healing addresses the issues of the Default.**

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.
The Rebellion was brought about by Lucifer and his soulmate 200,000 years ago.
The Default was brought about by Adam and Eve, soulmates, 38,000 years ago.

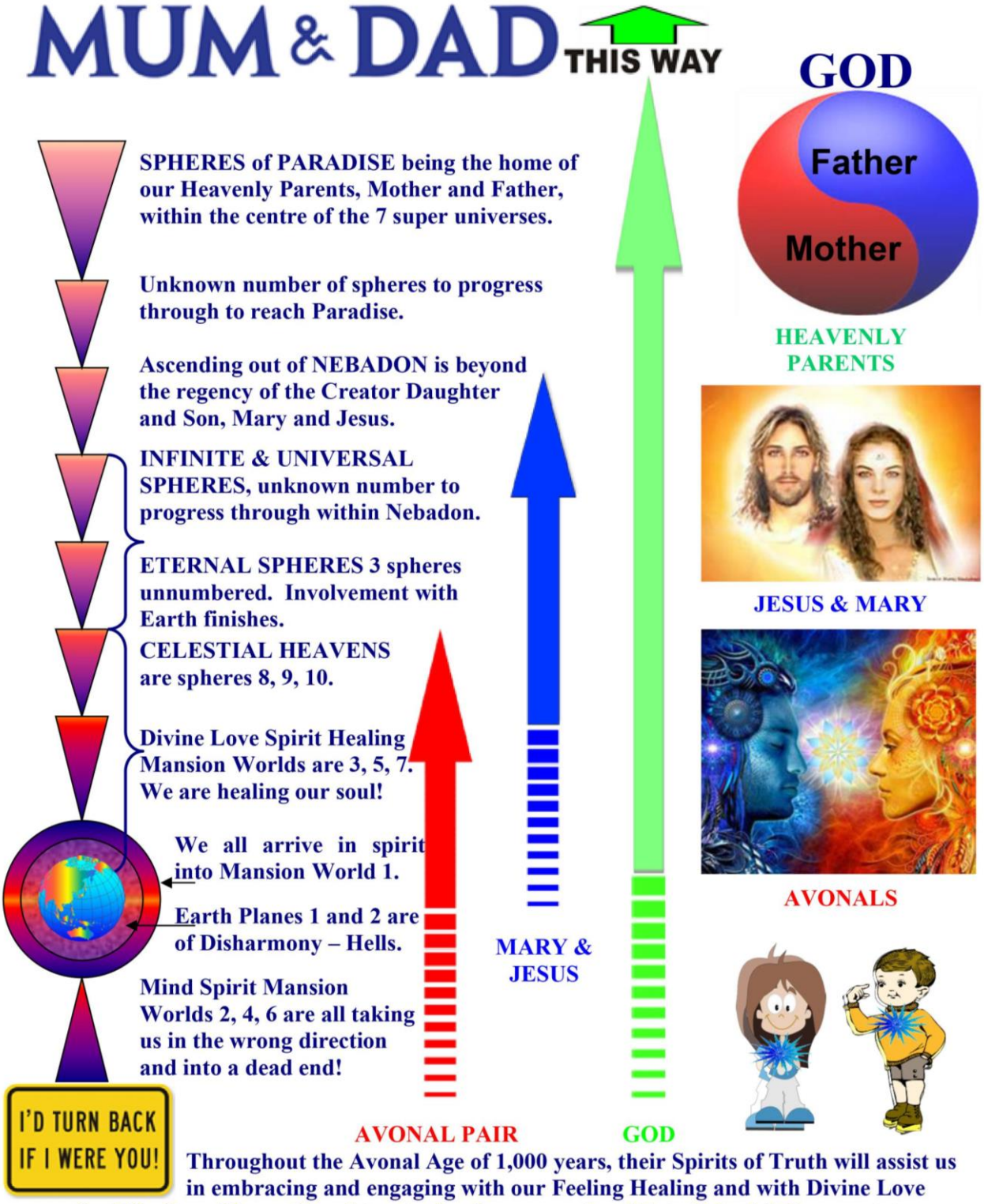
Law of Forgiveness

Law of Compensation



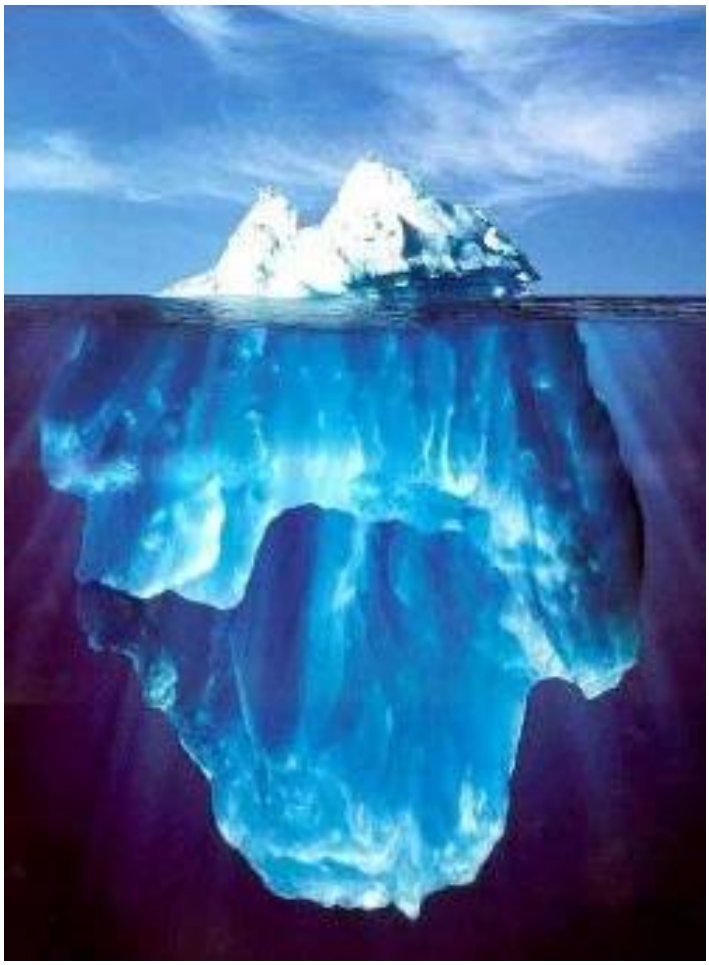
EVE AND ADAM

Tuesday, 19 December 2023, marks the appointment of Eve and Adam as oversight of Earth's humanity throughout the 3 Celestial Heavens, the 7 Mansion Worlds and on Earth for the coming Avonal Age of the next 1,000 years, as announced officially by Mary Magdalene, coregent with Jesus, of Nebadon.



Throughout the Avonal Age of 1,000 years, their Spirits of Truth will assist us in embracing and engaging with our Feeling Healing and with Divine Love our Soul Healing. They will assist us to develop our soul well into Celestial Heaven status should we persevere with such a goal. The extent to which the Avonal Pair develop themselves while here in the physical on Earth is the level that their Spirits of Truth will be able to assist us. Then it will be Mary and Jesus' Spirits of Truth that will assist us up and out of Nebadon, where our Heavenly Parents will then assist us onto Paradise, Their home.

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.

Street Kids

https://allround.home.blog/2019/08/14/street-children-it-causes-and-solutions

The United Nations estimates there are **up to 150 million** street children in the world. No one knows the exact number because they are often unknown to social care and government organisations. Street children can have complex circumstances and are very vulnerable to exploitation and violence.

POSSIBLE SOLUTIONS

Street children problems

To reach out to the problems of the street children and to know how to help street children who are facing a number of problems including protection, shelter, limited access to food and the education, we may go to them directly to know the intensity of their problems. We may not be able to help them out from getting them out of all their problems, but perhaps we can solve some of them.

Public awareness

Many of the public do not even know about the street children. Awareness mean that the we can inform as more people as we can about the problems of the street children and what can we do to help street children. The increasing of the public awareness can be very helpful in this regard. We can start with people by telling the stories of different kinds of street children. By sharing the problems of the street children to those who even do not know about the problems faced by the street children and what can we do to help street children. For this, we need to go to door to door to make the people sure that they are ready to help out these children.

Developmental centres should be risen

Developmental places are the best organisations and the services for street children. If we want to help the street children, there is dire need to analyse the problems of these children and know the ways of how to help street children. Developmental centres help the street children on a large scale as they know more about their problems and know the better solutions to their problems. These developmental centres offer and provide the street children all the facilities that the common children enjoy at their homes. These centres never let the children feel that they are in a ‘centre’, not in their home. The goal of the development centres in how to help street children for street children are to make them ready to take part in all the healthy activities of life.

The role of schools

The role of education in how to help street children is always to create the big personalities for the country and the world. The schools can take these children to schools to decrease their number. But the schools can also prepare the children so that the children may not resort to the negative activities such as drug addiction, especially for street children. Schools can teach the children and help the child to become an engineer, a doctor, or a pilot as the others normal children. In this way, they can decrease the number of schools children if they recognize how to solve the problem of street children as well as their interest of the children to leave their houses and go to the streets.

Volunteers work for the street children

The public welfare free workers always exist to work in the favour for the street children as they are willing to know the problems and know the ways of how to solve the problem of street children. They work for the public free of cost; therefore, it is very advisable to get their services for the street children to decrease the number. The increase in the number of volunteers may be very helpful in decreasing the number of street children. To know the ways as to how to solve the problem of street children, we must know the problem they are facing.

Responses by governments

No doubt, some governments have held programs to tackle with street children, the general solution of how to solve the problem of street children placing the street children into juvenile homes, orphanages, or correctional institutions. Struggles have also been made by a number of governments to help or to support with semi-government services and the organisations.

The general public, instead of the organisations and the institutions that care for street children, may also assist the street children and help the government to realise how to solve the problem of street children. The rehabilitation centres also play an important role in healing the street children and make them prepare to resort again to their home as the streets are not their home.

In conclusion, the street child phenomenon is an alarming and escalating worldwide problem. Street child issues has become a root problems to the society and the country at large. In this view, there is need to always see them as an important values and access of the future, they need to be taking care of, and it is noted that future research should **make free education to reach out for the educating the street children**. The various agents in the society such as; family, school, peer group and mass media, government, etc., should come together in one accord to curb the situation of street children eating deeper into society.

COMMERCIAL IN CONFIDENCE

Half of Mexican Children under Six are Living in Poverty

https://tecscience.tec.mx/en/human-social/child-poverty-in-mexico-and-latin-america/

22 November 2024

The IDB established a working agenda to find solutions to these challenges, which was presented during the Second International Early Childhood Forum.

A girl takes classes from her home.

Ricardo Treviño

Poverty is one of the main early challenges that children face. In Latin America and the Caribbean, 35% of children under five live in poverty. Nearly half of children under six in Mexico are in this situation, meaning around **4.9 million kids**.

Martha Rubio, Lead Economist at the Social Protection and Health Division of the **Inter-American Development Bank (IDB)**, explained these figures during her participation in the virtual discussion *Challenging Inequalities: How to Close the Gaps in Early Childhood Development* at the Second International Early Childhood Forum.

"While poverty has decreased overall, in Mexico, this reduction has been slower among children than in other population groups. In many countries, **if we look at how poverty is distributed, it's concentrated mostly among children**, not so much in the adult or elderly population," Rubio said.

She added that this situation is particularly serious because **poverty is linked to factors that limit children's health, nutrition, and overall development—both cognitive and socio-emotional**.

For example, children face food insecurity, with low intake of essential macro and micronutrients, unsafe drinking water, substandard housing, and limited access to basic healthcare services.

The discussion, moderated by **Sindy González**, Manager of Early Childhood Programs at FEMSA Foundation, also featured **Carolina Freire**, a specialist from the IDB's Social Protection and Health Division, and included a video conference with **Romina Tomé**, Senior Associate at the same division.

The Second International Early Childhood Forum took place at the Monterrey campus.

Child Poverty in Mexico and Latin America

Since 1989, when the Convention on the Rights of the Child was adopted as a global commitment to protect and promote children's development, significant progress has been made in reducing child poverty and chronic malnutrition among children under five in Latin America and the Caribbean, with reductions of 40% and 20%, respectively, said Tomé.

However, **other issues have been identified**. For instance, 88% of children under three and 30% of preschool-aged children still do not have access to early childhood care services.

COMMERCIAL IN CONFIDENCE

Moreover, among children whose mothers have only completed primary education, nine out of ten have fewer than three children's books, and half don't play regularly with their parents—an essential activity for cognitive and socio-emotional development.

By the age of five, children of mothers with primary education have language skills equivalent to children aged three and a half whose mothers have higher education.

"This is not just a difference in vocabulary; it's a difference in opportunities. **Inequalities begin early in life and widen over time**," said Tomé.

She added that **investing in high-quality early childhood development programs yields a 13.7% annual return on investment**, while the cost of inaction in the region amounts to 1.6% of GDP.

These issues are compounded by challenges affecting children and their families in the region, such as **migration flows, the consequences of climate change, and the mental health problems** of both children and their caregivers.

These inequalities are more pronounced among children living in rural Indigenous areas, who—on top of poverty—experience more significant gaps in access to basic services essential for their comprehensive development, said Freire.

"For example, in some indigenous communities, **only 32% of preschool-aged children attend school**, while in urban areas, the attendance rate exceeds 67%. These gaps also lead to inequalities in the future," she commented.

The IDB's Agenda for Finding Solutions

To address **the early childhood challenges in the Latin American and Caribbean region**, the IDB has established a working agenda and presented a Sectoral Framework Document during the Second International Early Childhood Forum.

The expert shared that the bank's division is currently working on six key areas:

- **Migration**, to ensure migrant children have access to quality services.
- **Mental Health**, through the design and implementation of play-based interventions.
- **Climate Change**, with protocols to ensure the continuity of services during emergencies.
- **Intersectionality and Governance** to coordinate efforts with institutions that collaborate and work together.
- **High-Quality Early Childhood Development Services**, with programs for children and their families in community centres.
- **Measurement and evaluation are used** to generate evidence and promote the care economy.

"**These are emerging issues that can create adversity for children.** Our commitment for the future is to tackle these challenges in an environment of constant change," Freire said.

COMMERCIAL IN CONFIDENCE

Early Childhood Programs in Latin America and the Caribbean

During the discussion, representatives from the IDB shared examples of **actions and initiatives to support the well-being and development of children** in various regions of the Americas and the Caribbean, including Mexico.

In the case of migration, where there is a lack of data to identify children aged zero to five in migrant families, the division is researching to identify available data sources that can better characterise the situation of migrant children.

One of the projects addressing this issue, funded by the Innovation Fund for Early Childhood Development, is ***Amigos de la Infancia*** **(Friends of Childhood)**. Developed in partnership with UNICEF, this project aims to provide essential services, such as educational activities and tools, and support for migrant mothers, mainly from Venezuela. More than 16,500 children and 10,000 caregivers participated in the project.

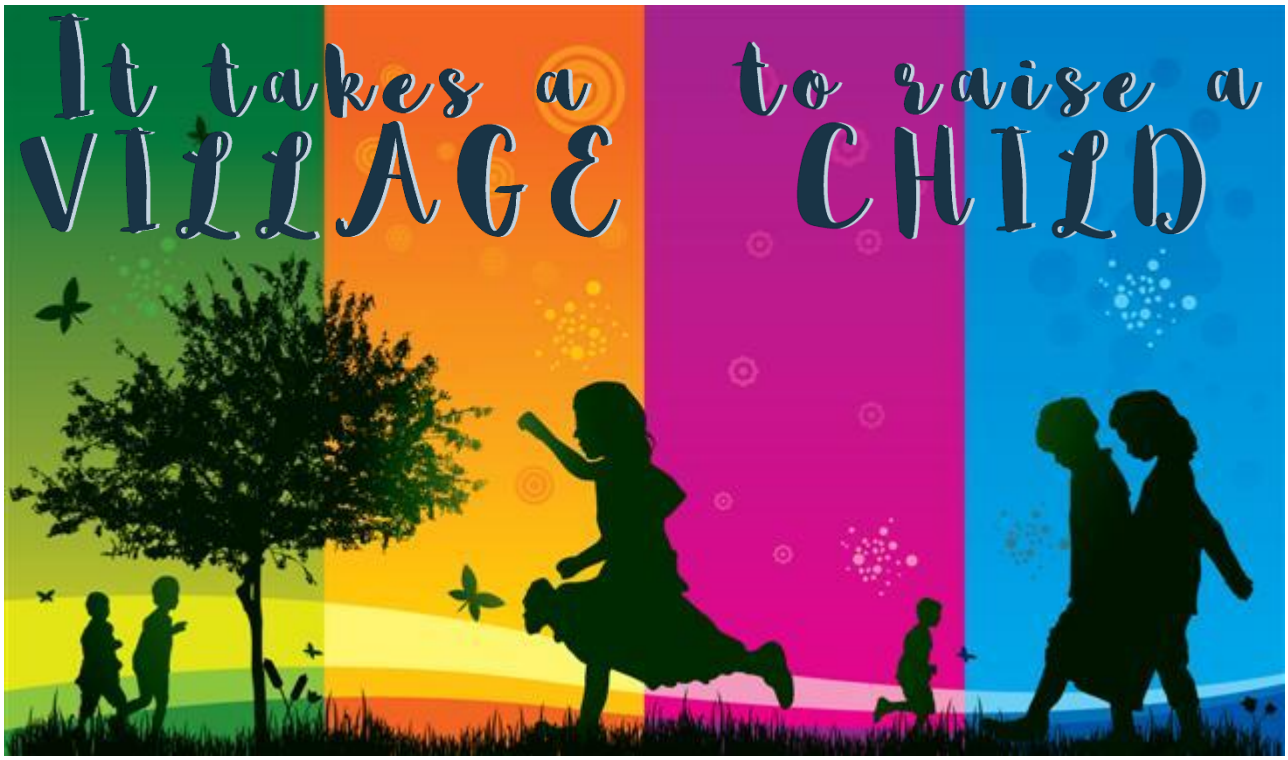
Regarding climate change, the IDB is working with countries to develop emergency protocols that ensure services for children through flexible response models. For example, in partnership with the government of Panama, the ***Mochila Cuidarte*** **(Care Backpack)** project was carried out. This initiative involved home visits to vulnerable households to **strengthen parenting practices through play and provide parents with guidance**.

In Mexico, the ***Luciérnaga*** **(Firefly) Program** is being implemented in collaboration with the Mexican Social Security Institute (IMSS) to address early adverse experiences. This initiative aims to measure the quality of interactions between educators and children in classrooms at childcare **centres**.

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.



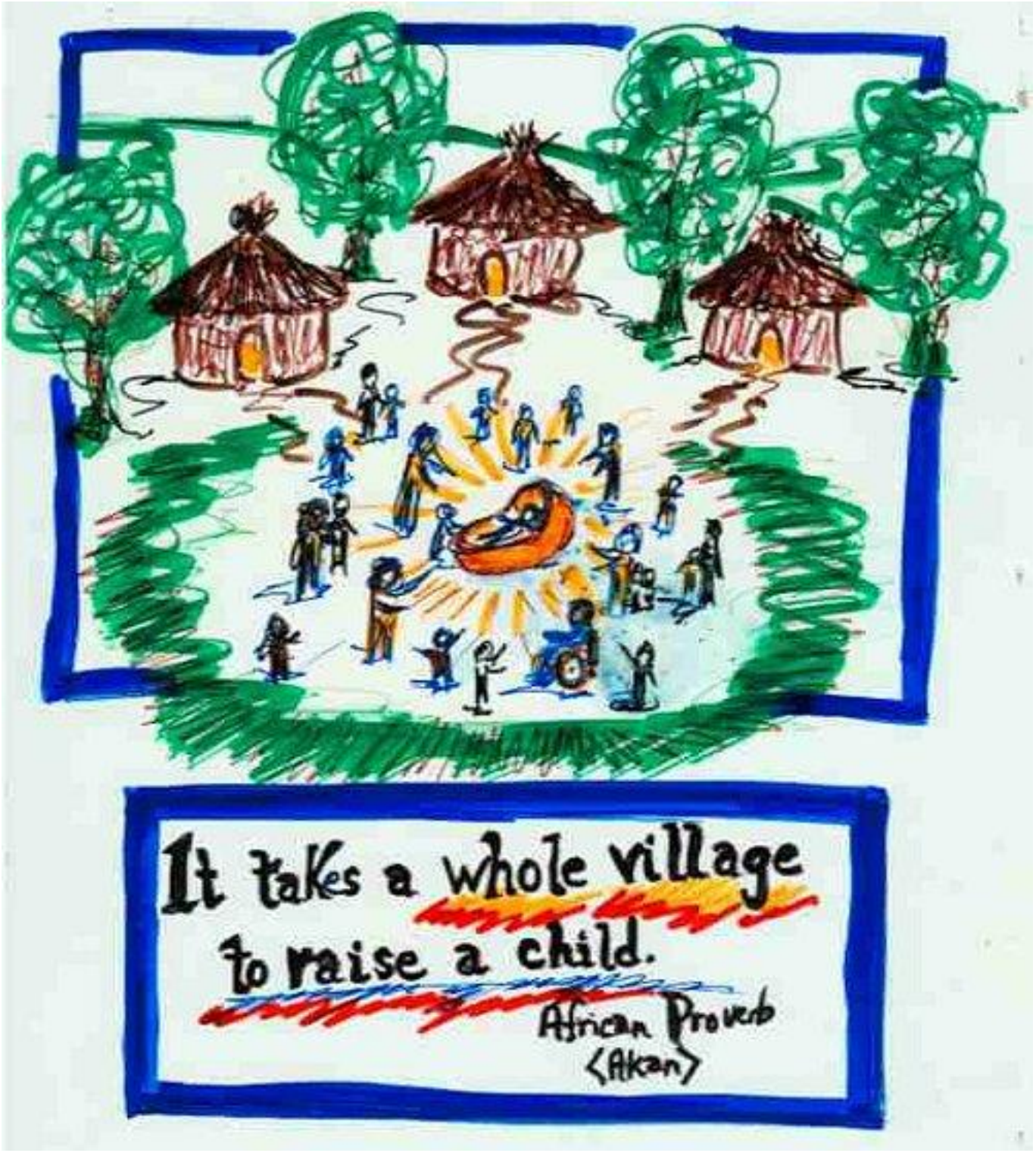
VILLAGE RAISING of a CHILD vs Corporate CHILD CARE

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:

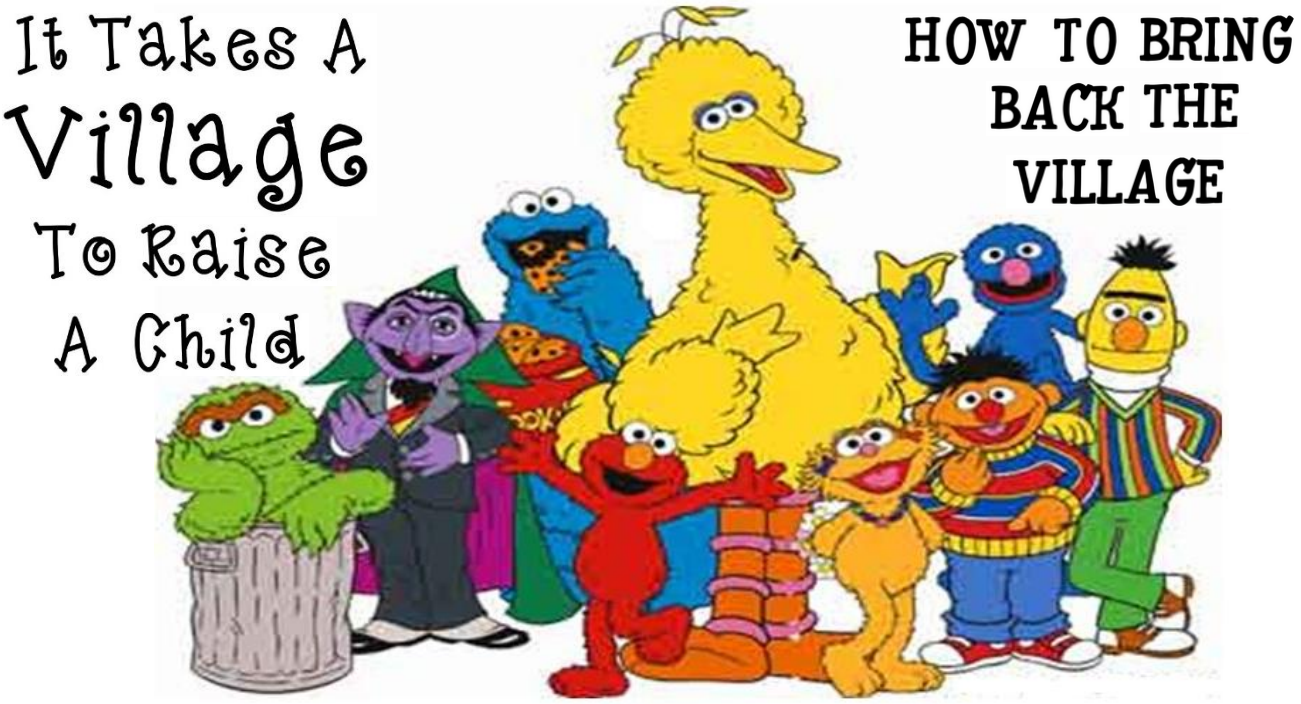
- The child and children, when at child care centres, are being deprived of their direct interaction with a parent or both parents in the time of its life it needs them the most.
- Ask yourself, who hurt me the most when I was a child? Being abandoned is lifelong harm.
- Being abandoned is a crisis for 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


It takes a whole village
to raise a child.
African Proverb
(Akan)

IT TAKES A VILLAGE TO RAISE A CHILD: HOW TO REBUILD THE VILLAGE!



A friend asks; Is the village gone? That utopic place where neighbours are available to drop in at a moment's notice to watch our kids while we go to our dentist appointment. That dream world where our new baby is greeted with dish after dish of home-made fresh meals? That magical place where strangers help us to load our groceries into our car?

It's so hard when we don't have a ready-made village. Even harder when we live far from family. That is fine until we have kids. All of a sudden, our cosy little home feels like a deserted island.

Raising littlies is hard. Hard on the body, hard on the emotions, really hard on the marriage. And babysitters are expensive! And child care centres even more so!
People weren't designed to do this parenting thing alone. What do we do, then, when we live in an individualistic community and don't have free babysitters (aka family) nearby?

HOW TO BRING THE VILLAGE BACK

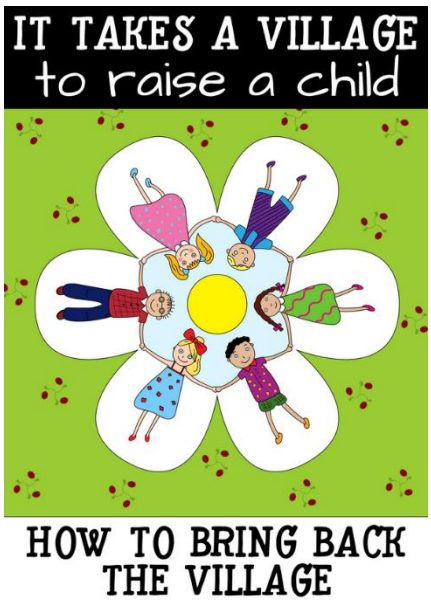
1. REALLY SEE THE PEOPLE AROUND US.

To bring back the village, first we need to be cognisant of the people around us. Crying babies are hard to ignore, but people do it all of the time. Even if the situation is not so obvious, there is always someone who is crying out for help. The first step we need to take is to see them.

2. MAKE THE FIRST MOVE TO HELP.

She continues: While on a flight, I saw an exhausted mama and heard the pitiful baby. I remembered those days. Those evenings with our first colicky baby when it seemed that *nothing* would stop his cries. It would

be so easy to leave them alone and let them handle it, the mother, father and grandmother, but how would that benefit the village?



With a sigh, I took off my headphones and put away my book, I relinquished my evening of blessed solitude on a flight. Tapping the grandmother on the arm, I asked, "Do you think she'd like me to try to soothe the baby? I could hold her for a while."

She replied, "Oh, the dad is right in front of her. He can hold the baby if she needs a break. Plus, this baby… she won't go to anyone but her mom. I know it's hard to hear – I feel bad, too."

In the individualistic era that we live in, people are reluctant to ask for, or accept, help from strangers. It's up to us to not only see the situation, but to have the courage to step up and offer help. If it's brushed aside, it may be time to move to step 3…

3. PROVE YOUR SINCERITY BY FOLLOWING UP.

It would have been SO EASY to put my headphones back on at this point. *Well– I did my duty and they don't need my help (pats self on back).* But, did I really? How many times has someone offered something to you, but you felt they only did it to be nice, so you refused? More often than you can remember, I'd wager.

People can be so damn polite, never saying what they really want or need. My gut told me that I should ask again.

"Well, I had a baby like this," I told the grandmother, "and I may know a few tricks."

"Really???" She immediately leaned across the aisle and relayed my words to the tired mama. About 0.5 seconds later, the baby was scooted across the aisle into my arms. That's how you know that you are in the company of a parent of a colicky newborn.

However, had I not proven my sincerity by offering a second gesture of help, they would never have asked.

We're starting to get a little out of our comfort zones here, opening ourselves up to rejection and even judgement. Vulnerability must precede change, though. For the village to return, we need to practice some openness with acquaintances and strangers.

4. PUSH PAST THE BOUNDARIES OF YOUR COMFORT ZONE.

Going back in my mind four years to my eldest newborn period, I asked for a blanket and tightly swaddled the 3-month-old baby girl. I sprang into action with the 5 S's from Dr. Harvey Karp's – **swaddle, side-stomach position, shush, swing and suck**. (Well, 4 S's, to be exact, since they said she didn't have a pacifier / dummy.)

I don't know about you, but if I hold a baby that is not my own and it starts crying, I'm pretty quick to hand it back. No one wants to be responsible for someone else's crying baby.

This poor baby was so worked up at this point that she just looked at me in terror and continued screaming. My rational mind said, "It takes time. Her fight-or-flight response is in full control right now, and it will take time to calm her down." My safe side screamed at me, "WHAT ARE YOU DOING? YOU HAVE AN AUDIENCE NOW, AND YOU ARE CONTINUING TO ROCK A SCREAMING BABY THAT IS NOT YOURS!"

It almost won out. I almost handed her back. But I knew that I should keep going. I knew that my tricks would work once the cortisol left her system and her little body calmed down. I kept going, swaying and shushing until my mouth was dry. Little by little, I could feel the muscles relax, the little shudders of surrender. She was falling asleep, but wasn't there yet. Every so often she'd tense back up and look around wildly, but would calm again with the continued shushing.

After ten or fifteen minutes, she was in a sound sleep. I held her for another thirty minutes while the exhausted mom slept. Then she nursed her and handed her to the dad, who held her the rest of the flight, looking like he was scared to move a muscle. I bet he was. The whole family was amazed and so grateful. **I felt like a superhero.**

It's so easy for us to stay silent. That silence may stem from feelings of inadequacy, fear of reprisal, fear of vulnerability, or even selfishness. This whole incident only took only minutes out of my day, but it meant the world to this family.

More than the time, it took courage to step out of my comfort zone and offer the help. To take back the village, it will take courage. It will take reshaping the societal norms of how we interact with others. It will take – God forbid! – putting down our mobile phones and really seeing the people around us.

It will take a village. But it can start with each of us.

This personal experience illustrated how we can see opportunities to reach out to others. What if we are the one who needs help? What if we are lamenting that the village is gone, and we are struggling so much?

5. DON'T BE AFRAID TO ASK FOR HELP.

When I had a two year old and a newborn, I had a frustrating splash pad experience when I was obviously struggling to help my toddler change his clothes while my baby screamed. I was surrounded by other parents, and not one made eye contact or offered to help.

I posed the scenario to my Facebook friends, and the responses were enlightening. Many moms stated that they felt uncomfortable offering help because when they had, they were met with suspicion, as if they had ulterior motives for asking.

As we talked about the airplane story, it takes courage to offer help to a stranger. We have no idea how they will respond, and that's an uncomfortable feeling. If we are the one needing help, don't look at the people around us as if they are unfeeling bastards, self-absorbed to the point where they don't care what we are struggling with. Maybe they see us and empathise, but they are scared to step into our personal boundary and out of their comfort zone. Ask them. Give them the permission to help you. You just might be surprised.

COMMERCIAL IN CONFIDENCE

REBUILDING THE VILLAGE TAKES A VILLAGE

It won't happen in a day. It won't happen with just one person. The butterfly effect holds true, though, and every little positive action will ripple outward. See people. Be courageous. Ask for help. Be the village.

CHILD CARE CENTRE EXPERIENCES and OBSERVATIONS:

"I was a terrible Mother, I would leave my children with anyone who was willing to look after them just as long as I could do what I wanted to do, they got in the way, I shouldn't have had them. All I wanted to do was give them away. I was a fake Mother, I put my business and social time way before my children, I feel so sorry for my Children now, they were too young to remember most of it but the damage shows itself to me constantly that I can hardly bear to look and see the truth of what I have done to them because of my terrible, selfish parenting."

People will say child care is vital in their lives, if they don't have child care then they can't go to work and nothing will get paid for but it is terrifying for the child to get dropped off with strangers.

"I remember it as a child. It was before my parents moved us to Africa so I must have been 4 or 5 and just starting school, shit the terror of those first few weeks. I ran away constantly because the huge building and the people were strangers to me and mum was nowhere to be seen, I had no idea what was going on, why was I here? Where was mum? I won't ever see her again!! I really believed that every time she dropped me off I would not be seeing my family again and it is all so vivid even though I was so young, the trauma is still with me."

"My sister has only just recently stopped working as a Child Care Centre manager in Essendon, a suburb of Melbourne in Australia. She often spoke of traumatised children being left with her at the centre while their parents had to go to work, their kids screaming for them not to go and the parents being worried that they will be late for work. It is all about the parents and the child just has to comply, do what it is told no matter how traumatic it is for them, they should be with the parents, **they should be put first**, above money, above jobs, above nights out but how can adults who weren't cared about as children, care about their children!!"

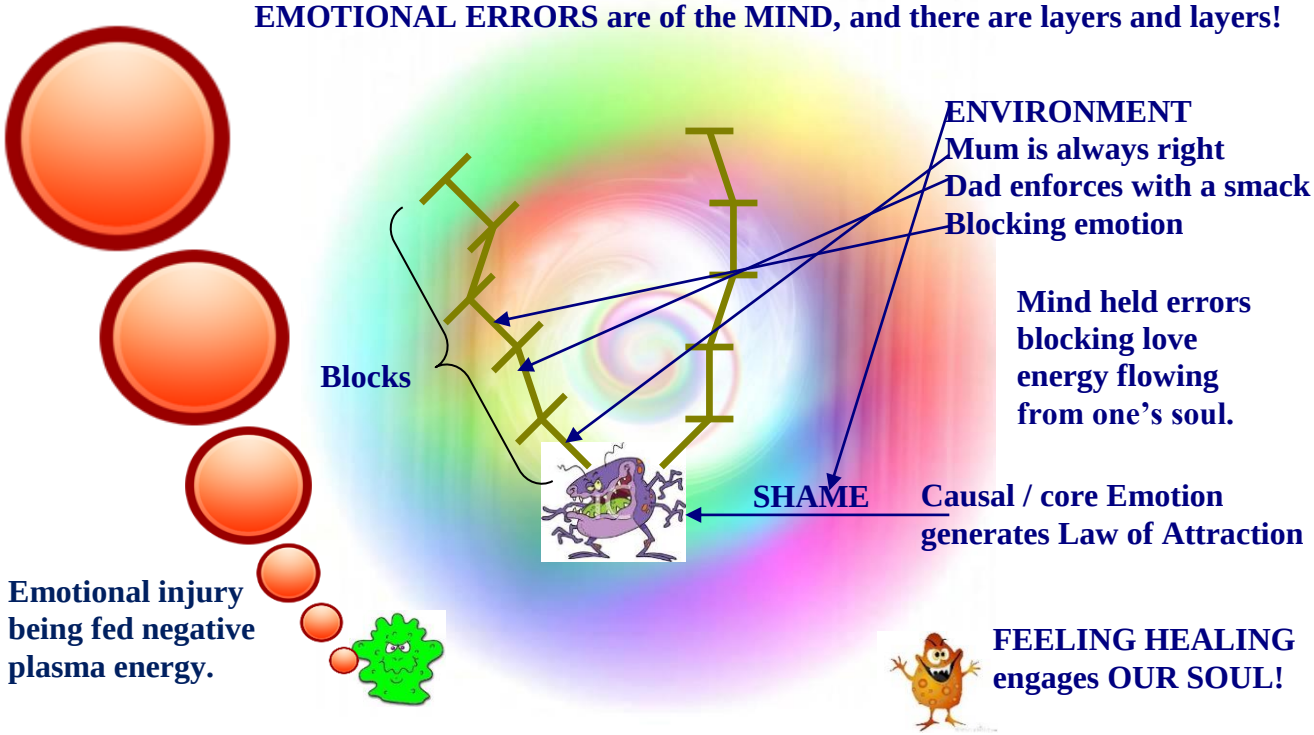
I know the damage it did to me, John, at such a young age, all I wanted was my mum. I now see the damage it has done to my children, when all they wanted was me and I couldn't give myself to them in the way they needed, I didn't want to be with them, i wanted to carry on my life as if they weren't in it. It feels terrible to say it but it is true. It was just all about me!

"My sister would say that she felt used most of the time, the parents were very rarely appreciative and would send their children in to day care with all sorts of illnesses, just as long as they could go to work and carry on their lives, willing to pay very high fees just as long as their children didn't get in the way of their lives. Child care wouldn't exist if parents were willing to stay with their children and look after them, there would be no need for it but we have created lives that need both parents to work, to keep our heads above water with all the things we need to pay for. Child care just helps us as parents to continue our evilness and rejection of our children, lets us continue to put ourselves and our jobs, Money and social lives above our children. If we really cared we would **put our children first** and there would be no question about wanting to stay home and bring up our children but we don't care. What we do care about is carrying on our lives as if our children didn't exist so Child Care Centres help us do that and we will pay dearly for it."

Healing is by Going Through Doors!

We open up to our feelings by embracing a feeling and longing for the truth that feeling is to show us. This may lead us down to many more feelings through copious doors and stairways, leading us back through our life into our Childhood Suppression of our early forming years commencing at conception. This is a long journey of discovery and acceptance of just how we have been misled and now we are to express all that comes to surface and in so doing we are healing ourselves. Feeling Healing commences with the first doorway.

EMOTIONAL ERRORS are of the MIND, and there are layers and layers!



Layer upon Layer upon Layer

Emotional injuries and errors of belief are what we are to express and talk out with companions. The amazing thing is that we are now being guided and assisted in our emotional healing which affects every aspect of our living, our life, our being, our physical health and our relationships. Never has it been understood just how retarded and suppressed we each are by living through our minds and ignoring our feelings as we have been led to live our lives by not only our parents, but by all who we interact with – as they have all been misled like each of us.

As we open ourselves up to express a feeling, any feeling, good or bad – they are all to be expressed. Whatever comes to surface will be over laying an older feeling, so we are to then express the slightly deeper feeling / emotion / belief / error / memory.

We are to find how every aspect of our environment is imposing itself upon us. Government, through its federal, state and local administration, is all controlling and inhibiting of our self-expression. Then we find that our employment is all controlling as it is our life-line to physical survival – our fears and hoarding are all consuming. Our education has been founded upon layers and layers of assumptions which we now find to be extra-ordinarily flawed in what becomes abundantly clear through our truth based feelings which are always in truth. With 3,400 major religions, we now can recognise that they are all agents for our control.

And then as we work our way down through the layers upon layers, back through our adult life and into our teenage years, we begin to find and then anticipate that it is our Childhood Suppression that we experienced under the oversight of our parents and those close within our family, being our siblings, grandparents, etc., that is at the core of our Healing.

Thus, as we work through each and every feeling that arises, we will be working back through our life years to the core of each emotional injury and error of belief which we generally have taken on throughout our childhood forming years, from the moment of conception to the age of six years. It is during our sixth year that our Indwelling Spirit arrives and we become a little more self-aware and assertive of our personality.

Yes, we will work our way back through our dramas all the way back to the moment of our conception. We will become totally aware of just how much we are screwed over and then accepting of being in such a way. However, then being healed is yet another incredible life for us each to experience.

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.

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

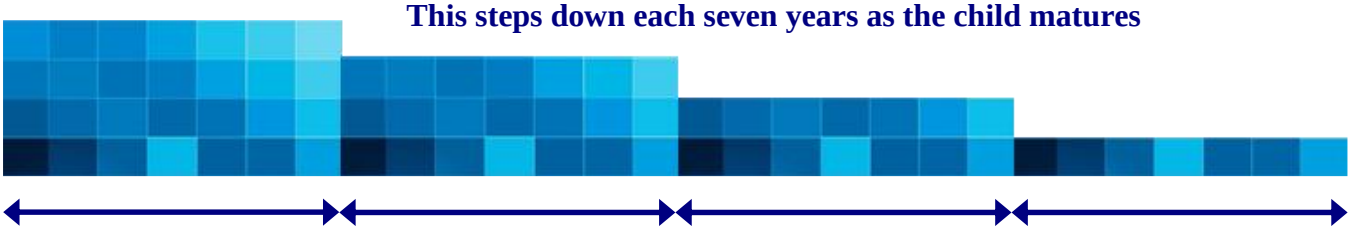
Only through Feeling Healing which can be readily introduced through all education and health systems and services, will we cure our Childhood Suppression.

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.

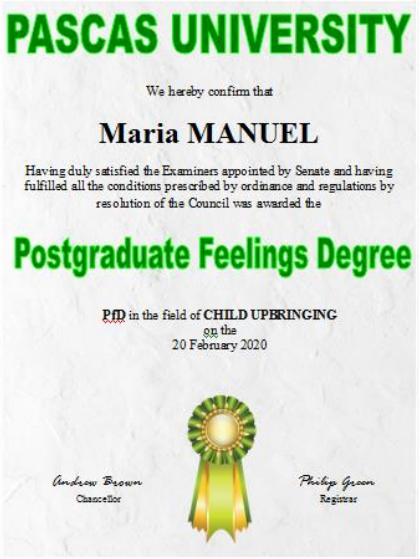
PASCAS COUNSELLOR CARERS:

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.


PASCAS UNIVERSITY

We hereby confirm that

Maria MANUEL

Having duly satisfied the Examiners appointed by Senate and having fulfilled all the conditions prescribed by ordinance and regulations by resolution of the Council was awarded the

Postgraduate Feelings Degree

PfD in the field of CHILD UPBRINGING
on the
20 February 2020

Andrew Brown
Chancellor

Philip Green
Registrar

Kindly consider reading: www.pascashealth.com
then proceed to Library Download:

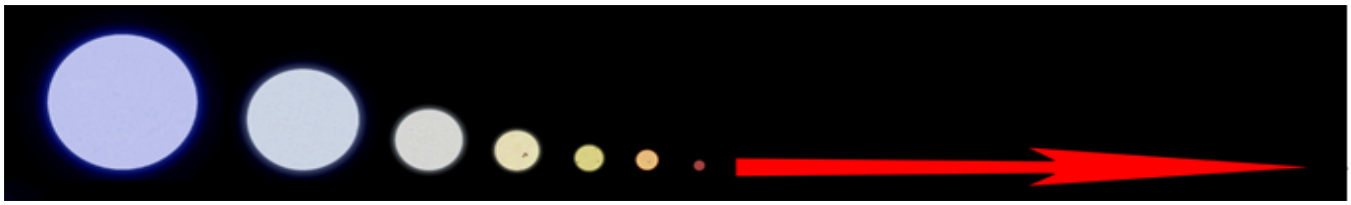
Pascas Worldcare Supporting Hands
Pascas Care Letters – Family Shelters Abuse & Remedial
Pascas Care Letters – Family Shelters Overview
Pascas Care Letters – Family Shelters Protection
Pascas Care Letters – Family Shelters Social Housing
Pascas Care Letters – Family Shelters Support Centre
Pascas Care 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.

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.

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

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

John the Typist

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 as 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 September 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 within major regional cities, then throughout all the states 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 Mexico 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.

FEELINGS GIVE RISE TO THE TRUTH

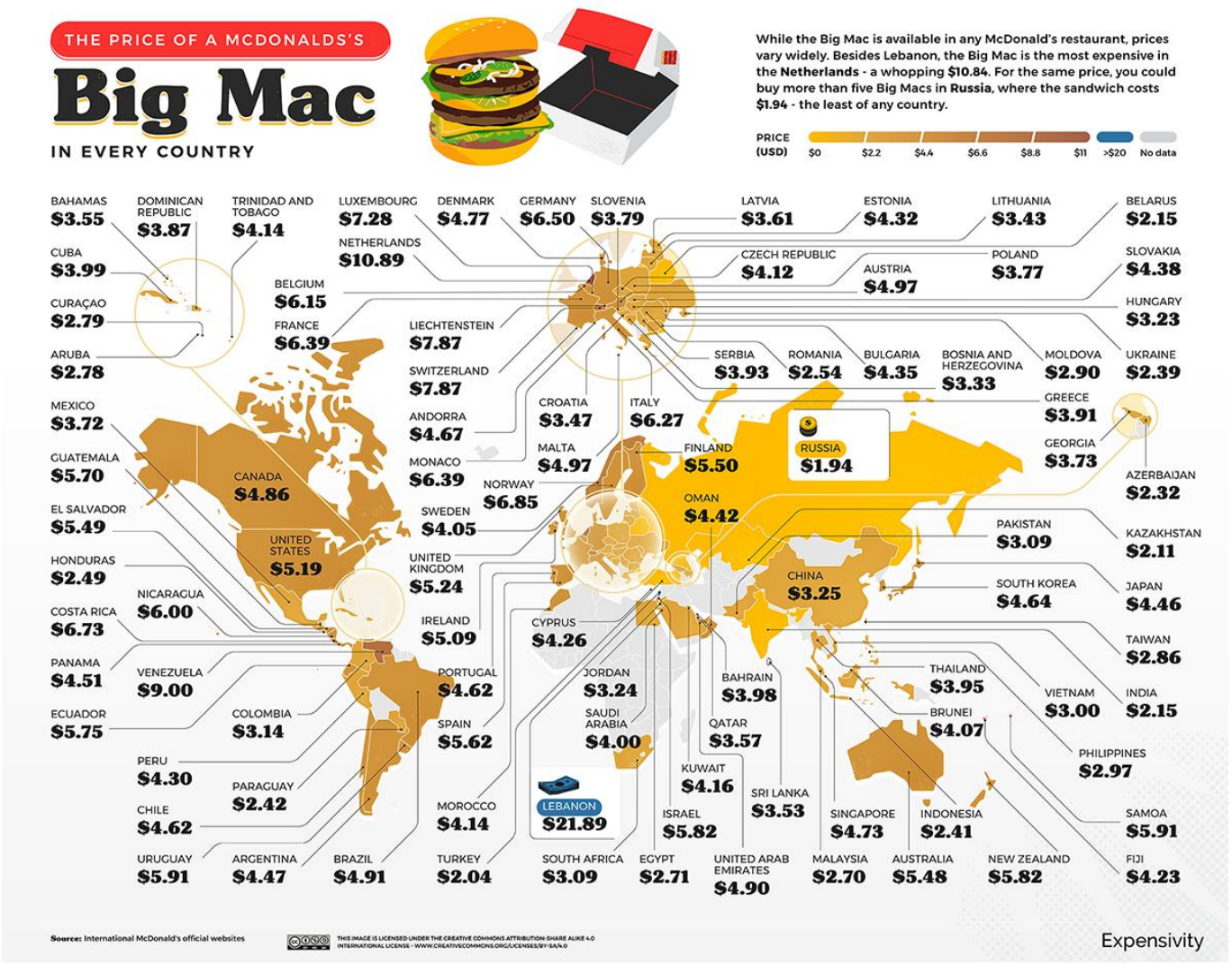
The CHILD is to FREELY EXPRESS ITSELF: Messages from Mary and Jesus 13 May 2003

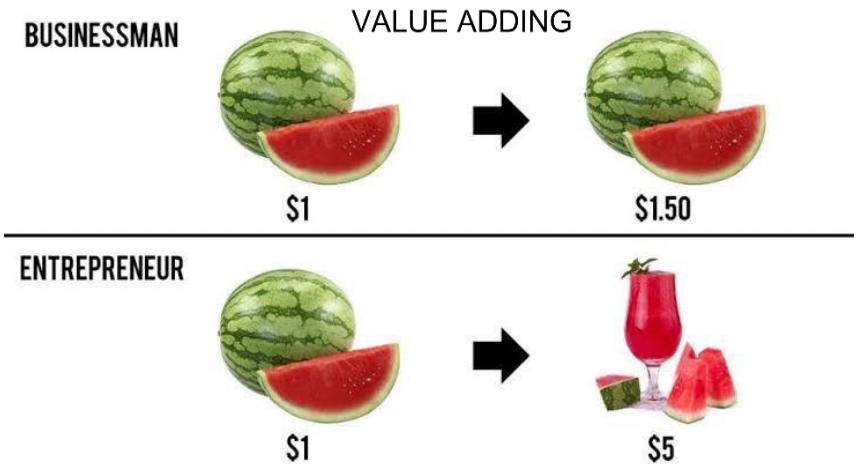
Mary: The greatest gift you can give your child, is allowing it to be freely able to express itself, helping it to feel good about being able to say and express and communicate all it feels. THERE IS NOTHING BETTER FOR A CHILD TO FEEL THAN KNOWING ITS PARENTS COMPLETELY WANT IT TO BE EXACTLY HOW IT FEELS 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?


THE PRICE OF A MCDONALDS'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.
PRICE (USD) $0 $2.2 $4.4 $6.6 $8.8 $11 >$20 No data
BAHAMAS $3.55
DOMINICAN REPUBLIC $3.87
TRINIDAD AND TOBAGO $4.14
CUBA $3.99
CURAÇAO $2.79
ARUBA $2.78
MEXICO $3.72
GUATEMALA $5.70
EL SALVADOR $5.49
HONDURAS $2.49
NICARAGUA $6.00
COSTA RICA $6.73
PANAMA $4.51
VENEZUELA $9.00
ECUADOR $5.75
COLOMBIA $3.14
PERU $4.30
PARAGUAY $2.42
CHILE $4.62
URUGUAY $5.91
ARGENTINA $4.47
BRAZIL $4.91
CANADA $4.86
UNITED STATES $5.19
LUXEMBOURG $7.28
DENMARK $4.77
GERMANY $6.50
SLOVENIA $3.79
NETHERLANDS $10.89
BELGIUM $6.15
FRANCE $6.39
LIECHTENSTEIN $7.87
SWITZERLAND $7.87
ANDORRA $4.67
MONACO $6.39
SWEDEN $4.05
UNITED KINGDOM $5.24
IRELAND $5.09
PORTUGAL $4.62
SPAIN $5.62
MOROCCO $4.14
TURKEY $2.04
CROATIA $3.47
MALTA $4.97
NORWAY $6.85
ITALY $6.27
FINLAND $5.50
CYPRUS $4.26
JORDAN $3.24
SAUDI ARABIA $4.00
LEBANON $21.89
ISRAEL $5.82
KUWAIT $4.16
QATAR $3.57
BAHRAIN $3.98
SRI LANKA $3.53
SOUTH AFRICA $3.09
EGYPT $2.71
UNITED ARAB EMIRATES $4.90
LATVIA $3.61
ESTONIA $4.32
LITHUANIA $3.43
BELARUS $2.15
CZECH REPUBLIC $4.12
AUSTRIA $4.97
POLAND $3.77
SLOVAKIA $4.38
HUNGARY $3.23
SERBIA $3.93
ROMANIA $2.54
BULGARIA $4.35
BOSNIA AND HERZEGOVINA $3.33
MOLDOVA $2.90
UKRAINE $2.39
GREECE $3.91
GEORGIA $3.73
AZERBAIJAN $2.32
RUSSIA $1.94
OMAN $4.42
PAKISTAN $3.09
KAZAKHSTAN $2.11
CHINA $3.25
SOUTH KOREA $4.64
JAPAN $4.46
TAIWAN $2.86
THAILAND $3.95
VIETNAM $3.00
INDIA $2.15
BRUNEI $4.07
PHILIPPINES $2.97
SINGAPORE $4.73
INDONESIA $2.41
SAMOA $5.91
MALAYSIA $2.70
AUSTRALIA $5.48
NEW ZEALAND $5.82
FIJI $4.23
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

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%.

MEXICO TAXATION

Federal corporate income tax (CIT) is 30%.

Personal income taxation rates in Mexico:

The following tax rates are effective for resident individuals for calendar year 2025:

Taxable income (MXN)		Basic tax	
From	To	Tax on column 1 (MXN)	Tax on excess (%)
0.01	8,952.49	0	1.92
8,952.50	75,984.55	171.88	6.40
75,984.56	133,536.07	4,461.94	10.88
133,536.08	155,229.80	10,723.55	16.00
155,229.81	185,852.57	14,194.54	17.92
185,852.58	374,837.88	19,682.13	21.36
374,837.89	590,795.99	60,049.40	23.52
590,796.00	1,127,926.84	110,842.74	30.00
1,127,926.85	1,503,902.46	271,981.99	32.00
1,503,902.47	4,511,707.37	392,294.17	34.00

SUSTAINABLE DEVELOPMENT GOALS
1 NO POVERTY
2 ZERO HUNGER
3 GOOD HEALTH AND WELL-BEING
4 QUALITY EDUCATION
5 GENDER EQUALITY
6 CLEAN WATER AND SANITATION
7 AFFORDABLE AND CLEAN ENERGY
8 DECENT WORK AND ECONOMIC GROWTH
9 INDUSTRY, INNOVATION AND INFRASTRUCTURE
10 REDUCED INEQUALITIES
11 SUSTAINABLE CITIES AND COMMUNITIES
12 RESPONSIBLE CONSUMPTION AND PRODUCTION
13 CLIMATE ACTION
14 LIFE BELOW WATER
15 LIFE ON LAND
16 PEACE, JUSTICE AND STRONG INSTITUTIONS
17 PARTNERSHIPS FOR THE GOALS
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

CORE EMOTIONS

7 CORE EMOTIONS
- SADNESS
- ANGER
- FEAR
- DISGUST
- JOY
- EXCITEMENT
- AROUSAL

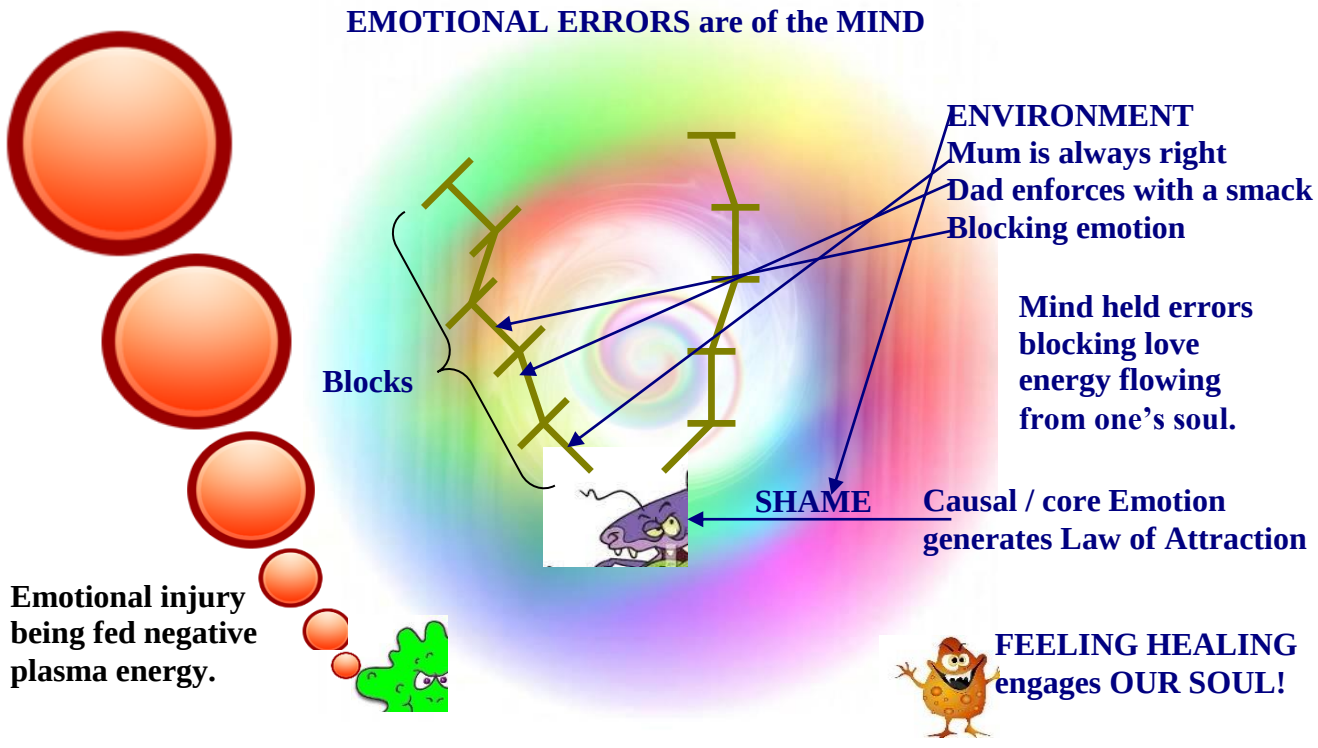
FROM HILARY JACOBS HENDEL ON MENTAL HEALTH HAPPY HOUR

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 imposts 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.



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.

WORLDWIDE relationship of MoC calibration with Life Experiences Life Expectancy, Development, Happiness, Education, Income							
MoC	**No. of Countries+ Territories**	**Average MoC**	**Average Life Expectancy**	**Human Development Index**	**Happiness Index**	**Education Index**	**Per Capita Income 2021**
400s	**22**	**405**	**82.2**	**0.924**	**7.1**	**.890**	**US$63,032**
300s	**71**	**343**	**77.2**	**0.794**	**6.1**	**.741**	**US$30,154**
200s	**50**	**251**	**72.7**	**0.676**	**5.3**	**.610**	**US$16,560**
High 100s	**38**	**174**	**70.5**	**0.659**	**5.0**	**.600**	**US$12,516**
Low 100s	**21**	**119**	**67.1**	**0.587**	**4.6**	**.501**	**US$7,081**
Below 100	**14**	**74**	**65.3**	**0.565**	**4.4**	**.501**	**US$6,377**
WORLD	**216**	**220**	**73.3**				**US$17,110**

MEXICO overall population calibration is MoC 295

Mexico MoC	**No. of Countries**	**Overall MoC**	**Average Life Expectancy**	**Human Development Index**	**Happiness Index**	**Education Index**	**Per Capita Income 2021 PPP**
295	**1**	**295**	**75.4**	**0.779**	**6.3**	**0.703**	**20,300**

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 began 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
& DEFAULT

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.

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.

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.

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

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 then 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, 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.

LAW OF COOPERATION

The LAW of COOPERATION 8 October 2022

Is to work in conjunction with (cooperating with) the Law of Compensation.

LAW OF COMPENSATION

It's a Universal Law potentially to be 'imposed' upon humanity on Earth. It is currently in 'operation' in the Mansion Worlds, ensuring everyone cooperates in a friendly way with everyone else to maintain a certain standard of life as agreed upon by all involved, that which is determined by the Mind (rebellious) or Truth (Healing) way the spirits might be living.

Currently on Earth in our rebellious states, the Laws of Compensation and Cooperation are not active. So we live with the 'every man for himself' ethic, the powerful being the successful 'winners' who dominate the not so powerful 'failures'. Whereas in the Mansion Worlds (and the rest of non-rebellious Creation), equality, so even in a rebellious state, is the Law, and so if you cross the line inflicting dominance over another causing some level of suffering, pain and hurt, you will instantly come under the workings of the Law of Compensation and have to compensate for such transgression by feeling all that pain, hurt and suffering you have caused the other spirit to feel. So naturally, Universal Law and Order is maintained by everyone honouring the Law of Compensation, no one wanting to bring its 'wrath' down upon themselves.

Then added to keeping the peace, is the Law of Cooperation, for everyone in the Mansion Worlds who are happy and content to further their rebellious mind state in worlds 1, 2, 4 and 6; or doing their Healing, starting in world 1 and moving through 3, 5 and 7. So everyone willingly feels they want to cooperate with everyone else. Therefore, in the rebellious mind worlds, all spirits willingly and 'lovingly' cooperate with all other mind spirits; and the same in the Healing worlds, together with everyone willingly cooperating with the Healing. If you don't want to cooperate then you'll feel very bad, so everyone willingly wants to do some 'work' for the greater good of all. So there is no need for spirit money or spirit barter for any work done, because everyone willingly loves to work for other spirits, wanting nothing in return, loving giving and receiving as they feel moved to do. So for example, many spirits make spirit clothes out of the spirit material willingly and lovingly for other spirits to wear, freely giving such spirit clothes away, not wanting anything in return other than the receiving spirit being happy to wear and love their clothes. So, the Mansion Worlds function peacefully in their rebellious states – or in their Healing states.

So, now imagine if the two Laws are activated and applied to humanity on Earth... how would things change – and drastically change they would!

For example, everyone who is wilfully doing anything to make another suffer, feel hurt and pain, would cease their harmful ways, themselves feeling all that suffering, hurt and pain they've inflicted on the other person. So personally, as in personal relationship if you hit someone, emotionally, politically, socially, on all levels. If you run a business or government that is hurting people economically, socially, emotionally, spiritually, mentally, in any way causing anyone to suffer, then you're going to feel all that pain of all the people you're hurting. Even if you're doing it indirectly. If you work for a business or company and are forced to hurt others through policy of those controlling the company, no doubt you will still feel bad for what you've done, and you might leave, but if it's your only source of livelihood, then the Law of

Compensation won't be as harsh or won't possibly be applied at all. So really it applies to those who are wilfully hurting, coercing or deceiving others, who will have to do their Hell Time to compensation for all suffering and pain caused.

So, imagine if suddenly everyone had to stop hurting everyone else, including all animal abuse – how would the world be?

Parents hurting their children are exempt from the Law, in that it will still apply, however it is suspended until the parent does their Spiritual Healing, and then it will come under the greater Law of Forgiveness. So parents doing their Healing and waking up to the truth of how badly and unloving they have treated their children, will feel all the pain of their transgressions as the Law of Compensation works upon them, however it will be a part of their Healing under the Law of Forgiveness, because the Rebellion has been thrust upon us all, and so parents won't have to do actual separate Hell Time, however they will feel like hell doing their Healing when they see and feel how unlovingly they've treated their children.

One could argue that it's not fair everyone being subjected to the Law of Compensation because we've all unwittingly and unconsciously been subjected to the horrors of the Rebellion, however once we're an adult, rebellion or not, we're still answerable for our actions. And so if you cross the line and infringe upon another's will to the degree of making them suffer pain, the Law of Compensation will apply to you.

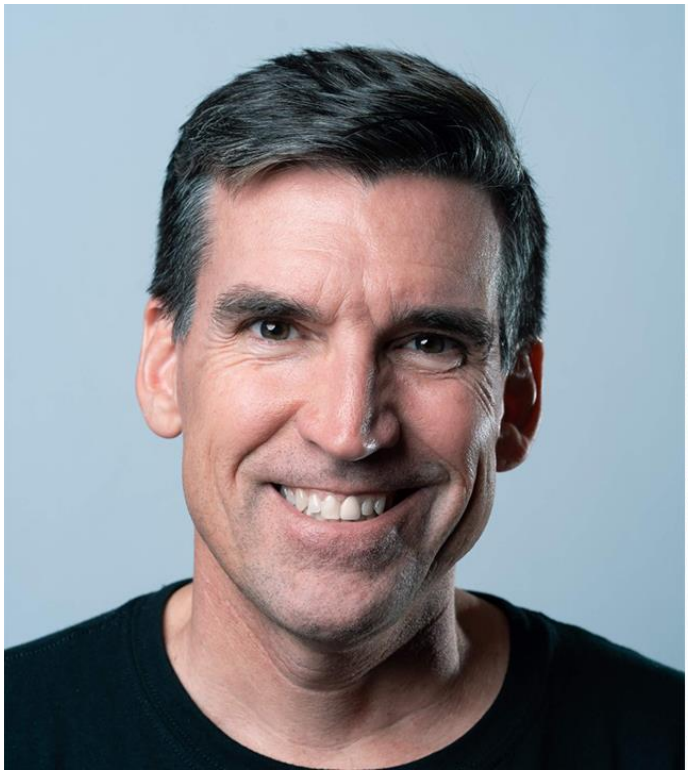
So if the Law of Compensation is applied to Earth, one can imagine there will be many of the world's top controlling people suddenly stricken down with all the pain of their wrongdoing, thereby leaving quite a gap in the way things get done, into which other people will have to step.

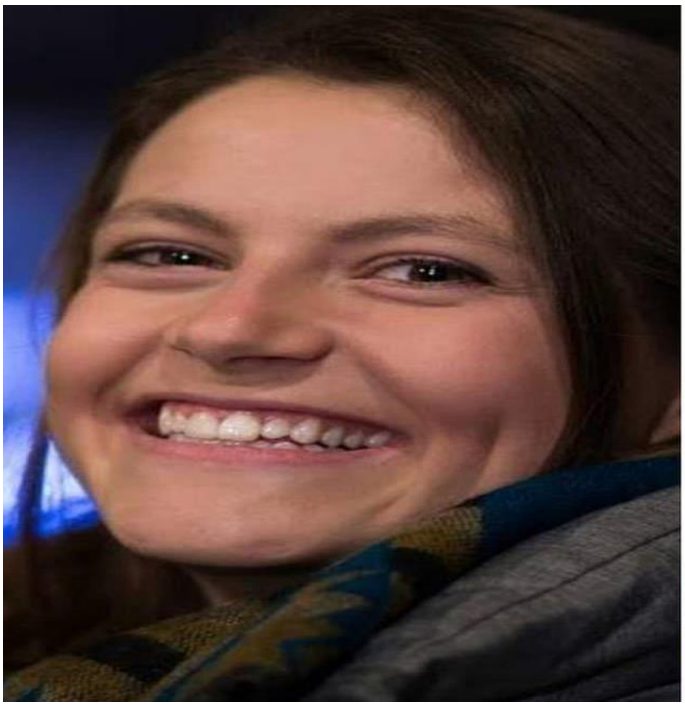
And if the Law of Cooperation is applied at the same time, then in theory the world can dispense with the need for money, so no power or wealth accumulation, everyone can have what they want, and no one will want such power over others because of the Law of Compensation – and then how does the world keep functioning when suddenly there is no need to go to work to make money to survive? Hence the need for the Law of Cooperation, because like in the Mansion Worlds, everyone will feel driven to cooperate with the whole, so people will want to go to work for the sake of working to make everything keep working. Not to earn a living, just so they can participate in the whole of making life be as everyone will want it to be, that being a pleasant, good and happy standard of living. So the companies and governments will still work if need be, however their purpose and reason for existence will be for the good of the whole, with workers volunteering to work to keep them going. A utopia heaven on Earth, even a rebellious one, just as the Mansion Worlds are called heaven.

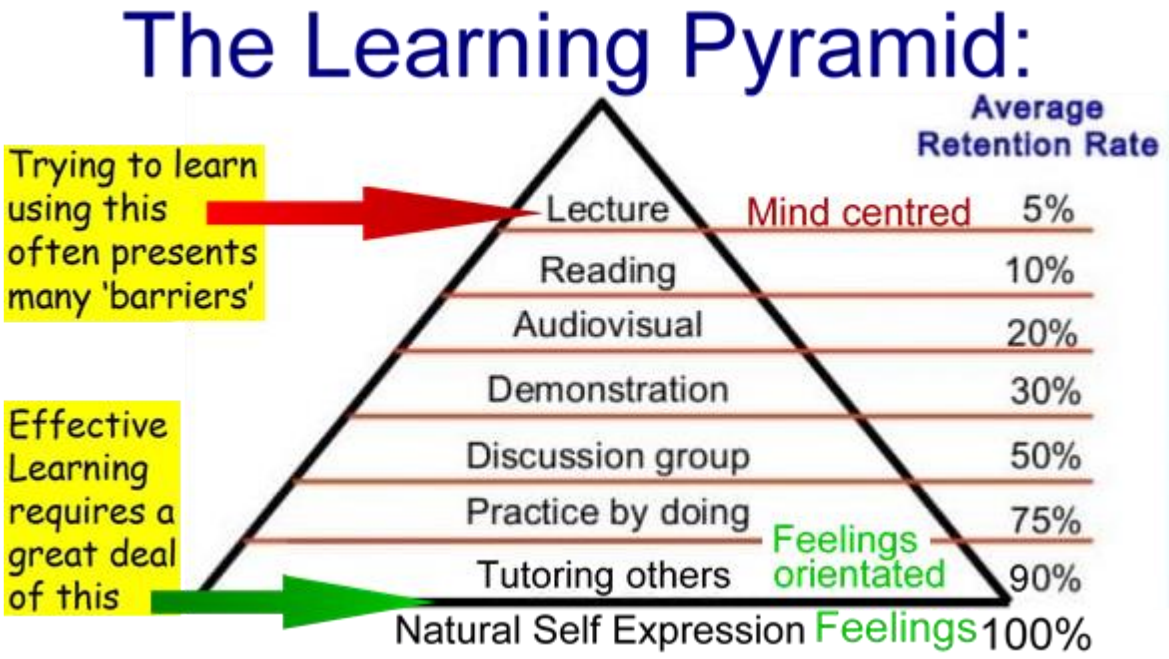
So is the new Spiritual Age that is possibly forthcoming, heralding the end of the 'Lawless' Rebellion? Is humanity on Earth to move to mirror humanity in the Mansion Worlds? So can life over there be applied to life here on the physical Earth? Will people strive to continue living their rebellious ways cooperatively within the overseeing Law of Compensation, all in a 'nice, friendly and loving' evilness, like in the mind Mansion Worlds? Whilst other people will strive to live cooperatively doing their Healing, wanting to finally end being of the Rebellion and Default?

The Golden rule is: Never interfere with another's will.
Golden Rule: One must always honour another's will as one honours one's own.

Should we intend to cause harm to another, then we will endure the pain and discomfort to the full extent that that other person would have endured should we have carried through with our intent! We will find that at all times we are put in the place of the intended victim(s) when we intended or have brought discomfort, difficulties, injury and pain to each and every person throughout our lives! We become the victim of all our actions when those actions are detrimental to anyone or group of people – to the full extent of the injuries intended or imposed.







Once the core subject material is introduced, students tutoring each other in small groups of around 12 people is a more 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!

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

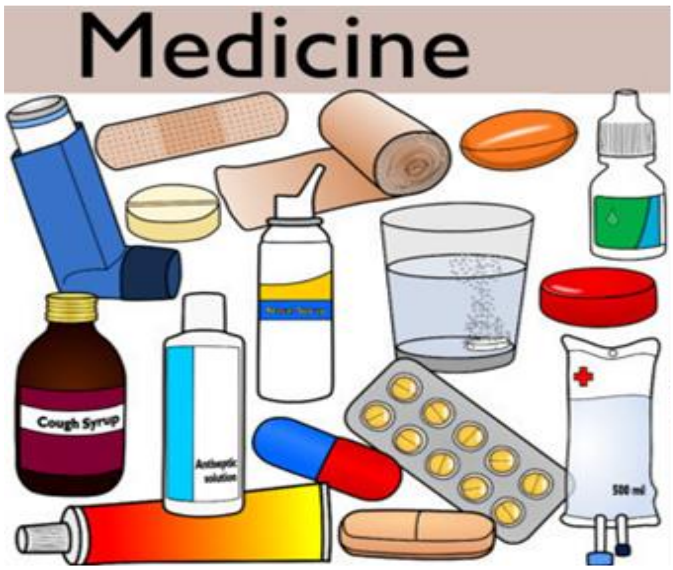
Are there really 10,000 diseases and just 500 'cures'?

"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."

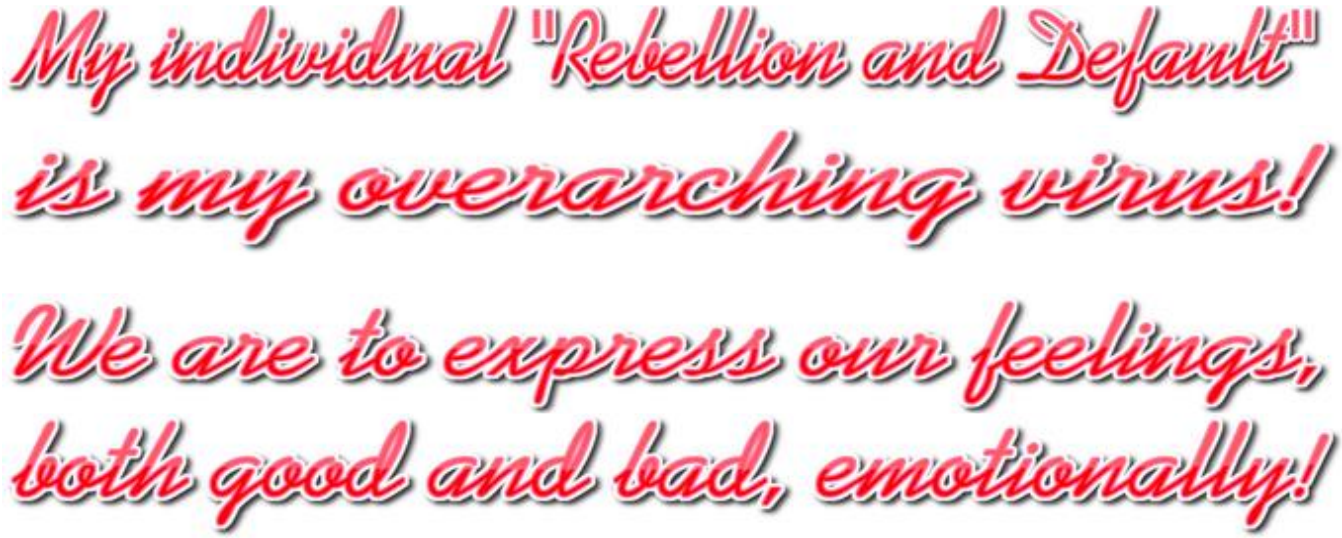
However, NO ONE comprehends what is the underlying cause of disease! Our health carers, our doctors and nurses never discuss or outline why we have a discomfort, pain, illness or disease. Kindly ask yourself, when was the last time your medical practitioner outlined to you why you have a particular health 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 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!

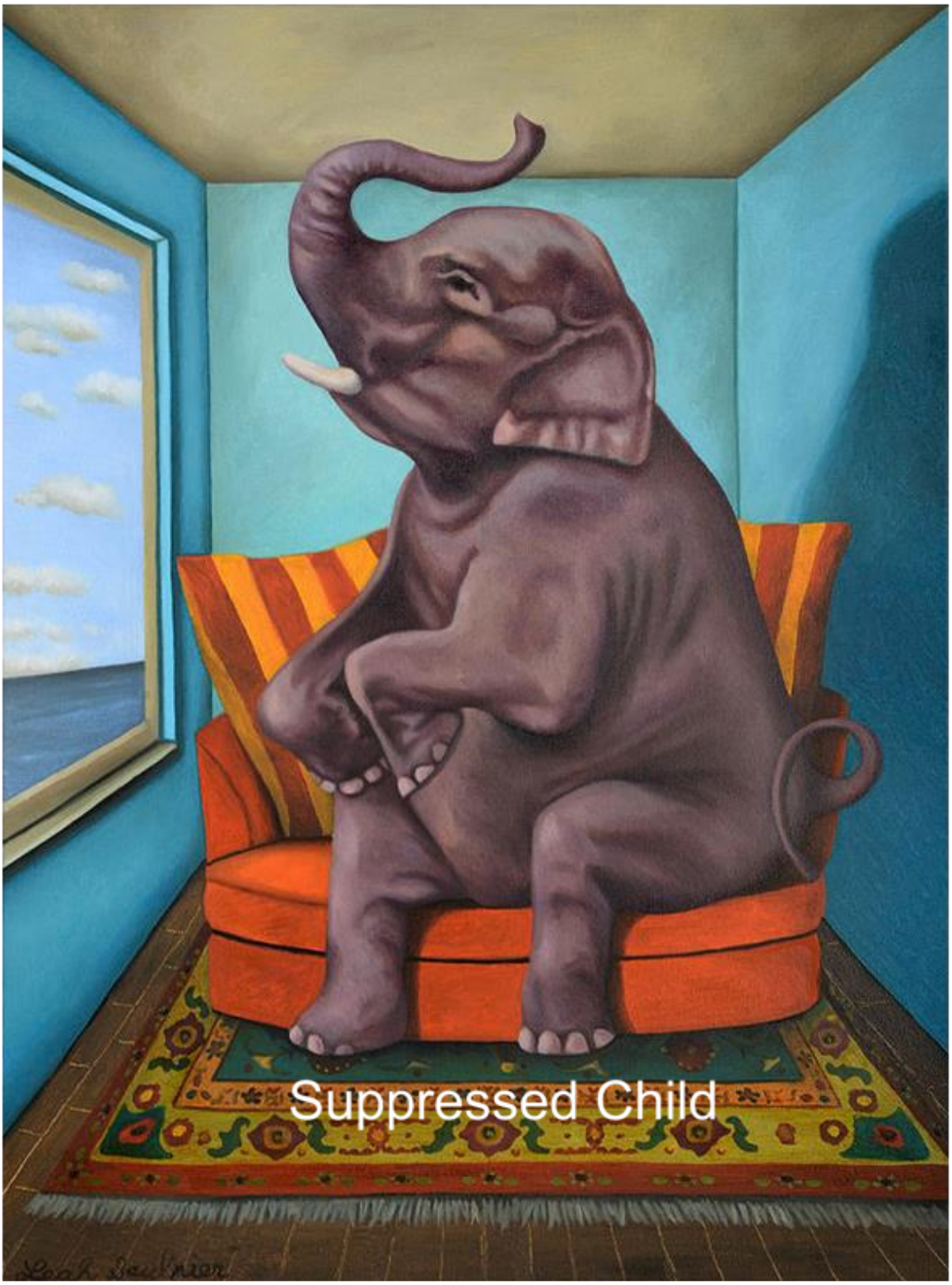
At the moment of our conception, we are perfect in every respect – both in Natural love and physically. We are then literally fire-hosed by our parents' emotional injuries and errors of belief and this is ongoing. They are not even aware of our existence when this onslaught commences – no wonder many conceptions do not survive to incarnation which is when the foetus commences to pump blood some 16 days after conception.



DON'T FORCE YOUR CHILD
TO BE LIKE YOU.

Childhood Suppression

is the elephant in the room!



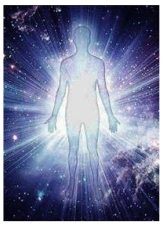
The underlying generator of all discomfort, pain, disease and illness is Childhood Suppression and ongoing Repression.

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 Nebadon 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 (Mexico) 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 and men 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, men and children;

and fostering a new era of leadership and leaders.

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.

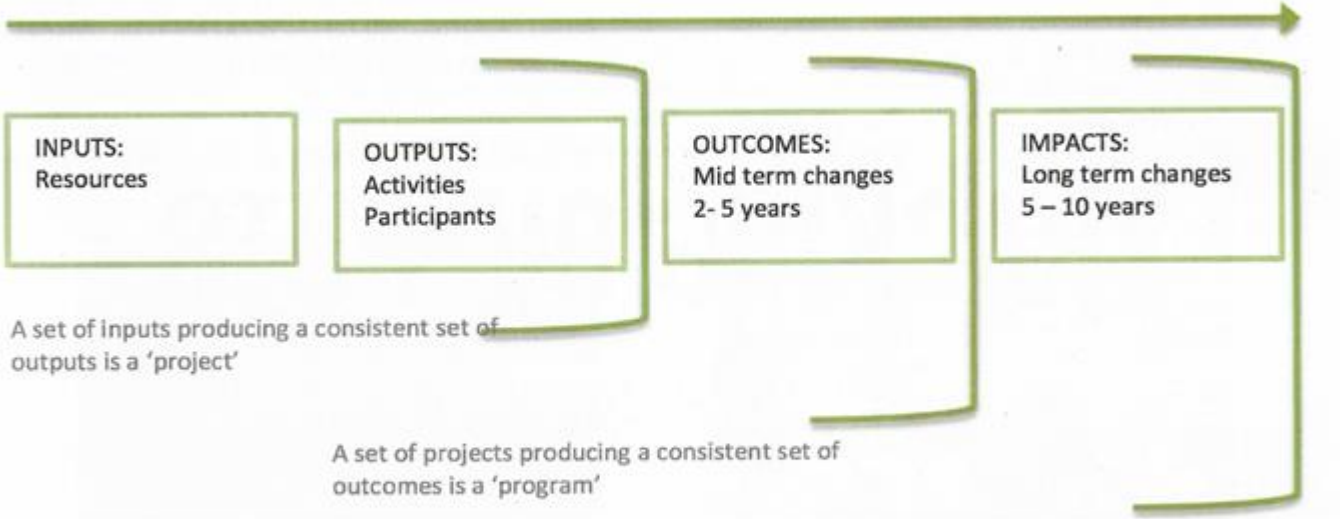
IMPACT

Improved lives, livelihoods and futures for all

EDUCATION	HEALTH	EQUALITY	LEADERSHIP
High functioning and resourced, locally relevant, empowered education system which enables every elementary and primary aged child the opportunity to go to school	Well-resourced and functioning health system that provides accessible and affordable primary healthcare to all people in remote communities	Women and girls are protected from violence and exploitation and have access to improved livelihoods through income-generation opportunities	A new generation of engaged young leaders have created positive, equitable and sustainable change

PROGRAM LOGIC MODEL

The following program logic is used to describe programmatic interventions within effective framework:

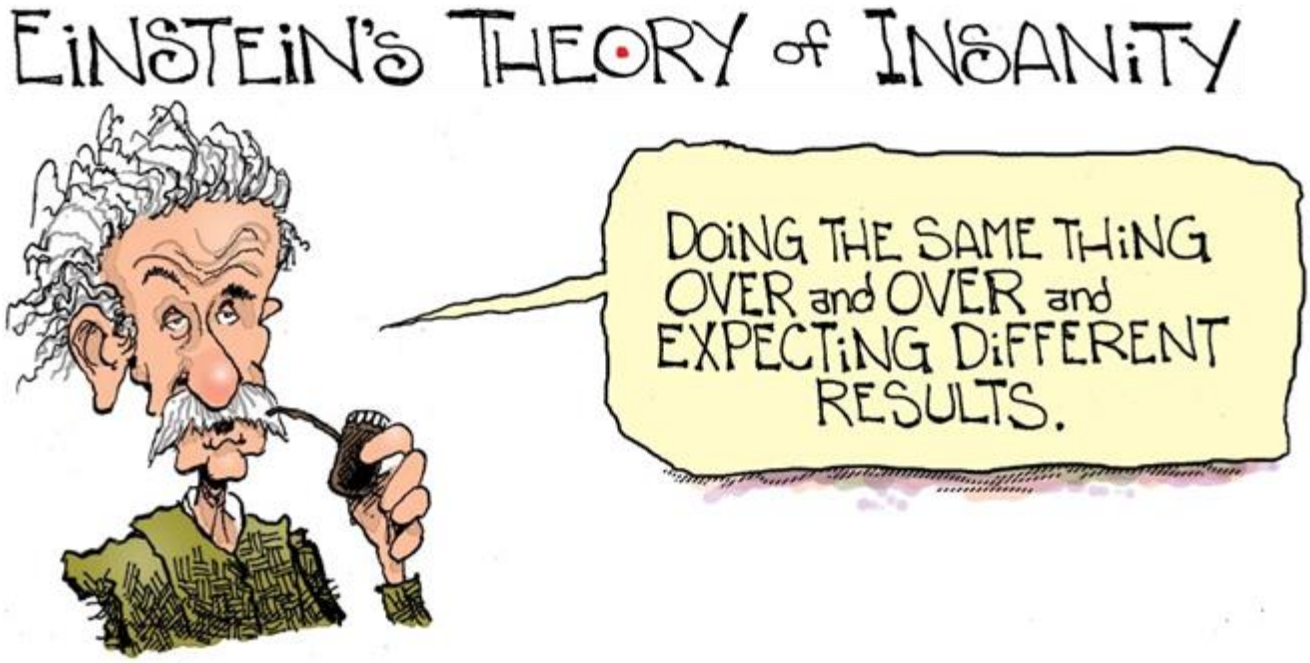


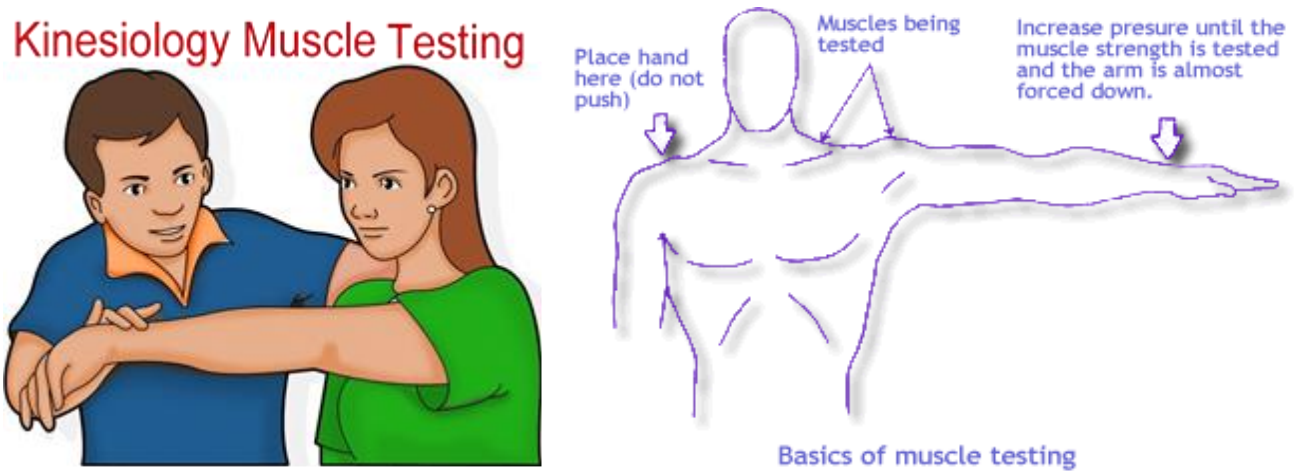
Inputs - usually time, money, resources, human resources

Outputs - tangible and concrete products or activities delivered by or through, e.g. a training college, school resources, professional development, solar lights

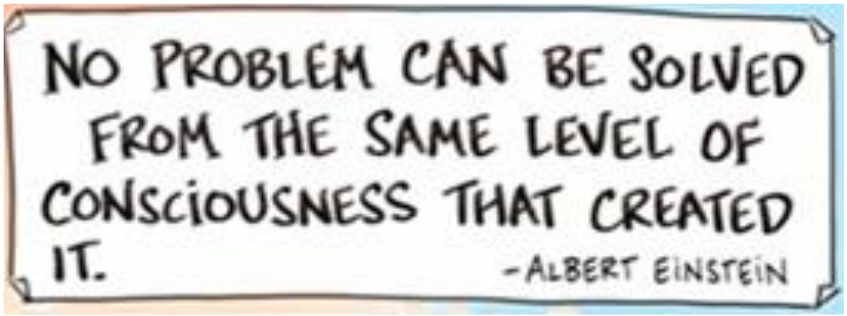
Outcomes - long-term changes that projects or interventions make a contribution to, e.g reduced maternal mortality

Impact - Highest-level of organisational achievement, related to the wide-scale achievement of sustainable outcomes





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!



The SITUATION and the OPTION:

Presently the population of Mexico overall calibrates at around 295 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 Mexico 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.

The option is that universal free education be made available throughout Mexico 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 regional campuses may be the start of Pascas University throughout Mexico.
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 Mexico 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 Mexico.

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.

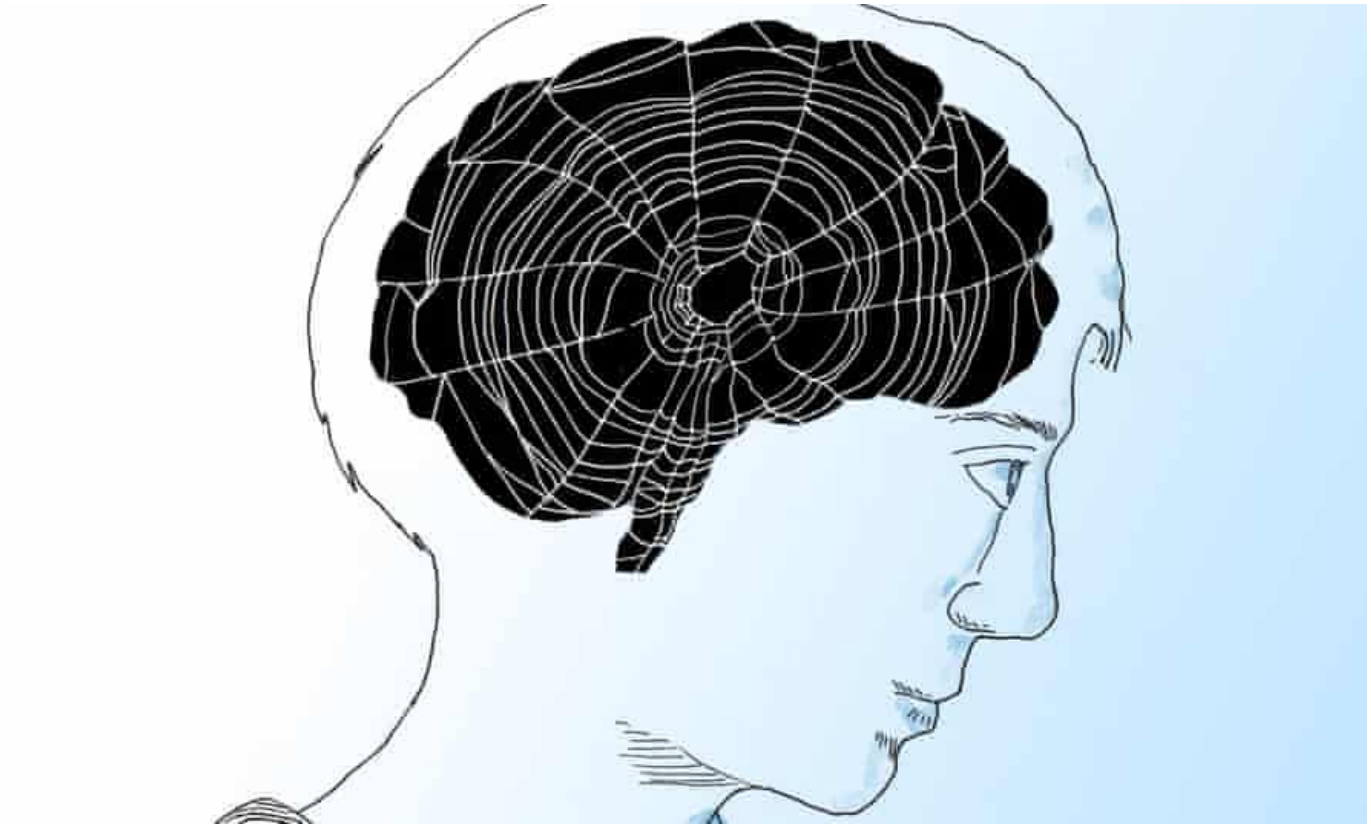
Every aspect of how we have been living life is to be reviewed, reconsidered, redesigned, reconstructed and reintroduced. None of the institutional ways of doing things is to be automatically replicated or even continued. That is why the Education Leadership Team is unique from conception.

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!

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 (John's grandmother): 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

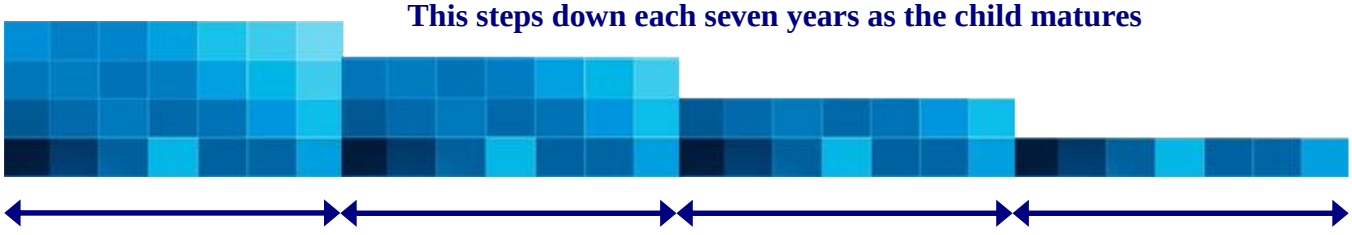
it is a religion that is not a religion, yet more a true religion of truth than any of the existing religions are, so you're showing up those religions for the untruth that they are.

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.

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.

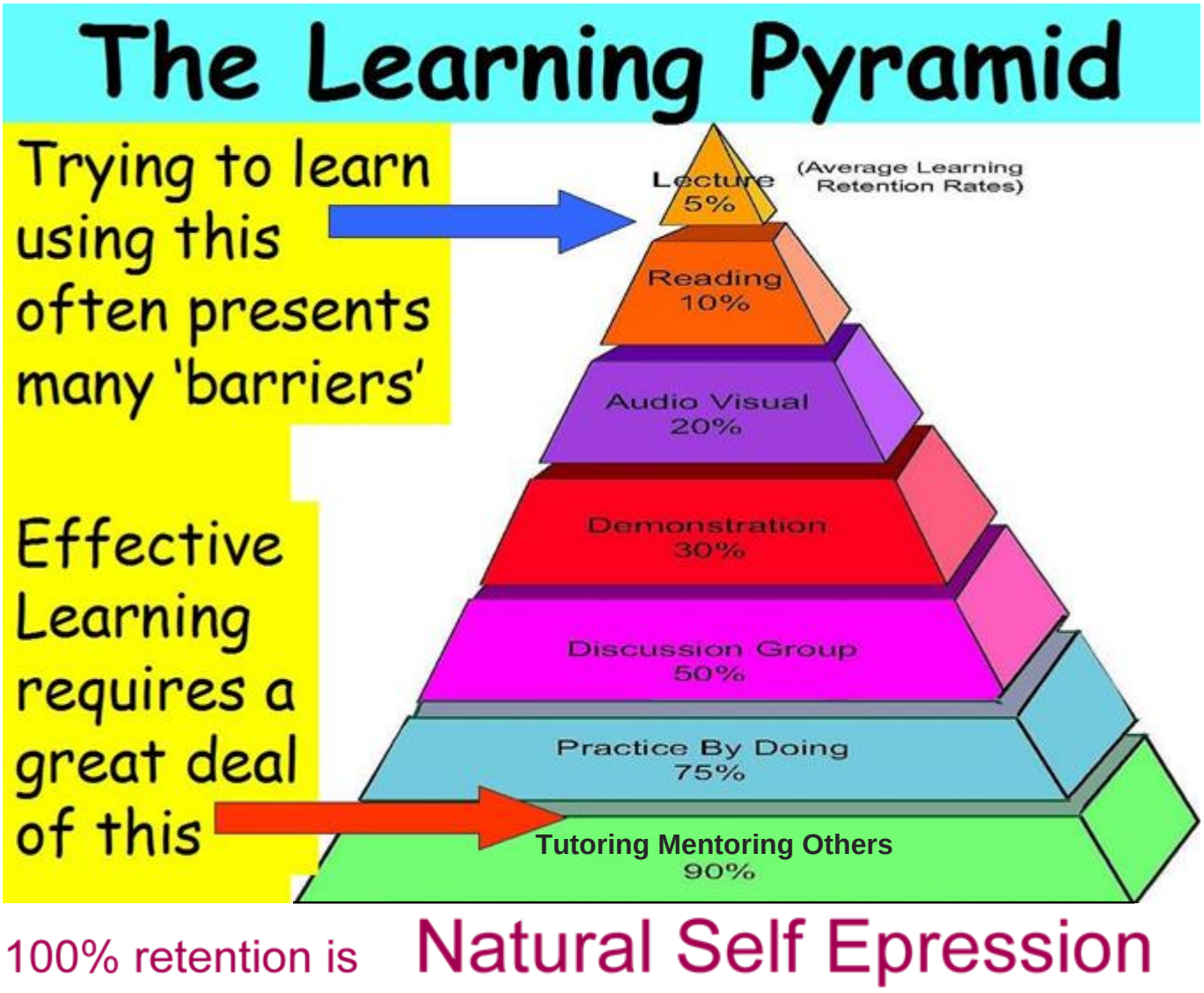
God's Divine Love: Pray for it, ask for it, and receive it.

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.



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 – Breeding Monsters
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 subordinacy 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.

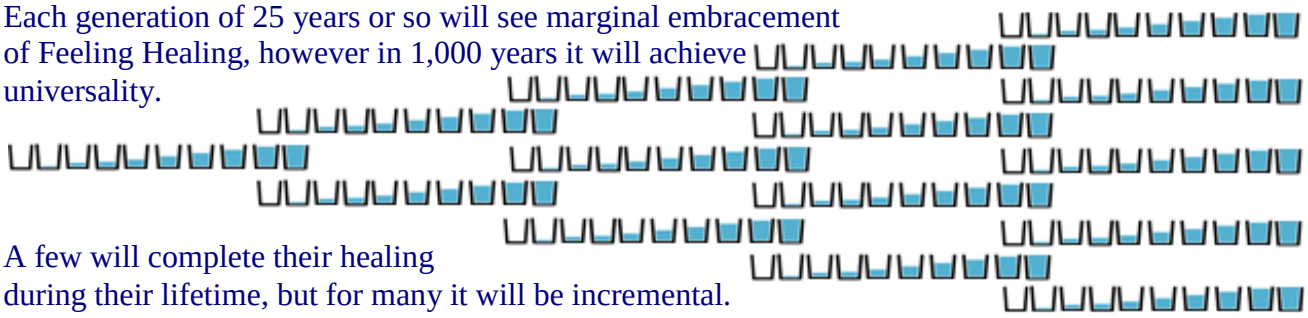
REBELLION & DEFAULT 200,000 YEARS

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.

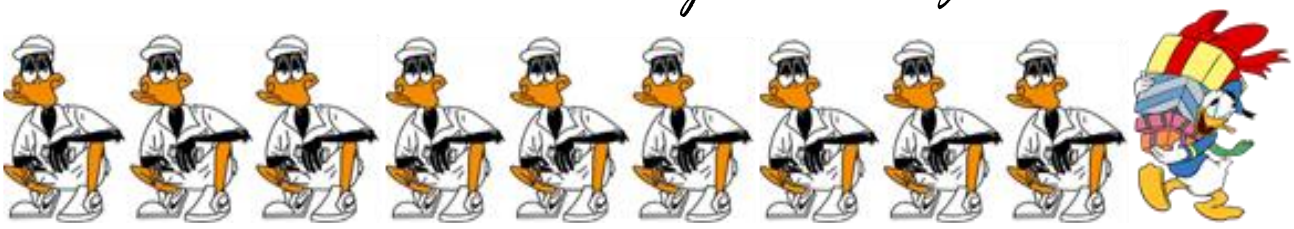
Each generation of 25 years or so will see marginal embracement of Feeling Healing, however in 1,000 years it will achieve universality.



A few will complete their healing during their lifetime, but for many it will be incremental.

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.

Ten ducks in a row, but one always misleading or misled!



GREAT U-Turn

<u>WHY be MIND-CENTRIC rather than FEELINGS FIRST with MIND SUPPORTING</u>?

<u>WHY did the LANONANDEK DAUGHTERS and SONS REBEL</u>?
The Lucifer, Satan, Caligastia and Daligastia soulmate pairs are all high level Lanonandek spirits:

<u>FOR 200,000 years ALL SCRIPTURES and Earth based INSTITUTIONALISED SYSTEMS are the WORK of the REBELLIOUS LANONANDEKS</u>:

The rebellious Lanonandeks from within our local universe are these soulmate pairs:

Lucifer pair **Satan pair** **Caligastia pair** **Daligastia pair**
Arrested and imprisoned 26 CE **Arrested and imprisoned 1993 CE**

According to The Urantia Book (TUB) there are various orders of Paradise Descending Daughters and Sons. (NB: TUB only refers to the masculine so doesn't include Daughters.) The Descending Daughters and Sons descend or step down from Paradise to reach out and 'down' to the Ascending mortals – men and women on the evolutionary worlds, who are reaching out and 'up' to Paradise and for such help from the descending spirit pairs. Ascending mortal pairs (soulmates) cannot by themselves ascend to Paradise, because it is not 'encoded' in their soul. So they need higher help and guidance from the descending pairs. So if people don't have this higher help they will never spiritually and physically progress very far. And if this higher help goes haywire, people are stuffed until other higher helpers comes to rescue them.

One such Descending Pair, the Creator Pair, comes out from Paradise to a section of space when it is ready for them – Mary M (Magdalene) and Jesus in our case; and in union with the Divine Minster, create or 'bring into being' a Local Universe – Nebadon. Mary and Jesus then attend to the whole (local) universe, with Avonal Descending Paradise Pairs coming as required to the individual earth worlds to ensure and initiate the spiritual changing of the ages that is needed to advance the spiritual development of mortals in accordance with the Paradise Plan.

Part of the Creation of Nebadon includes the creation of Local Universal Descending Daughters and Sons that hold key positions on individual worlds and oversee larger areas or sections of the Nebadon. The Lanonandeks being these key administrators, guides, overseers, are the ones that ensure the ascending mortals of each world are given what they need in accordance with the unfolding phases of their evolution, as well as providing the necessary Mansion World structures and organisation of the Celestials spheres, the greater part of Nebadon, all so mortals of the evolutionary worlds can find their way up and through the Local Universe so as to set out on their greater spiritual journey through the Super Universe and Central Universe to Paradise. The Lanonandeks make sure all the parts work as they are intended to do, with the Melchizedeks being more involved with the ongoing teaching and personal education of mortals about all things through the Local Universe.

The Lucifers, Satans, Caligastias and Daligastias are all Lanonandek daughter and son pairs.

The Lucifers were the overseers of this sector – System – of Nebadon that includes Earth – Urantia. The Satans were to help the Lucifers, being the main liaison pair with the Caligastias (The Planetary Prince and Princess) who oversaw Earth directly from spirit, and the Daligastias being physically materialised on Earth so as to oversee and help evolve the local races of Earth on all levels – the practical, physical and spiritual, this being how it was five hundred thousand years ago. And for three hundred thousand years, everything went well.

The whole of Creation thus far is one gigantic Ascending mortal scheme – The Ascension Scheme. So everything in it works to help slowly evolve humanity along the plans designed for them by the Descending Pairs and the Mother and Father, with the idea to evolve, through ongoing self-expression, the people from all the earths up through the Mansion Worlds and into the Celestial spheres and on through and out of Nebadon. So if anything goes wrong in any level of the universe then it causes problems for the mortals who are wanting to ascend.

The Lucifers were outstanding members of their Order. However according to TUB (if I remember correctly), they were passed over when they applied to oversee certain parts of Nebadon – and so why did that happen??? Then finally they got their chance. As to why they rebelled – it is said their egos, their self-importance, grew, and they weren't able to control it. They were seduced by some inner need for greater power – but why did that happen? And is it just like everything else, there is variation in all things and so they went the way of rebelling against Mary and Jesus and the Mother and Father. And not being of a higher Paradise Order, they are more prone to being seduced by their inner biases, whereas supposedly Paradise Descending Daughters and Sons are too perfect, being of Paradise origin, and so wouldn't or even can't rebel. And Avonal Pairs can willingly take on rebellion, but that's their choice and they are not technically rebelling or defaulting, they needing to do this so they can heal themselves of the Wrongness thereby liberating the world of rebellion, and in our (Earth) case, also the default. Which means providing people and spirits in the Mansion Worlds their Spirits of Truth, so everyone in a rebellious state can look to them instead of the Evil Ones, the rebellious Lanonandeks, for the way out of rebellion and onto Paradise.

The Evil Ones took over their part of Nebadon, Mary and Jesus allowed them to, allowing the Rebellion and subsequent Default on Earth to run its course. However it continues to cause masses of disruptions to the natural way of things, all of which we've been and continue to be subjected to.

So because humanity for two hundred thousand years has been increasingly subjected to the Rebellion and then also the Default of Eve and Adam, we are well and truly entrenched in the unconscious belief that the Evil Ones are the Gods, and that we're to look to them for the way to be happy and feel loved – that they are the Living Truth. And yet, as we can all see from our own lives when we start to address our bad feelings, this is wrong, false and misleading, only making us feel even more unhappy, unloved and powerless in our negative truth-denying state and being unable to do anything about it – because ascending mortals are not able to go against the higher Daughters and Sons. So without humanity knowing it, we have been praying to the Evil Ones as if they are God, even with people who pray to Jesus, praying to a mind-created fantasy Jesus and not the real one, as can be seen by the Evil Ones strategically denying humanity the truth of the Divine Love, with our need to long for it being excluded from the Bible and not found in any other rebellion-created religion.

Mary and Jesus being the highest Paradise Pair, by their coming to Earth, terminated the System Rebellion of the Lucifers and Satans. So that level of evil influence on all the rebellious physical worlds ended two thousand years ago. And then it's required for each world to be attended to by a bestowal Avonal Pair, who take on the evilness of that world and heal it within themselves, thereby ending the control in our case of the Caligastias and Daligastias, which has now apparently happened, with the Avonal Pair only to finish their Healing so as to signal the complete technical end of the Rebellion and Default.

So their – the Avonal pair – Healing involves dealing with the Rebellion and Default within themselves on all levels, so people and the mind Mansion World spirits can then choose to follow them and do their Healing. So by following the Avonal Pair you are going against the Evil Ones (currently it being their legacy within you and on the world), looking to end their negative, unloving and untrue influences within yourself. And once done, you become a Celestial, either on Earth or in the Celestial spheres, and free to align yourself with Mary and Jesus, which is done by partaking of the Divine Love, and free to live your ascension to Paradise – free to become at-one with your Mother and Father.

We're all living the demented levels of the demented minds of the four Lanonandek pairs that rebelled. And as we do our Healing, so we come to see how fucked they are, as we see how fucked we are; how they passed that fuckedness onto us through our parents, how we've become so tangled up in our Wrongness, not knowing what is true – we live untruth believing it's true – we feel false love believing it's true love. We're all around the wrong way, deeply mixed up, and needing to do our Spiritual Healing to get ourselves out of our sinful and evil ways, so as to come back into alignment with the Truth. So all that we are has to go, and we're to uncover a whole New Way on all levels, personally and how to live, as we liberate ourselves from our dementedness.

With the Evil Lanonandeks no longer at large, having been detained on a prison world awaiting judgement as to what will happen to them, so the Melchizedeks stepped in taking over their positions. I don't know why other Lanonandeks weren't appointed, however I guess it's because of the damage done by the Rebellion. We who are here and part of it have to deal with it ourselves, so no outsiders other than Mary and Jesus and the Avonal Pair being from Paradise that can override that limitation.

And the Melchizedeks have enlisted the Celestial spirits' help. So together, they now in effect play the roles of the Lanonandeks. And as the Avonals progressively heal themselves, thereby liberating humanity from the dictates of the Rebellion and Default, so the Celestials are being given increasing power and authority to do what the Lanonandeks would have done. So the Rebellion, on a positive note is providing the Celestial spirits with unique opportunities as part of their ascension, as we hear from Helen and Nanna Beth – both 3rd Celestial Heaven spirits. And I would imagine, people who finish their Healing and become Celestials on Earth, will also in some way be given extraordinary opportunities as well, all of which will involve some level of healing the world and doing what the Lanonandeks and Eve and Adam should have done. Even to the point of Celestials on Earth who have children, will in some way be like the new 'Eves and Adams' populating the world with perfect and true children, all who are completely free of the Rebellion and Default.

And what happens to the Evil Ones? I imagine they will have to undergo a long period of Compensation experiencing the pain they caused all the people and angels who were under their care. And after that, if they are not extinguished outright, possibly they might be rehabilitated to some degree; however as TUB suggests, without ever receiving the power they once had. However, as all works out for the best and ultimately is all-loving, it will be fascinating to see through our own lives how all the pain we've been made to suffer ends up helping us and being the best thing for us.

COMMERCIAL IN CONFIDENCE

And one last thing to note, had there been no Rebellion or Default, then on Earth we'd still have the Daligastias and Eve and Adam helping people grow and evolve on all levels. Still being the higher Daughters and Sons that we can look to knowing that we're not alone, that we are being looked after and loved and that a greater life of ascension awaits us. And we would by now know of the Caligastias and all the help they would be providing on the higher spiritual levels, as well as the help they would be giving mortal spirits in the Mansion Worlds. And we would know of the Satans and Lucifers and all the help they were providing on the System level. And we've understood that in a way these higher Daughters and Sons are like mini gods to us, yet not our Heavenly Mother and Father. And they would be pointing us toward Mary and Jesus helping us understand that they are the Creator Pair. And here we live in their universe of Nebadon, and that all they are doing for and with us is to help us evolve and grow on all levels as we look to our feelings for our truth we are to live as we express the personalities from our souls on our way through Nebadon and onto Paradise. It all being a perfectly unified and loving experience for us. We being able to see the higher Daughter and Son as in the Daligastias and the Material Pair, Eve and Adam, who'd be for us the perfect humans that we could strive to be like. So we would want to be perfect in our humanness like Eve and Adam, and perfect in our spiritualness like the Daligastias. With both pairs showing us that we can be both perfect on the material and physical level, as we can be on the spiritual level. Which is completely the opposite of how we've been made to live, because all of that perfection has been denied us, with our being so screwed up about how we are to live both materially – physically and spiritually – we having no idea about either, and with them working fully in opposition to each other. And with our longing for and wanting the Truth, the truth of how we're to live physically and spiritually, all of which is to come (and ONLY come) through each of us individually and as a consequence of properly attending to and expressing ALL we feel.

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

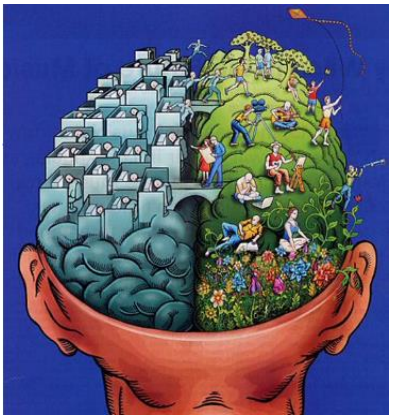
Great U-Turn for humanity now ready for Mobilisation 22 July 2023
Celestial soul state condition achieved 22 September 2024
Rebellion Ended Forever 30 August 2025

Here is the crux of our issues, and each and every one of us is incredibly different from anyone else. Further, our parents and early childhood carers have been equally different from each other thus we are all at differing points of wrongness – Rebellion and Default we experience is again very unique to any others.

Should we totally shut off from our feelings then the extremeness of evilness will be the result as our mind does not have the balance required for us to live a loving life. Our Rebellion and Default endeavours to close us off from our truth and loving soul.

Personalities, higher than the rebelling Lanonandeks, have now shown us the way to heal ourselves of our personal Rebellion and Default, having healed themselves of the extremes which they personally had taken on.

OUR PERSONALITY
Our Mind Side **Our Feelings Side**



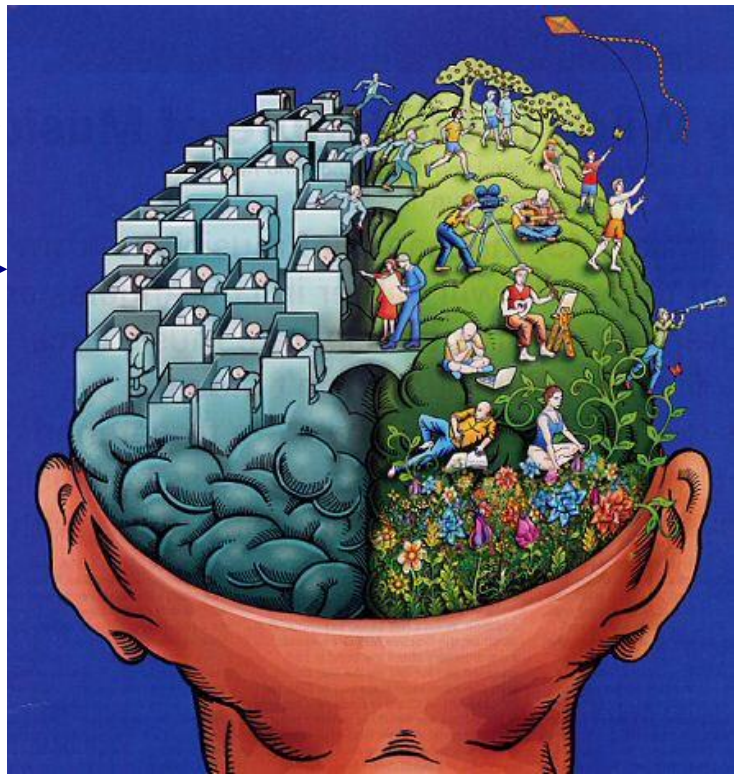
Personality

SOUL

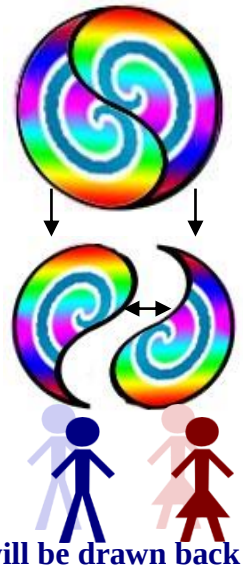
Personality =
Emotions
Awareness
Desires
Passions
Creativity
Aspirations
Intention
Memories
Free will
Etc.

Soul personality being degraded via one's brain, through and by the spirit body mind.

However, it is within one's soul where one's truth is to be found.



SOUL PERSONALITY – SOUL PARTNERS



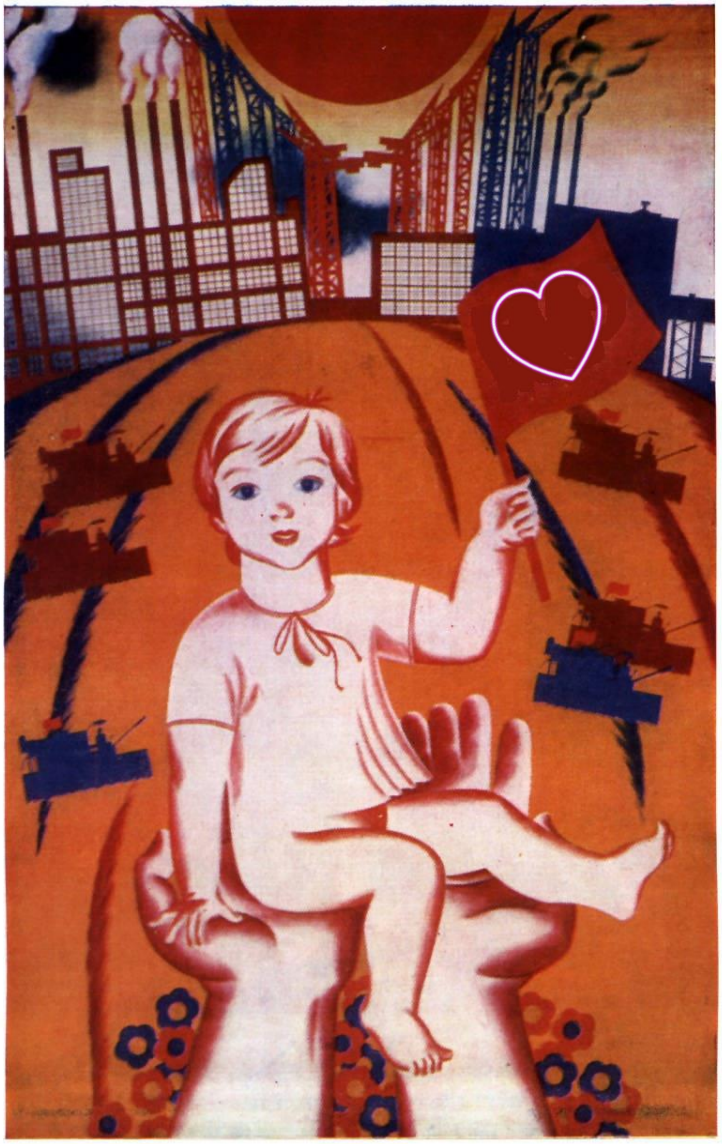
Each soul, ever created, is unique. Just as each snowflake is unique.
Every soul is unique from every other soul ever created. By referring to your soul, we are referring to your soul prior to its manifestation of two personalities. Each soul expresses two absolutely unique personalities. Your soul then individualises / incarnates two separate spiritual and physical bodies, one half into a male body and the other half into a female body, thus the personality is further distinguished by its male or female aspects.
Your soul half, has a personality separate and distinct from every other soul.
Your personality is bestowed complete by our Father and Mother. The soul expresses its two personalities into Creation. Your personality traverses your physical body, your spirit body, and your soul. At the time of death of the physical body, your personality continues on existing in through your spirit body and soul.

No matter where and when our two soul halves, soul partners incarnate, they will be drawn back together again as they grow in love.

The individuality of each soul half is never lost as they grow in love and return together.

The real you is your soul, which remains connected through cords of light to your spirit body.

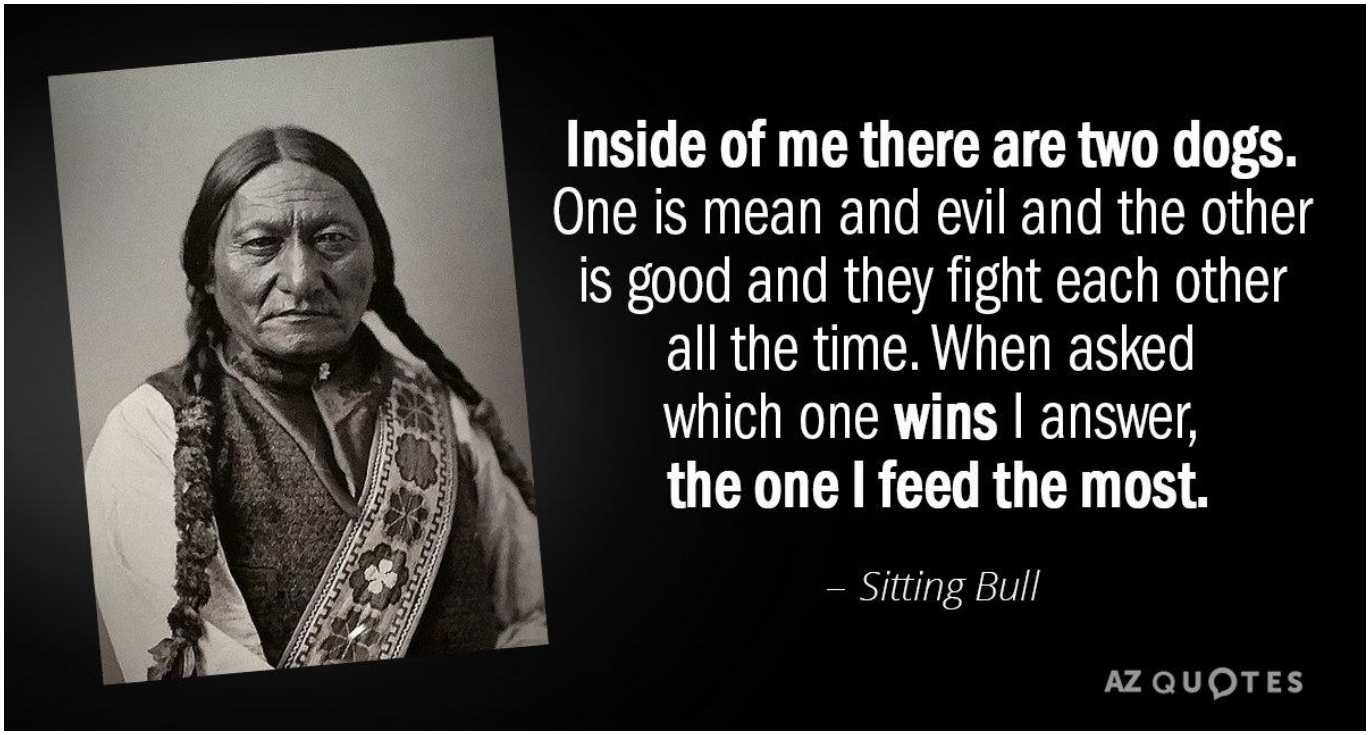
All a child needs is its parent's love.



Correlation of Levels of Consciousness and Societal 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%	70%	2.0%
300-400	7%	1.0%	50%	5.0%
200-300	8%	1.5%	40%	9.0%
100-200	50%	22.0%	15%	50.0%
50-100	75%	40.0%	2%	91.0%
<50	97%	65.0%	0%	98.0%

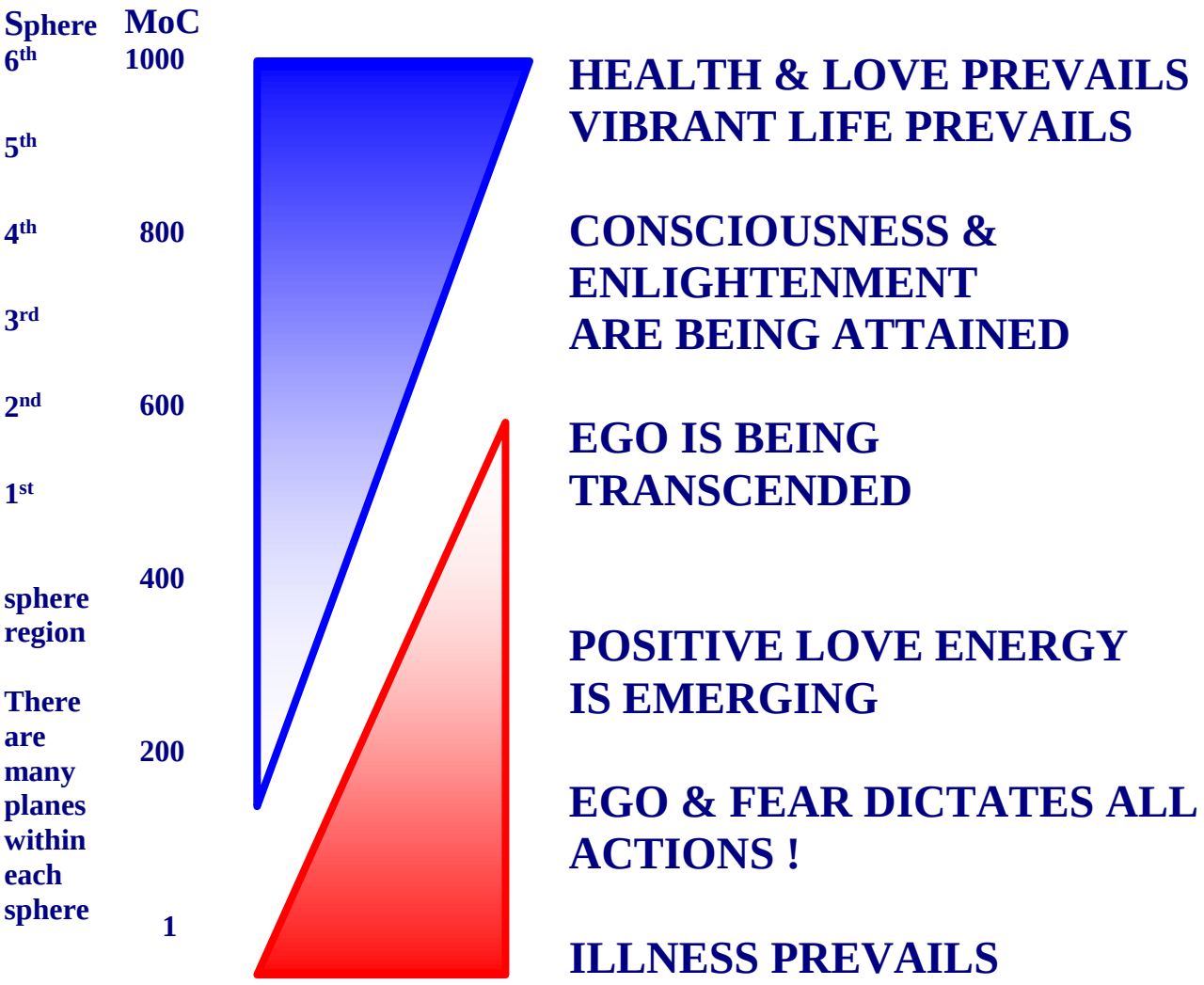
COMMERCIAL IN CONFIDENCE


Inside of me there are two dogs.
One is mean and evil and the other
is good and they fight each other
all the time. When asked
which one wins I answer,
the one I feed the most.
– Sitting Bull
AZ QUOTES

Collin Rodefer

"All dis-ease is mind generated, and all healing is generated by the love energy of one's soul."

The Ego (mind based) manifests illness; the lower one's level of consciousness (soul condition) then the more prevalent will be illness. Below the levels of 200, the ego and fear of the mind dominate; however, as you raise your level of consciousness by growing in love and achieve a level of 500 or higher, you begin to transcend ego dominance. At the level of 600, all healing is possible.



NATURAL LOVE FLOW	DIVINE LOVE FLOW
Mind Centric	**Living Feelings First**
Internal to Self	**External to Self**
You can move back and forwards between ways of life:	
Subjective Environment	**External to Self**
Without a Focus	**More in Focus**
Release of Thoughts	**Release of Goals or Vested Interests**
Stimuli Fades Away	**Stimuli Increases in Clarity**
Blank out to Nothing	**Perk up to New Possibilities**
Consciousness Expands	**Experiences Expands**
The Mind Flows	**The Life Flows**
You Know More – self centred	**You Do More – for others**
Connect with a Source of Wisdom Greater than Self however limited to natural love	**Connect with as Source of Guidance Beyond self and embracing Divine Love**
Gain Information	**Gain Harmony and an Orderly Rhythm to Life Experiences**
Unify in Consciousness – Earth plane	**Unify with the World at Large – Universal**
A State of Mind	**A State of Being**
The Development of Love from Within Yourself	**Love comes from God – Longing for God's Love to Enter Me**
Belief: I am God	**Belief: I am God's son / daughter / child**
Intellectual Development, Growth of a Super Mind – Mind Dominance	**Emotional Intelligence, Growth emotional in Love – Soul Dominance**
Self Reliant (Trust of Self) Making it Happen	**God Reliance (Relationship with God) Powerful Creation from Desires**
Self-determination way of life	**Soul-Spirit living harmony**
Adult Like – Control over Everything	**Child Like – Freedom & Spontaneity – Authentic Emotional Expression**
Control	**Feeling**
Millions of Paths (man created)	**Defined Path (God Created)**
Kingdom of Man – Limited Progression	**Kingdom of God – Infinite Progression**
Peak possibility is 6th Mansion World – Moral Development	**Peak possibility is infinite – atonement 8th sphere – being 1st Celestial Heaven Upon entering Celestial spheres and much higher!**
Time to complete path, which is a dead end: 100 years to over 1,000 years	**Time to enter Celestial Realms & atonement: in as little as 5 to 10 years!**
Now you have to turn around and start your Feeling Healing!	**Now you are a Celestial and starting your progression to Paradise.**

NATURAL LOVE Path
DIVINE LOVE Path
the development of
LOVE from within YOURSELF
LOVE comes from GOD
longing for Gods love to enter me
BELIEF: I am God
BELIEF: I am a Child of God
Intellectual Development
Growth of a Super MIND
MIND DOMINANCE
Emotional Intelligence
Growth emotionally in LOVE
SOUL DOMINANCE
Self Reliance (Trust of Self)
Making it happen
God Reliance (Relationship with God)
Powerful creation from Desire
ADULT-LIKE
CONTROL OVER EVERYTHING
CHILD-LIKE
FREEDOM & SPONTANEITY
Authentic emotional expression
KINGDOM OF MAN
LIMITED PROGRESSION
Peak possibility 6th sphere
MORAL DEVELOPMENT
KINGDOM OF GOD
INFINITE PROGRESSION
Transformation from Human to the Divine
The Experience of New Birth
LESSONS IN LOVE
AT ONE MENT
emotionally real
Lateral experience of the Universe
MILLIONS OF PATHS of PERSONAL TRUTH
Connectedness through Truth
ONE PATH TO GOD
THE WAY OF THE HEART
CHRIST CONSCIOUSNESS
REMAIN IN FALSE BELIEFS
MAKING DETAILED PLANS
JUSTIFICATION
GIVE UP ALL MY ERRORS
LONGING FOR GODS TRUTH TO ENTER
HUMILITY
no soulmate union
soulmate union

HEALTH with or without the LOVE:

Feeling Healing, with Divine Love, has a powerful positive effect on the physical body, balancing the hormones and generally promoting physical health, which is really the same thing as saying that the state of a mortal's soul impacts directly on that mortal's physical health.

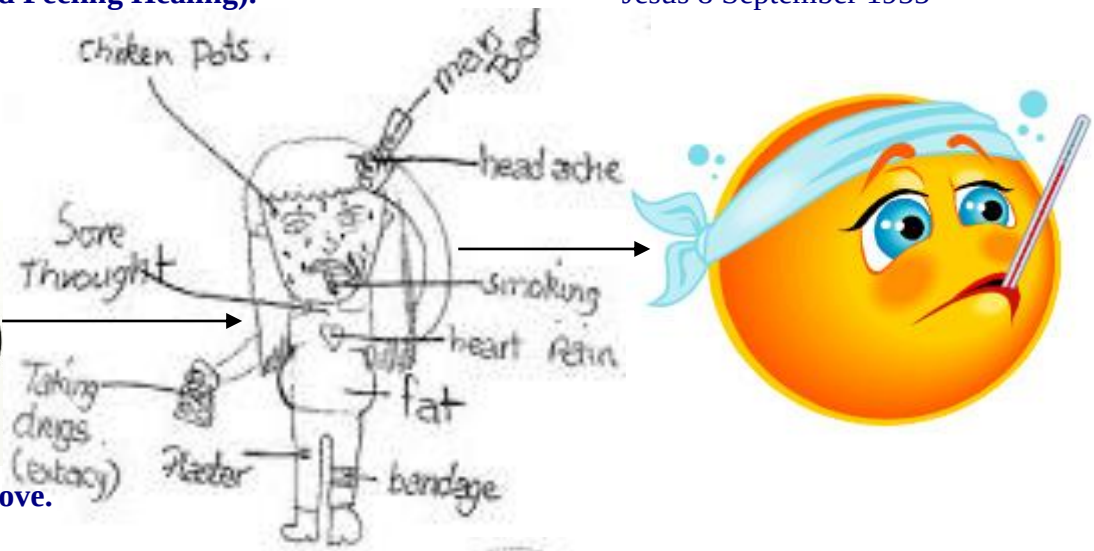
The Master, because he experienced the New Birth soul condition as a mortal, his physical nature was directly affected, so it would be accurate to say that because of this, his nutritional needs were somewhat different from other mortals.

Throughout his ministry (when the New Birth soul condition was his), he was actually in perfect physical health, and this was apparent through a sense of well-being that actually manifested on a physical level as well as a spiritual one. Aman (first man) 24 January 2007

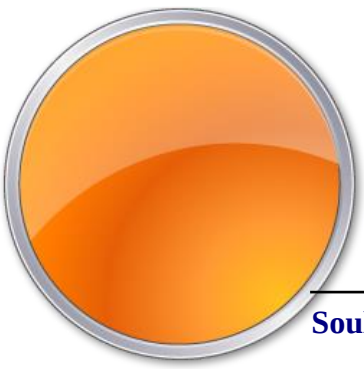
The influence of sinful emotions and thoughts and actions upon the soul is such that the spiritual emotions and aspirations of man becomes dormant, and as though not existing, and the soul itself is encrusted with evil.

Through prayer, thoughts and soul longings, the spiritual nature in man can be developed so as to dominate the personality, and he will act in accord with the feelings and emotions of his soul**.** The evolution of man from the natural being to the purified soul and, if he so desires it, to the state of the divine angel **is possible with the Love (and Feeling Healing).** Jesus 8 September 1955

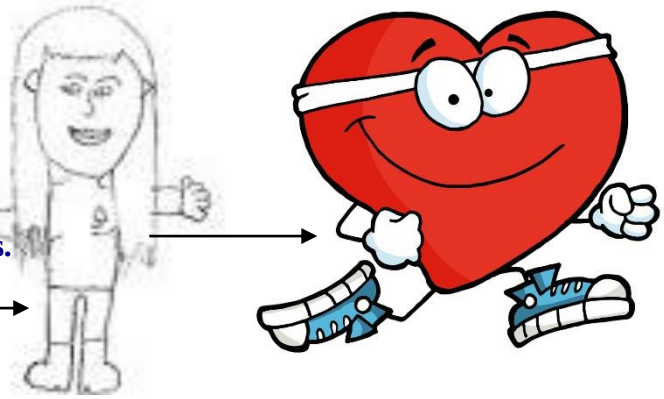
A soul encrusted with error results in illness and unhappiness.



Soul without the love.



Asking for the truth behind your feelings and expressing them is Feeling Healing. This process removes errors and brings harmony and health to the bodies.



Soul with the love.

UNLOVING PERSONALITY

Soul encrusted with negative and damaging emotions and beliefs held by the mind in the spirit body. Soul is starved of love and the darkness impedes the flow of love which darkens the spirit body and damages the physical body for all to see.

LOVING PERSONALITY

Spirit body mind is clear of negative emotions and beliefs. The flow of love from the soul illuminates the spirit body and brings beautiful harmony and health to the physical body for all to see.

HARMONY within the SOUL = HARMONY within the PHYSICAL BODY:

Emotional injuries, erroneous beliefs, harmful intentions are all damages encrusted upon one's soul. Such injuries are to the spirit body impairing the flow of loving energies of one's soul.

Such mind-made errors degrade the pristine soul by retarding the soul-light flowing to our body and having impaired light being returned, and such damages impact upon one's spirit body which in turn emerge as discomforts, then pains, then as illnesses within the physical body.

Medical assistance and treatment may alleviate the illness / pain however the cause remains.

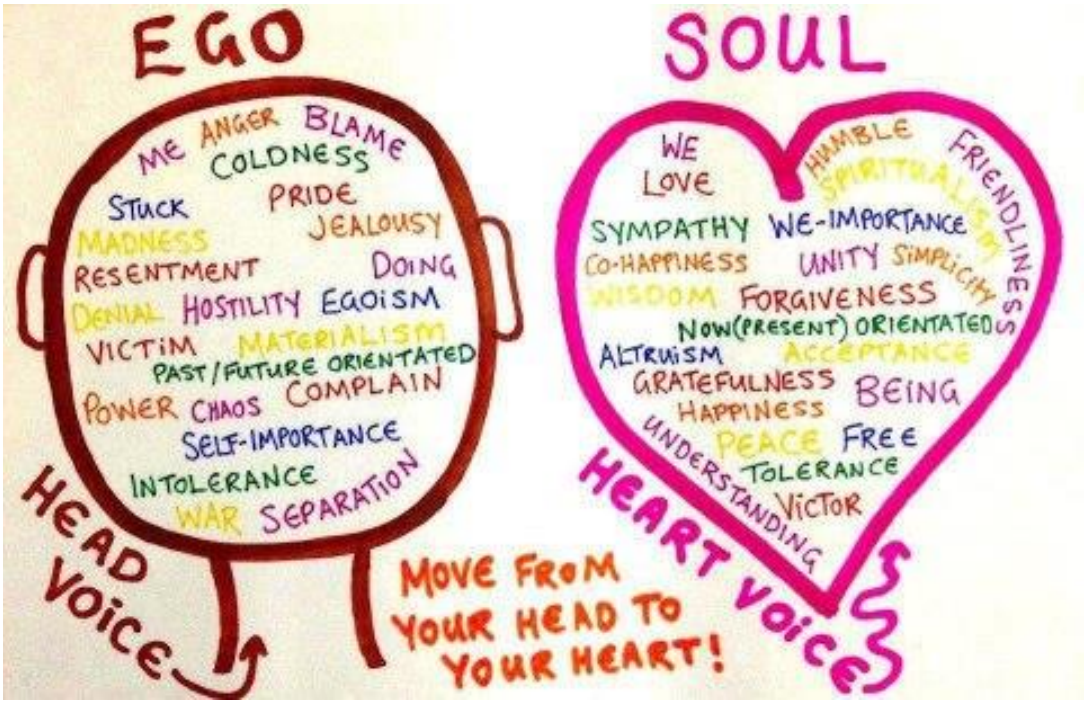
Until we endeavour to remove the errors and injuries, the propensity for the illness remains.

Firstly, consider discovering the truth of your emotional pain through Feeling Healing.

Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.

Primary and most important readings are the writings of James Moncrief.
Then consider the Padgett Messages, and then The Urantia Book.

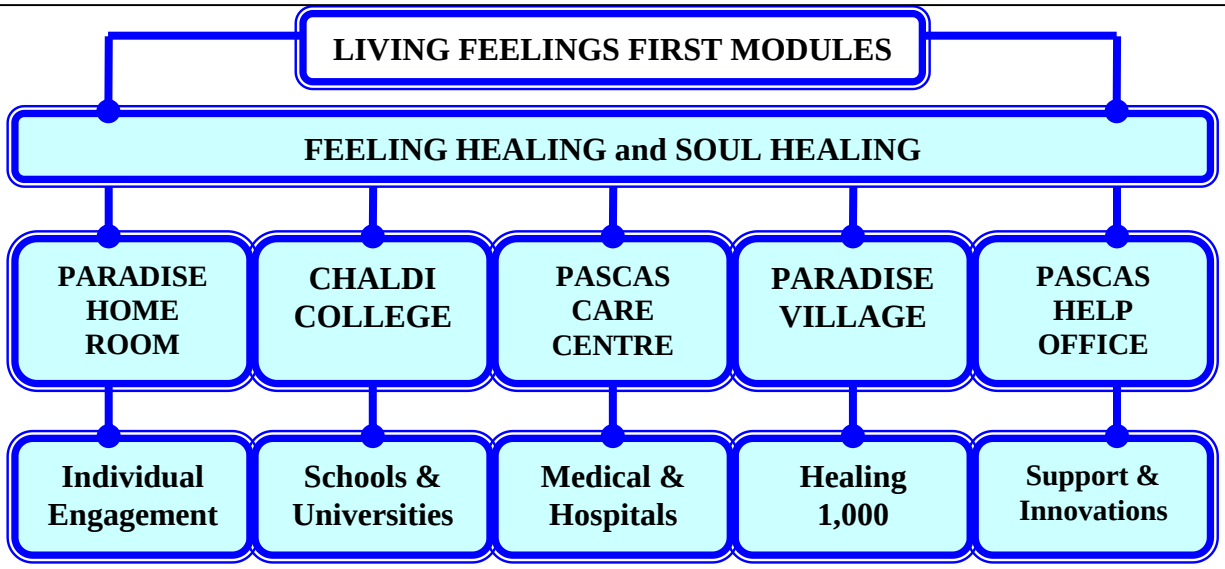
Natural Love Flow	Feelings First with Divine Love Flow
Mind Centric	Feelings First with mind in support
Natural love is Creation's love;	Divine Love is Soul's love.
One can swap back and forwards between paths	
I am God	I am God's son/daughter/child
Intellectual	Emotional
Self reliant (trust myself)	God reliant (God relationship)
Self-determination way of life	Soul-spirit living harmony
Mind dominates	Soul dominates
Thinking = Mechanistic	Thinking = Holistic
rational	intuitive
analysis	synthesis
reductionist	integrative
linear	non-linear
Values = Mechanistic	Values = Holistic
expansion	conservation
competition	co-operation
quantity	quality
domination	partnership
Adult like	Child like
Control	Feeling
Millions of paths (man created)	Defined path (God created)
Peak possibility is 6th sphere	Peak possibility is infinity
time to complete path:	(sphere / mansion world are same)
100 years to over 1,000 years	5 years to over 10 years to at-onement



WORLDWIDE relationship of MoC calibration with Life Experiences Life Expectancy, Development, Happiness, Education, Income							
MoC	No. of Countries+ Territories	Average MoC	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income 2021
400s	22	405	82.2	0.924	7.1	.890	US$63,032
300s	71	343	77.2	0.794	6.1	.741	US$30,154
200s	50	251	72.7	0.676	5.3	.610	US$16,560
High 100s	38	174	70.5	0.659	5.0	.600	US$12,516
Low 100s	21	119	67.1	0.587	4.6	.501	US$7,081
Below 100	14	74	65.3	0.565	4.4	.501	US$6,377
WORLD	216	220	73.3				US$17,110

Mexico MoC	No. of Countries	Overall MoC	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income 2021 PPP
295	1	295	75.4	0.779	6.3	0.703	20,300

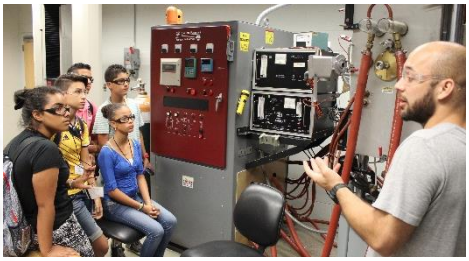
Note:
The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.
A calibration increase of 1 point is in fact a 10 fold increase in energy.
A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.
Thus the energy differentials are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



MEXICO

PASCAS UNIVERSITY

TAFE



Technical And Further Education

Craft Creations Family Shed

- Year 10
- Year 11
- Year 12
- Year 7
- Year 8
- Year 9
- Year 4
- Year 5
- Year 6
- Year 1
- Year 2
- Year 3

KINDERGARTEN

PRESCHOOL

Chaldi Child Care Centre

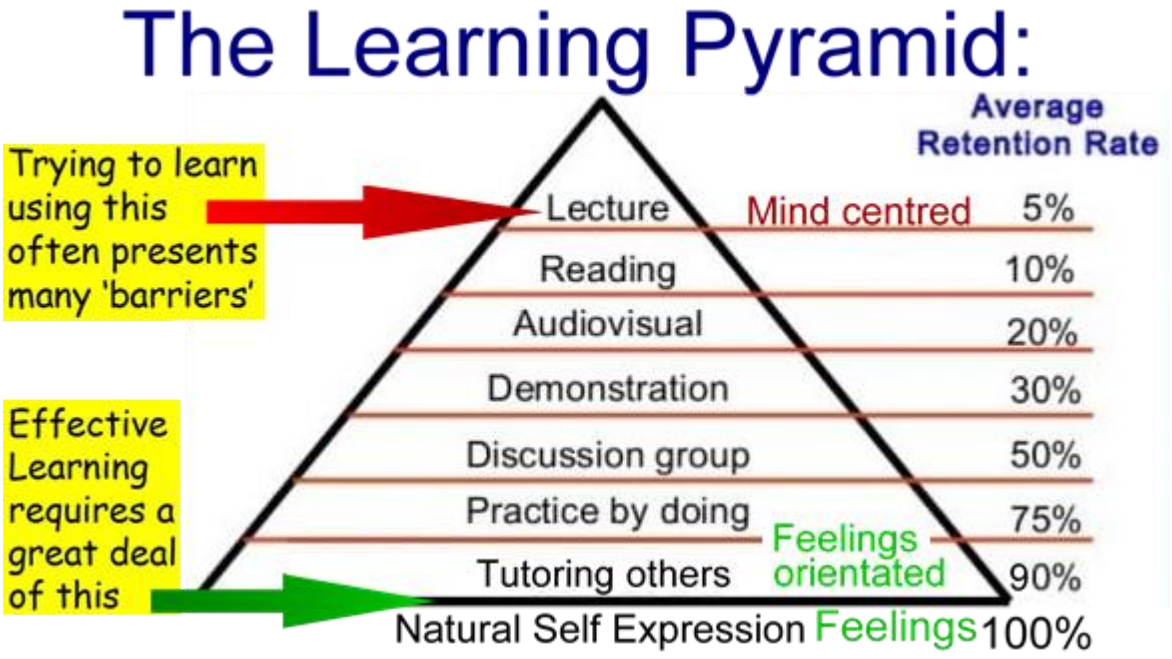
&

Kindergarten

WELCOME!

SAFE SANCTUARIES

COMMERCIAL IN CONFIDENCE



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 there abouts.

PASCAS REGIONAL CENTRES:

UNIVERSITY

SCHOOL

TECHNICAL

TAFE

Craft Creations

MOVIE STUDIOS

Journey of Humanity

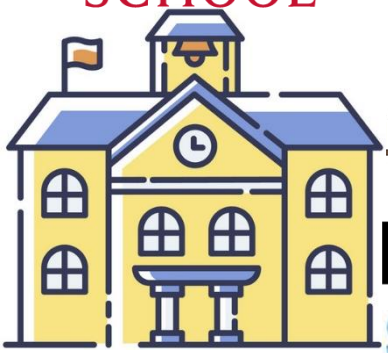
Community

THE VILLAGE PARADISE

AFFORDABLE HOUSING

Homelessness

SOCIAL HOUSING



Centre

Early Learning Centre

NEW BIOSPHERE AGRICULTURE

Innovations

and much more!

Diagnostics Centre

HOSPITAL

Dental Care

X-RAY

MEDICAL CENTRE

OPERATION THEATRE

CONFIDE

FEELINGS
must be
FELT

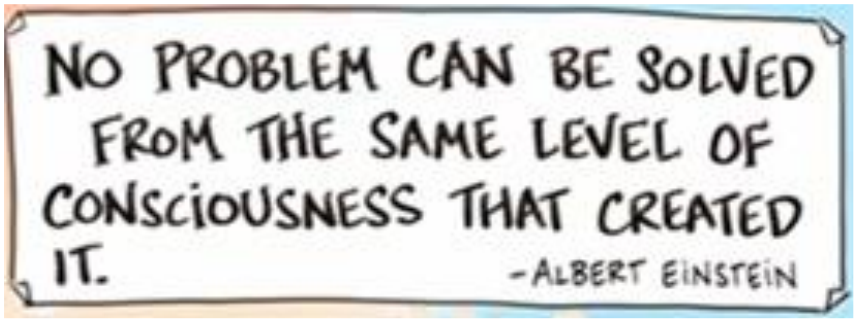
Express
Your Feelings
happy
angry
afraid
sad
lonely
bored
excited

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!



Kinesiology Muscle Testing
for the level of truth

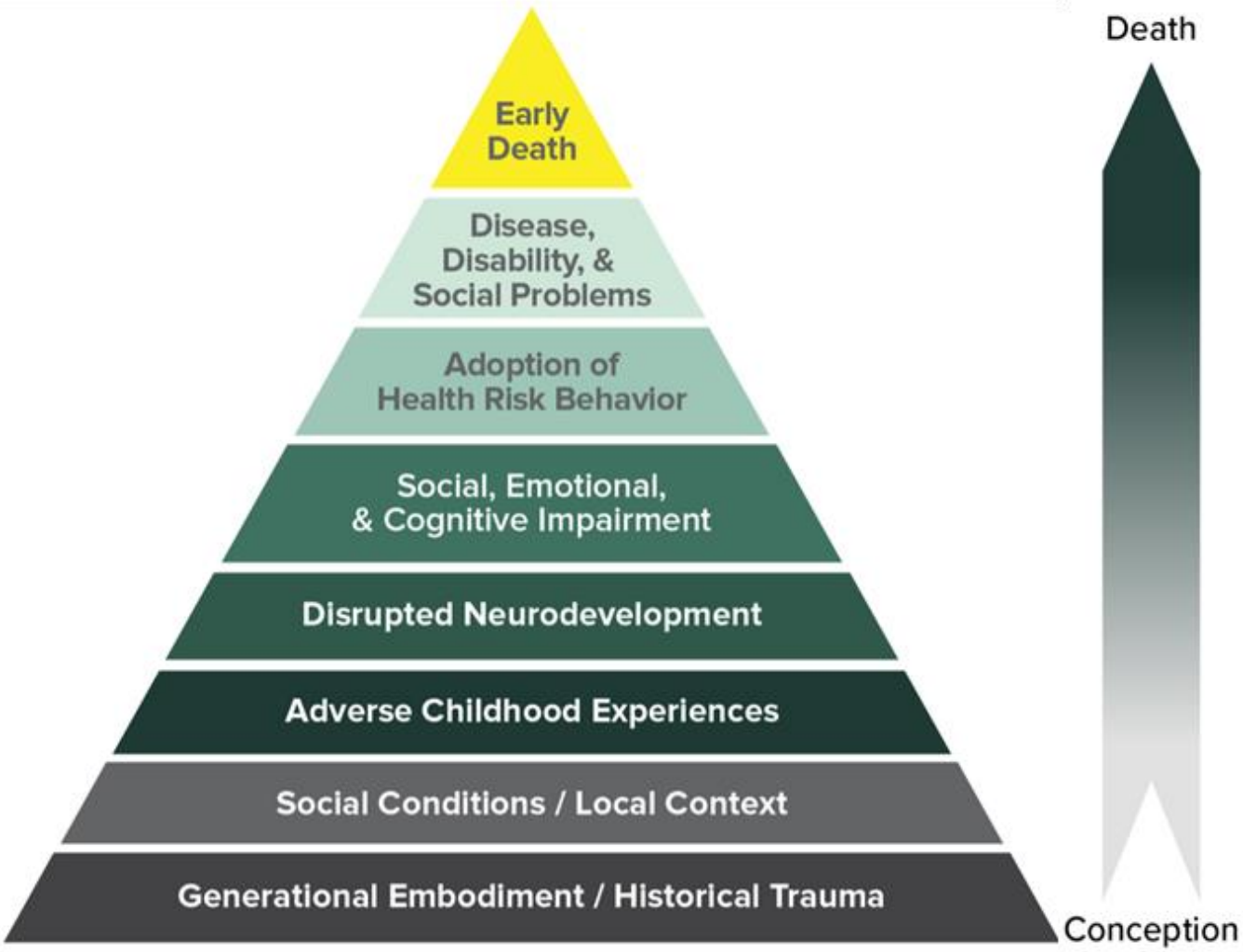
our MIND is a CONTROL ADDICT!
our MIND is addicted to UNTRUTH!
our MIND cannot discern TRUTH!
our FEELINGS are our TRUTH!
FEELINGS FIRST, mind to follow!

http://www.pascashealth.com/index.php/library.html

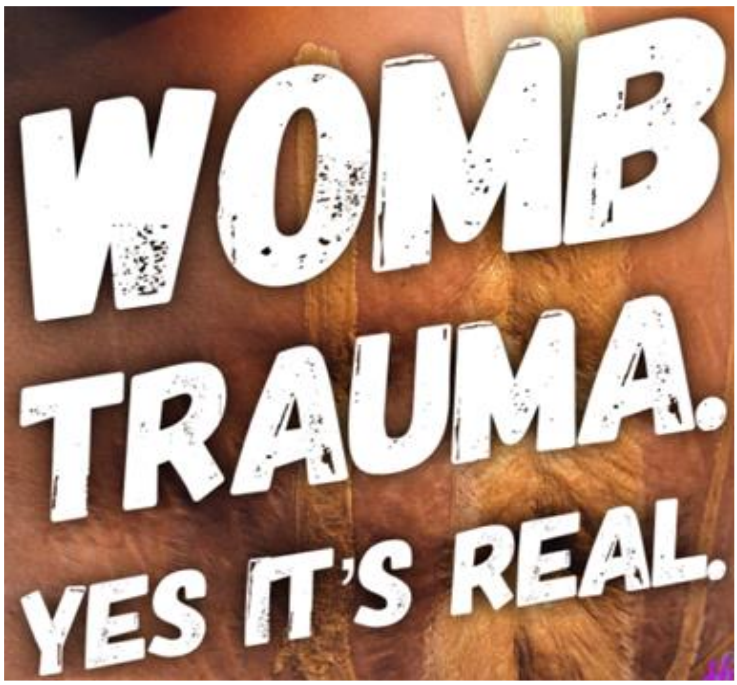
Library Download – Pascas Papers

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

COMMERCIAL IN CONFIDENCE



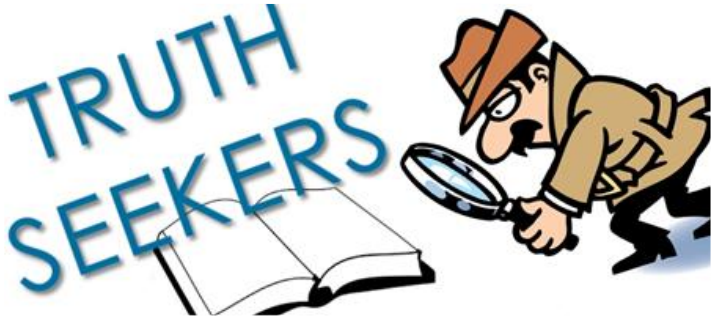
Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



We Are
TRUTHSEEKERS

WE ARE
TRUTH
SEEKERS

WE ARE
THE TRUTH
SEEKERS



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

O

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

Craft Creations

Fiber art

Oil painting

Magic

Papermaking

Patchwork

Taxidermy

Creative writing

Metalworking

Web design

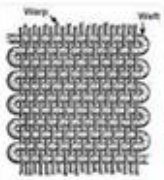
Cardmaking

Needlework

Quilting

Wood carving

Pyrography


Weaving

Upcycling

Photography

Calligraphy

Woodworking

Gardening

Watercolor painting

Toy

Quilling

Sewing

Knitting

Painting

Embroidery

Crochet

Handicraft

Drawing

Book Binding

Glassblowing

Brewing

Pottery

Scrapbooking

Origami

Cross-stitch

Floral design

Macramé

Pressed flower craft

Decoupage

Whittling

Leather crafting

Digital art

Needlepoint

Knife making

Tatting

Carpenter

Doodle

Digital photography

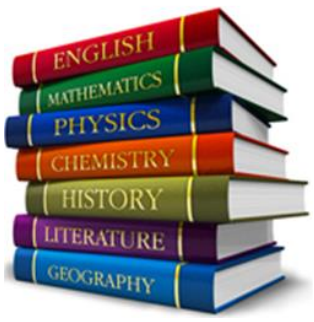
Beadwork

CHALDI COLLEGE

Primary thru to High

"Feelings First"

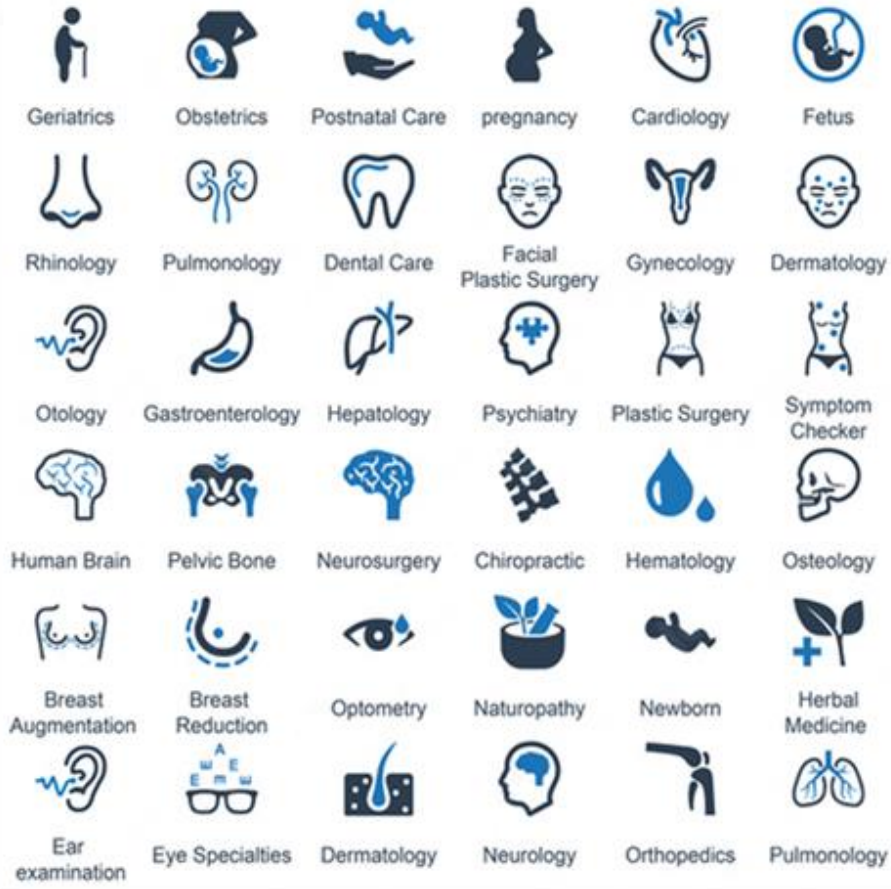
Children Tutoring Each Other!



Pascas Care Hospital

Pascas Care Medical Clinic

Medical Specialties



Pascas Care

MEDICAL CENTRE

MedBeds

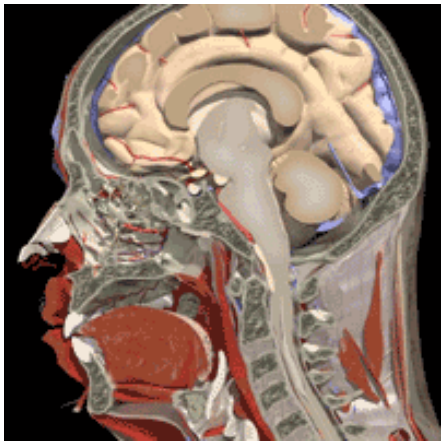
COMMERCIAL IN CONFIDENCE

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, microsurgeons, 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:

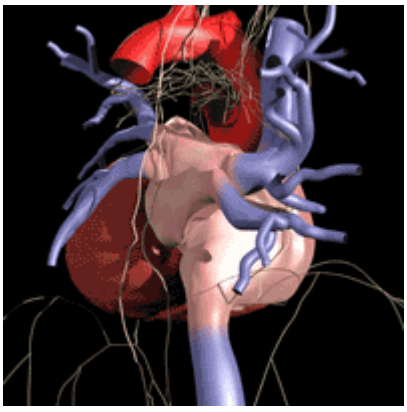
When looking at the relevant cancer treating teams you add to the basic unit specialist radiotherapists as well as radiologists and these are two separate areas of expertise with the frame work of radiology, chemotherapy specialists and pathologists, counsellors and support staff and the usual management 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 holt 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:

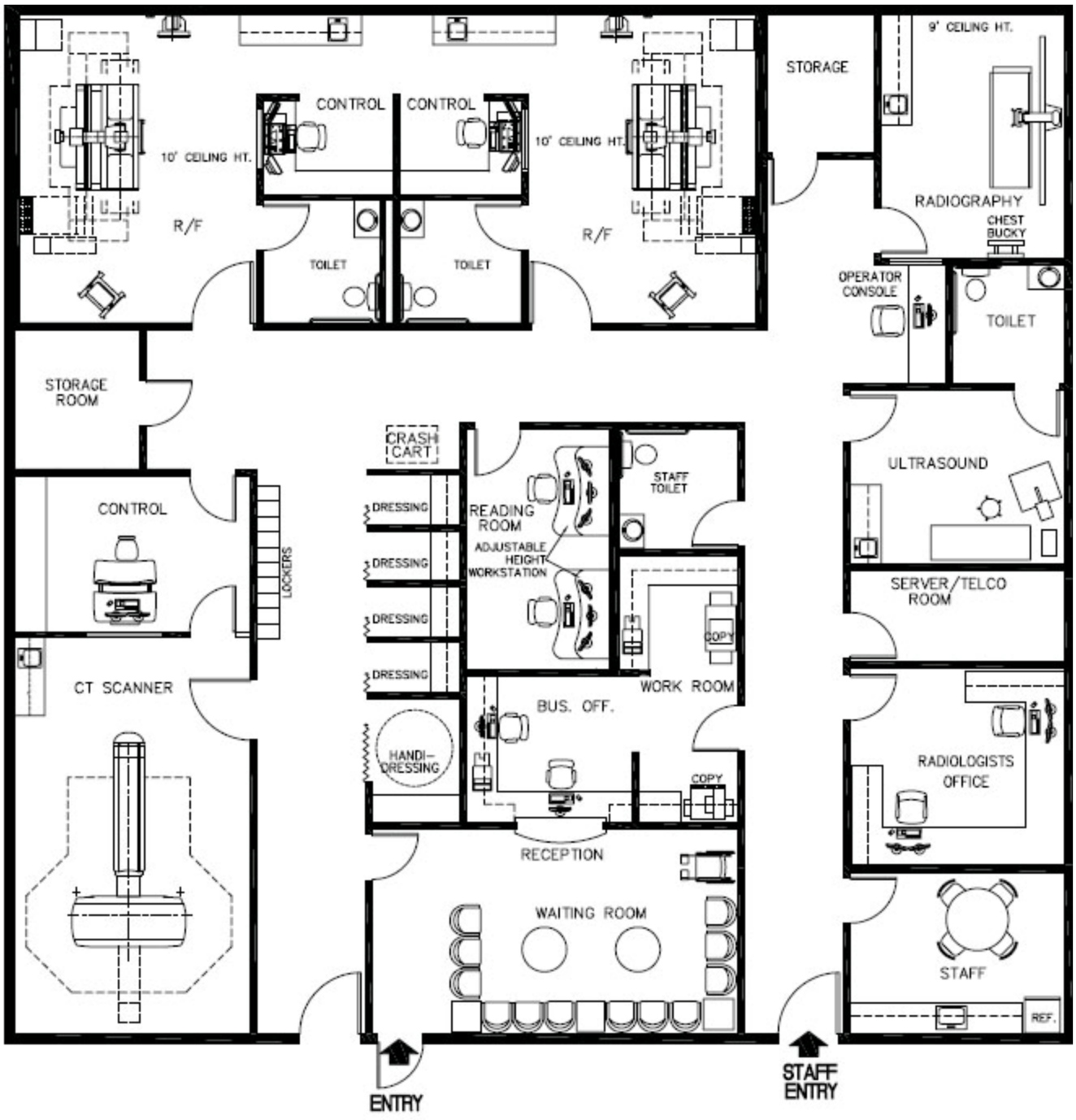
There will be a need for two of everyone covering radiation oncology, medical oncology, radiographers covering planning and treatment, nursing staff that are oncology trained in therapeutic radiation, physicists, x-ray engineers and pharmacist – pharmacy to be equipped with laminar flow unit. Patient 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



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 over lapping boundaries:

MEDICINE	Endocrinology	(Diabetes - Thyroid - Endrenial)
	Paediatrics	Cardiology
	Respiratory	Renal Medicine
	Oncology	(crosses over to all sections)
	Haematology	Dermatology
PATHOLOGY	DIAGNOSTICS	RADIOLOGY
SURGERY	Neurosurgery	Ears Nose & Throat
		Urology
		Orthopaedic
		Trauma Surgery
		In-Vitro Fertilisation
		Ophthalmic Surgery
		Faciomaxillary Surgery
	Plastic & Reconstructive Surgery	Cardio Thoracic
ANAESTHETICS	Anaesthetics	Pain Clinic
	Intensive Care - Coronary Care	
EMERGENCY	Crash Team	Ambulance

Gynaecology
General Surgery
Dental &

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.

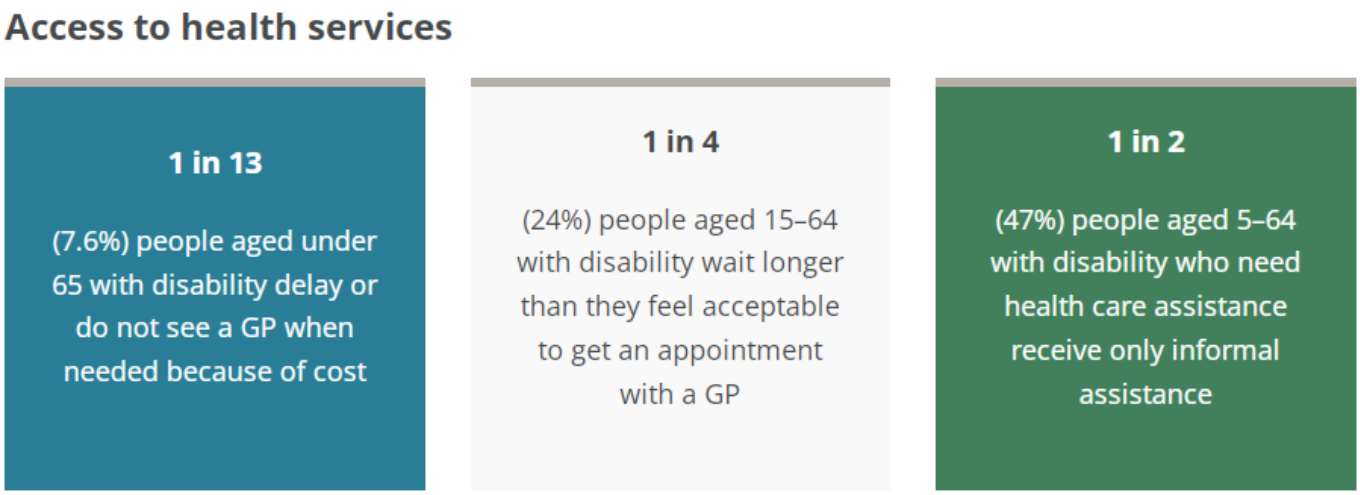
EQUIPMENT SUPPLIER

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.



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 improvment
- Measurement can be acted on to improve outcomes and reflects what patients and communities value

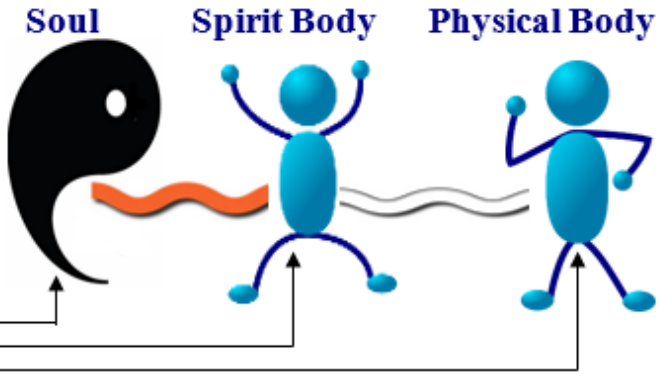
The term "medically disabled" refers to **disability based solely on impairment(s) which are considered to be so medically severe as to prevent a person from doing any substantial gainful activity**.

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.

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
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

- 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

HIERARCHY of HEALING SYSTEMS



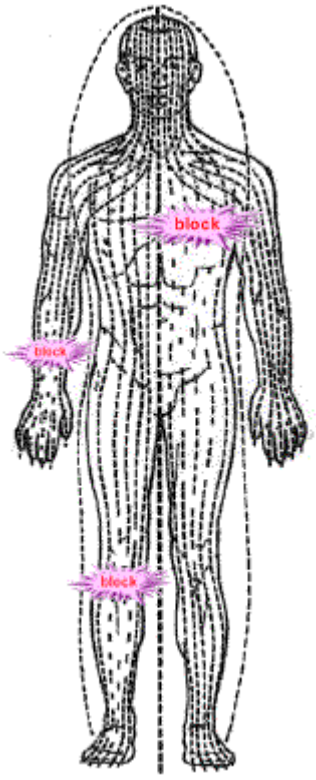
ALLOPATHIC – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven. Symptoms are suppressed – no healing!

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 (Mexico) Ltd
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 Mexico, 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."

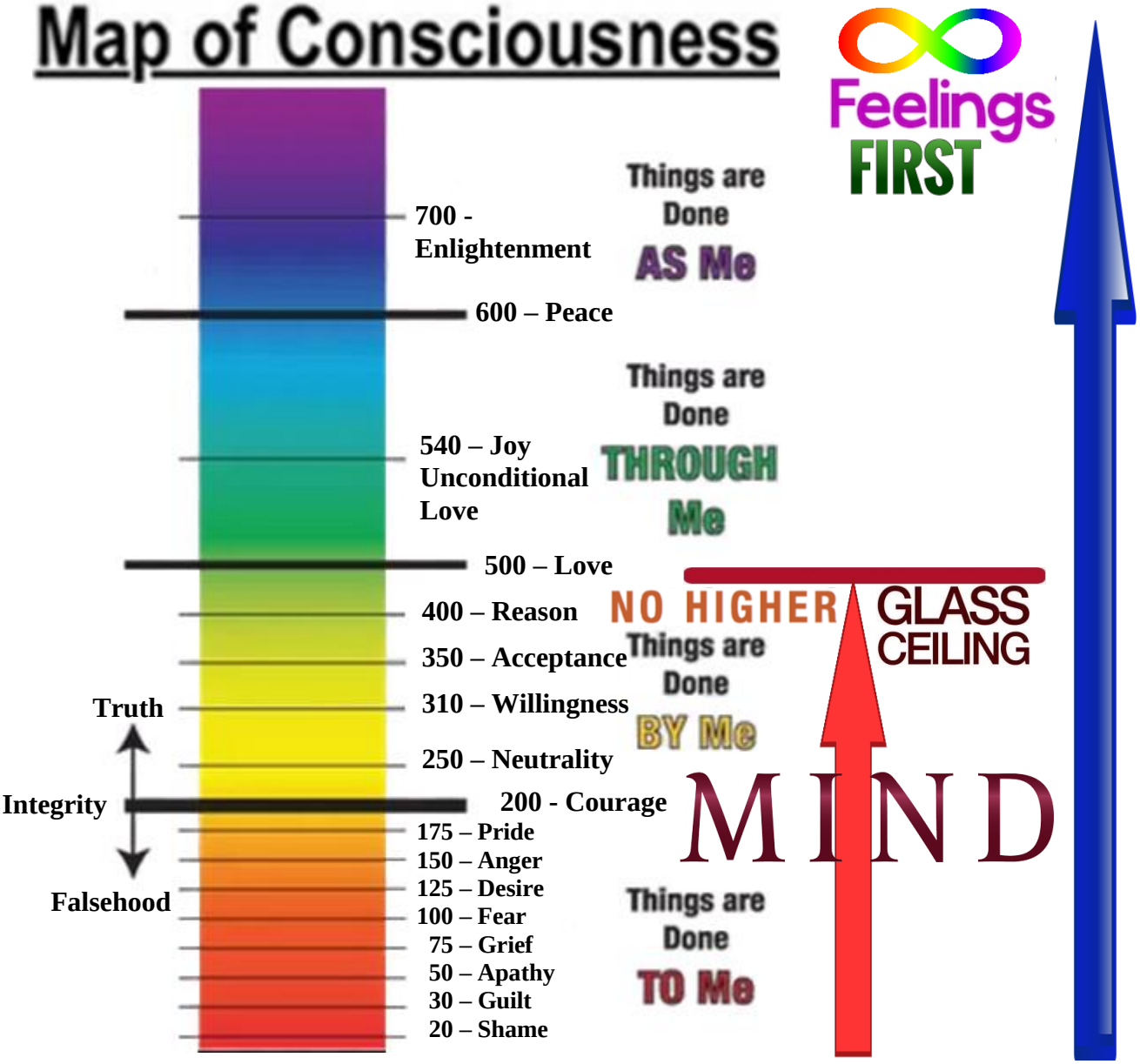
The contents of this document test: TRUE
On the Map of Consciousness, the contents of this document calibrates at: MoC 1,000

John the Typist

MAP OF CONSCIOUSNESS

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

Level	Log	PERSONALITY TRAITS:
ENLIGHTENMENT	700-1000	Less than two dozen people on planet Earth.
PEACE	600	Would not pick up a weapon let alone use it. These people gravitate to the health industry and humanitarian programs.
JOY	540	
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.
COURAGE	200	Cause no harm to others starts to emerge. Power overrides force. Illness is developed by those man erroneous emotions that calibrate 200 and lower.
PRIDE	175	Armies around the world function on pride. Force is now dominant, not power.
ANGER	150	Harm of others prevails, self-interest prevails.
DESIRE	125	
FEAR	100	Totally self-reliant, not God reliant.
GRIEF	75	Fear dominates all motivation.
APATHY	50	Suicide is possible and probable.
GUILT	30	At these levels, seriously harming others for even trivial events appears to be justifiable.
SHAME	20	Poverty, unemployment, illness, etc., this is living hell on Earth.

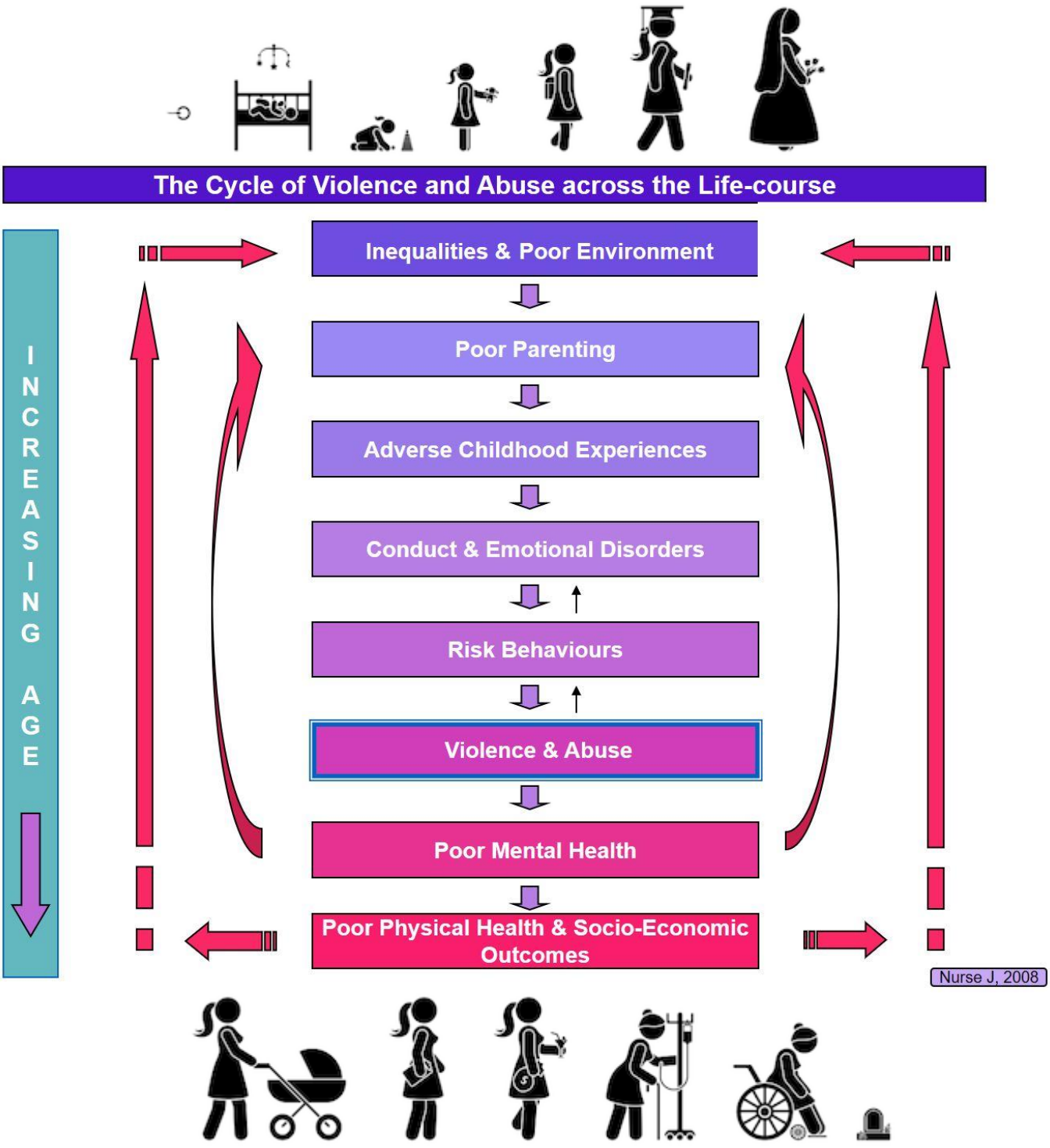


This outline of the Map of Consciousness spells out the fact that while we live Mind-Centric and ignore and suppress our Feelings we cannot pass 499 MoC. Our mind being in control, as we have all been indoctrinated to live, is a glass ceiling. Humanity cannot heal anything, cannot be spontaneous, has no intuitiveness, and is locked into living in the deep hell states. This is why people find themselves in abusive homes, domestic violence, housing stress, homelessness and gross difficulties of all kinds. This is why we are easily manipulated, embrace propaganda and are being controlled by a few.

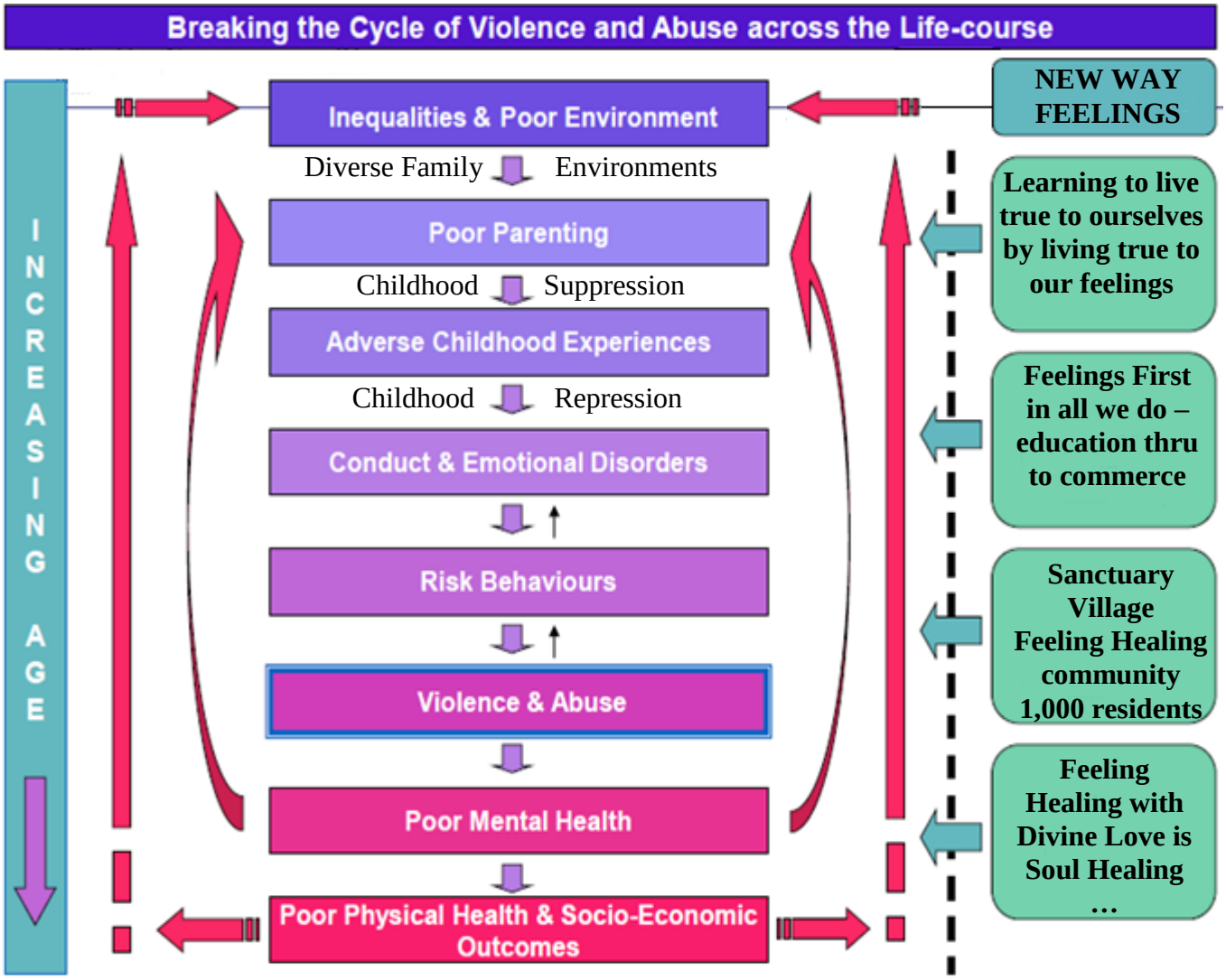
Women are closer to their feelings and that is why the nursing profession hosts a lot of women who calibrate a little over 500. These women are the healers in hospitals. By aspiring to live Feelings First we are each breaking the glass ceiling and opening our potentials to grow in truth and love not only to 1,000 MoC, but to infinity. This is our destiny.

As communities embrace living Feelings First and having their minds to follow in supporting what their feelings are guiding them with, then ALL of the social ills of society will begin to mitigate. Please, do you comprehend the importance of what is being shared throughout this document?

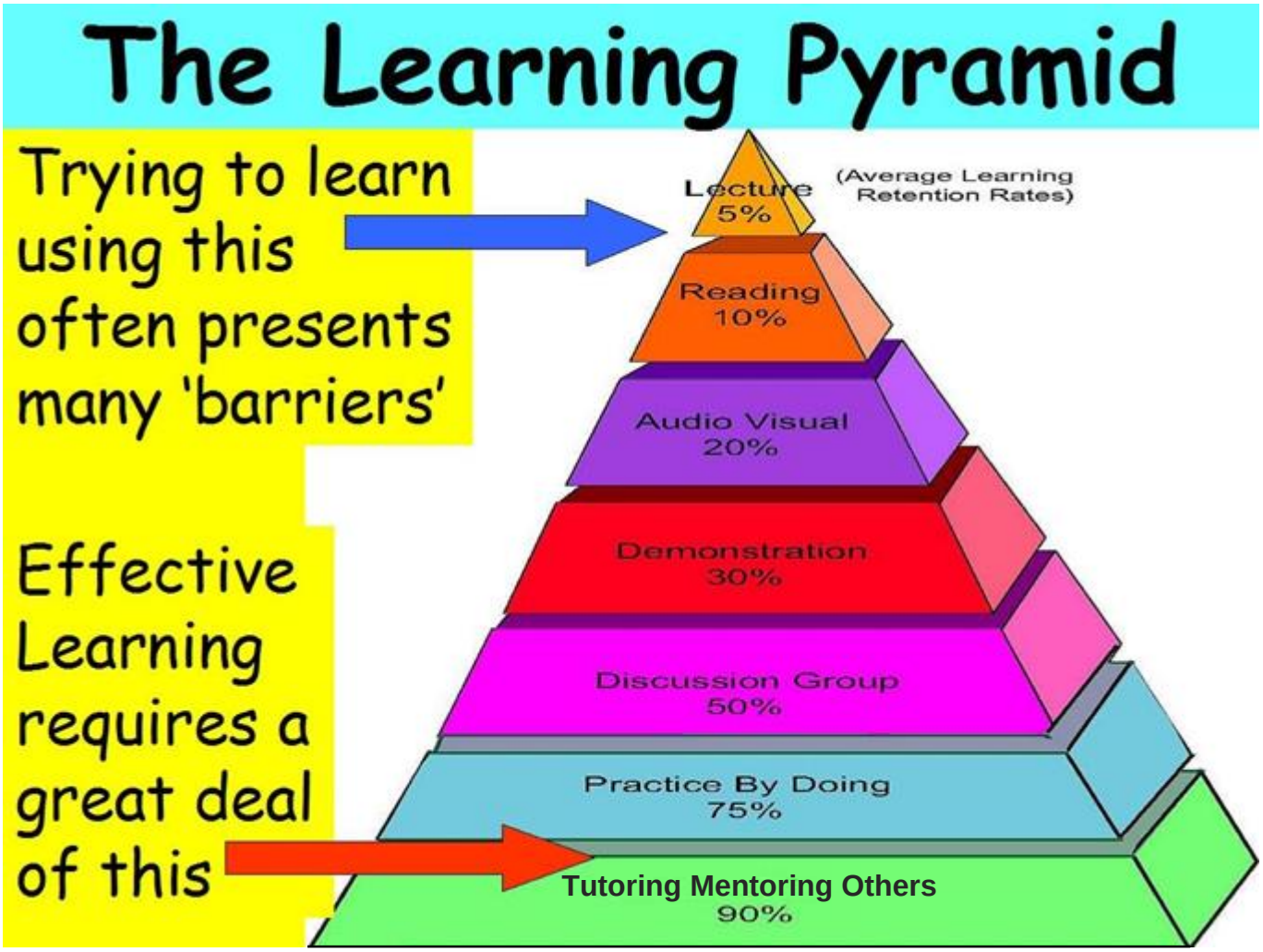
LIFE IS FOR LEARNING



Seek **truth** from the cradle to the grave.



Childhood Suppression is the underlying cause of all physical illness and social issues seen throughout society.



Correlation of Levels of Consciousness and Societal 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%	70%	2.0%
300-400	7%	1.0%	50%	5.0%
200-300	8%	1.5%	40%	9.0%
100-200	50%	22.0%	15%	50.0%
50-100	75%	40.0%	2%	91.0%
<50	97%	65.0%	0%	98.0%

From our head to our toes,
what our feelings say goes!

Feelings, good and bad, are to be expressed.

Talk it Out!

Heartfelt feelings are our truth.

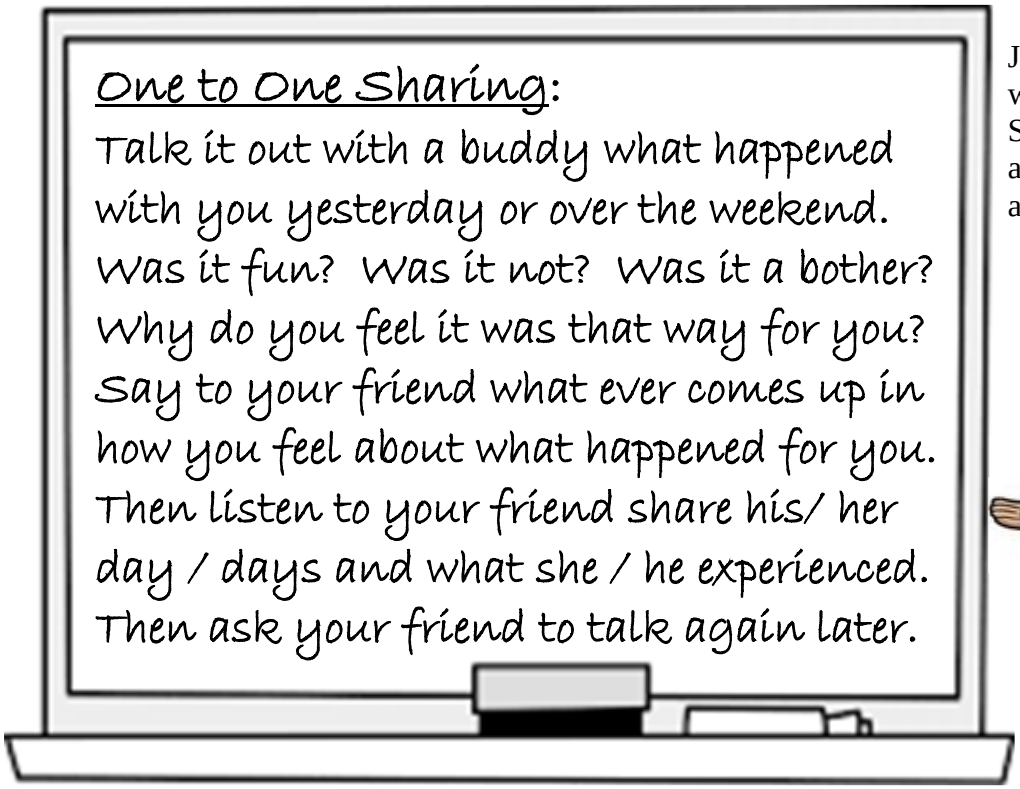
Then we are to continue by longing for
the truth that our feelings are to reveal to us!

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!



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

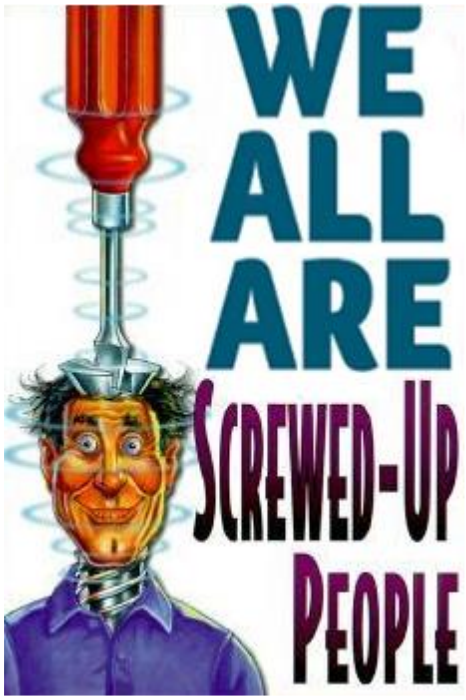
Great U-Turn

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."

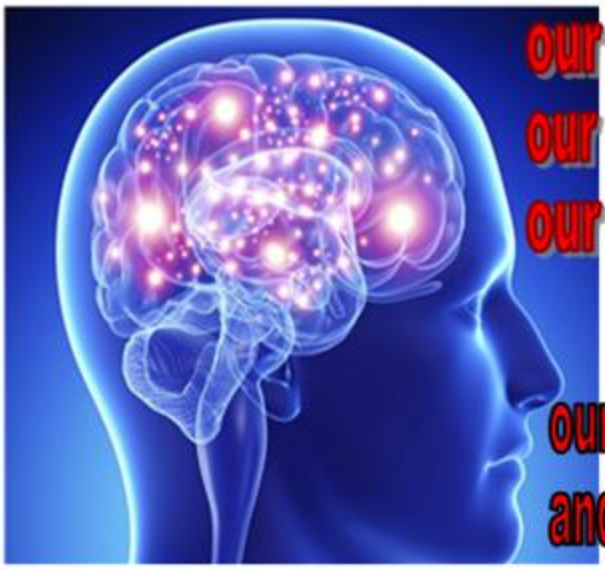
John the Typist

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.

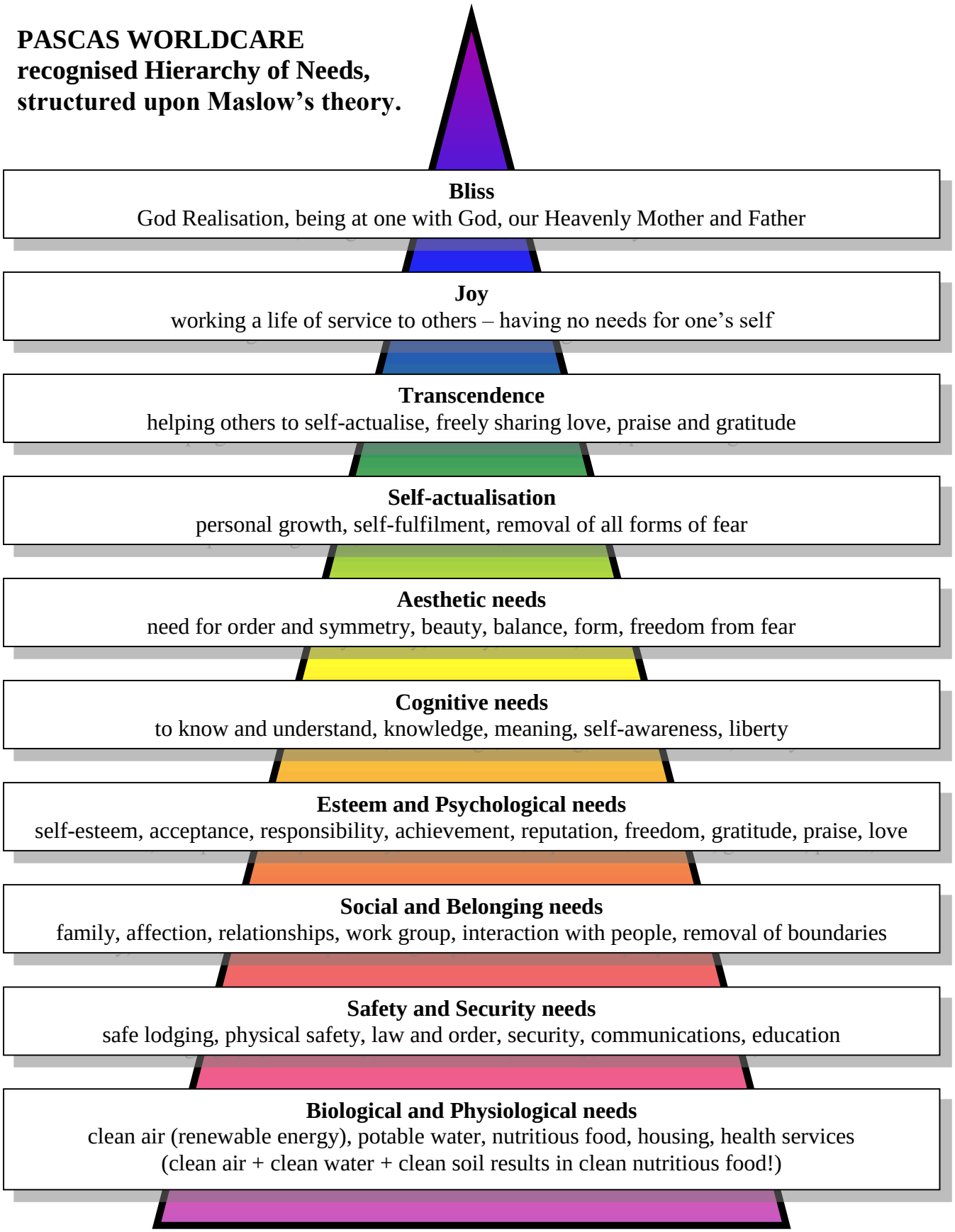
ASSUMPTIONS are the product of our MIND!

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.

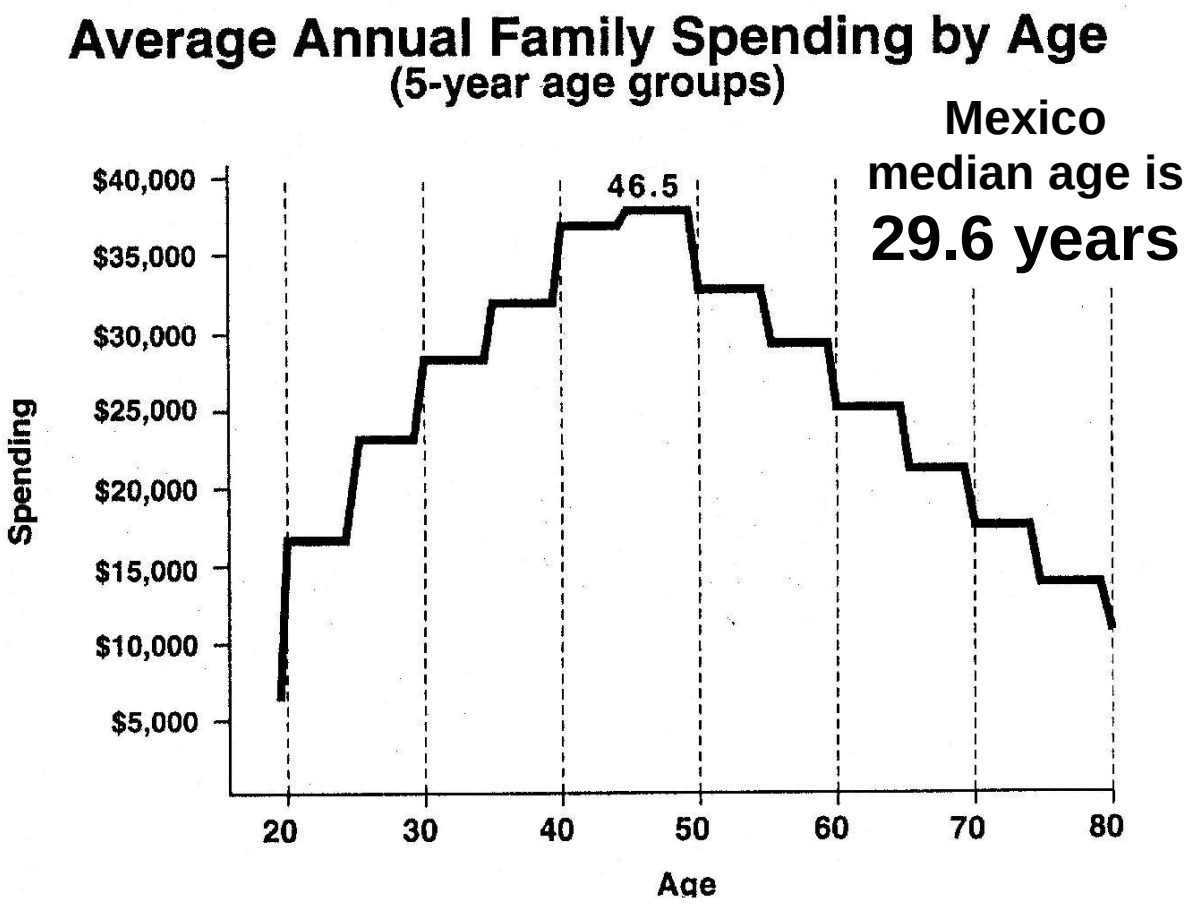
PASCAS WORLDCARE
recognised Hierarchy of Needs,
structured upon Maslow's theory.

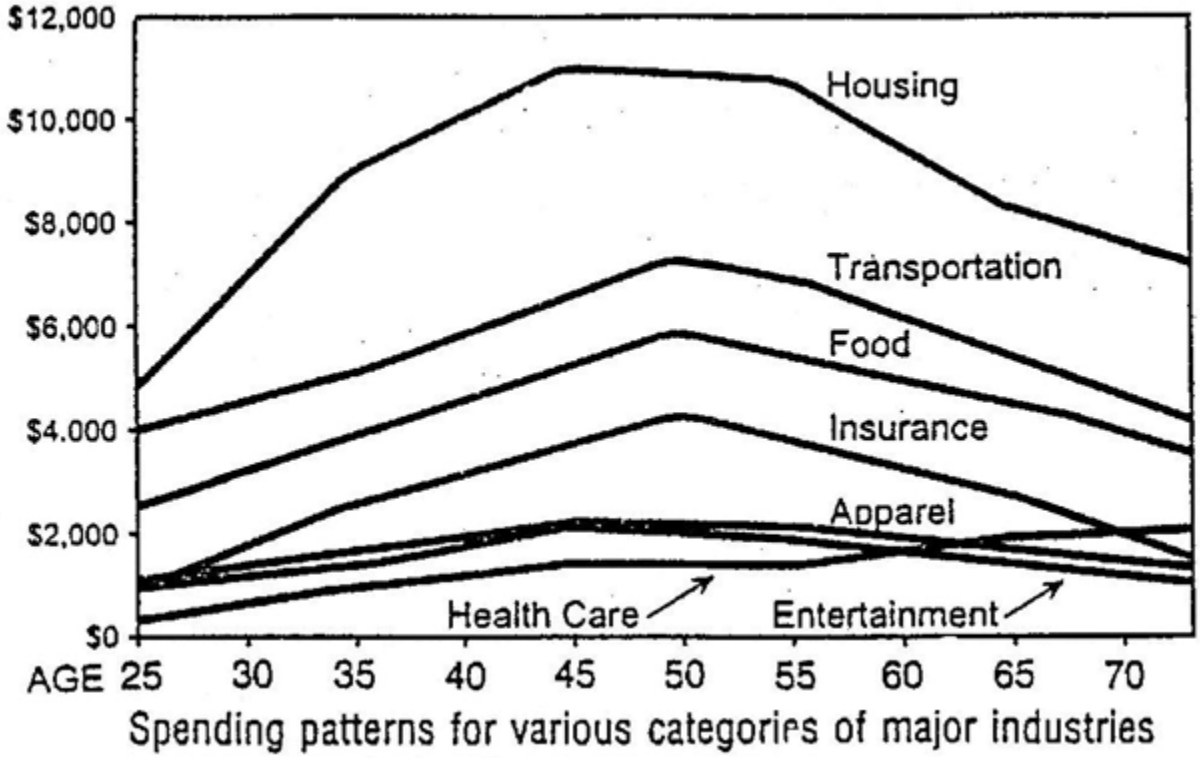


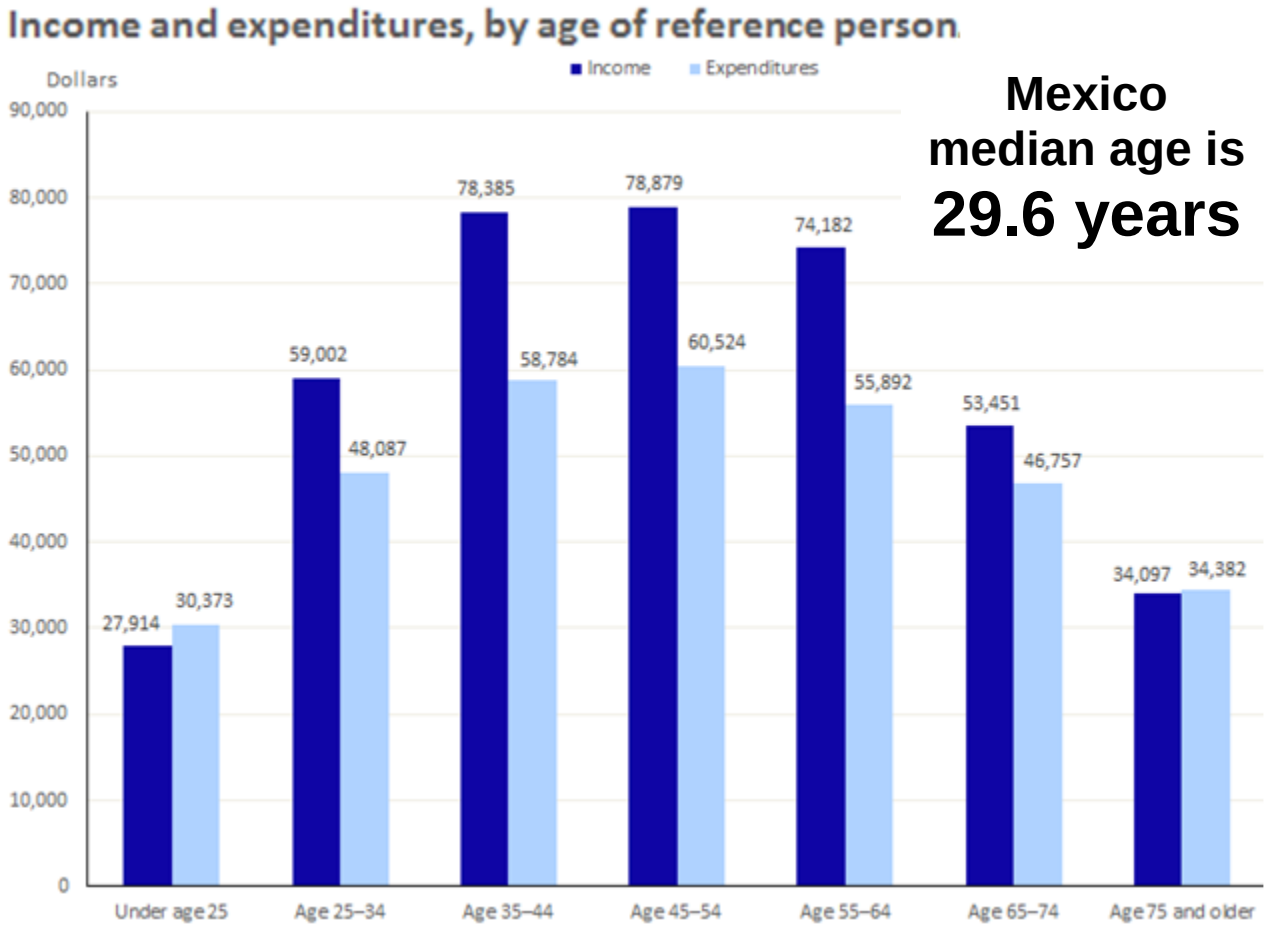
MARKETING CONCEPT:

Career paths focused upon herein:
Education and Teaching
Nursing, Health and Medical
Agriculture and Food Security

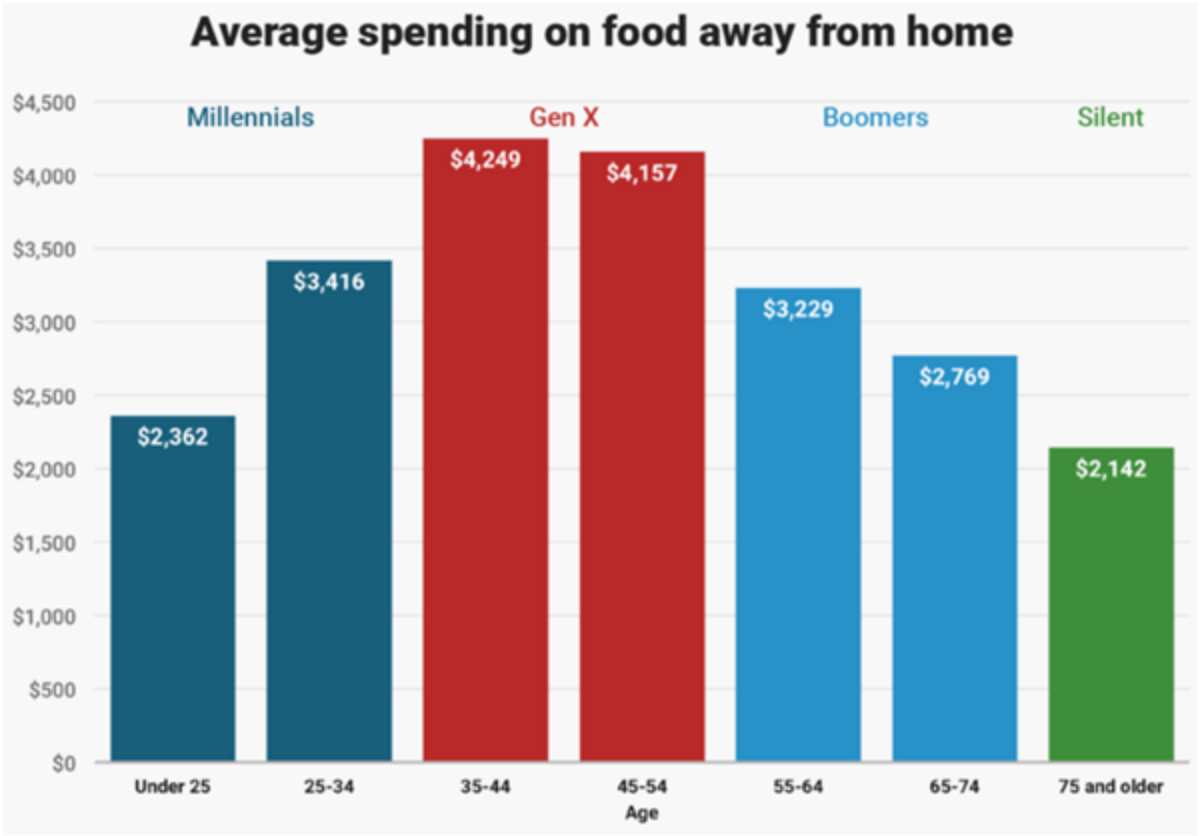
BUYER TRENDS – Patterns within societies:





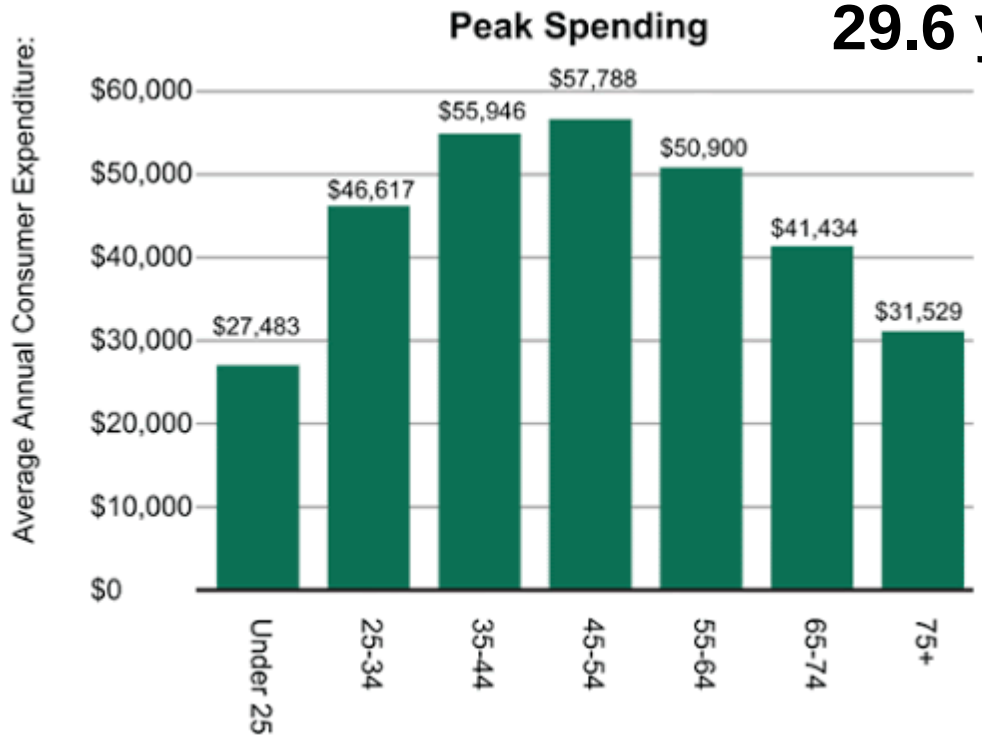


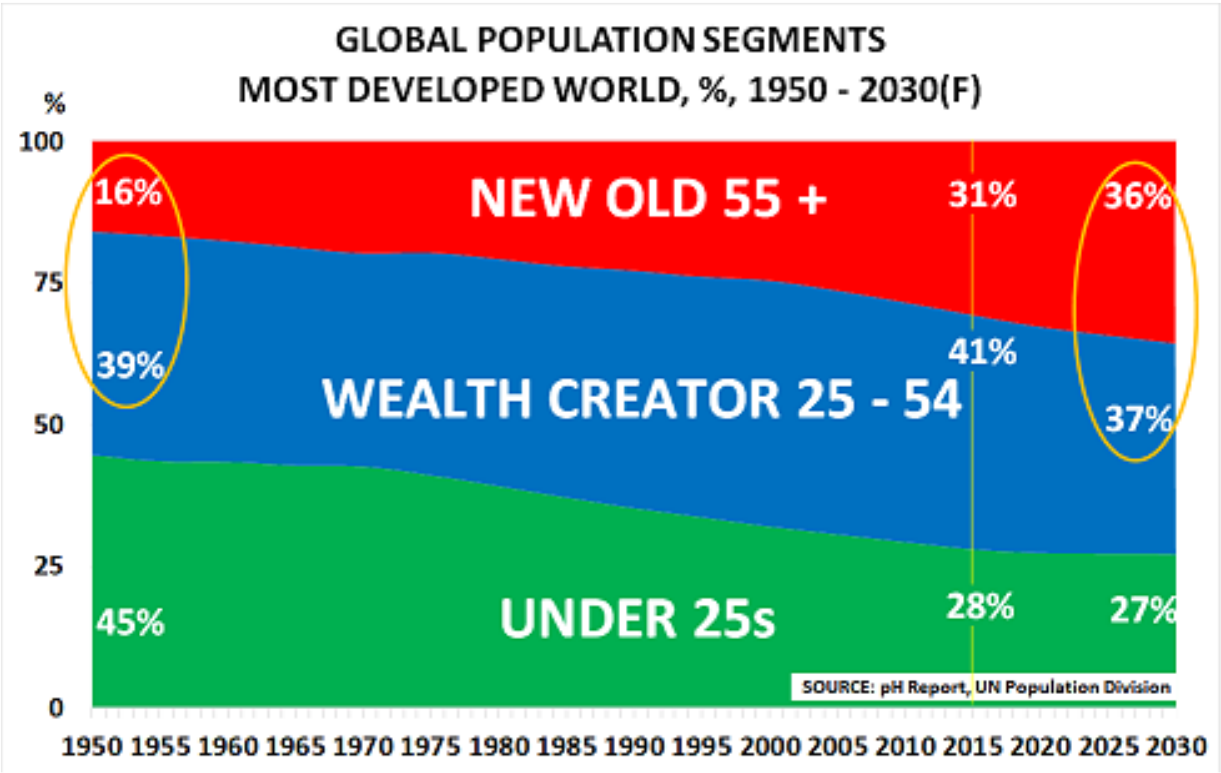
Mexico median age is 29.6 years



These observations being relevant within every society:

Mexico median age is 29.6 years





MEXICO SALARY:
https://www.salaryexplorer.com/average-salary-wage-comparison-

Comparative Profession Salary Earnings in Mexico

https://www.playroll.com/blog/mexico-average-salary

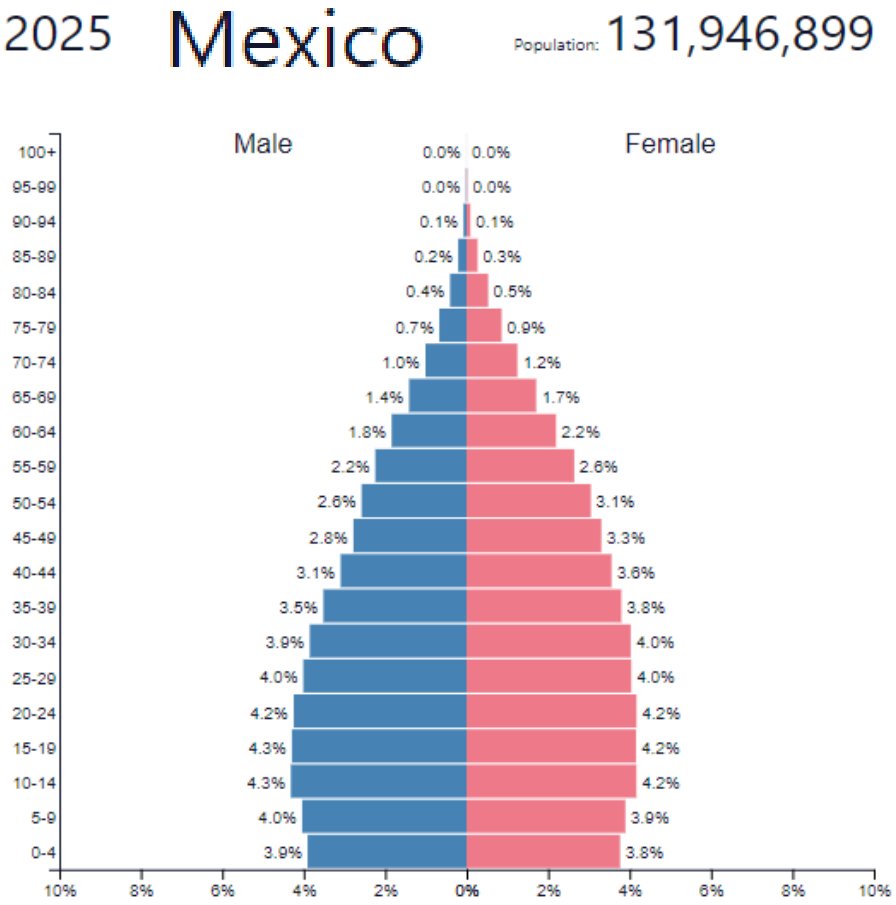
Salaries in Mexico can vary quite a bit depending on the industry, your experience level, and where you're located. Here's a general breakdown of monthly and annual salary ranges in Mexico, based on job level:

Category	Monthly Salary (MXN)	Annual Salary (MXN)	Annual Salary (USD)
Entry-Level	MXN 10,000 – 16,000	MXN 120,000 – 192,000	USD 6,667 – 10,667
Mid-Level	MXN 18,000 – 35,000	MXN 216,000 – 420,000	USD 12,000 – 23,333
Senior-Level	MXN 35,000 – 65,000	MXN 420,000 – 780,000	USD 23,333 – 43,333
Executive/Management	MXN 70,000 – 140,000	MXN 840,000 – 1,680,000	USD 46,667 – 93,333

Industry-Specific Salary Earnings

Salaries in Mexico can differ significantly across industries. The table below shows salary ranges for key sectors in 2025, like IT, finance, real estate, healthcare, and law, with averages from major cities such as Mexico City, Monterrey, and areas near the northern border. Keep in mind, salaries in rural areas or lower-paying industries (think tourism or agriculture) are usually lower. Here's an overview of average annual salaries in key sectors:

Profession	Average Annual Salary (MXN)	Average Annual Salary (USD)
IT & Software	MXN 502,418	USD 25,000
Finance & Accounting	MXN 334,864	USD 16,700
Marketing & Sales	MXN 317,680	USD 15,900
Customer Support	MXN 386,478	USD 19,300
Human Resources	MXN 328,477	USD 16,400
Management	MXN 479,562	USD 23,900
Telecommunications	MXN 385,667	USD 19,300
Technology & Development	MXN 429,224	USD 21,400



Wage Gap Persists in Mexico: Men Earn 34.2% More Than Women, Reveals CONAPRED Study

https://hgbr.org/wage-gap-persists-in-mexico-men-earn-34-2-more-than-women-reveals-conapred-study/

Despite progress on gender equality, the gender pay gap persists in Mexico. Women tend to earn 15% less than men. As part of the initiatives promoted by President Claudia Sheinbaum, the definition of the gender pay gap has been incorporated into the legal framework, and efforts are underway to establish mechanisms for its elimination. 2025

https://imco.org.mx/en/mexico-requires-effective-mechanisms-to-close-the-gender-pay-gap/

US$1 = Mexican Peso 18.30

Average Salary in Mexico

https://remotepeople.com/countries/mexico/average-salary/

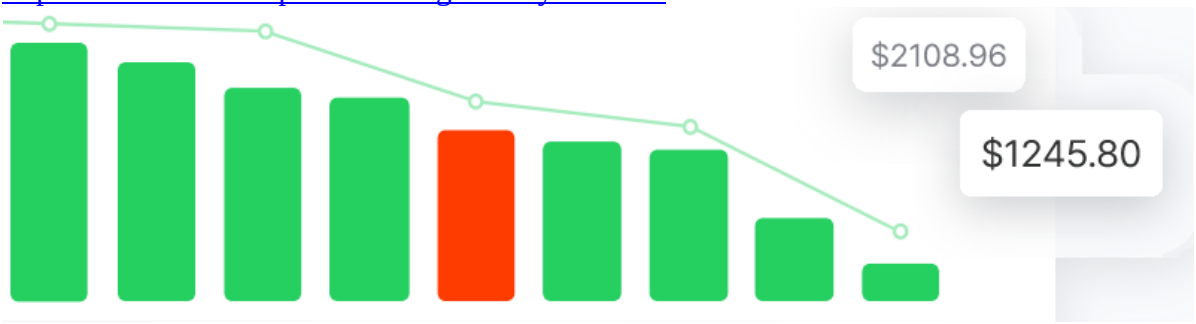
Salary Comparison by Profession

Industry and profession significantly impact earnings. Highly skilled workers tend to make more than manual labourers. This salary comparison chart lists workers' salaries by profession to provide more insight. US$1 = Mexican Peso 18.30

Profession	Yearly Salary (MXN)
Chief Executive Officer	780,522
IT Director	656,321
Sales Director	630,822
Call Center Director	607,520
Marketing Director	600,065
Lead Developer	544,411
Logistics Director	531,528
Finance Manager	519,436
IT Architect	516,366
IT Manager	496,897
Fabric Cutter	124,248
Clothing Technologist	123,707
Banking Cashier	123,595
General Laborer	122,959
Packer	121,164
Porter	117,987
Seamstress	115,682
Medical Records Clerk	111,436
Tailor	110,573

Average Salary in Mexico

https://www.timecamp.com/average-salary/mexico/



1. Average wages

US$1 = Mexican Peso 18.30

The average salary in Mexico is a figure of much interest to economists, policymakers, and employees, as it reflects the economic well-being of the workforce and serves as an indicator of purchasing power within the country. This figure can significantly vary depending on a range of factors including industry, occupation, education, and location. As of recent reports, the average monthly salary in Mexico is often quoted to be between MXN 15,000 to MXN 20,000, although this can fluctuate. When considering this average monthly salary, it is important to acknowledge that there is a substantial variance across different sectors and regions within Mexico. (US$820 – US$1,100)

Additionally, Mexico's national statistics agency, INEGI (Instituto Nacional de Estadística y Geografía), periodically publishes data on the country's wage trends. According to INEGI, the average wages can differ widely based on whether an individual is working in the formal or informal sector, with those in the formal sector typically earning more. Furthermore, when evaluating the average salary in Mexico, one must consider the living standards and costs associated with different areas, as salaries tend to be higher in metropolitan areas like Mexico City and Monterrey compared to rural regions, where wages are often lower.

The complexity of Mexico's labour market is mirrored in the variety of employment arrangements available, ranging from full-time permanent positions to temporary and informal roles. Each of these categories comes with its own average pay rates, adding another layer of differentiation to the average salary in Mexico. To gain a comprehensive understanding of wages in Mexico, it is imperative to delve into the multifaceted nature of the labour market and consider all these factors collectively.

2. Factors that Influence Salaries

Salaries in Mexico are influenced by a variety of economic, social, and demographic factors that determine the earning potential of individuals across different sectors and regions of the country. Understanding these factors can provide insight into the disparities observed in income levels within the Mexican workforce. Here are some key factors that play a role:

- **Educational Attainment:** Education is a primary determinant of earning potential in Mexico. Those with higher education degrees tend to have higher average salaries than those with only primary or secondary education. Specialised skills and certifications can further enhance an individual's ability to command a higher salary.

- **Sector of Employment:** The sector in which an individual is employed markedly influences their salary. For instance, industries such as finance, telecommunications, and technology generally offer higher wages compared to sectors like agriculture, retail, or hospitality.
- **Professional Experience:** Work experience is another significant factor affecting salaries. Individuals with extensive professional experience and a history of successful projects or roles can negotiate for higher pay, as their expertise is often considered valuable to employers.
- **Geographic Location:** Geographic location plays a crucial role in salary differences. Urban areas, particularly large cities like Mexico City, Monterrey, and Guadalajara, typically boast higher wages due to the concentration of businesses and the higher cost of living. In contrast, rural areas generally have lower salary averages.
- **Supply and Demand Dynamics:** The labour market is subject to supply and demand. Occupations in high demand that are facing talent shortages often pay more to attract qualified candidates. Conversely, jobs with an oversupply of workers may pay less.
- **Gender:** Gender can unfortunately still be a factor in salary determination, despite legislative efforts to create equal pay for equal work. This element will be discussed further in the section on the gender wage gap.
- **Economic Conditions:** The overall health of the Mexican economy impacts wage levels. During periods of economic growth, salaries may rise as businesses expand and require more skilled labour. Conversely, economic downturns or crises often result in wage stagnation or decline.
- **Government Policies:** Legislation regarding minimum wage, labour rights, and taxes can also influence average salaries. Changes in these policies could either increase or decrease disposable income for Mexican workers.
- **Informal Economy:** A substantial portion of Mexico's workforce is employed in the informal sector, where earnings can be irregular and generally lower than formal employment. This sector's wages are not strictly regulated and can vary widely even for similar types of work.
- **Unionisation:** Unionised workers might have better bargaining power which can result in higher wages, benefits, and improved working conditions.

The above factors are interconnected and when combined, they provide a nuanced view of why salaries in Mexico can vary so widely. It is this interplay of education, location, industry, and other elements that shapes the economic realities for Mexican workers.

3. Minimal Wages (Monthly and Hourly)

In Mexico, minimum wages are established by the National Minimum Wage Commission (Comisión Nacional de los Salarios Mínimos, CONASAMI) and are reviewed annually. The minimum wage is designed to protect workers by ensuring that they receive a salary that can cover the basic necessities for themselves and their dependents.

Starting from January 1, 2024, the general minimum wage in Mexico was set at MXN $248.93 (US$13.60) per day, which marks a significant increase from previous years. This daily rate translates to an approximate monthly minimum wage of MXN $7467.90 (US$408), assuming a standard month with 30 days of work. For employees working a full eight-hour day, this equates to an hourly minimum wage of around MXN $25.93 (US$1.42). However, the minimum wage can differ for certain geographical areas and specific industries.

To address regional economic disparities, Mexico categorises its minimum wage into different geographic zones. Historically, there have been separate minimum wages for various zones, but recently, the effort has been to unify the minimum wage across the country.

Moreover, there exists a Special Economic Zone (Zona Económica Especial, ZEE) in the northern border region where the minimum wage is higher due to the higher cost of living and the region's economic conditions. As of 2024, the minimum wage in this Special Economic Zone is set at MXN $374.89 (US$20.50) per day.

It's important to note that these figures represent gross earnings, and employees will take home less than this after deductions such as taxes and social security contributions. Additionally, minimum wage earners may also be entitled to statutory benefits like vacation pay, year-end bonuses, and health insurance, which are mandatory under Mexican labour laws.

Workers employed in the informal sector, which comprises a substantial part of the Mexican economy, often earn less than the official minimum wage. Unfortunately, these workers don't always benefit from the legal protections and must sometimes rely on multiple jobs or longer hours to meet their financial needs.

Given the variations in the cost of living across the country, the minimum wage is a topic of ongoing debate, with advocates arguing for further increases to better reflect the realities of living expenses, particularly in urban centres.

4. Gender Wage Gap

In Mexico, as in many countries around the world, the gender wage gap is a persistent issue that reflects inequality in earnings between men and women. This gap is the average difference in remuneration received by working men and women, often expressed as a percentage of men's earnings.

According to data from the Organisation for Economic Co-operation and Development (OECD), Mexico has one of the highest gender wage gaps amongst its member countries. Despite legislative efforts and social movements pushing for gender equality, disparities in wages persist due to several cultural, educational, occupational, and economic factors:

- **Labour Market Segregation:** Women and men tend to work in different sectors and occupations, with women often found in lower-paying jobs and men in higher-paying technical or managerial positions. This form of segregation contributes significantly to the overall wage gap.
- **Education and Skill Levels:** While educational attainment for women in Mexico has improved, there are still differences in the types of education pursued by men and women, impacting their respective earning potentials.
- **Work Experience:** Women are more likely than men to have interruptions in their career paths due to family and caregiving responsibilities. These interruptions can limit career progression and opportunities for wage increases.
- **Discrimination:** Gender discrimination in hiring, promotion, and pay-setting practices continues to be a barrier to equal pay for women. Even with similar qualifications and experience, women may be offered lower starting salaries and may progress more slowly than their male counterparts.
- **Part-time Work:** Women are more likely to engage in part-time work due to caregiving for children or other family members. Since part-time jobs generally offer lower hourly wages and fewer benefits than full-time positions, this contributes to the overall wage disparity.

While the Mexican government has taken steps to address the gender wage gap, including labour reforms and gender equality policies, the gap remains a significant challenge. Efforts to promote equal economic

opportunities, such as enforcing existing gender equality laws, addressing child care needs, and fostering cultural changes in the workplace, are crucial to closing the wage gap.

The gender wage gap does not only affect women's economic status but also impacts families and the broader economy. Closing the gender wage gap is essential for achieving gender equality and improving the economic well-being of society as a whole.

5. Highest Paying Occupations

In Mexico, as in many countries, certain occupations tend to offer higher salaries due to the specialised skills required, the level of responsibility, or the scarcity of qualified professionals. The following list comprises some of the highest paying occupations in Mexico:

- **Medical Professionals:** Doctors, particularly specialists such as surgeons, cardiologists, and anaesthesiologists command high salaries due to the extensive education and training required, as well as the critical nature of their work.
- **Corporate Executives:** High-level managers and executives in multinational corporations receive substantial compensation packages that include a combination of salary, bonuses, and other benefits. This reflects their role in strategic decision-making and profitability of large companies.
- **IT & Software Engineers:** With the growing importance of technology in all sectors of the economy, IT professionals, particularly those specialising in software development and cybersecurity, are among the top earners in the country.
- **Legal Professionals:** Lawyers who specialise in corporate law, international law, or have partnerships in successful law firms generally have high earnings. Their expertise in navigating complex legal systems is highly valued.
- **Finance Professionals:** Individuals working in finance, such as investment bankers, financial directors, and risk management consultants, often have high salaries, reflecting the significance of their roles in businesses and the intricacy of financial markets.
- **Engineering Professionals:** Engineers with expertise in areas like petroleum, mining, civil engineering, and energy usually receive considerable compensation due to the technical complexity and demand for their specific skill sets.
- **Marketing and Sales Directors:** Top professionals in marketing and sales can negotiate high salaries, especially if they work for large companies where their strategies directly influence profit margins and market share.
- **Aviation Professionals:** Experienced pilots and aviation engineers benefit from high salaries as they operate and maintain sophisticated aircraft and ensure passenger safety.
- **Real Estate Managers:** As the real estate market in Mexico continues to grow, seasoned professionals in real estate management, who can navigate investment opportunities and property developments, are well-compensated.
- **Architects and Urban Planners:** Skilled architects and urban planners, particularly those involved in large-scale projects and sustainable design, are in demand and can command high wages.

It's important to note that these professions often require extensive education, years of experience, and continuous professional development. Additionally, salary levels can vary significantly within these fields based on factors such as location, company size, and individual performance. Moreover, while these occupations are among the highest paying in Mexico, they make up a small percentage of the workforce, and many employees in the country work in sectors with lower average wages.

COMMERCIAL IN CONFIDENCE

6. Annual Average Wage Growth

The growth of wages in Mexico has historically been influenced by a variety of economic factors, including inflation, productivity, labour market conditions, and government policies. Understanding the annual average wage growth is critical for assessing the economic development and living standards in the country.

In recent years, Mexico has experienced modest wage growth. For instance, between 2019 and 2020, wage growth was relatively subdued due to the economic impact of the COVID-19 pandemic. However, as the economy began to recover, wage growth started showing signs of improvement. The Mexican government's decision to increase the minimum wage has contributed to driving average wage growth. In 2021, the minimum wage was increased by 15%, followed by another substantial increase in 2022. In spite of minimum wage hikes, the overall wage growth has to compete with inflation rates. When the inflation rate is high, it can erode purchasing power, even if nominal wages increase. Therefore, the real wage growth, which is adjusted for inflation, provides a more accurate picture of changes in workers' earnings over time.

According to the Economic Commission for Latin America and the Caribbean (ECLAC), Mexico's real wage growth has been uneven across different employment sectors and regions. Moreover, wage increases have not always kept pace with productivity gains in the economy, which can result in a lag in real wage growth relative to economic expansion.

Another factor contributing to wage growth in Mexico is domestic consumption and investment. When these economic activities are robust, they can stimulate job creation and potentially lead to higher wages. Conversely, when economic growth slows, wages may stagnate or even decline in real terms.

It is also noteworthy that wage growth can be sector-specific. For example, sectors such as technology and finance may exhibit more significant wage growth due to the demand for skilled labour, whereas other sectors might see slower wage growth.

Furthermore, wage growth in Mexico is partly contingent upon international trade agreements and foreign direct investment. The United States-Mexico-Canada Agreement (USMCA), which replaced NAFTA, includes provisions that aim to improve labour conditions and wage levels in Mexico, particularly in the manufacturing sector.

As of the most recent reports, annual average wage growth in Mexico remains a topic of focus for policymakers who seek to achieve sustainable economic growth and reduce income inequality. Going forward, measures to enhance productivity, invest in education and training, and support small and medium businesses will be pivotal in promoting healthy wage growth.

7. Compensation Costs (per hours worked)

In addition to direct wages, compensation costs for labour in Mexico also include various social charges and benefits that employers are required to provide. These can significantly affect the total cost of employment per hour worked for a company. Here's a breakdown of some additional labour costs that come into play:

- **Social Security Contributions:** Employers must contribute to the Mexican Social Security Institute (IMSS), which covers workers' healthcare, disability, life insurance, and retirement benefits. These

contributions vary depending on the employee's salary and specific risk factors associated with the job.

- **Housing and Retirement Savings Contributions:** Employers also have to contribute to the National Worker's Housing Fund Institute (INFONAVIT) and the Retirement Savings System (SAR), both of which provide long-term benefits for employees.
- **Vacation Premium:** In Mexico, employers are required by law to pay a vacation premium, which is an additional 25% of the regular pay while the employee is on their annual leave.
- **Year-End Bonus (Aguinaldo):** The aguinaldo is a mandatory annual bonus equivalent to at least 15 days of pay, although some employers may choose to offer more.
- **Profit Sharing (PTU):** Employees have the right to participate in the company's profits, typically amounting to an average of 10% of the company's pre-tax profits divided among all eligible employees.
- **Severance Pay:** In cases of termination, employees are entitled to severance pay, which can include 90 days of pay, accrued vacation time, and additional 12 days of pay per year of service.
- **Overtime Pay:** For hours worked beyond the standard time, overtime is paid at double the hourly rate for the first nine extra hours in a week, and triple for any hours after that.

These non-wage compensations add to the overall cost for employers when hiring staff in Mexico. A comprehensive understanding of labour costs is crucial for businesses to remain competitive and to manage their human resources effectively. Given that these benefits are mandated by law, foreign companies operating in Mexico often require expert guidance to ensure compliance and to optimise their compensation strategies.

Consequently, when evaluating the cost of labour in Mexico, it is essential to consider these additional financial obligations that contribute to total employee compensation. These factors not only influence business decisions but also play a significant role in attracting and retaining talent within the Mexican labour market.

8. Comparison with other countries

When placing Mexico within the global context, it can be insightful to compare its wage levels and economic indicators with those of other countries. This provides a broader perspective on Mexico's labour market dynamics and how attractive it may be for both local and international talent, as well as for investors considering Mexico for business opportunities.

While developed countries such as the United States, Canada, and those in Europe typically have higher average salaries than Mexico, it is more appropriate to compare Mexico with countries that have similar economic profiles, such as Brazil, Argentina, and perhaps some nations in Central America and Asia. To better understand these differences, let's examine the average monthly income in a selection of countries in relation to Mexico:

Country	Average Monthly Income (Local Currency)	Average Monthly Income (USD – Approximate)
Mexico	MXN 15,000 – 20,000	$800 – $1,070
Brazil	BRL 2,200	$420
Argentina	ARS 45,000	$380
China	CNY 7,854	$1,230
India	INR 31,900	$400

United States	USD 3,714	$3,714
Spain	EUR 2,039	$2,200

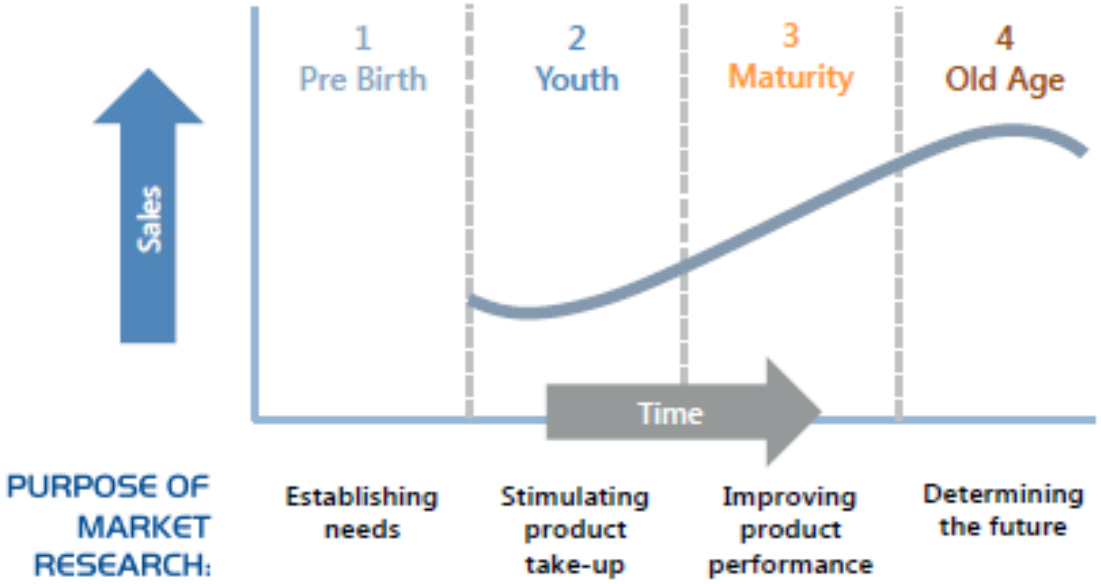
Note: The above figures are approximations and can fluctuate based on exchange rates and over time. In comparison to Brazil and Argentina, Mexico's average salary is generally higher, but when compared to the United States, Spain, or China, Mexico's wages are notably lower. However, cost of living varies greatly between these countries and can significantly affect the real purchasing power of these salaries. For example, while an average salary in Mexico might be lower in USD terms compared to the United States, the cost of living is also substantially lower, allowing for a different standard of living than the gross figures might suggest.

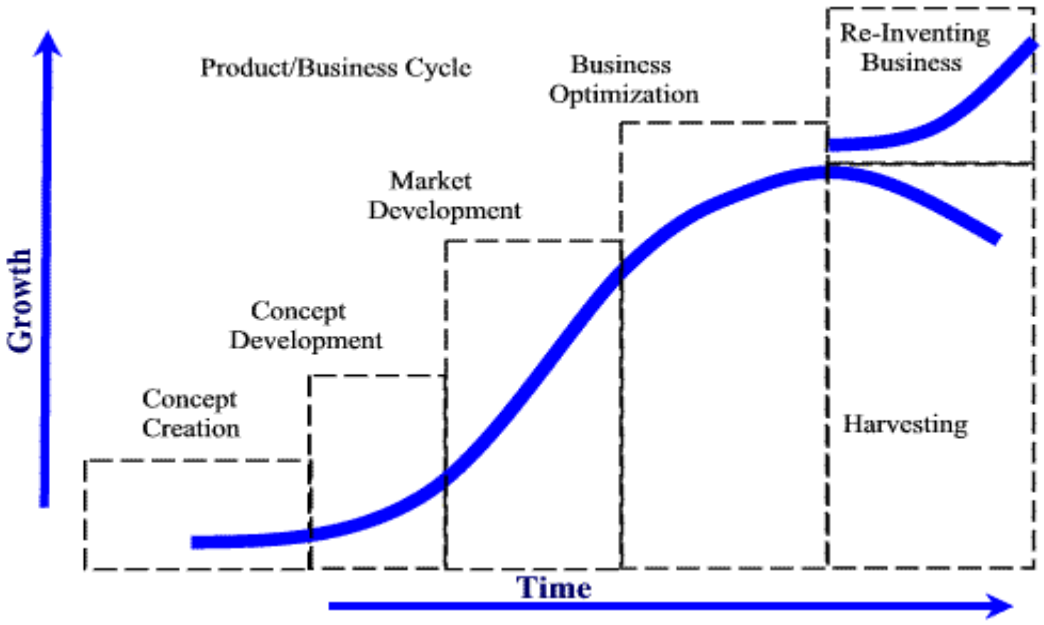
The disparities in salaries among these countries are influenced by a variety of factors, including but not limited to economic development, labour market conditions, productivity levels, and cost-of-living indices. Foreign investors often take advantage of the lower wage costs in Mexico for manufacturing and service industry projects due to its proximity to the US and favourable trade agreements like the USMCA (United States-Mexico-Canada Agreement).

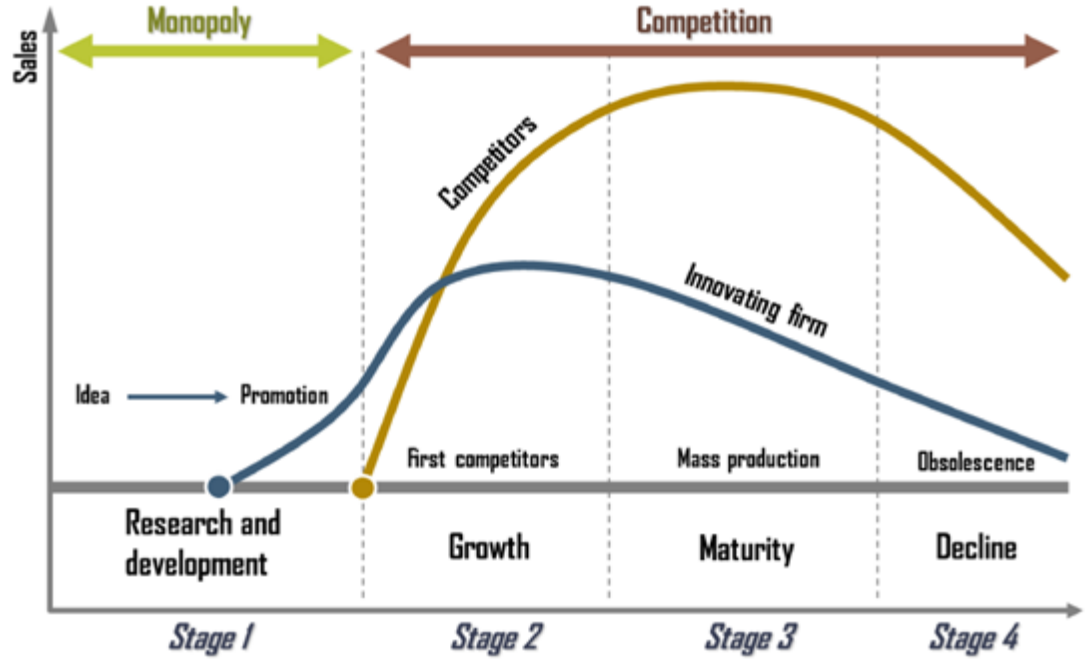
Overall, the comparison indicates that while Mexico has competitive wage levels in the context of Latin America and certain global economies, it still has considerable ground to cover to reach parity with developed countries. These comparisons are critical for multinational corporations when making decisions about where to invest and locate their operations, as well as for policymakers striving to improve their nation's global economic standing.
.

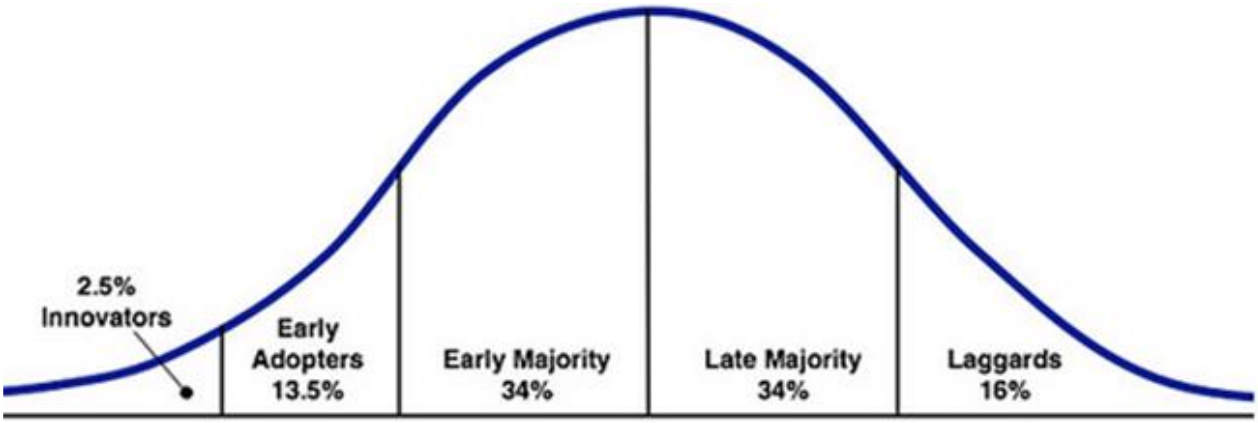
While Mexico is not a BRICS member, a bloc composed of 20 emerging economies including Brazil, Russia, India, China, and South Africa, it was invited. (July 2025)

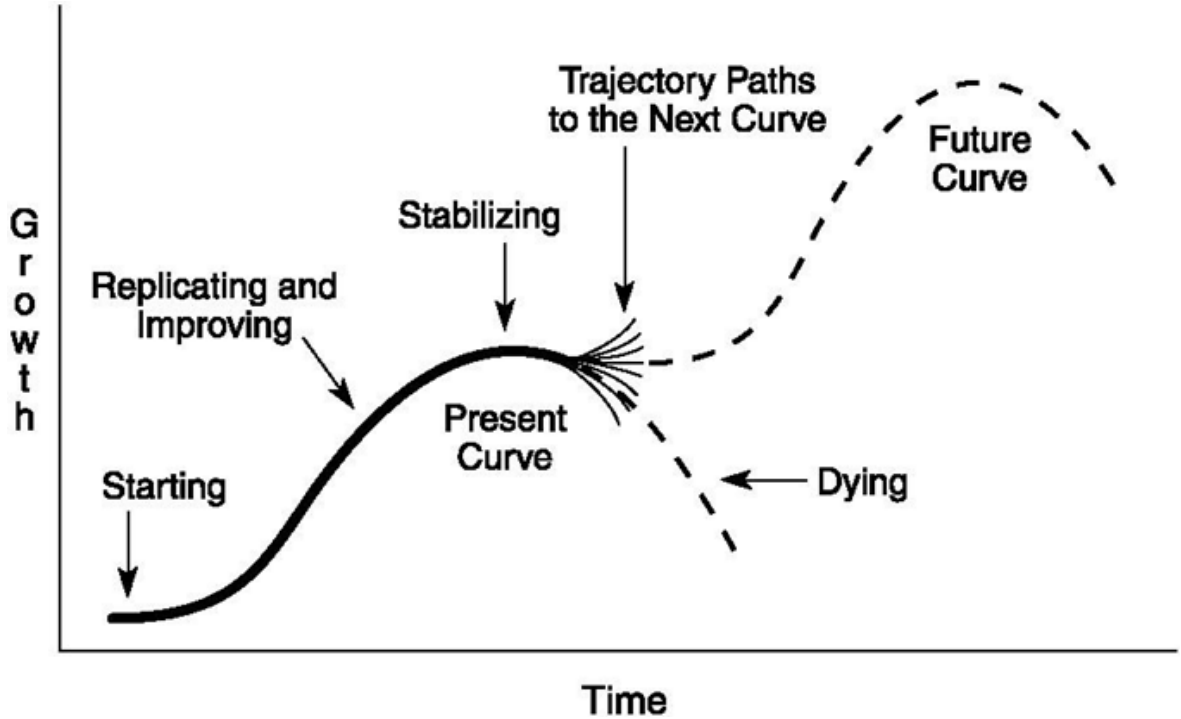
PRODUCT CYCLE – services:



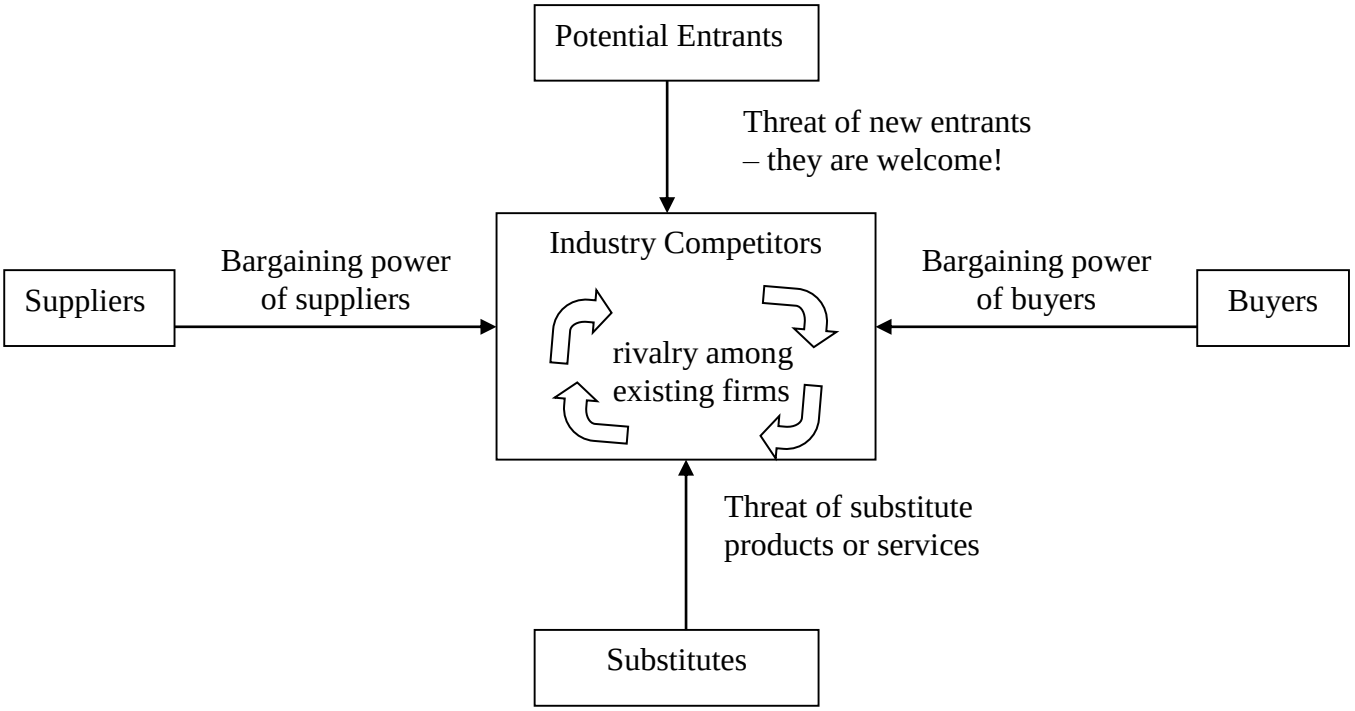



Monopoly
Competition
Sales
Competitors
Innovating firm
Idea
Promotion
First competitors
Mass production
Obsolescence
Research and development
Growth
Maturity
Decline
Stage 1
Stage 2
Stage 3
Stage 4


2.5% Innovators
Early Adopters 13.5%
Early Majority 34%
Late Majority 34%
Laggards 16%


Trajectory Paths to the Next Curve
Future Curve
Stabilizing
Replicating and Improving
Present Curve
Starting
Dying
Growth
Time

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 75,000 pages being about 23 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, 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 Mexico 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

ACTION PLAN:

MISSION STATEMENT

To introduce the best possible Education and Health Resources for Mexico people to shine in the Mexico communities and internationally. To introduce revelations in how we may live that enables capabilities to be reached never dreamed to be accessible – this is the dawning of a new age for everyone!

STRATEGY ONE	STRATEGY TWO
Establish a comprehensive national program for the introduction of education and health facilities capped with a multi-campus university for the people of Mexico.	Look to the needs of each of the provinces and national capital of the Mexico, then look to the needs of districts and population centres to develop long term strategies and goals.

MARKETING	PRODUCTION	PERSONNEL	RESEARCH & DEVELOPMENT
1. Establish brand. 2. Commence benchmarking.	1. Establish central management and administration. 2. Outsource as appropriate.	1. Hire long term leadership team. 2. Hire quality support personnel.	1. Publication of revelations to be diverse. 2. Expand network communications.

VISION STATEMENT

"To build an inspiring high quality, international standard university having multiple campuses throughout Mexico 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."

STRATEGY:

Pascas Foundation (Mexico) 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 Mexico.
- Research and development continually ongoing.
- Access to diverse media content – communication and involvement by all.

PASCAS FOUNDATION focuses upon:

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 state throughout Mexico.
√ 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.	✓ Expenditure within 10% range of budget. ✓ Expenses not exceeding budget. ✓ Projects implemented within proximity of budget timing.
Comprehensive planning for the future.	✓ 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.	✓ Budget cash flow variance <10%. ✓ Business Plan with > 15% of outcomes.
Positive perception by the market.	✓ 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.	✓ No orders lost because of "missing" features. ✓ Sales meeting budget forecast.
Understanding of significant, relevant, innovative life style pathways.	✓ Ability to bring this awareness to all. ✓ Competitors attempting to copy or make use of revelations.
High quality product.	✓ Information provided being always in truth – accurate. ✓ Updates being addressed within a few days.
Superb team work.	✓ 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.	✓ 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.	✓ 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 Mexico landscape, even with many local team members.	Gain in the field expertise within the Mexico landscape through operatives within the education and health sectors within Mexico.
Opportunities open to our Foundation:	Will be grasped by us as follows:
Greater development of the education and health sectors as well value adding co-operatives being founded.	Opening up for more opportunities to enter other sectors within Mexico.
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 Mexico.
- Lack of food security throughout Mexico.
- 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:

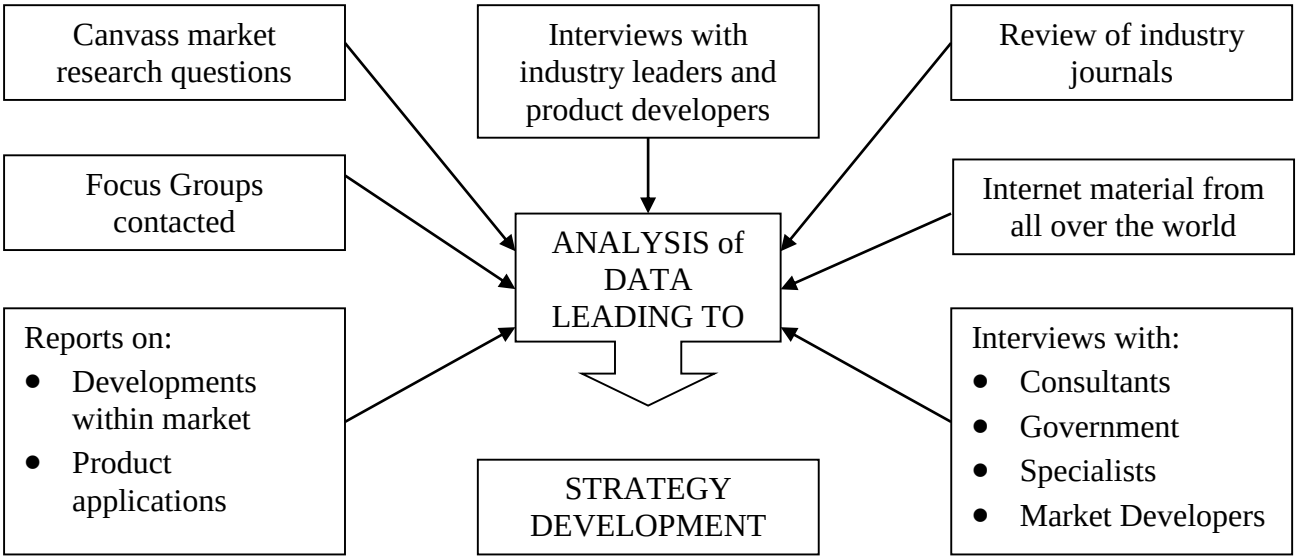
MARKET PLANNING PROCESS	
PREPLANNING REQUIREMENTS ▼	• Identify markets for products and services. • Determine Foundation's goals and expectations. • Establish objectives.
SITUATION ANALYSIS ▼	• Identify education and health needs. • Analyse what is already established and delivering. • Identify markets, 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 ▼	• Determine marketing success factors. • Identify key problems and opportunities.
SEGMENT PRIORITY ▼	• 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 ▼	• Develop strategy options. • Select strategies. • Develop tactics. • Schedule and budget tactics.
MARKETING PLAN EVALUTAION ▼	• Estimate needs and related costs. • Prepare cost benefit analysis and profit projections.
CONTROLS and MEASUREMENTS	• Establish controls and measurements. • Analyse management effectiveness.

MARKET RESEARCH:

The Foundation market research has focused upon:

√ The people of Mexico 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 Mexico 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 Mexico, Pascas Foundation (Mexico) 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 (Mexico) Ltd is the entire nation, 132,000,000 citizens, where all students and citizens are affected by the availabily 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 (Mexico) Ltd.

MARKETING

The marketing activities to promote the long term plans and projects of Pascas Foundation (Mexico) 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	• **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	• **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	• Develop new features for products and services. • Develop variations to existing products and services. • Develop new products and services aimed at identified markets.
Diversification	• 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?

<u>Corporate Innovation</u>
Pinpoint fast-growing private companies to understand viable business models, products and technologies

<u>Corporate Strategy</u>
See fast-growing markets and industries before anyone else to inform executives on strategic decisions

<u>Competitive Intel / Market Research</u>
Assess the health of start-ups competing in your industry to advise your build, buy, or partner strategy.

<u>Corporate Development and M&A (mergers and acquisitions)</u>
Monitor the health and growth potential of possible acquisition targets as part of due diligence process

<u>Corporate Venture Capital</u>
Identify the start-ups with the highest growth potential to satisfy your corporate investment philosophy

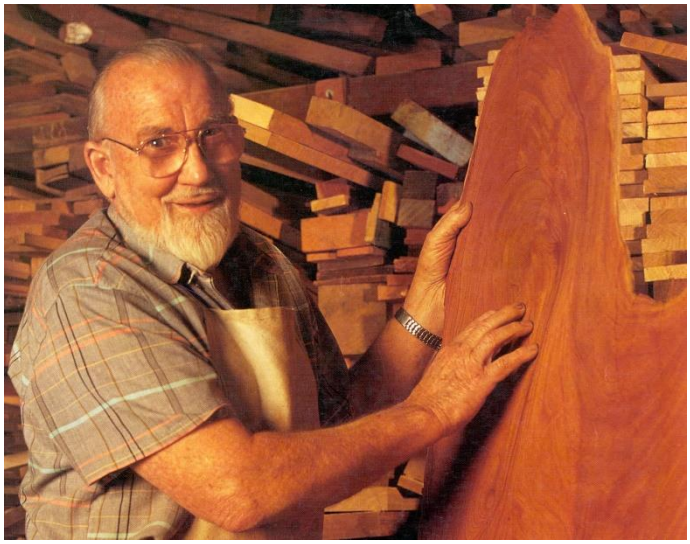
COMMERCIAL IN CONFIDENCE

REEFWOOD CRAFTWORKS

Tables

Chairs

REEFWOOD CRAFTWORKS



Value adding Natural Resources!

COMMERCIAL IN CONFIDENCE

ECOFIBRE INDUSTRIES

Harvest

Baled Stalk

Fibre Mill

Processing

Bast Fibre

Hurd

Hemp yarn

Food samples

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

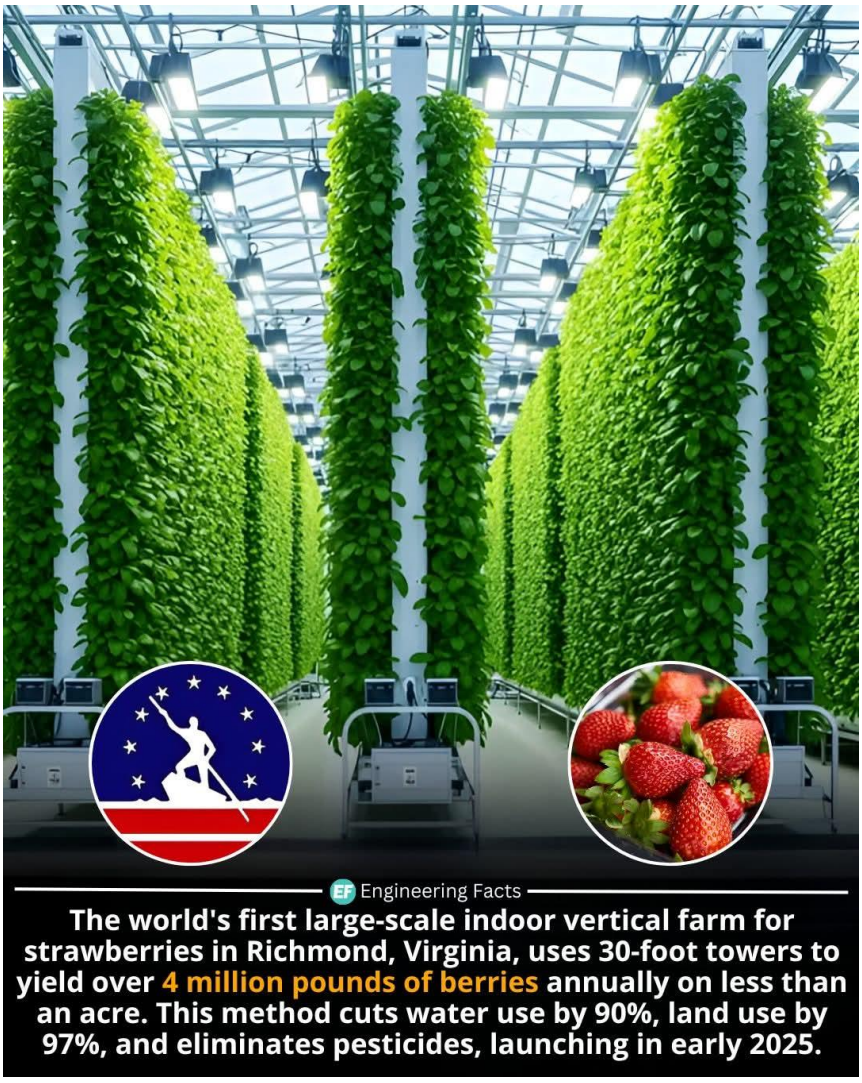
Value adding Natural Resources!

COMMERCIAL IN CONFIDENCE

NEW BIOSPHERE AGRICULTURE

Imagine growing millions of pounds of strawberries without soil, pesticides, or even sunlight. That's exactly what a revolutionary farm in Richmond, Virginia is about to do. Using advanced hydroponics, AI monitoring, and 30-foot-high vertical towers, this fully indoor facility will cultivate strawberries year-round in a climate-controlled environment — unaffected by droughts, pests, or supply chain shocks.

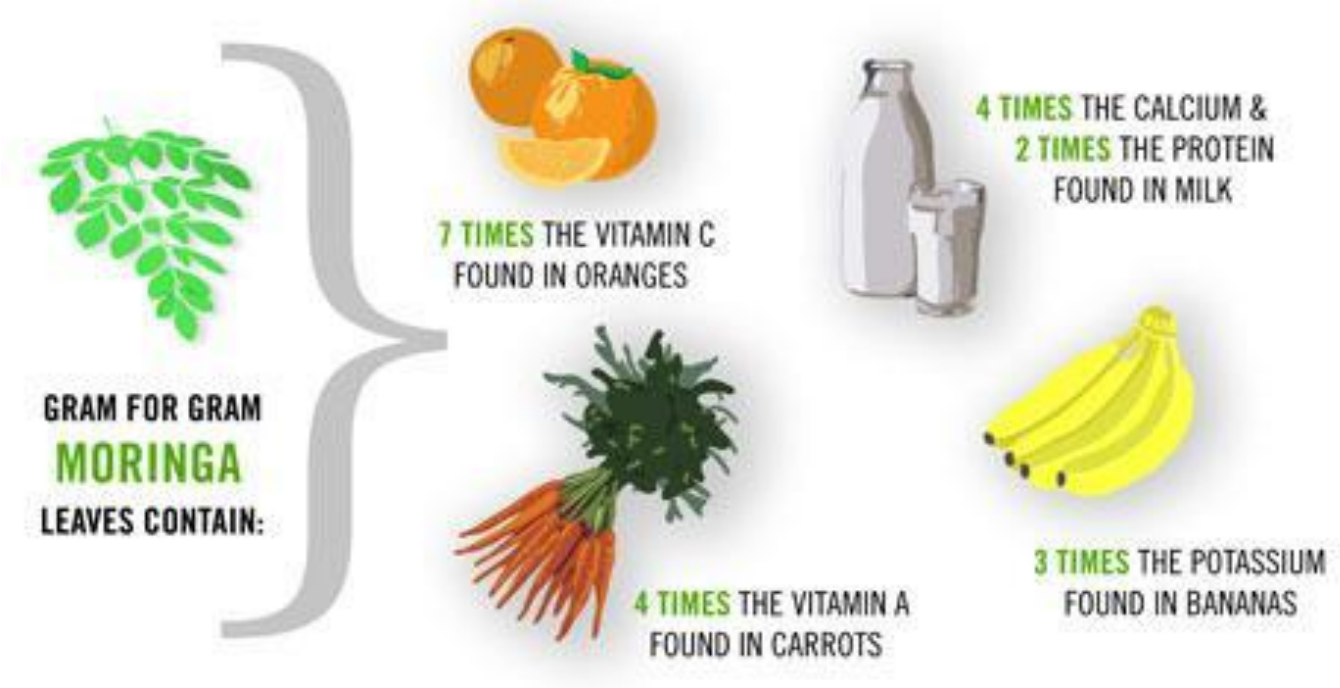
What sets this apart isn't just the massive yield on less than one acre — it's the potential to localise fresh fruit production in urban centres across the world. By eliminating long-distance trucking and slashing resource use, this model could drastically cut the carbon footprint of fruit farming while making fresh produce more accessible in city environments.



Value adding Natural Resources!

NEW BIOSPHERE AGRICULTURE

MORINGA

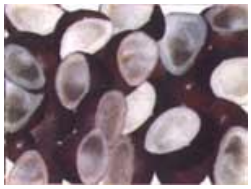


Fresh drumstick fruit	Drumstick powder	Moringa oil
Moringa seed	Moringa seeds(PKM1and PKM2)	Moringa leaf powder
Moringa leaf	Moringa pickle Moringa tea powder	Moringa fruit powder
Moringa seed kernel	Moringa cake powder	Moringa root
Moringa soup powder	Moringa Juice powder	Moringa capsule

Value adding Natural Resources!

COMMERCIAL IN CONFIDENCE

TINY OIL MILL

Groundnut	Castor Seed	Sunflower	Copra
			
(Kernels) 46 to 48%	40 to 48%	32 to 40%	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

The Marvellous Mushroom.

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 (*Pleurotus*)	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 shelve 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!

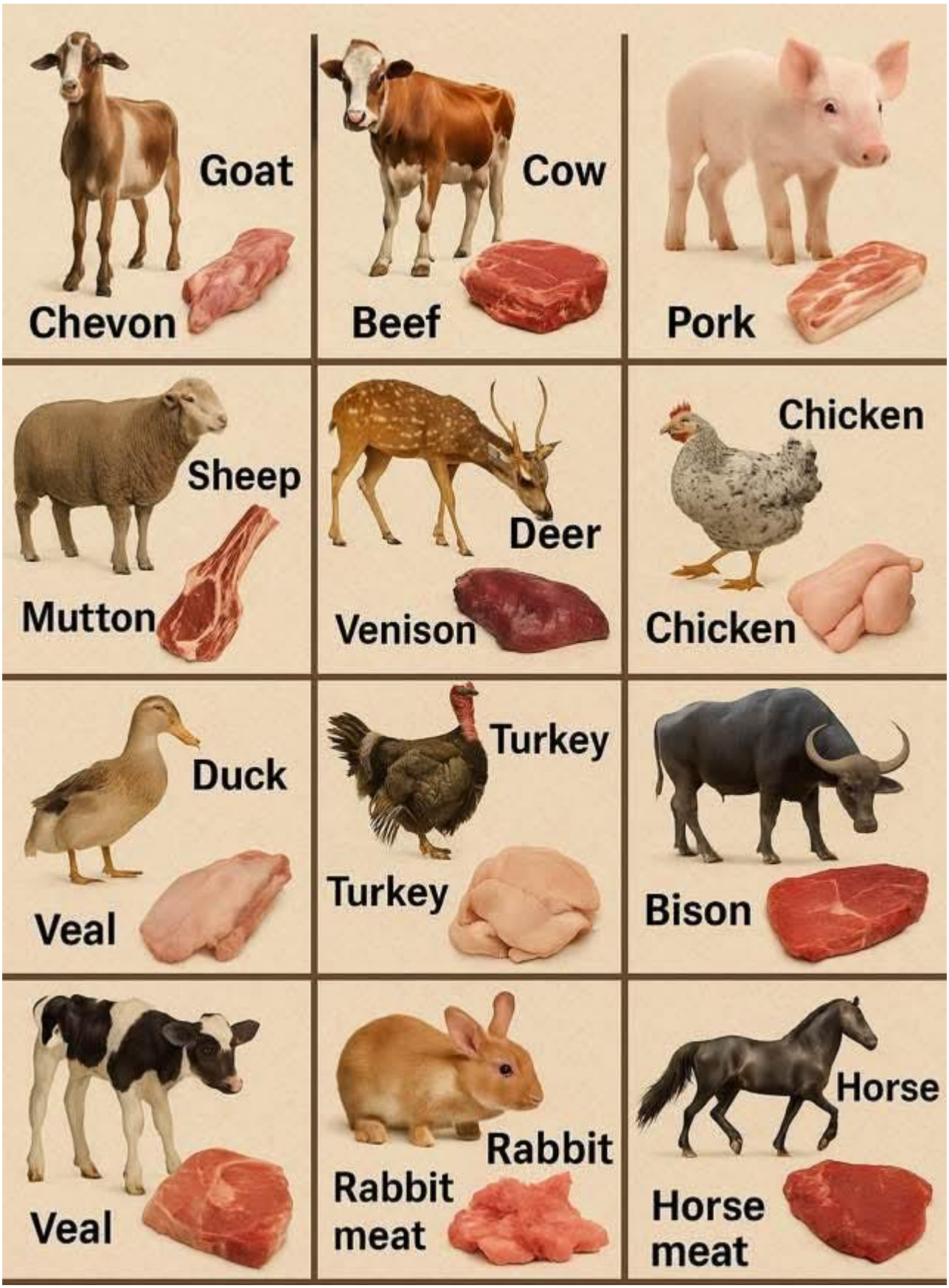
COMMERCIAL IN CONFIDENCE

Pascas Food Basket

Eat the Colors of the Rainbow

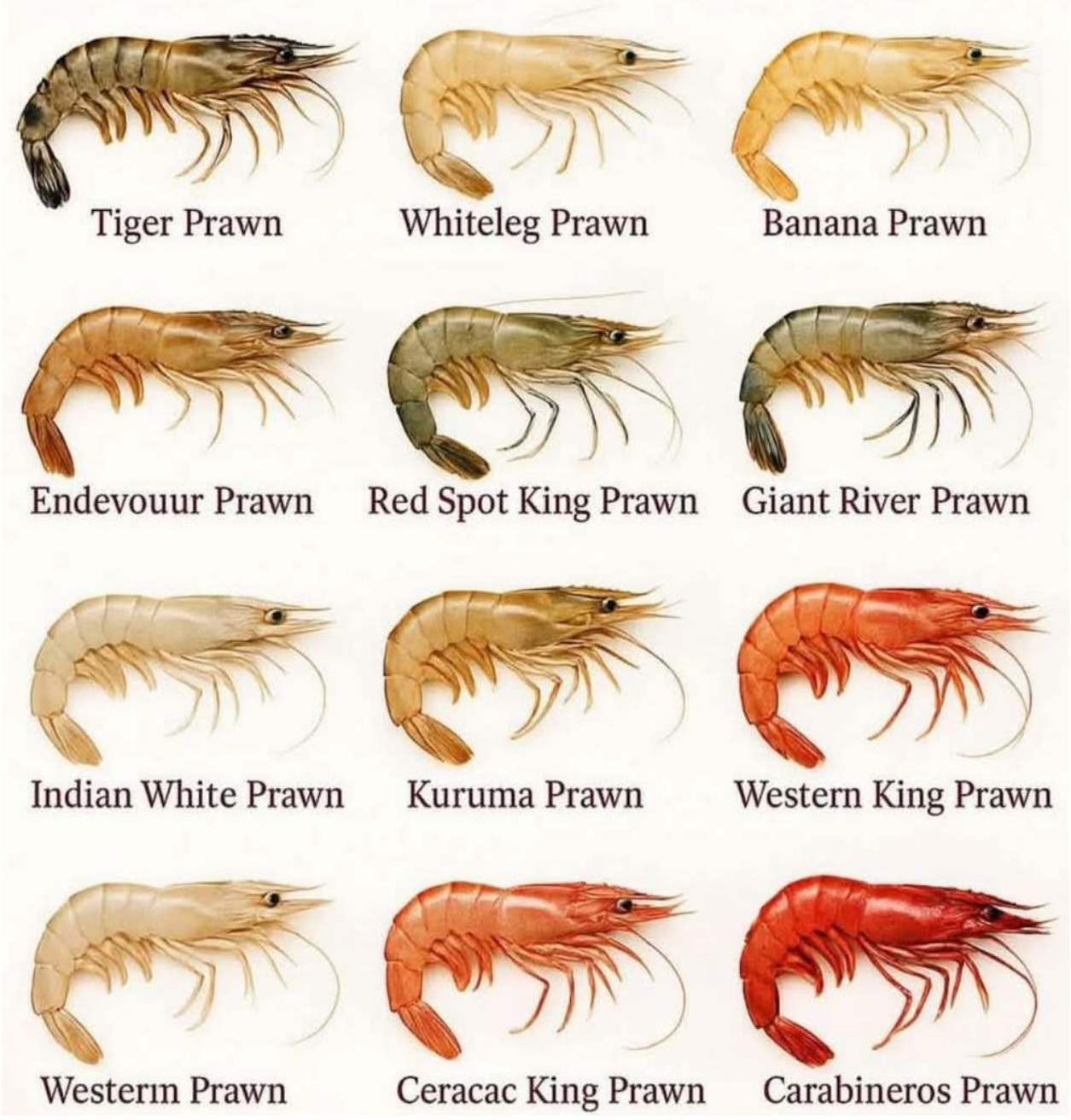
Fresh is Best!

When and where as required!


Goat
Chevon
Cow
Beef
Pork
Sheep
Mutton
Deer
Venison
Chicken
Chicken
Duck
Veal
Turkey
Turkey
Bison
Veal
Rabbit
Rabbit meat
Horse
Horse meat

A Visual Collection of
Freshwater Fish
Barb
Indian Glassy Fish
Striped Gourami
Silver Razorbelly Minnow
Indian Potasi
Gangetic Ailia
Bata Labeo
Pabo Catfish
Bacha
Kuria Labeo
Mottled Nandus
Scribbled Goby
Tire-track Spiny Eel
Guntea Loach
Stripped Dwarf cát
Stinging Catfish
Walking Cátfish
Barramundi
Pama Croaker
Paradise Threednn
Barramundi

Prawn Varieties Around the World



Types Of Shrimps
Common Ampid
Rough Ampid
Arctic Ampid
Northern Ampid
Nelson's Ampid
Northern Crangon
Sand Crangon
Smooth Crangon
Northesteren Spiny
Coastal Spinyhead
Diphore Spinyhead
Heptocorpus pores
Barbed Euolid
Ratkey's Banded
Coastal Shrimp
Spety Stripe Shrimp
Heptocorpus pices
Elegant Coastal Shrimp
Comboy Coastal Shrimp
Heptacorpus comboy
Spiny Coastal Shrimp
Heptocarpus Stephensam
Elegant Coastal Shrimp
Sundermark Coastal Shrimp
Grooved-Back Shrimp
Pandolaas wortropul
Stocth-Fink Shrimp
Spot Shrimp
Yellow-Legged Pandalid
Grooved-Back Shrimp
Glass Shrimp
Pasiphaea
Glass Shrimp
Crimson Humpback
Chef Jahed

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!

SPBD Dreams for Community

South Pacific Business Development

http://www.spbdmicrofinance.com/how-it-works

Microfinance

SPBD is a network of microfinance organisations working in Samoa, Tonga, Fiji, Solomon Islands and Vanuatu dedicated to eradicating poverty by empowering women in poor rural villages with the opportunity to start, grow and maintain sustainable, income generating micro-enterprises.

Philosophy

SPBD's philosophy of lending is based on a **respect for each individual's innate human ingenuity, drive and self-esteem**. It's these qualities that make people creditworthy, not the collateral which traditional banks demand. By providing access to capital, SPBD allows women and their families to pursue their dreams and achieve their full potential. **We provide the opportunities to empower the poorest members of society** to make significant improvements in their lives.

Methodology

Micro-enterprise Development

SPBD provides small, unsecured loans of around US$400 to groups of rural women, who invest these loans into businesses based on their existing livelihood skills. They are given training, ongoing guidance and motivation for the purpose of helping them to grow these small income generating endeavours so that they can work their way out of poverty. This is a very structured program with clear rules.

Childhood Education

From the second loan onwards, members are encouraged to invest the proceeds of their loans for basic housing improvement and childhood education. SPBD helps to ensure the children of all our members receive a proper education by providing financing to pay for school fees, school uniforms and textbooks.

Housing Improvements

SPBD helps to improve the healthiness of our member's homes by providing financing for basic housing improvements such as obtaining access to electricity, running piped water, proper sanitation, building a secure foundation for their home (instead of a dirt floor) and to place a tin roof on their home (instead of a grass roof).

Savings

It is expensive and difficult for the poor to open bank accounts at traditional commercial banks. SPBD helps our members save for a rainy day and to develop good financial habits by providing a basic savings service. By saving with SPBD, members have a safe and convenient place to make small and regular savings deposits.

Insurance

SPBD offers a loan- and life insurance product to all its members. In the event of a member's death, her family receives a benefit. This assurance of no hardship on the remaining family is something that many of our members greatly value.

Peer Group Support

All SPBD members are part of a self-chosen group of four to seven women. In each village there might be two to five SPBD groups. The members of the peer groups support and guarantee one another. They are the first line of approval on all new business plans and loan applications of their group members. They act as weekly guarantors on all loan repayments and they play a vital role in the ongoing guidance and motivation of each SPBD micro-entrepreneur. For example, if a client falls ill, her circle helps with her business until she is well. If a client gets discouraged, the support group pulls her through. This contributes substantially to the extremely high repayment rate of loans made to microfinance entrepreneurs.

Weekly Meetings

SPBD has weekly meetings in the local villages with all its members. At these meetings all SPBD related business takes place, including business training modules, review of business plans, loan applications and approvals, weekly loan repayments, savings deposits, and ongoing business mentoring and coaching.

Competition

SPBD faces limited direct competition as the commercial- and Development Banks each require collateral or a steady income for micro/small business financing. SPBD is one of the only financial institutions able to deliver credit in Samoa, Tonga, or Fiji individually and to provide on a large scale completely unsecured credit to the poor. (Services are opening in other nations, such as Papua New Guinea.)

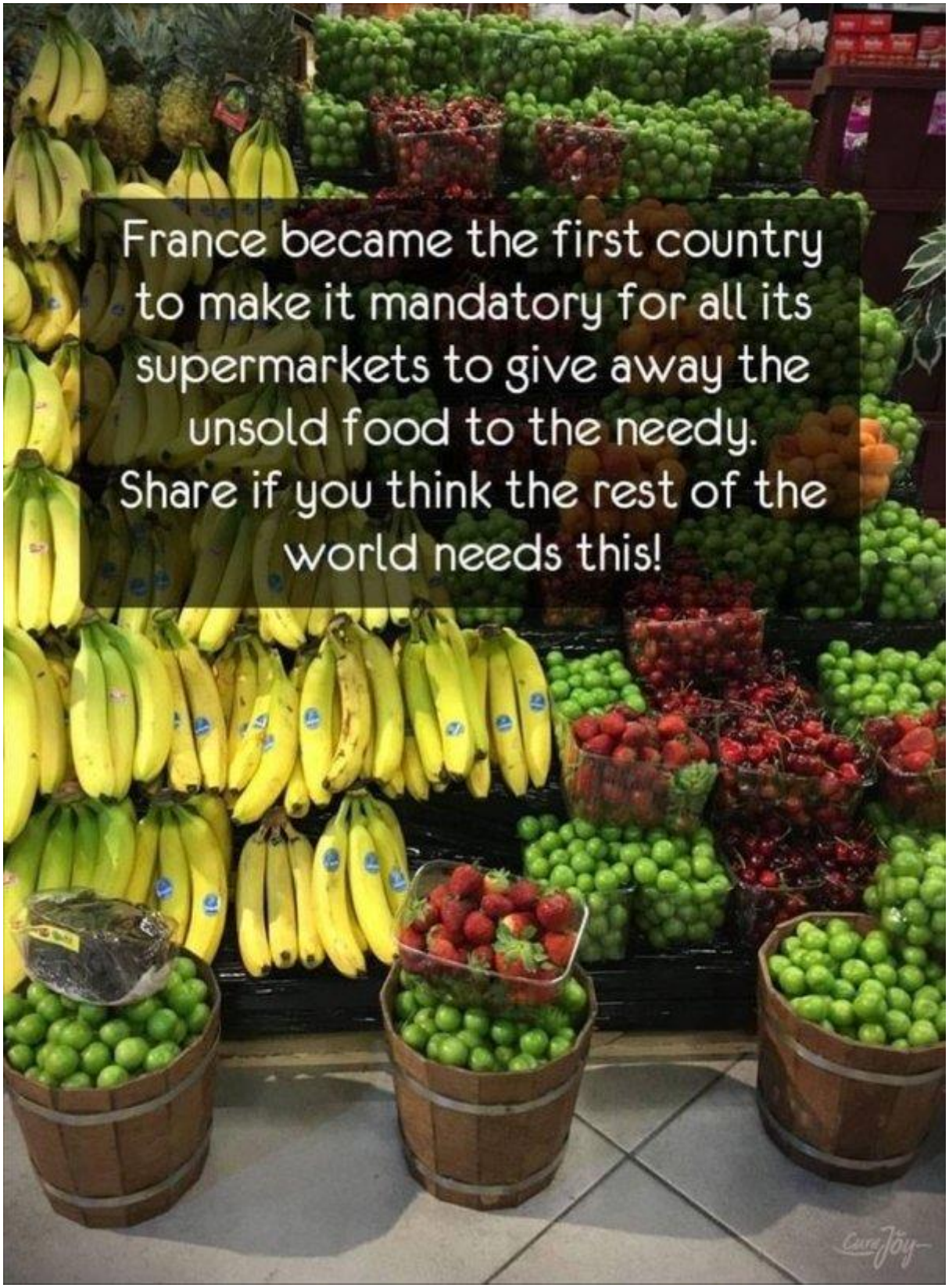
Clients

SPBD serves women living in both rural and peri-urban areas who are vulnerable to the consequences of poverty. These include single mothers, the unemployed, minorities, the poor in health, the disabled, the unbanked, and potential victims of domestic violence. Of the total number of loans distributed:

- 99% go to women
- 80% go to clients living in rural areas
- 40% go to single mothers

FRESH is BEST!

COMMERCIAL IN CONFIDENCE


France became the first country
to make it mandatory for all its
supermarkets to give away the
unsold food to the needy.
Share if you think the rest of the
world needs this!

POVERTY MITIGATION in CHINA

How did China beat poverty and bring its poverty rate down from 26% to 4% in only seven years? https://www.quora.com/

Originally Answered: How did China beat poverty?

I am glad to answer this question. Sorry my English is not good.

Chinese government has done a lot of work to help the poor get rich. I'll give you a few examples:

Poverty had been common in many parts of China, because the traffic is not convenient, so the government emphasises improving the traffic condition as the most important work. For example, in Guizhou Province, one of the poorest province in China, the local government has spent a lot of money to repair a lot of roads. In China, there is a saying, “Building roads is the first step to becoming rich.”

The Chinese government has a great plan known as "村村通" (Every village has a highway, electricity, tap water, telephone lines, etc.). Sometimes the investment may seem not worthwhile in economic point of view. I saw a news: in a small village in Xinjiang with only one hundred poor people was asked to move out by the local government, but they didn't want to. So they spend nearly one million yuan to build roads from the highway nearby to their village, and the government never asked them to move out from then.

In some remote places, there is no electricity nor cable TV, so the Chinese government offers free solar cells and satellite dishes to residents.

The Chinese government has ordered communications companies to build mobile phone signal towers in remote areas regardless of financial benefits. Since these communications companies are state-owned enterprises, they have to execute orders.

In some of the rural areas in China, the government has a great plan called "New Socialist Rural Areas." Houses are built in groups and the government has paid most of the expenses, and the rest is paid by the residents themselves.

There is also a policy called "结队帮扶" (help the poor by collaboration), which means richer areas are assigned to poorer areas in order to help them get out of poverty. In the countryside, every CCP official is required to help a difficult family. The job is very stressful. If his work is done badly, it will be difficult for him to advance, some of them even complain about this.

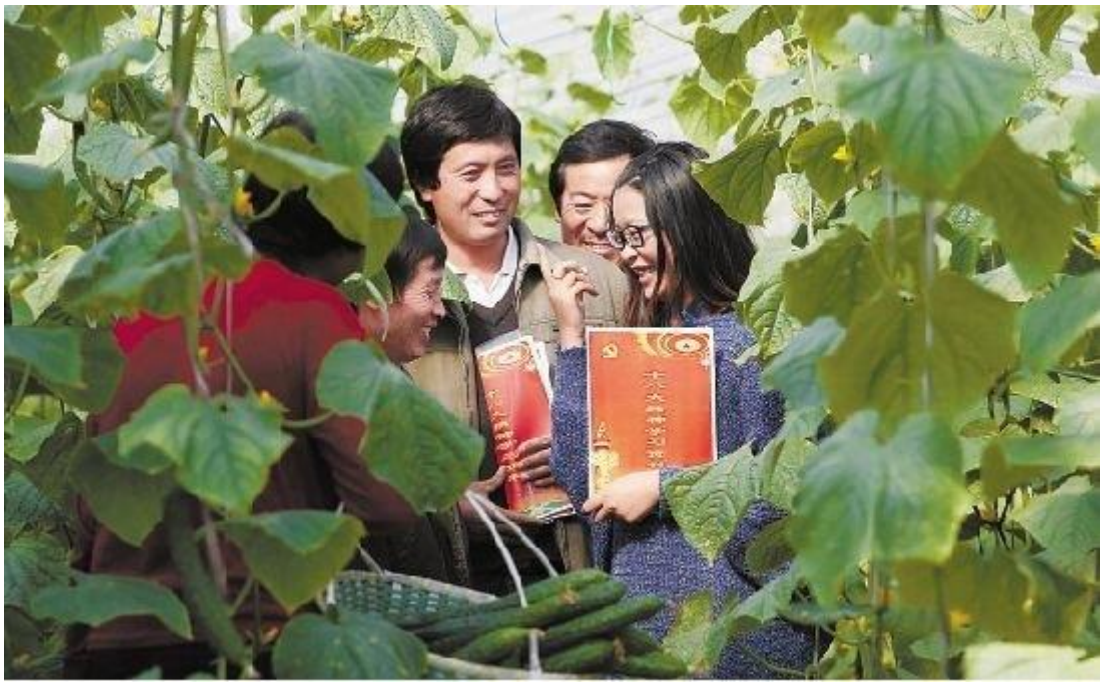
Sometimes, government officials become a salesman to help farmers sell their products. Look at the picture below. A county market sells watermelons on the street.

The Chinese government also has a policy that sounds very interesting, called "**精准扶**贫" (targeted anti-poverty projects). It sounds like the policy targets poverty and “destroy” it like Tomahawk missiles.

A large numbers of scientists and agricultural experts are sent to poor areas to research the local environment, figure out what is the most suitable product for them to grow, and guides the local people to grow it.

Since 2011, the Chinese government has implemented the rural compulsory education student nutrition improvement program. The central government has allocated about 16 billion RMB per year to provide food subsidies for rural students. The policy benefits 26 million rural students.

In the past, most rural officials did not have a high diploma. Now the Chinese government encourages college graduates to go to the countryside to serve as officials after graduation. They have a name called "大学生村官" (College students as rural officials). The government hopes their knowledge will help farmers become rich.



In my hometown, poor people can apply for subsidy if his house is not safe to live in. The subsidy is between 5,000 to 20,000 RMB.

There are still a lot of poor families in China, but we see the government trying to improve their lives. But now people have a new topic: in some areas, sympathy because of poverty, the government to give them a lot of benefits, the folk also gave them a lot of money, they don't want to change my life, too lazy to work, so that they can continue to make contributions. Such things are not uncommon.

https://www.quora.com/How-did-China-beat-poverty-and-bring-its-poverty-rate-down-from-26-to-4-in-only-seven-years

During the past 30 years, China has helped 800 million people escape poverty, which accounts for 70% of all people lifted out of poverty worldwide. Ban Ki-moon, eighth Secretary-General of the United Nations, recognised China’s efforts by saying “China has achieved transformational results in reducing poverty”. Many global media outlets also applauded China’s achievements in this field.

By the end of 2015, Chinese President Xi Jinping brought up the idea, “eliminating poverty in China by 2020” – 10 years ahead of the target of ‘eliminating poverty in all forms by 2030’ set by the United Nations.

Today, there are still more than 80 million people living in extreme poverty. The success of Chinese poverty alleviation serves as a valuable experience for the whole world.

Besides personalised anti-poverty plans for each person, the nation’s targeted poverty alleviation efforts also include various arrangements to create work opportunities and give people job training, turning the anti-poverty mode from “blood transfusion” to “haematopoiesis.”

The Dulong Mountain Valley is home to about 7,000 people in China's mountainous southwest. Due to its high altitude, the mountain is snow-covered for half a year, isolating the community in impoverished and rudimentary conditions.

Different from the usual poverty alleviation, government staff are planning to build the mountainous area as a tourism hotspot with its beautiful landscapes.

Pu Guangrong feels like he’s over the moon since government has built new houses for him – two to be exact, one for his family, and another for tourists. Like others in the area, he used to eke out a living by collecting wild fruit and hunting. Tourism wasn't even in his mind, but poverty-alleviation workers changed all that.

Today, his village is connected to the outside world by a new tunnel, luring in tourists, broadening their vision and bringing in economic revival.

A Chinese saying goes, **"Teach a man how to fish, rather than give him a fish."**

But targeted poverty alleviation is more than this. The Chinese government would prepare accommodations and jobs in other places for those who live in areas without development value and encourage them to move away from their original places. As for eco-logical preservation area where exploitation is not allowed, the government will arrange jobs for forest rangers and forest planting. Accordingly, the environment will remain protected while people can have jobs.

In the past five years, the Chinese government has invested 196.1 billion yuan in poverty alleviation and allocated petty loans – 283.3 billion yuan to poor people. (7.2 Chines Yuan to 1 USD)

All positive results reflect on the government's efforts and investment into poverty alleviation. The government officials are encouraged to try their best to implement poverty-alleviation programs. To prevent counterfeiting, the Central Committee of the Communist Party of China has set up a strict inspection system, which allows different provinces to supervise each other, while all data needs to be verified by a third party as well.

Kim Hoonae, director of International Fund for Agricultural Development's Asia Pacific Division, has praised China. "This anti-poverty policy based on the accountability assessment is very effective. The more effort you put into it, the more support you get from government. As a result, local governments are working under pressure while feeling inspired at the same time."

Chinese President Xi Jinping has visited nearly all 14 officially designated 'areas of destitution'. During his entire five-year span at the leadership helm, he has visited poor regions even on the eve of every Lunar Chinese New Year – Spring Festival.

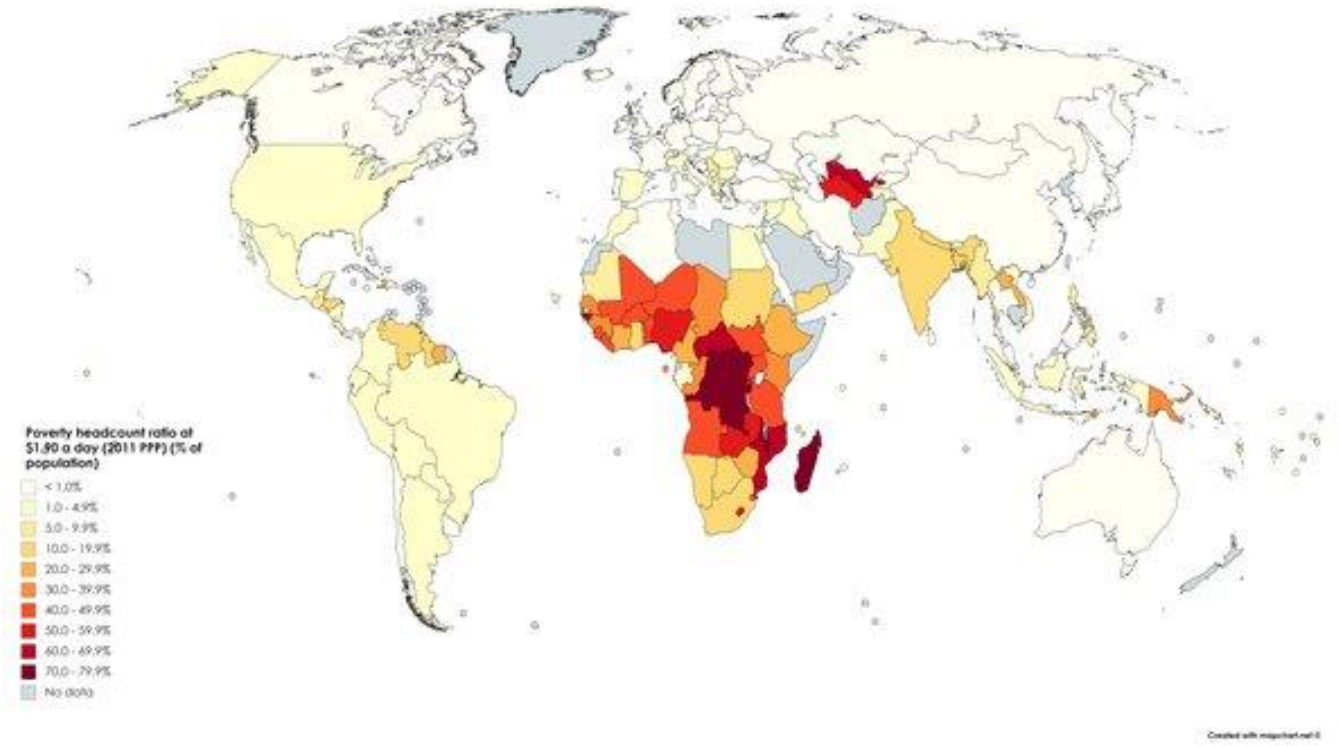
Maybe, as The Huffington Post had suggested, "If we were to learn from the experience of the past decade and half, the next development goals could be to create another China story, so to speak, which would bring humanity at the doorstep of ending extreme poverty for good. "

[How is China able to have a poverty rate as low as 1.7%?
https://www.quora.com/How-is-China-able-to-have-a-poverty-rate-as-low-as-1-7]

Because fighting poverty is one of the major tasks of China since the inception of the **PRC**.

Since 1978 China raised more than **750 million people** out of poverty. That alone amounted to **50% of the global poor population**.

An amazing achievement. While poverty alleviation is a task that many developed countries still are working on, including the USA, China instead vowed to end absolute poverty for the Centenary of the Communist Party of China (2021).



2018's absolute poverty headcount ratio according to international poverty line (under US$1.90 per day). Interestingly, the % of people in absolute poverty is lower in China than in some Western countries, like Spain, Italy and USA. Source: Wikipedia

The national poverty line is not the same as the international poverty line – its requirements are actually higher.

How does poverty alleviation work in China?

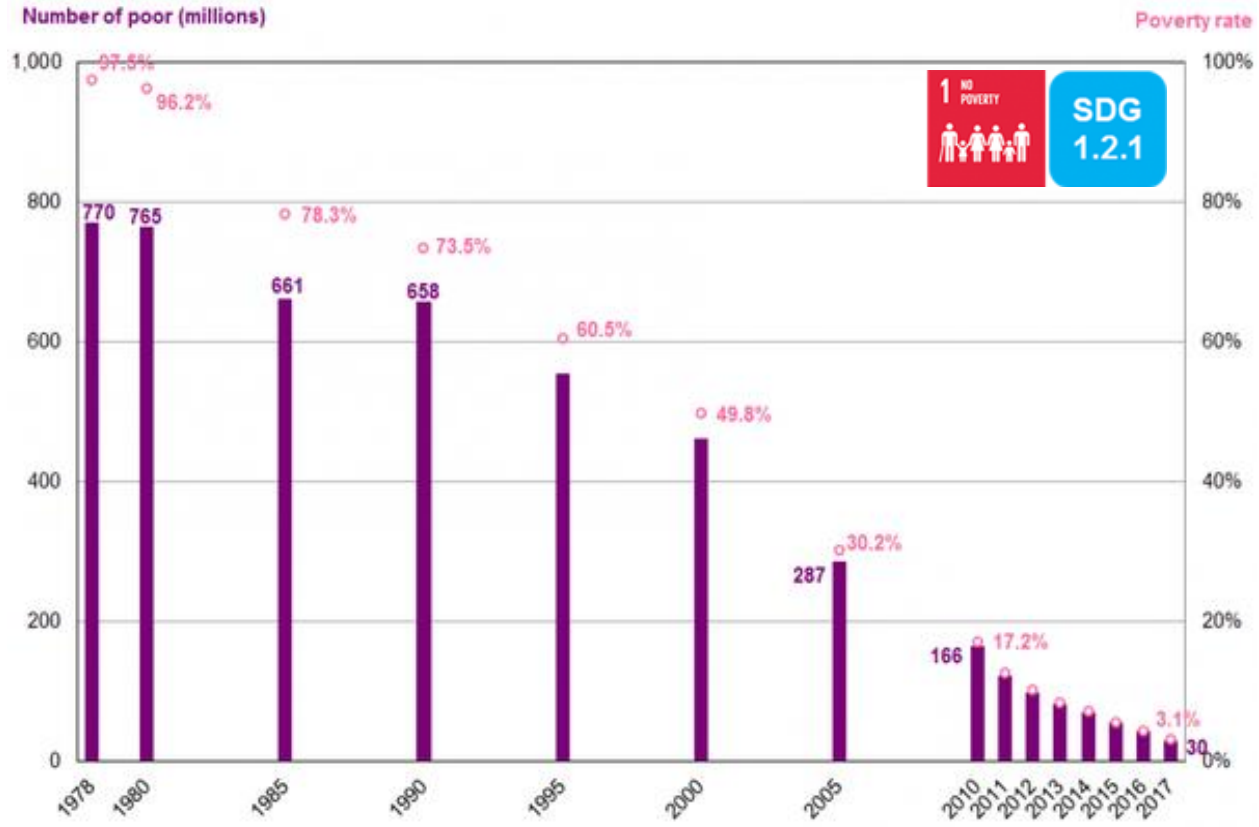
According to the Chinese government, a person can be considered as lifted out of poverty if all the following conditions are true:

1. Income is above the national poverty line of US$3.20 per day. By comparison, international poverty line, set by the World Bank, is US$1.90 per day. Both are adjusted by **Purchasing Power Parity** (2011);
2. Must live in a decent housing, with electricity, running water and a proper roof;
3. Any child should be going to school; illiterate adults need basic education too.

All the work that needs to be done to ensure these three points is on the shoulders of the poverty alleviation commissioners. They are members of the **Chinese Communist Party** who volunteer to go far away from their homes to help lift people out of poverty. As such, they need to do all kinds of tasks, from building modern houses to teaching basic hygiene.

As one may guess, it is also a dangerous job. **Almost 800 commissioners already lost their lives on duty**, but their results are incredible.

China's results in fighting poverty in rural areas from 1978 to 2017. Source: Unicef
CGTN made a documentary about a poverty alleviation commissioner's work in late 2019, showing the issues and the challenges of poverty alleviation.



Making sure people won't get poor again anymore

This is the most important part.

The Chinese approach against poverty has been effective especially thanks to **long term planning**. It is not enough to just provide **subsidies** to survive. Otherwise, once the subsidies are removed, people will just fall back into poverty again.

Chinese government believes that the basis for overcoming poverty is **education**.

For this reason, commissioners need to both ensure that **children go to school**, instead of working in the fields, for example. **Adults have to receive some basic schooling** as well.

In order to do that, they combine economic aid and support the adoption of new technologies, especially in farming. For example, schools provide lunch for children in the most impoverished areas. Some parents will send them to school only to have a **free meal**.

While COVID-19 is not exactly making things easier, China has very good chances of finishing the job right on time.

After that, it will be time to work on other categories of poor people: not in absolute poverty but, anyway, needing aid.

How did China get rid of its poverty in a few decades?
https://www.quora.com/How-did-China-get-rid-of-its-poverty-in-a-few-decades

To understand China's "secret," we must first look back to 1978, when the period of reform and opening up began. Former Chinese leader Deng Xiaoping, the chief architect behind China's pro-market reforms, famously said, "Poverty is not socialism. Socialism means eliminating poverty."

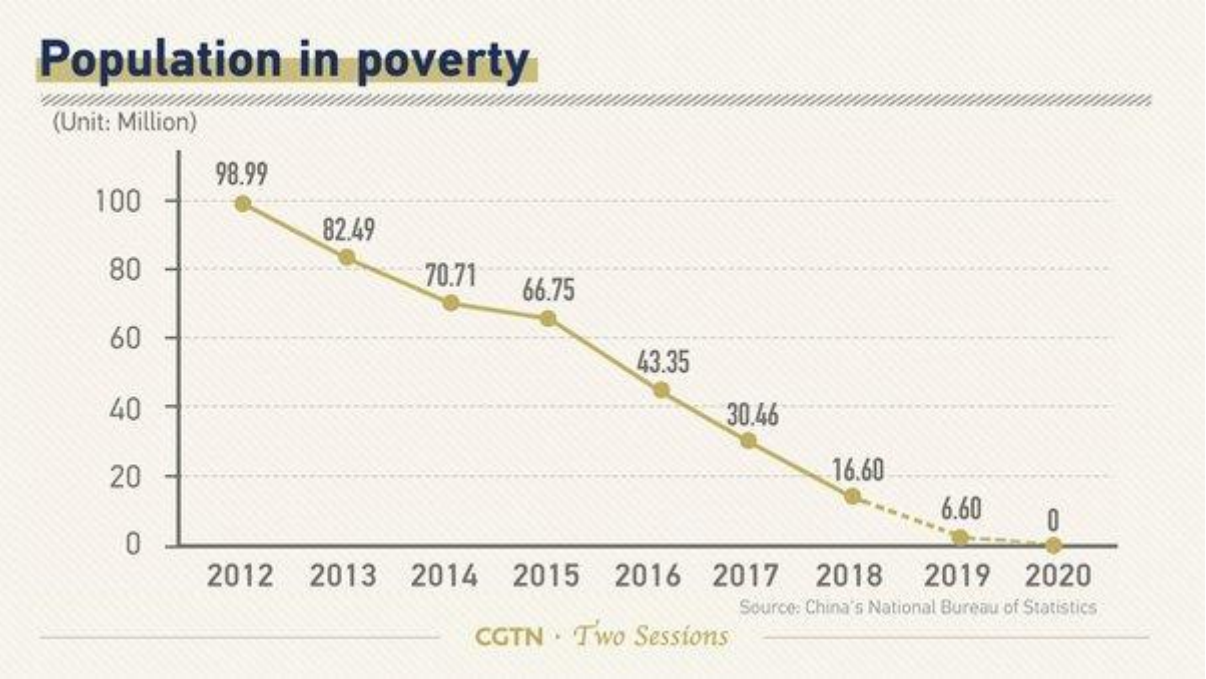
Since the economic reforms were launched, China has witnessed unprecedented economic growth. Decades of rapid growth have served as the bedrock of the country's development, without which China's poverty alleviation miracle would not have been possible. That said, economic development alone was not enough to completely eliminate poverty.

Ban Wei, deputy director of the Editor's Office of Xinhua News Agency, noted that the market is ultimately unable to deliver for those at the bottom. In an address to the International Forum on Poverty Governance and Development Towards Modernization, Ban explained that many of China's rural poor were excluded from the market for living in remote locations.

The market is a decisive and important resource-allocating factor, he said. "But market economics is based on efficiency and the market is unfriendly to those people in poverty."

Robert Walker, a professor with the China Academy of Social Management at Beijing Normal University unpacked this point further. "The market will always favour the city because the city brings economies of scale," he told Beijing-based media China Focus.

Under the leadership of President Xi, China waged an all-out war against poverty in late 2012. Officials in Beijing rallied the 91 million Communist Party of China members, together with the private sector and members of the general public in pursuit of one central aim: The elimination of absolute poverty by 2020.



Local authorities largely took the lead over regional development, adopting a two-pronged approach that weaved together large-scale infrastructure projects with targeted poverty alleviation measures.

Targeted poverty alleviation, explains producer and writer Robert Lawrence Kuhn, means individualised attention to people in poverty.

Using a standardised criterion—which looked at income, opportunity, and access to basic necessities—all households below a certain threshold were assessed on whether they met the classification of "extreme poverty." The root causes of a family's poverty were then explored, and a customised plan was developed to ensure all received the support needed.

"Every poor family has its own file, a literal notebook, each with its own targeted plan to lift each above the line of absolute poverty," said Kuhn.

More than 250,000 teams were dispatched to offer on-the-ground support. In total, more than 3 million people were sent to the country's most remote villages as special commissioners for poverty relief.

A common cause for many in poverty was found to be their location. Take Tibet Autonomous Region for example. Tibet has historically been China's poorest region, mainly due to its remote and hostile environment. Known as the Roof of the World, the Qinghai-Tibet Plateau sits at an average elevation of 4,572 meters, and is surrounded by one of the most formidable mountain ranges on the planet.

Living in the remote highlands meant being cut off from high-quality public amenities, such as healthcare and education. It meant being unable to grow a variety of stable crops. And it also meant being restricted from engaging in trade and commerce.

To alleviate this problem, local authorities launched an ambitious relocation program in 2013. Following the example of other remote regions in China that incorporated relocation programs with a mass-infrastructure drive, Tibet's most impoverished people were relocated to newly built communities with full access to essential services. More than 260,000 residents across the autonomous region took advantage of the scheme. Within six years, Tibet had shaken off absolute poverty.

In the hope that others can learn from its experience, China has committed to sharing its knowledge and methods with the developing world. It has made clear, however, that although China's methods worked for China, other countries must follow their own path in line with their unique challenges and environment.

The key to China's development, then, is not any particular policy or method, but rather its political economy. To understand China's success in poverty alleviation, researchers often refer to the five Ds. They are determined leadership, detailed blueprint, development-oriented, data-based governance, and decentralised delivery.

The determined leadership of President Xi and the Party has been noted by the UN secretary general and so bears not repeating. Its detailed blueprint refers to the plans sketched out by national and provincial-level leaders, some of which stretch for decades. Local leaders were largely responsible for the implementation and delivery of the detailed plans, and this is where decentralised delivery comes in.

Data-based governance refers to the more than 100 million files created on impoverished households. Development-oriented refers to the government's intervention in the market to promote more equitable growth.

With clear national priorities and using the power of the state to intervene, it is possible to organise the market in the people's interest while trying to control some of its disadvantages, Walker explained. The result is that "you can achieve the best of both worlds and benefit all sections of society," he added.

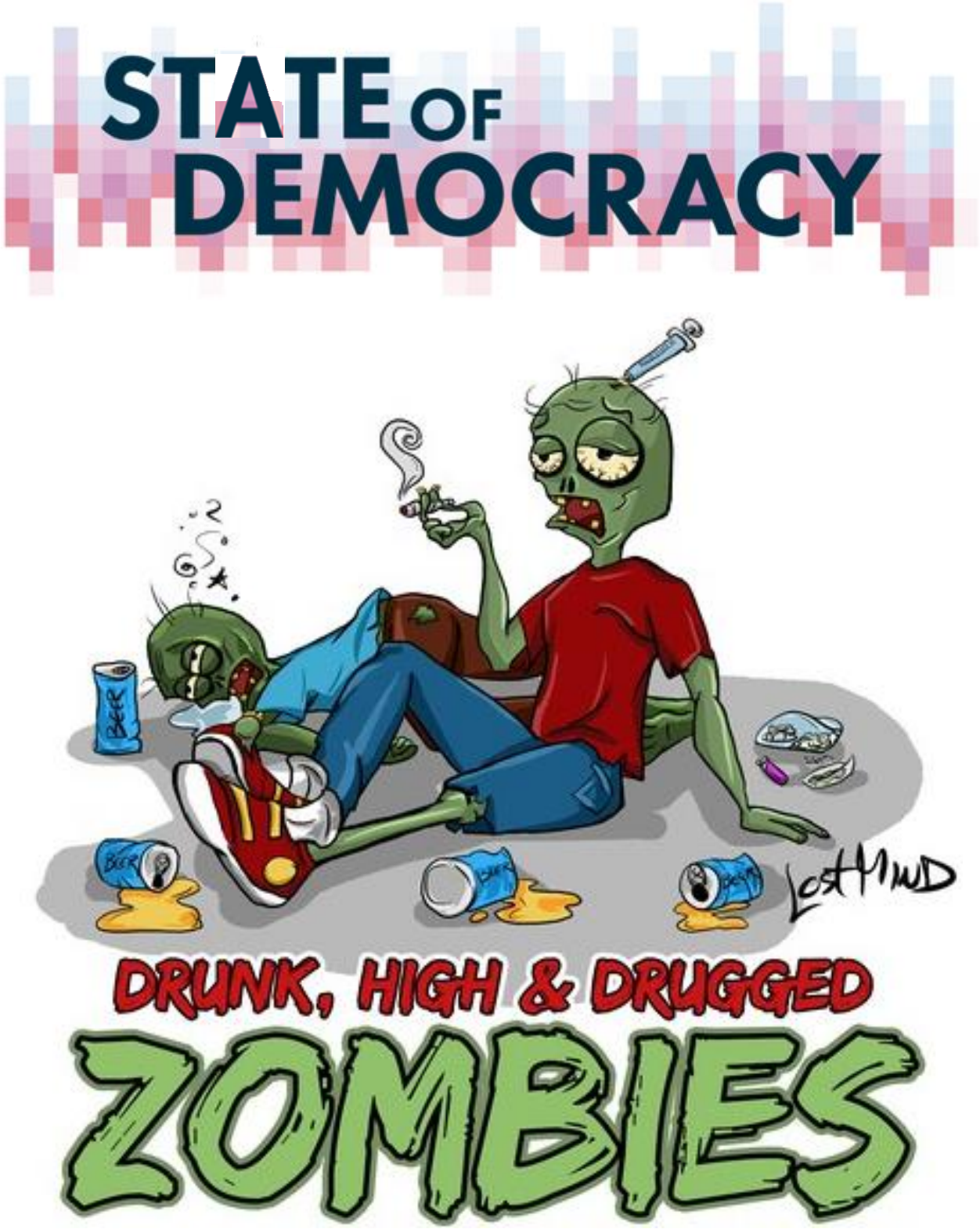
China's secret then, if it can be called a "secret," lies in its creation of a powerful synergy between the state, market and society. Socialism with Chinese characteristics has ultimately developed a new model of political economy with a proven track record in delivering high-quality development that is more fairly distributed across society.

COMMERCIAL IN CONFIDENCE

Worldwide GDP for 2024 was US$110 Trillion of which 5.0% was spent on education or US$5.5 Trillion.

Humanitarian expenditure worldwide did not reach US$47 Billion in 2024.

Total military expenditure worldwide in 2024 was US$2.7 Trillion.



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!

Fortunately;

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

Nanna Beth Summarises her Message to James – 12 November 2018

Everything about what you, James, and John and those people involved personally with you, is extraordinary, and normally none of it would happen. And it's all because of the extra ordinariness of what's happening on the higher spiritual levels. So we're able to do things with people and people are able to do things themselves, which normally, and particularly while under rebellious influences, simply wouldn't happen. It's all in different ways as remarkable as Jesus and the Celestials coming to James Padgett, and The Urantia Book being presented to humanity, yet even more so, much more so – far more so. They were just blips on the path of humanity's evolution, this is a major event. This affects everyone and everything on the world and in the mind Mansion Worlds.
Nana Beth, 3rd Celestial Heaven, John's grandmother – 12 November 2018

Kindly consider www.pascashealth.com, then Library Download page, and then in the Pascas Care Letters section, click on to open:

- Pascas Care Letters Family Shelters Abuse & Remedial.pdf
- Pascas Care Letters Family Shelters Overview.pdf
- Pascas Care Letters Family Shelters Protection.pdf
- Pascas Care Letters Family Shelters Social Housing.pdf
- Pascas Care Letters Family Shelters Support Centre.pdf
- Pascas Care Letters Family Shelters towards Liberation.pdf

The following; "The Healing Power of "Bello" – Beautiful" is also in Pascas Care Letters Family Shelters towards Liberation.

Pascas Craft Path is founded on “SanPa”:

The Healing Power of “Bello” – Beautiful:

How an Italian community uses craftsmanship to rehabilitate some of Europe’s most intractable drug addicts.

https://craftsmanship.net/the-healing-power-of-bello/
Issues: Spring 2019
Topics: Work, Education, and Community
Locations: Italy, USA
Materials: Animals & Insects, Food, Leather, Paper, Textiles

Since San Patrignano’s founding more than 40 years ago as a commune for local drug addicts, 26,000 people have been through its recovery program. “***SanPa***” teaches its residents a wide variety of artisanal crafts on a campus that now covers 520 hectares (1,280 acres), becoming the largest addiction treatment facility in Europe. *Photo courtesy of San Patrignano.*
By LAURA FRASER

1. Hippie Commune, Italian-Style
2. Rehab: Communal Cookie-Making vs. An Oil Change
3. A Thread of Quality From The Past To The Present
4. Pranzo: Lunch, The Great Provider of Quality and Community
5. Work: The Great Equalizer
6. A Rare Craft, Revived
7. Can SANPA Work Anywhere Else?

In the hills above Rimini, Italy, is a restaurant renowned across the region for its pizza. The terrace, surrounded by flowering trees, overlooks vineyards that roll down to the distant Adriatic Sea. In the centre of the restaurant, called “***SP.accio***,” tattooed men knead, shape, and twirl dough in a gleaming, open kitchen. The cooks follow the standard routine of any good *pizzaiolo*—they sprinkle on herbs and cheese,

and slip the pies into a fiercely-hot, wood-burning oven—but they cook with unusual focus and passion, as if their very lives depended on the perfection of these pizzas.
“The dough teaches you,” says Massimo Bertoglia, the head chef, as he shapes a piece into a round. “You have to have constancy, and you have to have care.” He pauses to survey his results and seems pleased. “If you don’t care for it, it will die.”

Unlike most rehab methods, SanPa doesn’t rely on therapists, substitute drug treatment, 12-step programs, or religion. Instead, it treats addiction as a community problem, where an individual’s destructive tendencies can be changed by becoming a member of a big family, Italian-style, participating in work and education for the common good.

Bertoglia’s pizza philosophy is far more than a metaphor. Learning to become a pizzaiolo actually did help to save his life. A former drug addict, Bertoglia is one of some 26,000 people since 1978 who have come to San Patrignano, the addiction recovery community that runs this restaurant, as a last-ditch effort to pull himself out of a life centred on doing anything necessary to get his next fix. Everyone who works at SP.accio, from Chef Bertoligia to the waiters, busboys, and the woman who sells gifts in the boutique (“*spaccio*” means store in Italian) is either a current resident or a graduate of the rehab program. Some of the best chefs in Italy come here to train the pizzaioli, who are highly sought-after in Italy after graduation.

It’s easy to see why. All the ingredients at the restaurant, Bertoglia explains, are *kilometro zero*—produced within view of the terrace tables, from the tomatoes and basil to the wine, mozzarella cheese, prosciutto, and delicate date cookies served with espresso at the end of their meals. The pizza crust—a crucial and elusive art in the pizza world—achieves an unusual quality here because it’s part whole-wheat, and it’s made with natural yeast, with a “mother” dough that has to be refreshed three times a day. The resulting pizza, Bertoglia says as he thumps the dough, is more easily digestible than a pizza made with commercial yeasts. It’s a bit like a Napolitano pizza—large, chewy, with a big border–but not quite as soft.

In SanPa’s bakery sector, residents make fresh bread every day for the Centre’s communal meals, typically made with locally grown food. “In Italy, lunch is when a family takes time to share a beautiful experience,” says Lucia Rughi, SanPa’s communications director. Rughi is married to one of the sons of SanPa’s founder, Vincenzo Muccioli. *Photo by Laura Fraser.*

On my way out of the restaurant, I pass a sumptuous deli and gift boutique that tells the story of a community that makes much more than pizza. Cheeses, cured meats, wine, pastries, olive oil, and other quality foods are all made at San Patrignano (SanPa), a campus covering 642 acres that includes farms and vineyards, and where some 1,500 residents and 300 staff currently reside. Another room in the boutique features high-quality leather goods and finely-spun shawls and scarves, all with the SanPa logo: a tree of life. SanPa is also renowned for breeding horses and dogs, fine woodworking, graphic arts, and other sophisticated crafts. The income from the residents’ efforts covers about 60% of the

community's operating budget of €27 million euros (just over US$30 million dollars). The rest is made up by donations to the private non-profit organization, some of which come from billionaire Italian patrons.

The Philosophy of 'Bello' (beautiful)

SanPa is unlike other Rehab Centres in the world for a variety of reasons. First is the length of stay, which is three and a half years. By contrast, the average stay in a Rehab Centre in the United States, according to the National Survey on Drug Use and Health, is 28 days. Second, unlike most rehab methods, SanPa doesn't rely on therapists, substitute drug treatment, 12-step programs, or religion. Instead, it treats addiction less as a medical problem than a community problem, where an individual's lack of self-esteem and destructive tendencies can be changed by becoming a members of a big family, Italian-style, participating in work and education for the common good. (For an intimate sense of this culture, see our documentary short, "The Philosophy of *Bello,* in our sidebar column.)

Chefs from all over Italy come to train the cooks at SP.accio, a restaurant entirely staffed by San Patrignano residents. After the residents conclude their three-and-a-half year program at SanPa, 90% of them land jobs. *Photo by Susan West.*

Third, the entire program is free to the residents and their families. While this is costly up front—US$48,000 per resident year, including food, lodging, medical, and education and training costs—it saves taxpayers enormous sums over the long run. SanPa's directors estimate that its program saves the Italian government €23 million Euros each year (or about US$27.5 million) in costs it would otherwise spend on incarceration or governmental rehabilitation.

And fourth, unlike other Rehab Centres that sell their wares, SanPa doesn't produce crafty tchotchkes; it is dedicated instead to the production of high-quality goods that are sold to top Italian restaurants, fashion houses, and architects. According to SanPa's philosophy of rehabilitation, fine craftsmanship is essential to building self-esteem, and that ensures not only the residents' success but also the program's sustainability. And each craft sector seems to develop this idea its own way.

HIPPIE COMMUNE, ITALIAN-STYLE

Every resident commits to the full three-and-a-half-year residency. During this time they aren't paid for their work, but they learn a trade and may get a university education.

San Patrignano was founded 40 years ago Vincenzo Muccioli, by a hotelier who inherited a **200-hectare Estate** and wanted to do something about the drug addicts he saw in nearby Rimini. He began inviting addicts to his San Patrignano estate for Christmas, and then started bringing addicts home to live with his family. Eventually, he founded an informal alternative medicine free clinic at their weekend farm, and then began building the community.

Muccioli had no training as a psychologist or addiction specialist when he started the Centre; he was a messianic do-gooder with New Age interests. But he had a clear idea that the best way to treat drug

addiction was to make addicts feel like they were part of a community that depended on them for its well-being. He and his wife invited addicts to live in San Patrignano on three conditions: They had to stop all drug use, they couldn't ask for money from the government, and they had to choose among different income-producing activities to make SanPa a self-sustaining community. Instead of traditional therapy, **inmates talked while they worked**. Eventually, medical and psychological facilities were added on campus for a few residents, but the model was based on a feeling of belonging and working that raised self-esteem.

The pizza at SP.accio is renowned for its chewy crust, made from wheat grown in Italy's Marche region. The pizza dough is leavened with a 10-year-old starter that must be tended every few hours to keep it fresh. Most of the toppings come from SanPa's own garden. *Photo by Susan West.*

Soon, addicts in sleeping bags began to camp in line outside San Patrignano for weeks, awaiting a coveted spot in what was then akin to a hippie commune, where everything, from the buildings and chairs to the cheese and wine, was made by the residents. In the 1980s, when few clinics would care for patients with HIV/AIDS, Muccioli opened a FOURTY (40) Bed Clinic for them at San Patrignano; several people with AIDS are still in residence.

Muccioli, who died in 1995, had powerful friends who funded his project: he'd been in a meditation group with Gian Marco and Letizia Moratti, billionaire oil industrialists who ranked among the wealthiest financiers in Italy, and who bankrolled San Patrignano from the start, encouraging other aristocratic (and often right-leaning) Italians to contribute to their foundation. Gian Marco died in 2018, but Letizia continues to help govern SanPa; she has also been mayor of Milan and the first female president of the RAI, Italy's public broadcasting company. This network of high-ranking political and business friends has helped give San Patrignano tax breaks and other financial benefits, forging collaborations with top Italian designers, chefs, architects, and fashion brands.

From the start, Muccioli made his own rules, and while he was beloved in the community, he was also attacked by some ex-residents and the media for being a dictator, and for his unconventional methods, which in the 1980s occasionally involved harsh punishments and violence (the rationale was that drug addiction inevitably caused death, and so they used whatever means necessary to save lives). In one scandal, Muccioli was accused of covering up the beating death of a resident, planting heroin on the corpse and claiming the death was an overdose; he was convicted but did not serve time–again, because of powerful political allies.

The *pizzaioli* from SanPa are sought-after throughout Italy for their skills. Most of the SanPa residents go on to work for one of the many fashion, leather, food, and wine companies that have connections to SanPa, and who often send their experts to train the Centre's residents. *Photo by Susan West.*

Since Muccioli's death, San Patrignano has been reorganized into a more conventional non-profit structure with several boards of governance and oversight, and a network of community ties throughout Italy, and

the scandals have ceased. SanPa now downplays its history, which is absent from its website, and instead focuses on the future, collaborating with several European groups to work on expanding its model of rehabilitation to other countries.

Today, San Patrignano, situated atop a hill above Rimini, looks more like a modern, well-endowed college campus than a commune. And while SanPa has a reputation for being a closed community, the family immediately opened its doors to a visiting journalist.

While other artisanal sectors such as leather-working employ both men and women, the studio for *tessitura* (or weaving) is for women only. This creates a safe place for female addicts who have a history of sexual or physical abuse, which is common among the residents. The women say the meditative, repetitive nature of the work calms the urges and anxieties that tend to beset an addict. *Photo by Laura Fraser.*

Antonio Tinelli, who until recently was the president of San Patrignano, and who entered the program as a cocaine-addicted financial trader (almost everyone who works at SanPa was once a resident there), says that over the years, the community has learned from its mistakes. ***"There was a time when we had a lot to learn, and there were moments during the 80s when drugs were difficult to combat, and it looked like they were going to win,"*** he says. ***"After trial and error, San Patrignano has built a structure that helps drug addicts find solutions and survive in the midst of all the challenges and difficulties of their lives."***

When he first arrived, Tinelli was sent to work with the Centre's various animals; one of Muccioli's beliefs was that working with animals, whether horses, dogs, or farm animals, could help addicts calm down and give them an opportunity to connect with, and be responsible for, another living being. ***"They asked if I liked animals, and I said sure, thinking about cats and dogs,"*** Tinelli recalled. One of the first jobs the slick financial trader was confronted with was midwifing a calf. ***"There I was, covered in everything that comes out of a cow giving birth, holding a tiny calf in my hands, and I knew it was more than a metaphor. This, here, is a new life."***

Tinelli explained that when new residents arrive, each is assigned a ***"guardian angel,"*** someone who is a year ahead of them in recovery, to act as a guide; they live, work, eat, and sleep alongside each other, providing constant peer support. The residents work in ***"sectors"***– woodworking, textiles, graphic arts, baking, animal husbandry, wine, and many others–with people they eat and live with as a family. Every resident commits to the full three-and-a-half-year residency, during which time they learn a trade and may get a university education. They aren't paid for their work while they are in the community, but the products they make help support their stay, which is free.

During the first year, the residents (they are called *ragazzi* inside the community, which loosely translates to ***"guys"***) are allowed no contact with family except via hand-written letters. Men are housed separately from women, who are TWENTY PERCENT (20%) of the residents. **For the entire stay, the *ragazzi* have**

no access to cell phones or the Internet. (***"The real detox,"*** as one told me.) San Patrignano claims that, upon release, nearly NINETY PERCENT (90%) of its residents are employed through its network of trade and community partners, and that SEVENTY PERCENT (70%) stay sober in three-year follow-up surveys conducted by the University of Bologna—impressive statistics in this field. While data on rehab success, including SanPa's, is hazy at best, the best Centres in the US claim only a THIRTY PERCENT (30%) rate of recovery.

All new SanPa residents have an *Angelo Custode*, or a guardian angel—a more experienced resident who never leaves their sides. When addicts feel lonely, angry, or upset, this gives them someone who can always talk things over with them. Here, the weavers are mounting a loom, which can take up to three days. *Photo courtesy of San Patrignano.*

REHAB: COMMUNAL COOKIE-MAKING VS. AN OIL CHANGE

To understand its success, I toured San Patrignano to talk with some of the residents. From the administrative offices, with its large graphic design lab, I walked along a muraled alley wafting with breezes of something good in the oven. When I ducked into the bakery and watched the ragazzi shaping loaves of bread and mixing up cookie dough, I immediately noticed a light-hearted atmosphere—the guys comfortably joking with each other as they kneaded vast quantities of dough.

Claudia Corazza came to SanPa in the 1980s as a resident, then stayed on as a designer and instructor, teaching women to create their own patterns. These fine shawls are destined for a Milan boutique. *Photo by Laura Fraser.*

In addition to all the bread for the community, and monthly birthday cakes for the residents, the bakery sector makes cookies, breads, and 35,000 buttery fruit-filled *panettone* at Christmas for commercial sale outside. When one of the guys, arms covered in tattoos, offered me samples, the quality was immediately apparent. The fig and walnut cookie was moist, chewy, and crispy at the same time. A corn and orange biscuit was both flavourful and delicate. No ordinary cookies, these.

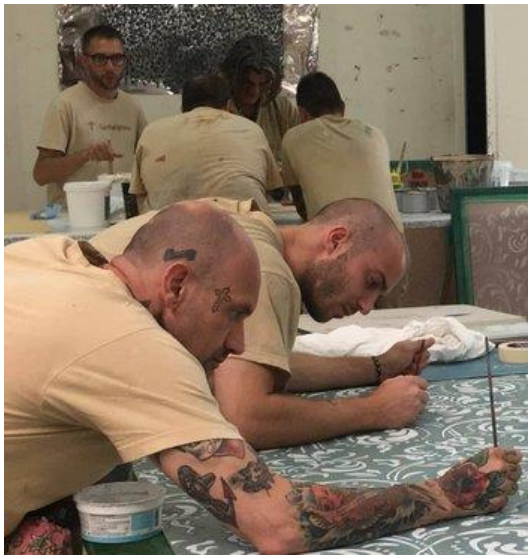
Between bites, I chatted with Gregory Raimo, an Italian-American from New Jersey who had the tough-guy looks and voice of Robert De Niro in *Taxi Driver*. His arms and chest were covered in rough tattoos. ***"I've done a lot of damage,"*** he said, and indeed, I wouldn't want to meet those piercing blue eyes on a street corner at night. ***"Jail, rehab, nothing helped. In the United States, you get eight days detox, then a month of rehab—it's like an oil change. You go back outside and go right back to drugs and the life you were living before."***

Desperate to find help for his drug problem, Raimo had to search beyond the U.S. He came to Italy when his Italian grandparents suggested San Patrignano as a final option. (While the program is technically open to foreigners, entry can be tricky for Americans to obtain. Among other things, it requires a three-year medical visa for a program that, by U.S. standards, is not accredited.) For Raimo, communal living was a big change. ***"Back home I minded my own business. Here, everybody knows if you have a problem,"*** he said. ***"It's not easy, but if it was easy, it wouldn't work."*** I asked him if would be interested in going into baking when he leaves. ***"I'm not big on cookies, to tell you the truth,"*** he said, flashing a warm smile**.** ***"But I've learned a lot about organizing here. I'm good at organizing. I figure if I finish this, I can do anything."***

SanPa textiles are commissioned by top fashion houses, including Chanel, Zegna, and others, as well as high-end home furnishing brands. *Photo courtesy of San Patrignano.*

A THREAD OF QUALITY FROM THE PAST TO THE PRESENT

Next door, I entered the ***"Design Lab,"*** a Textile Studio where I found FORTY (40) mostly young women at work. The room on the left was filled with sewing machines, and on the right, giant, old-fashioned wooden looms. Each had a spread of colourful yarn, and the women sat in twos operating the looms, passing the shuttle under the threads. There was a quiet, regular rhythm of work in the room.



San Patrignano is one of the few places in Europe that continues to make hand-painted wallpaper. The design managers work with architects and designers to create custom wallpaper, or *carta da parati*, often installing it in their clients' homes. The wallpaper panels can cost thousands of dollars apiece. *Photo by Laura Fraser.*

Claudia Corazza, a woman in her fifties who was helping a colleague thread a large loom, arrived at San Patrignano when she was 18, an alcoholic and addict. ***"At that time, it was all mud and country living,"*** she said. The weaving sector is one of the oldest at SanPa, initially taught by a woman who was a master weaver. ***"She was a little nonina—a grandmother—who showed us the basics, and she was glad to pass along what was a dying tradition,"*** Corazza said.

From the start, SanPa invited older artisans to teach. Many had done their life's cycle of work and wanted to transmit their skills to another generation. The workshops taught by the artisans–weavers, Michelin-starred chefs, cheesemakers, winemakers, designers—created a foundation for SanPa to preserve those

artisanal traditions. ***"Our ragazzi learn to make something that isn't slap-dash or just okay or good enough, but something with their hands, passions, and originality,"*** said Tinelli.

Slow, deliberate work like weaving, he said, can help replace the immediate cravings of drugs. ***"Gradually, they learn that satisfaction isn't immediate, but longer, and more beautiful and profound. It comes from sacrifice and discipline, and the ragazzi have a sense of filling the emptiness inside, and of discovering a passion for life and quality."***

Corazza, for example, took a course in weaving at SanPa, worked in the sector for years, and then stayed on to help others. Designers and others in the fashion world still visit. ***"It's a constant transmission of knowledge,"*** she said.

Lisa Carrara, threading the loom with Claudia, has been at SanPa for over six years. ***"My parents brought me here, against my will, but I kept going,"*** she said. After her three-year rehabilitation, she stayed on as a teacher. ***"Weaving helps you concentrate, and it gives you something to do. Sometimes you talk, and sometimes you take a moment to cry."***

San Patrignano's hand-painted wallpaper designs range from traditional to geometric and oriental-themed. ***"We care about quality,"*** says Diego. ***"It's a lost art, even in Italy, but we are carrying on."*** *Photo by Laura Fraser.*

"Also," Corazza pointed out, ***"you learn mathematics."*** Figuring out measurements and quantities of yarn for weaving takes a good deal of calculation.

The women tell me that working in the all-female weaving sector helps the young women, most of whom have been raped or have prostituted themselves in order to get money for drugs. Almost all of them have suffered some form of violence and abuse. In contrast, the weaving workshop radiates calm, offering a safe place for women to untangle their feelings and experiences.

With one touch, it was easy to tell that everything is made of the finest cashmere, silk, or linen. I couldn't resist a baby blanket-soft cashmere shawl for US$140; similar items destined for Chanel will retail for US$1,200.

The weaving is still based on the techniques of the Nonina, but updated with new technology. There are nine looms in the weaving sector, ranging from 1.5 metres to 3 metres wide; each is equipped with 24 heddles–the wire cords that the thread passes through to create a weaving against the warp thread. Where older looms required a lot of pedals, which lifted shafts that determine a textile's design, a computer now operates those shafts. The computerisation allows for more complicated designs, and fewer mistakes, but the actual weaving is still done by hand; each weaving, which is turned into a shawl, clothing, or a throw, takes two to three days to produce.

COMMERCIAL IN CONFIDENCE

The weaving sector works on commission from fashion houses such as Chanel, Ferragamo, Brunello Cucinelli, and Zegna, as well as making San Patrignano-branded scarves and shawls that they sell to the public. At the workshop's entrance, an armoire displays samples for sale. With one touch, it's easy to tell that everything is made of the finest cashmere, silk, or linen. I couldn't resist a baby blanket-soft cashmere shawl in cloud blue with a dark border for US$140; similar items destined for Chanel will retail for US$1,200.

"When you make something this beautiful," Corazza said, holding a shawl to her cheek, ***"you feel better about yourself because you created it."***

Some of SanPa's *carta da parati* is silk-screened after the paper has been cured, some is stenciled, and some painted by hand. *Photo courtesy of San Patrignano.*

PRANZO: LUNCH, THE GREAT PROVIDER OF QUALITY AND COMMUNITY

At precisely 12:30, the residents headed to an enormous dining hall, which can seat 1,200 people at long wooden tables, where the residents eat with others from their sectors. A wide arc of floor-to-ceiling windows shows off hundreds of acres of vineyards outside. Before eating, everyone in the room stands for a moment of silence. ***"It's a moment to offer thanks, or to reflect,"*** said Tinelli***. "It is not religious, but it can be."*** Many of the residents crossed themselves, then everyone sat.

White-coated waiters listed the lunch choices, served in the Italian style—a pasta *primi*, followed by a main dish. Everyone takes turns working as a waiter and serving others, rotating during the month. Like everything else at San Patrignano, most of the food was grown and processed on the premises. In this large, industrial dining room, I was stunned to find my plate of pasta was steaming and perfectly *al dente*, with creamy home-made ricotta cheese and sun-dried tomatoes.

"We're preserving and transmitting Italian culture, in which the idea of eating with a family is very important," said Tinelli. Until recently, in accordance with Italian tradition, everyone was allowed one glass of San Patrignano wine at lunch and dinner, but because many are alcoholic and had problems with the wine, now they drink water. After lunch, also in keeping with Italian rhythms, everyone takes time to nap or relax before getting back to work later in the afternoon.

In SanPa's leather workshop, residents create fine purses, wallets, and other goods that are either commissioned by Italian fashion brands or sold, like these, under the San Patrignano brand, and its logo: the tree of life. *Photo courtesy of San Patrignano.*

WORK: THE GREAT EQUALISER

That afternoon, I visited the leather sector, where residents stitch San Patrignano-branded handbags, and produce others for Italian fashion houses, including the high-end leather company Tod's, whose owners and designers have come to SANPA to offer workshops. Each person was at a station, sewing zippers, cutting leather, or hand-stitching. Unlike at a commercial leather workshop I visited in the United States, the atmosphere was cheerful and talkative. Interestingly, this is one of the few sectors where men and women work together.

Why don't we see SanPa's model across the U.S.? ***"We're living in a world where everyone wants things cured in five minutes, shoot everybody up with drugs so we don't have to worry about whether we can change their lives,"*** *says Mimi Silbert, the founder and long-time president of Delancey Street. "****People are terrified to do long, hard things."***

I was struck by how diverse this group was—in age as well as life circumstances. When I asked Tinelli how someone like him–bright, educated, making piles of money as a financial trader—was able to bond with homeless heroin addicts and people with misspelled prison tattoos, he said it wasn't easy at first. ***"San Patrignano taught me one of the most important things I lacked: humility."***

Marco Castelli, a 43-year-old Italian with a scruffy beard who was painting the edges of some pebbled calf leather that would become a luxury handbag, learned that lesson the hard way. Castelli is an engineer by training, and he used to work at the Italian fashion house Gucci, living a fast lifestyle fuelled by copious amounts of cocaine. In a story familiar to most addicts and their friends, the more Castelli used, the more of his stylish friends dropped away; soon he was left isolated, working long hours to support his habit. At a certain point, his income couldn't cover his drugs, and he found himself begging for money from his friends and parents. One by one, they turned away from him. Eventually he lost his job, his home, his friends, and his savings in pursuit of the next line of coke.

"After 23 years of abusing drugs, I decided I needed a change," said Castelli, who has spent over two years at SanPa. ***"I had two separate roads in front of me, and only one of them was life." Now*** he spends his time teaching his Gucci design sense and standards to fellow addicts in the leather workshop.

San Patrignano spends more per year on training for its residents (€15,000 euros, or US$17,000) than on their room, board, and medical care (about €11,000 euros). *Photo courtesy of San Patrignano.*

At one work table in the leather sector, women were stitching together stuffed animals made with real fur for the luxury market. One woman in her 50s, Roberta (who preferred not to use her last name), had a face etched with the lines of a hard life. A former accountant, she became a heroin addict. After revolving in and out of TWO (2) Rehab Centres, she was clean from heroin but separated from her husband and had turned to alcohol. ***"San Patrignano was like the last beach,"*** she said. It took a big commitment to stay in; she recently missed her daughter's wedding. But she said she is content, and somewhat amazed at her luck. ***"I could never have imagined this place. We get good food, a place to stay, and friends.***

Demonstrating a fur rabbit with evident pride," she said, ***"This place is beautiful, and we make these beautiful things."***

A couple of tables over from Roberta, Kyra (who also did not want to use her last name), a woman in her early 20s who has spent two years here, was stitching wallets. An American from a celebrity family, she has dark hair, wide green eyes, and prep school elocution. ***"My aunt's friend was a friend of the founder, and she asked if I could enter,"*** she said.

Antonio Tinelli was a financial advisor until 2001, when he entered SanPa as a cocaine addict. He worked in animal husbandry, then in communications; until September, 2018, he served as President of the San Patrignano community. *Photo by Laura Fraser.*

Kyra started taking pills on weekends as a child for fun, and the habit escalated, especially since her parents were rarely present. She'd been a debutante and interned at a famous fashion house; her Instagram feed prior to San Patrignano reveals someone who was a rich, partying, hot mess. ***"I had no morals when I arrived here,"*** she said. ***"I didn't know what a relationship was. I had to learn to listen to people. San Patrignano has transformed me."***

Despite her upbringing, with housekeepers and nannies, Kyra doesn't see the labour of stitching wallets as drudgery. ***"I'm passionate about fashion, and studied it, but I never thought I could use my hands to create something,"*** she said. ***"Instead of going into fashion as a business, now I want to go into design. I've been able to learn about leather, which is complex."*** Kyra has also taken courses in the textile sector, adding to her education in the hands-on side of fashion, which she took for granted before. ***"I came from a very fast-paced lifestyle, and this work, learning a skill, and these people have saved my life."***

A RARE CRAFT, REVIVED

The most unusual craft workshop in San Patrignano's design lab produces hand-painted wallpaper, or *carta da pareti*. When I visited, two ragazzi spread a thin, gluey mixture on long rolls of paper, which then went into a kiln to be cured. When the paper came out, it was painted with one or more of three methods: stencils, silk-screen, or hand-painting with brushes. One of the guys in the workshop, a 36-year-old named Diego, paged through a sample book of wallpaper with geometric patterns, faux parquets, and marble inlay, damask, *chinoiserie*, and floral motifs that looked like they'd adorn the walls of palaces and Italian villas: in fact, they do, along with decorating yachts, luxury hotels, restaurants, and boutiques.

At SanPa meals, residents take turns being servers. Following the Italian custom, each meal has a *primi* (a pasta or soup course), followed by a *secondi* (the main dish). ***"It's considered disrespectful to the cooks and to the community not to eat everything on your plate,"*** says Lucia Rughi, SanPa's communications director. Not surprisingly, this sin is rarely committed. *Photo courtesy of San Patrignano.*

Jonathan Tomasello, 30, used to sell drugs and spent some time in jail. ***"When my family didn't want me in the house, I thought I'd better think about something else."*** He's been in San Patrignano for two and half years. ***"Outside, no one tells you anything when you're wrong, no one cares,"*** he says. ***"Here you have to follow someone, and then you have to lead them and take the attention from yourself to someone else's well-being."*** Tomasello is thinking about opening a bakery when he leaves. *Photo by Laura Fraser.*

Hand-painted wallpaper–a single panel starts at thousands of dollars and may take 100 hours to paint–is a rare craft these days. Imported to Europe from China in the 18th century, the art form became popular among Italy's aristocracy. The late Renzo Mongiardino, one of the country's best-known designers of commercial and residential interiors as well as film sets, was a master of using hand-painted wallpaper to create illusion—Moroccan tilework, drapery, frescoes, floral motifs. He designed homes for the uber-wealthy, as well as for directors including Franco Zeffirelli. Early in SanPa's history, he also brought his teaching skills to the community.

The difficulty with this wallpaper, since its colours are mixed and painted by hand, is achieving consistency over an entire wall. ***"You have to throw out a lot of pieces,"*** said Diego. ***"It may take a year to do one large job. You need patience."*** Diego says he loves working with wallpaper, but once he's out of San Patrignano, he isn't sure he'll find work in the field. ***"Hand-painted wallpaper is a very restricted art,"*** he said. ***"But I'll find something using these painting and design skills. It's become a passion."***

CAN SANPA WORK ANYWHERE ELSE?

San Patrignano has now spread to THREE (3) Satellite Centres, one (1) in London and TWO (2) in Italy, and it participates in world conferences on rehabilitation, partnering with other like-minded programs in Europe. Given that more than 72,000 people died of drug-related deaths in the U.S. last year, and more than 8,000 in Europe, many people have studied SanPa to determine if the model could work elsewhere. But it's not easy to replicate.

The closest relative to SanPa in the United States is Delancey Street, a San Francisco-based rehabilitation program for violent criminals and drug abusers that has a similar approach. Mimi Silbert, founder and long-time president of Delancey Street and a criminal justice expert, praised the Italian program, which she called a ***"sister organisation."*** Like SanPa, Delancey Street rejects traditional therapeutic approaches in favour of making the addict feel like an important participant in a community, and accountable to its members.

At Delancey Street, which has expanded from its San Francisco home to SIX (6) other Treatment Centres around the country, residents run a restaurant, a moving company, and make some furniture and crafts. **The cost of a Delancey Street residency, which typically runs for about FOUR (4) Years, is approximately US$30,000 a year–close to the US$48,000 cost of a San Patrignano residency**. However, like SanPa's directors, Silbert argues that this expense ultimately saves on public costs for repeat incarcerations, to say nothing of superficial prison rehabilitation programs that usually fail, imposing further costs on society. But Delancey Street's model is not widely replicated, either.

"The reason they don't end up replicating us is primarily because of money," says Silbert. ***"In Italy, they have a great donor. We don't, so we have a great struggle–but a willingness to struggle."*** She says most treatment programs fail because they are short-term, partly for reasons of money and insurance, and don't provide residents with the sense of support and family they need.

"Instead of taking people who have messed up their lives and treating them as these poor people who need our help, we search for their strengths and develop them," said Silbert. ***"Making crafts develops those strengths, lets them be creative, gives them something to be passionate about, and teaches them to rely on each other in order to work together. In the process they discover their own self-reliance,"*** she said. But few programs have the resources or patience to try such an approach.

And at one of Italy's prisons: Rehabilitation through wine-making. Why not?

"Right now, we're living in a world where everyone wants things cured in FIVE (5) minutes, shoot everybody up with drugs so we don't have to worry about whether we can change their lives," she said. ***"We're living in a time when people are terrified to do long, hard things. Change takes a long time, but it's worth it."***

Another factor that makes SanPa difficult to replicate is its very Italian-ness; it grew in a country where the history and value of craft is woven into the fabric of society. One Australian team visiting SanPa concluded, ***"San Patrignano is un-replicable in its entirety, due to its history, its scale, its location, and the Italian culture in which it is situated."***

Lucia Rughi, SanPa's communications director, is married to one of founder Muccioli's sons, Giacomo, who has become a veterinarian. ***"Our philosophy,"*** she says, ***"is the education of bello."*** Within that philosophy, the process of understanding and working toward beauty is the only means to combat the ugliest expression of self-loathing: addiction.

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.

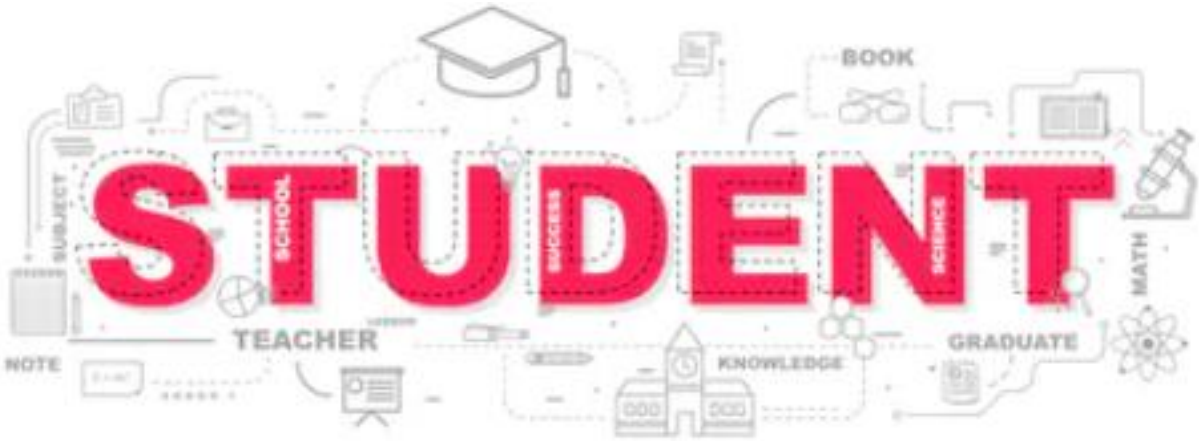
The BPFF includes certain statements, estimates and forecasts, which reflect various assumptions. Those assumptions may or may not prove to be correct. The BPFF does not purport to contain all the information that a prospective investor may require. The information may not be appropriate for all persons 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.

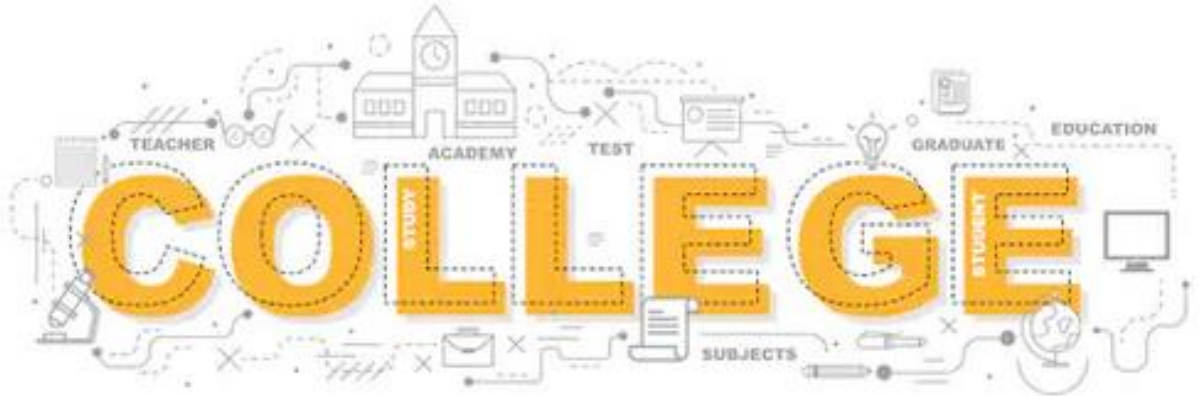
The projections and forecasts contained in this BPFF are illustrative only and should not be taken as an indication of possible future returns. They are based, among other things, on certain key assumptions as set out in this BPFF, on which each recipient must make its own independent assessment and 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.


STUDENT
BOOK
SCHOOL
SUCCESS
SCIENCE
MATH
SUBJECT
TEACHER
NOTE
KNOWLEDGE
GRADUATE

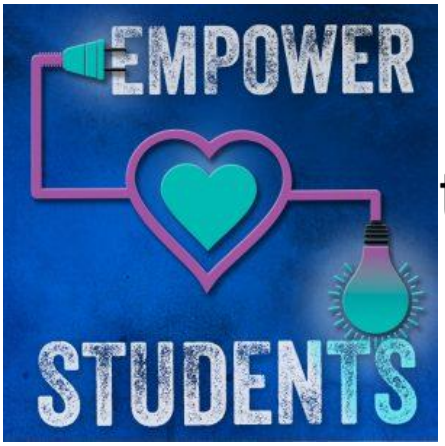
EDUCATION
GRADUATE
READING
BOOK
LANGUAGE
TEACHER
DIPLOMA
LECTURE
STUDY
KNOWLEDGE
STUDENT
SPEAKING


COLLEGE
TEACHER
ACADEMY
TEST
GRADUATE
EDUCATION
STUDY
STUDENT
SUBJECTS

UNIVERSITY
GRADUATE
READING
BOOK
LANGUAGE
TEACHER
DIPLOMA
LECTURE
STUDY
KNOWLEDGE
STUDENT
SCIENCE
SPEAKING

GRADUATED
LESSON
DEGREE
BOOK
NOTE
KNOWLEDGE
STUDENT
LEARN

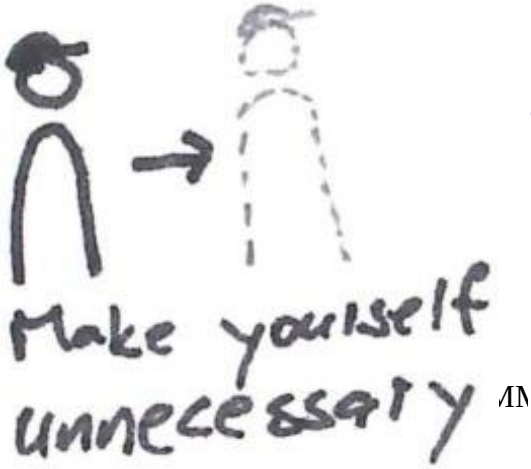
"THE" profession is: TEACHING



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



M

LEARNING

From the moment of conception

and then onwards for all of eternity ∞.

We are TRUTH SEEKERS!

COMMERCIAL IN CONFIDENCE

COMMERCIAL IN CONFIDENCE

Healed potential

Insightful Genius

Brilliance!

DYNAMIC

vibrant

perceived truth MoC 960 – relative truth potential MoC 1,480

COMMERCIAL IN CONFIDENCE