PASCAS FOUNDATION (Uganda) Ltd

UGANDA

Business Plan

&

Financial Feasibility

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UGANDA

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PASCAS FOUNDATION (Uganda) Ltd

EXECUTIVE SUMMARY

ACKNOWLEDGEMENT:

We of Pascas are in awe of the achievements of the leadership, government and bureaucracy of Uganda for what they have achieved for their people of 50.5 million including 1.6 million refugees, given the young median age of 16.7 years, the very limited resources, and the difficult neighbourhood that Uganda resides within.

THE PRODUCT:

Understanding the culture in Uganda is like unwrapping a story, a story unique to a particular community. So, what's Uganda's story, you may ask? It's a diverse tapestry, interwoven with tangible and intangible elements distinct to its people. This includes **values, norms, beliefs, traditions, and various historic events and locations** that set a nation apart from the rest.

The **culture of Uganda** is the product of its geography and distinct historical evolution, which is closely connected to an intricate several thousand-year history.

This middle of African country of Uganda is located on a plateau between the two arms of Africa's Great Rift Valley with fertile soils and a moderated equatorial climate.

THE PEOPLE of UGANDA are LIVING in SURVIVAL MODE (MoC 90):

The Baganda belong to the Bantu ethnic family and likely settled in the area between 1000 BC and 500 AD with the Bantu migration out of west Africa, making up 16.9% of the Ugandan population. The Banyankole – 9.5% – primarily reside in the southwestern region of Uganda. The Basoga ethnic group makes up 8.4% of the population – all three having Bantu origin. There are many ethnic groups throughout Uganda.

Consequently, the Map of Consciousness calibration of the population of Uganda reflecting 90 on Dr David Hawkins' scale is reflecting the fact that the people of Uganda are generally submissive and curtailing to long imposed submissiveness by those with controlling agendas and thus the people of Uganda are yet to free themselves of the imposts of such a suppressive consciousness condition as they presently do not know how to escape such entrapments.

Through the awareness of living feelings first, then by embracing feeling healing we each may choose to escape the restrictions of the past way of living and embrace the freedom of truth that we each have within us. There is no need for a hierarchy of control. Once we know, we cannot unknow.

SUBMISSIVENESS:

Unbeknown worldwide, every institutionalised system has evolved under the covert control of high level personalities to ensure that the people that the institution serves, or the system delivered, maintains control of the people, that they remain stagnant in their development. Each generation of any such community does not grow in consciousness, generation after generation. At least 78% of humanity has a consciousness level below 200 on Dr David Hawkins' Map of Consciousness (MoC), these people will all submit to the guile and will of those who seek to subject them to their personal corrosive control and suppression.

Further, those who are totally mind-centric in how they live CANNOT progress beyond 499 on the Map of Consciousness (MoC). Our mind cannot discern truth from falsehood, our mind is addicted to untruth, and control over others and their environment. The error rate of assumptions and what we think is 98%!

It is only through embracing our feelings which are always in truth and expressing what our feelings are drawing our attention to, both good and bad, and longing to know the truth behind what we are feeling can we break away from the entrapment and stagnation of living mind-centric.

A KEY PROSPECT for EDUCATION in UGANDA

Children born in Uganda today are likely to be 38% as productive when they grow up as they could be if they enjoyed complete education and full health. Children who start schooling at the age of four years are only expected to complete 6.8 years of school by their 18th birthday, compared to the

Sub-Saharan average of 8.3. However, a child's actual years of learning are 4.3, with 2.5 years considered "wasted" due to the poor quality of education.

A key prospect lies in curriculum reform. The current Ugandan curriculum emphasises rote memorisation, which may hinder critical thinking and problem-solving skills essential for success in contemporary fields. Future reforms are expected to introduce more interactive and practical learning approaches, fostering creativity and innovation among students. Collaboration with international educational organisations could further enrich Uganda's curriculum, helping to meet global educational criteria – and surpass same!

Mind-Centricity to transition to Living Feelings First education!

Moreover, the role of Technical and Vocational Education and Training, or TVET, is anticipated to expand. As the labour market increasingly demands specialised skills, Uganda must ensure that its education system provides alternative pathways that equip students with practical expertise. Strengthening partnerships between educational institutions and industries can facilitate the alignment of training programs with economic needs, offering students applicable skills and enhancing their employability.

Big Picture / Micro Picture perceptiveness is to be Fostered!

CHALLENGES FACING the HEALTH CARE SYSTEM of UGANDA

Due to underspending on education, health, and social protection, the productivity of Uganda's next generation of workers is projected to be among the lowest worldwide. Households and external development partners finance a combined 84% of current total health spending.

In Uganda, poor sanitation and hygiene, as well as unequal access to safe drinking water, make thousands of children very sick and at risk of death. Diarrhoea alone, one of three major childhood killers in Uganda, kills 33 children every day.

In most cases, children get the disease by drinking unsafe water or coming into contact with contaminated hands — theirs or parents or caregivers — that have not been washed with soap. Early childhood diarrhoea is not only deadly; it also contributes to Uganda's high levels of stunting, which in turn affects children's cognitive development and performance at school. In school, lack of proper sanitation facilities also leads to high absenteeism and dropouts, especially for girls.

Emphasising preventative care and health education can lead to a healthier populace and ultimately reduce the strain on healthcare facilities.

One of the primary issues with the healthcare system in Uganda is the limitation of resources. Despite the government's efforts to enhance healthcare infrastructure and services, the growing population and increasing demand for medical care outpaces available resources.

Another significant challenge is the disparity in service delivery between urban and rural areas. In cities, healthcare facilities are generally better equipped and staffed, whereas remote regions often lack access to essential medical services.

The impact of regional crises, including conflicts and refugee influxes, has also placed additional strain on Uganda's healthcare system. Existing healthcare infrastructure has faced challenges in adapting to the distinct health needs of refugees, further complicating service delivery.

NATIONAL INFRASTRUCTARE PROGRAM SUPPORT

Both electricity grid and off-grid connections account for 42% of the population having access to electricity in Uganda. However, **the per capita electricity consumption in Uganda was only 75 kWh/a in 2019, while in Germany it is 6,787 kWh/a, and** Australia's per capita consumption is an average of **9,385 kWh per annum.**

Roadways total: 20,544 km (excludes local roads), **paved:** 4,257 km, **unpaved:** 16,287 km (2017). Maintenance of the roadway network is falling behind. Road infrastructure requires long term upgrades to bring about safety as well as address the issues arising from the high population influx.

Water, Sanitation and Hygiene. More than 24 million people lack access to basic drinking water services in Uganda… that's over 3 in every 5 people. 29 million people lack access to improved sanitation… that's 8 in every 10 people. Over 4,500 children under 5 die each year from diarrheal diseases attributed to contaminated water, poor sanitation and unsafe hygiene practices.

Poor Menstrual Hygiene Management in schools contributes to a 10% drop out of girls.

Nothing is more urgent than the implementation of safe water security infrastructure.

The completion of the railway network is required not only throughout Uganda but linking to neighbours.

Long term national infrastructure programs need to be defined and financially supported.

POVERTY

POVERTY as defined by lack of Consciousness, being in UNTRUTH						
UGANDA	Consciousness (MoC)	Median Age	Population (2024)	Percent Calibrating MoC 100 | MoC 200 or below		Population in Severe Untruth Poverty
Uganda	**90**	**16.7**	**50,500,000**	**64%**	**88%**	**44,440,000**

The overarching 'cause' of poverty is the low levels of consciousness as measured on Dr David Hawkins' Map of Consciousness.

At the moment of conception we are in a perfect natural love state, close to 1,000 MoC. By the time we are six years old, having been subjected and infused with our parents and carers' emotional injuries and errors of belief, we will be calibrating at their level – mostly for the rest of our life! Thus, they impose upon us our social ills, health issues, income generating parameters and our façade personality.

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%

Consequently, 88% of Uganda's population is living in poverty, being the lack of truth, as if living in a desert without water to be able to thrive. All institutionalised systems are unknowingly perpetuating this suppression through their contribution to the error of living mind-centric and ignoring feelings.

The measures of having some random amount of money to live on is more of a mind-centric diversion away from coming to understand the core problems throughout one's society, childhood suppression, and consequently not addressing the issue and introducing the pathway out of poverty – permanently! Raising one's consciousness levels also raises the level of our children's consciousness, thus this pathway is a permanent evolutionary step forward for society.

It is only through the awareness and embracement of living Feelings First and having our minds to follow that individuals and eventually societies can raise their levels of consciousness significantly. This way of living is to be introduced and embraced throughout all walks of life. Consider these Pascas Papers:

- 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

SOCIAL FOCUS to MITIGATE ISSUES

There are the rising rates of depression among refugees, many of whom carry the trauma of war and prolonged displacement, paired with a critical lack of support.

More than 80% of Uganda's refugees live below the poverty line, with 60% in extreme poverty.

The unemployment rate is reported at 4.3%. However, wages are so low and the skills engaged are low, thus poverty still prevails even with those fully employed.

Gender can unfortunately play a role in salary variations, with men often earning more than women for equivalent roles, highlighting the gender pay gap. Females working in the private sector in Uganda earn 17% less than their male counterparts. The wages gap between females and males is unconsciousably large!

Education is lacking country wide. Those participating in higher levels of education is very, very low. No economy can advance to its full potential unless both women and men participate fully. Being half the world's population, women have an equally important role in driving economic growth.

The smoking rate in Uganda is 8.4%.

The prevalence of obesity in the Ugandan population is 20.8% for women and 9.2% for men.

The number of hospital beds in Uganda being 0.5% is chronically relatively low compared with other countries (12.65/1,000 inhabitants in South Korea). There is a need to increase the number of hospital beds and bed occupation efficiency, which requires further reinvestment in the infrastructure and a better management of resources.

Medical staff in all sectors is extremely low.

The OLD WAYS are to GO!

This time in history is to see the dismantling of all institutionalised systems and practices that controllers have imposed upon us all. High level controllers have been removed from their positions of power and those remaining will see their temples of authority disintegrate around them. Humanity is to suffer continual disturbances until they begin to demand a new and better way of living – and that is to live feelings first with our mind to follow in support of what are feelings that are guiding us to consider!

NOW TO BEGIN:

We need to leapfrog decades of developmental steps and introduce the future way of living to the world through the Ugandan people. No stagnation, no spinning any more wheels, let us show how doing the same ol', same ol' way can be stepped over and launch into a progressive state of ongoing development.

The product is the consequence of need. The population of Uganda calibrates around 90 on Dr David R Hawkins' Map of Consciousness (MoC) scale which is based on the common log of 10. The world population overall is 220 and Australia is 410 MoC. As has been the case around the world, the missionaries from many and diverse religious platforms introduced education systems into communities that did bring about spiritual development and economic growth to a degree and this progress generally then plateaued. This is the scenario generally throughout the Africa and Uganda – authoritarian suppression is mainly universal.

Universally open, free, feelings orientated education through primary schooling, through high schooling, technical and further education and then university is to be the driver of any society's progress and development. Open and free to all with the development of feelings orientated curriculums is now required.

Open implies that it is free from the restraints and dictates of government, that includes liberal and democratic governments as well as authoritarian and oppressive governments. All governments are agents of control. Open also implies free from being dominated by any religious institution. And free implies that the education service is provided free of cost to the students at all levels. Truth needs to prevail.

What has never been understood is that ALL education platforms worldwide are constricting their students' development and potential. No one had recognised that being mind-centric, the potential of every student to develop is capped at and to 499 MoC. High level controllers 200,000 years ago influenced the people of Earth to live mind centric and since then we have all suffered the consequences of that restraint. Our minds cannot discern truth from falsehood, our minds are addicted to untruth, consequently 98% of our assumptions are in error, our minds are addicted to control of the environment and others. More than 90% of the time we have war!

FEELINGS are our Supreme Guide!

"Feelings are what guide us through our ascension of truth. So they are really our Supreme Guides. Many people look for a person, spirit, angel, even God, for supreme guidance, however it's all right there already built in – in our feelings. **We just have to submit to them, allowing them to take us**

where they will, expressing all the parts we want to express, letting the emotion drive that expression if it's there to be expressed, or just talking about all we feel and how feeling that feeling is making us feel – or, how we feel about having that feeling, all whilst longing for the truth of our feelings. Longing for the truth of our feelings is really: Longing for the truth of our self, because: we are our feelings. So life stirs up our feelings, we feel being alive; or, being alive means we are feeling, always feeling; and when we work out what and why we are feeling what we are, so then we know the truth of how we are. And over time the truth accumulates, and our mind expands our understanding of ourselves, all being driven from our feelings." Kevin 26 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 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 can consider the pathway of living through our feelings!

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

This sounds easy. It is not. Others have touched upon these points but until now – 2024 – no one had gone deep enough and achieved the healing 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.

MARKETS & COMPETITION:

UGANDA Doctors Nurses Teachers Ratios

	DOCTORS		**NURSES & MIDWIVES**		**TEACHER / STUDENT**	
	per 1,000 people		per 1,000 people			**ratio**
Uganda	2020	**0.2**	2020	**1.7**	2017	**43**
Kenya	2021	0.2	2018	1.2	2015	31
Rwanda	2019	0.1	2019	0.9	2018	60
South Sudan	2018	0.0	2018	0.4	2015	47
China	2020	2.4	2020	3.3	2018	16
India	2020	0.7	2020	1.7	2017	33
Australia	2018	3.8	2019	13.2	1999	18
United States America	2018	2.6	2018	15.7	2017	14
		Austria		Switzerland		San Marino
Strongest Worldwide	2020	5.4	2019	18.0	2018	7
https://data.worldbank.org/		Africa 27		Africa 30		Africa 21
Weakest Worldwide		nations 0.1		nations 1.0		nations 40+

Primary goal is to increase the number of doctors throughout Uganda, while advancing their education and skill levels. The number of doctors may need to be increased by of multiplier of 15 to 20 fold. With this comes the need for clinics and hospitals and all the supporting facilities. This begins with the introduction of a higher standard of high school education and facilities and the building and establishing of a number of medical universities. Targeting for 3 doctors per 1,000 people means a total of 150,000 doctors!

Similarly, significantly increase the numbers of nurses and midwives throughout Uganda, and improve their education and skill levels.

There is only around one psychiatrist for every 1,000,000 people in Uganda, optimal maybe 150. There is also a chronic shortage of mental health beds as well as medication. Mental health is a taboo subject.

Education system is in a dire state. Not only is there gross overcrowding of classrooms, there is an extremely low participation in high schooling.

Ugandan children who start schooling at the age of four years are only expected to complete 6.8 years of school by their 18th birthday, compared to the Sub-Saharan average of 8.3. However, a child's actual years of learning are 4.3, with 2.5 years considered "wasted" due to the poor quality of education.

This can only stem from increasing of the number of school teachers whilst up-stepping their skills to enable a more than growing of grade 12 graduates with even higher standards of education than presently being facilitated. It all begins with EDUCATION! – being open, free, feelings orientated!

Higher education facilities throughout Uganda, being inadequate, are creating shortages in all critical sectors of the economy, possibly nowhere as acute as throughout the education and health sectors as noted above.

NATIONAL SECTORS:

Uganda is a land of contrasts, a true celebration of nature's diversity and a land where contrast coexist in harmony. From mist-covered volcanic mountains to sun-drenched savannahs, this country offers an extraordinary range of landscapes. The peaceful tea plantations give way to untamed jungles alive with birds and wildlife, and the air hums with the sounds of nature—chirping sunbirds, elephants silently slipping away, and chimpanzees playfully swinging through the trees. Uganda's rivers, like the mighty Nile, stretch across varied terrains, from lush greenery to arid deserts, all framed by towering peaks and tranquil beaches. It's a land of unexpected beauty, filled with warmth, adventure, and the spirit of Africa at its best.

THE COMPANY:

Pascas Foundation (Uganda) Ltd is a not-for-profit charity being set up through the appropriate authorities in Uganda.

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

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, you 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. Truth is evident! Even this business plan and its executive summaries can be separately calibrated for their levels of truth by reference to the Map of Conscious (MoC) with 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 for up to twelve students throughout education centres. This is a facility that is presently not often provided for within the education sites. Also, to commence this mode of education, teachers commence their introductions of topics with around a dozen students, thus requiring even more teachers than maybe 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.

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

Pascas Foundation is to build and deliver open and free feelings orientated education from pre-school to post-graduate university levels.

This is part of a worldwide program embracing each and every nation in similar ways – and further!

FINANCIAL REQUIREMENTS:

Funding required in the form of grants to commence this national endeavour over five years is AUD4.0 billion (US$2.6 billion). It is anticipated that these funds will be used for land and buildings (US$1,445 million), cooperative enterprises (US$100 million), plant and equipment (US$132 million), office building (US$5 million), housing accommodation (US$550 million), scholarships granted overseas (US$91 million), and operating costs with working capital (US$277 million) with other funds offsetting partially.

PROFITABILITY:

As this is a humanitarian exercise for the peoples of Uganda, deficit funding may continue out to a decade or so 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 Uganda.

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PASCAS FOUNDATION (Uganda) Ltd

EXECUTIVE SUMMARY – BRIEF

Pascas Foundation (Uganda) Ltd is to support the installation of infrastructure throughout the 135 districts of Uganda, with auxiliary services throughout communities, to advance the standard of education throughout the primary schooling system, potentially growing the high schooling capacity with the objective of greatly increasing the numbers who qualify for higher education through the technical and further education system, also to be expand the university system, all having additional campuses.

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

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

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

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

Conservative grant requirement projections are:

Year 2026	Year 2027	Year 2028	Year 2029	Year 2030
AU$800 million	AU$794 million	AU$1,014 million	AU$732 million	AU$695 million
US$520 million	US$516 million	US$659 million	US$476 million	US$452 million

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PASCAS FOUNDATION (Uganda) 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.**
- ❑ **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 firstly.**

Application: "LIVING FEELINGS FIRST – FEELING HEALING" for Women:

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

Application: "LIVING FEELINGS FIRST – FEELING HEALING" for Men:

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

Application: "LIVING FEELINGS FIRST – FEELING HEALING" throughout society:

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

PASCAS FOUNDATION (Uganda) Ltd

HUMANITARIAN FOUNDATION for the **PEOPLE** of **UGANDA** 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 PERSONAL EVOLVMENT 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 (Uganda) Ltd** Bs 61 452 436 227
to be a registered as a not-for-profit foundation with the Ugandan Government.
Em: info@financefacilities.com

Chairman of Directors:	Annabelle CHAUNCY	Bs 61 423 002 535
Directors	Amy PRIESTLY	Bs
	Ugandan national	Bs
	Ugandan national	Bs
	Asad BASIT	Bs 61 401 701 505
	Gary Allan WILSON	Bs 61 452 539 743
	Ian Thomas DOWLING	Bs 61 448 872 849

Project: **PASCAS FOUNDATION (Uganda) Ltd**

Project Location: Uganda central office to be located in Kampala.

Funding: Grants projected required per quarter AUD200,000,000pq USD130,000,000pq
Grants projected required per annum AUD800,000,000pa USD520,000,000pa

Term: Grant drawdowns could be said to be AU$200,000,000 per quarter in advance, being US$130,000,000 per quarter in advance.

Project: Essentially it is to grow the capacity and capabilities of the education, nursing and doctoring personnel while lifting the standards and potentiality of all professional staff and personnel engaged in these sectors throughout all 135 districts of Uganda, and Uganda is a source of the Nile River. While doing this, further education facilities and universities are to be strategically located to enable all required professionals throughout Uganda to have available free feelings orientated education to achieve their passions in any profession and walk of life.

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 us that has infinite possibilities and potential. This can be introduced through the education systems at an early age.

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

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

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

KEY PERSONNEL:

Board of Directors: DOB
Position: Director

Duties: Chairman

DOB
Position: Retailer in the food industry of fish.

Duties: Director of national operations.

DOB
Position: Director

Duties: Director Legal affairs and health

DOB
Position: Director

Duties: Director

Asad BASIT DOB 14 October 1949
Position: Director
Originally from Pakistan, having an accounting background, is working with humanitarian programs throughout the region of Afghanistan and elsewhere.
Duties: Director and education

Gary Allan WILSON DOB 19 May 1959
Position: Director
Financial industry background of more than 30 years.
Duties: Liaison officer for the networking of activities for Pascas Foundation (Aust) Limited.

Ian Thomas DOWLING DOB 23 July 1986
Position: Director
Project development and finalisation. General administration and oversight.
Duties: Oversight of projects.

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.
Duties: Financial controller and project analysis.

Technical staff are sourced from universities, however, mostly from personal association. Music and public relations being focused upon through national identities.

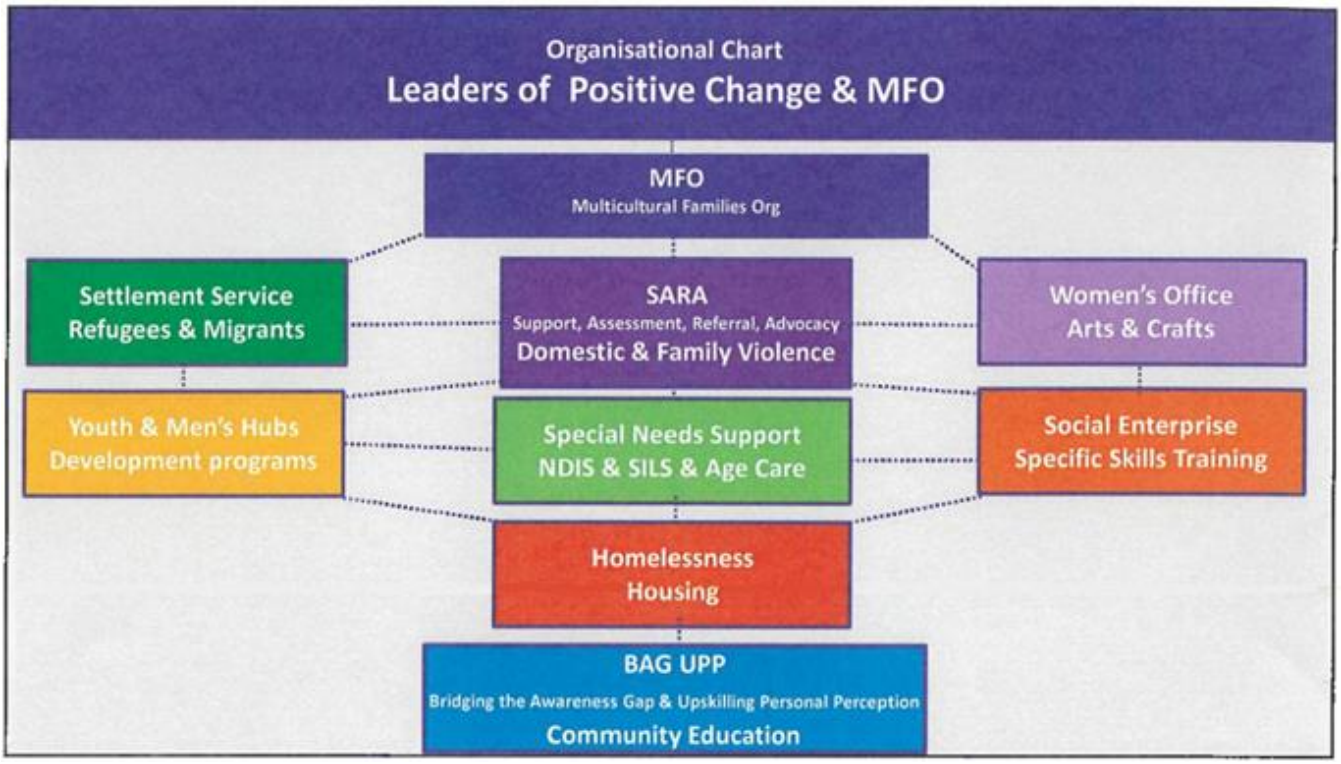
Pascas - Uganda

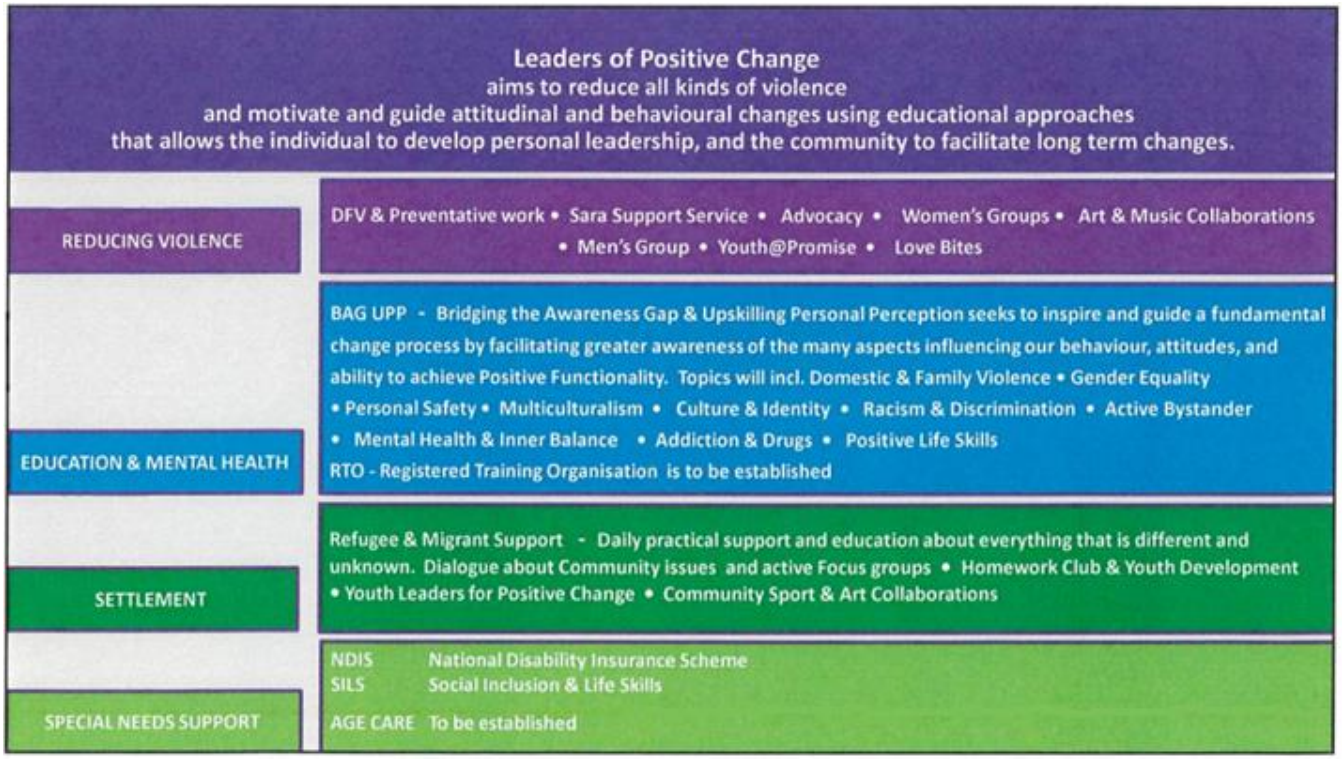
put children first

National headquarters of Pascas Foundation (Uganda) Ltd to be in Kampala.

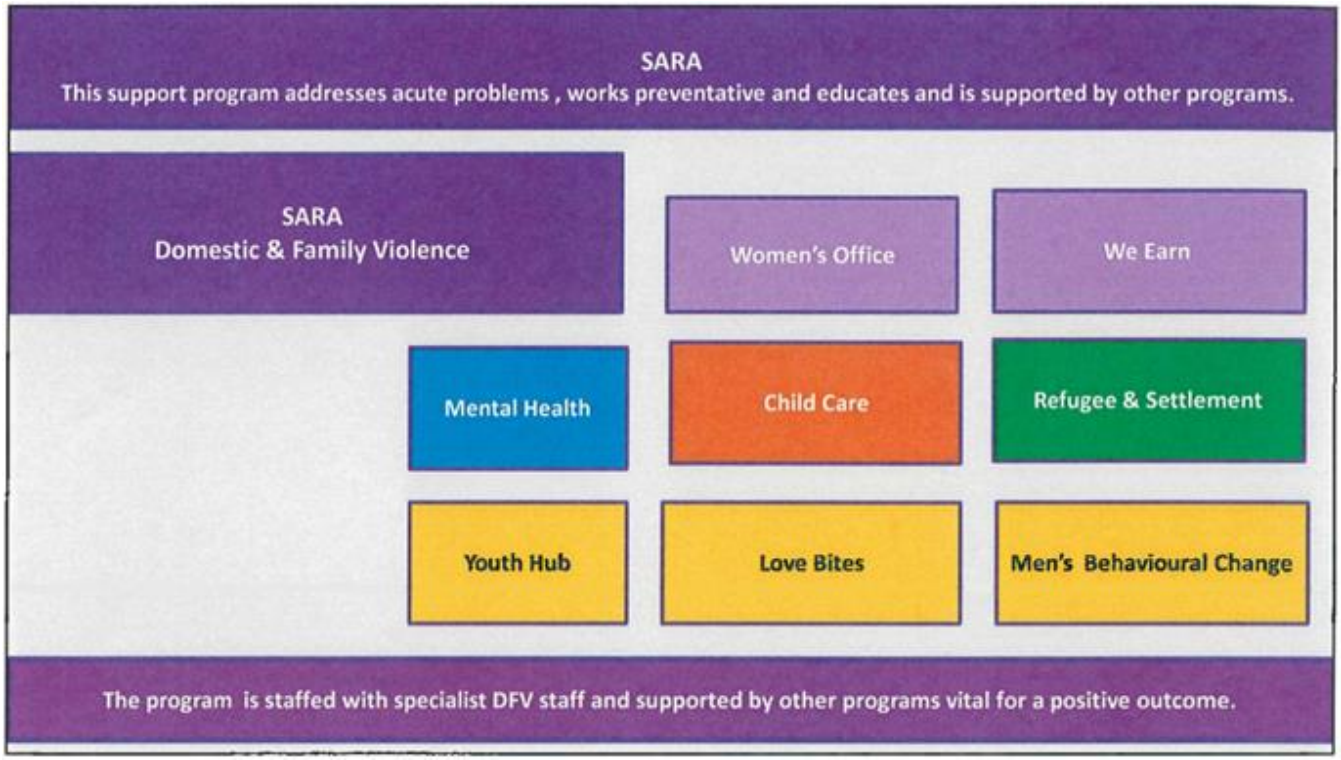
Pascas - Uganda

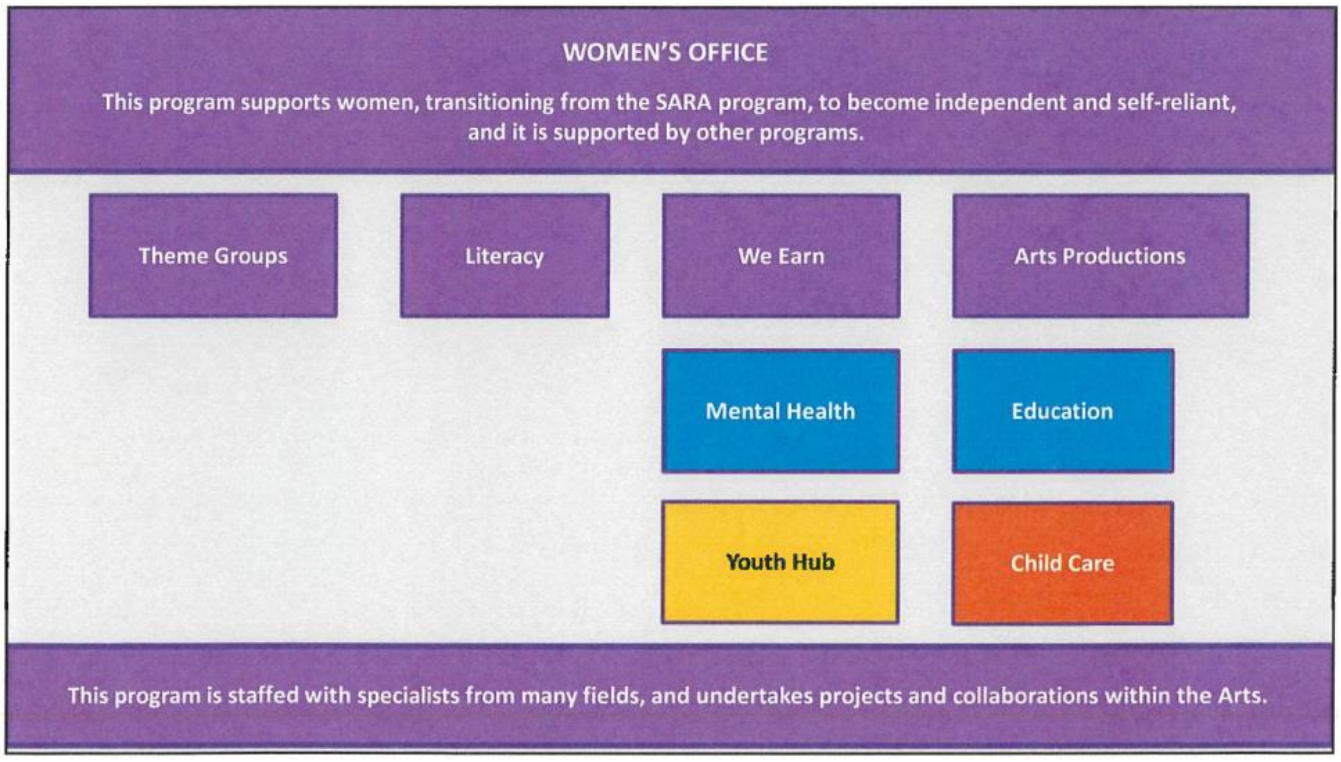
Leaders of Positive Change



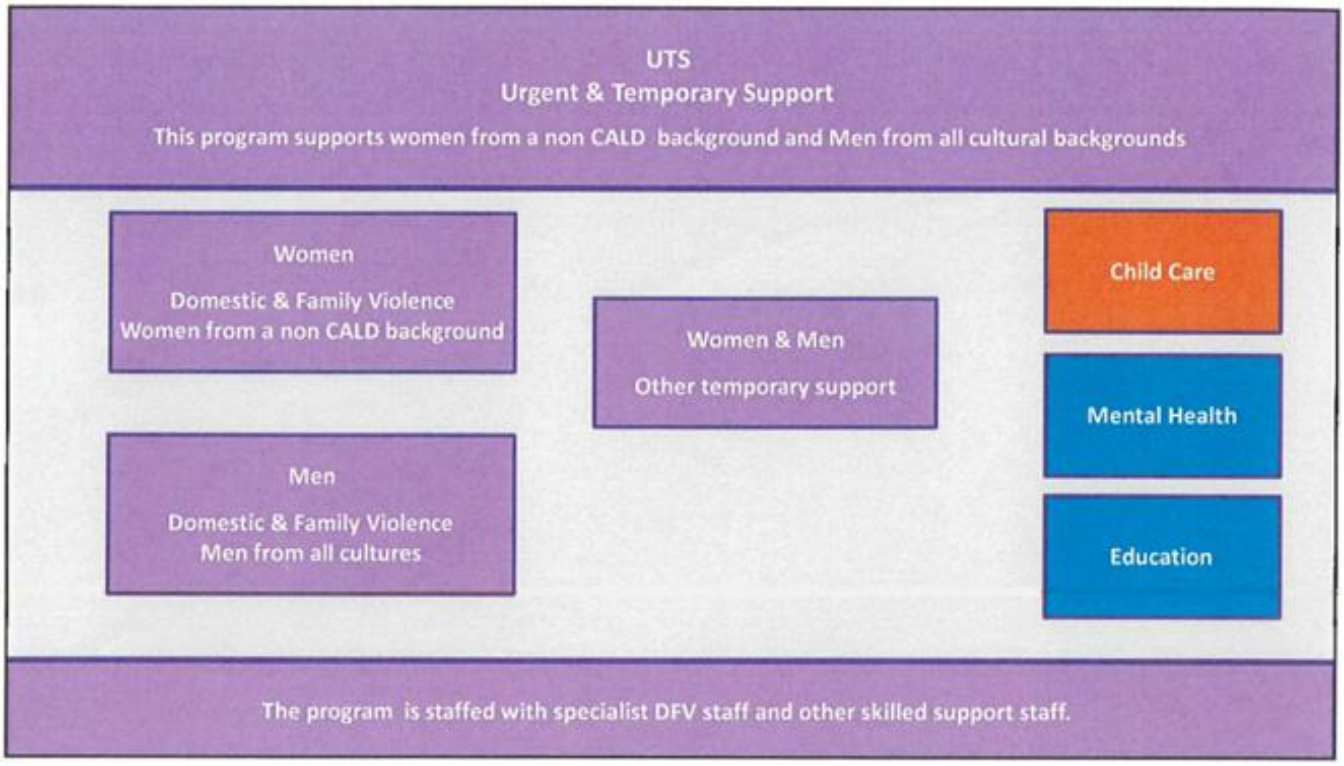


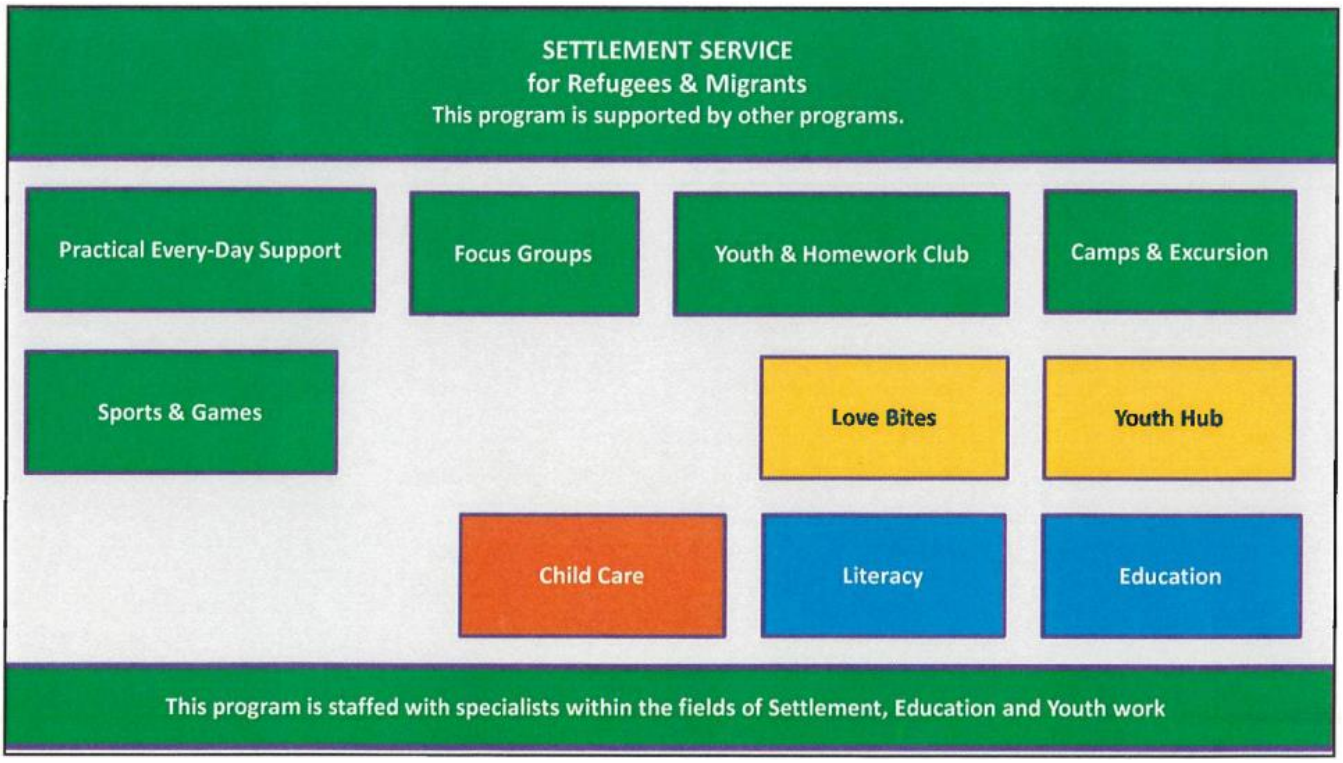
Pascas - Uganda



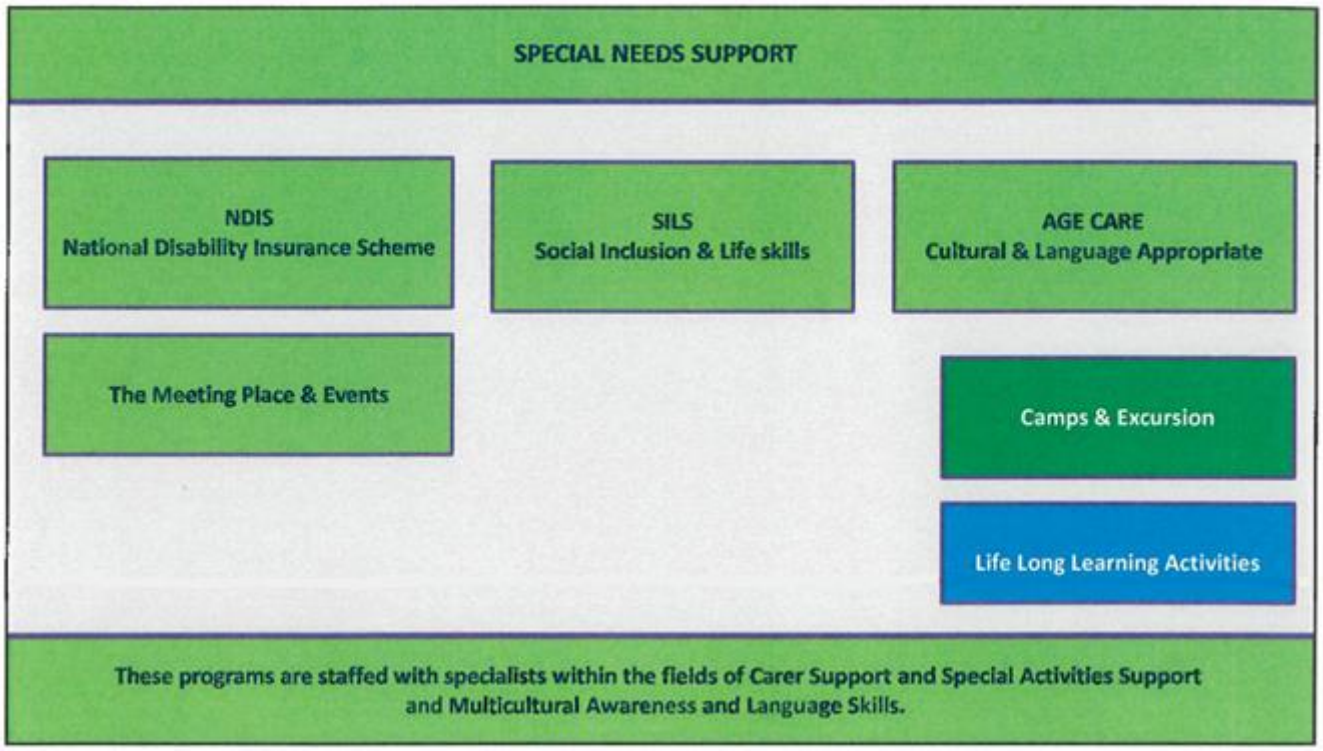


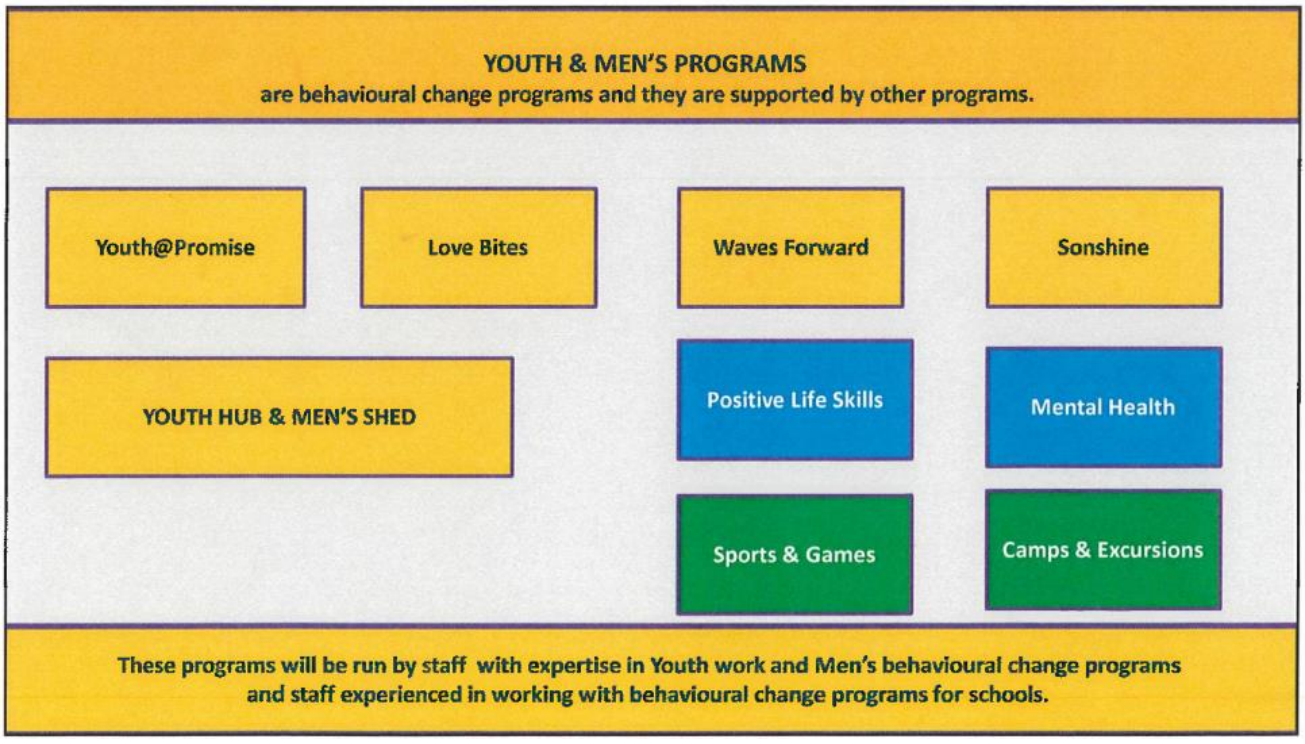
Pascas - Uganda



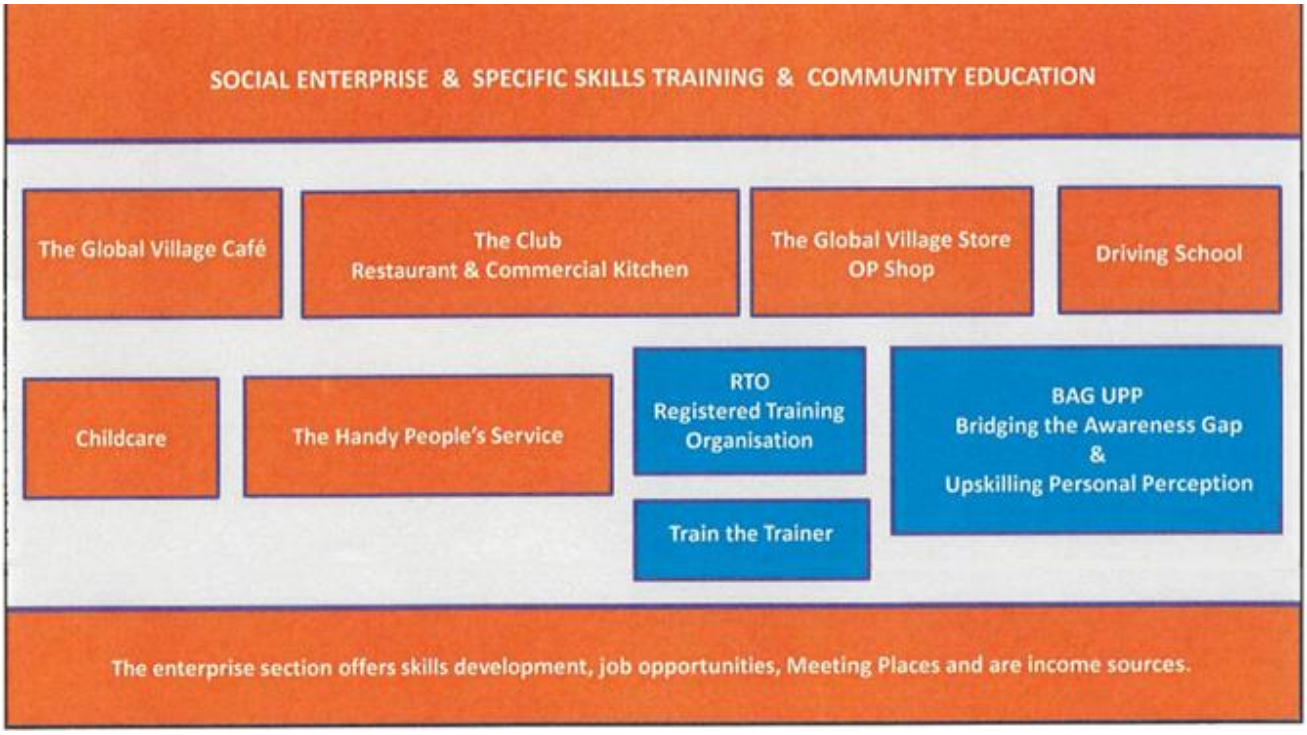


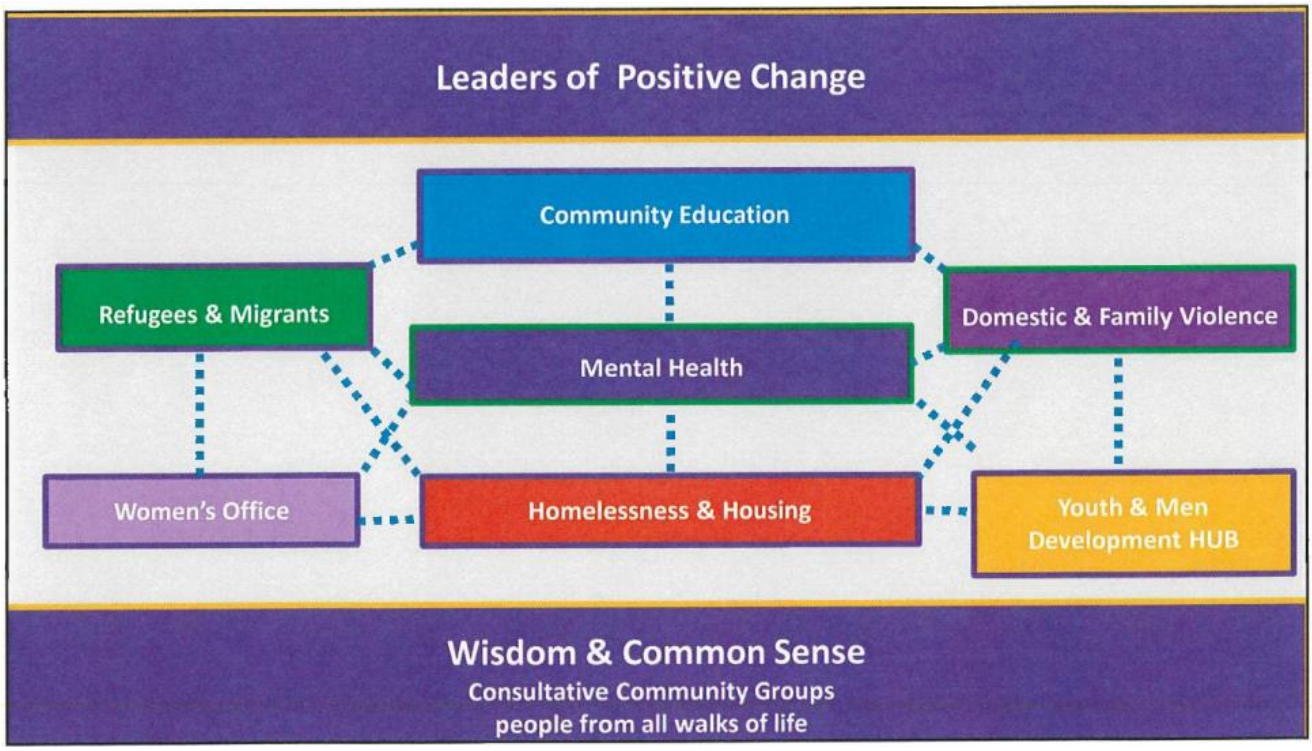
Pascas - Uganda





Pascas - Uganda





Pascas - Uganda

Multi is the appropriate word. Every friend that approaches **PASCAS – UGANDA** 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 – UGANDA** 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 – UGANDA** 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 – UGANDA moving people to independence!

Pascas - Uganda

People in Need

Multicultural Families Organisation Inc. welcomes all peoples without conditions, barrier or judgement. All PASCAS / UGANDA / 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 / UGANDA 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 / UGANDA 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 / UGANDA, 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.

Lack of Love from Parents!

Parents abandon their Children emotionally!

Our Parenting of our Children is oh so unloving!

The evilest thing we do is to have Children!

Put Children First

simple is what life is meant to be!

Children only need their parents' love!

UGANDA

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

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

Solicitors:	Lawyers in Kampala, Uganda are to be appointed	
	Dennis STANDFIELD Gall Standfield & Smith 91 Scarborough Street Southport 4215	Em: dstandfield@gsslaw.com Bs: 61 7 5532 5944 Fx: 61 7 5532 1025
Accountants:	Accountants in Kampala are to be appointed	
Accountants: also Auditors Australia	Richard ALLEN Allen & Wolfe Auditors Unit 4 / 27-29 Crombie Ave, Bundall 4217, Queensland, Australia	Em: richard@AWauditors.com.au Bs: 61 7 5503 1709
Forensic Funding Auditors:	Macks Advisory Level 8 West Wing 50 Grenfell Street, Adelaide SA 5000	Em: pmacks@macksadvisory.com.au
Construction Auditors:	Una Holdings Pty Ltd Robina, Gold Coast, Qld	Em anton@unaholdings.com.au
Bank:		Kampala, Uganda
Registered Office:	care of the accountant or lawyer in	Kampala, Uganda

FOR GOD AND MY COUNTRY

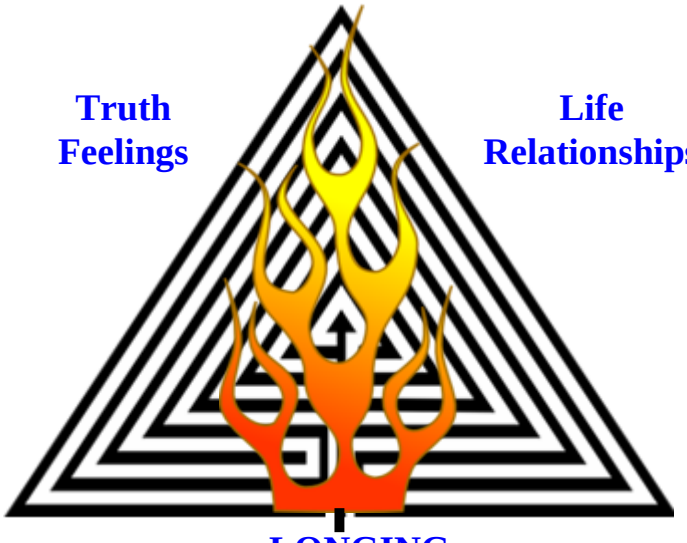
THE REPUBLIC OF UGANDA

KEY FINANCIAL DATA:

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

FINANCIALS US $,000	Year 1	Year 2	Year 3	Year 4	Year 5
GRANT FUNDS	520,000	515,700	658,700	475,800	452,400
LAND & BUILDINGS	435,200	460,300	580,000	288,700	254,700
SCHOLARSHIPS granted abroad	6,700	13,400	20,100	24,400	26,300
DEPRECIATION	17,293	36,511	68,558	80,514	91,109
OPERATING Deficit	-59,580	-90,581	-133,536	-154,929	-175,010
NET CASH GENERATED	-42,430	-54,430	-68,192	-91,223	-85,653

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.

Uganda Overview

https://www.worldbank.org/en/country/uganda/overview

11 October 2024

Uganda's growth is estimated to reach 6.0% in FY24 from 5.3% in FY23, despite global economic instability, geopolitical tensions, and regional conflicts. Growth is supported by favourable weather conditions, investments in the oil sector, and progress on implementation of the Parish Development Model (PDM). The first phase of the PDM – the new government strategy – established and fully capitalised 10,585 savings and credit cooperatives in FY23 and disbursed UGX877 billion (about US$239 million) in loans to 880,000 households. The industrial sector (25% of the economy) remained the top contributor to growth, followed by services (44% of the economy). Thanks to an oil-related construction boom, Foreign Direct Investment (FDI) reached US$2.3 billion during the first nine months of FY24.

Headline inflation declined to 3.2% on average in FY24 from 8.8% in FY23 and is below the target of 5.0%. This is due to declining food prices, monetary policy tightening, targeted fiscal consolidation, and relative stability in the exchange rate. Prices of food crops grew by only 3.3% in FY24 compared to 22.7% in FY23. Consistent with decreasing food inflation, a household phone survey in March 2024 showed a reduction in households affected by food price increases to 46% from 73% the previous year. Nonetheless, food insecurity remains a significant issue, particularly for the most vulnerable. **Poverty projections for 2024 show that 4 out of 10 Ugandans are poor as measured by the US$2.15/day international poverty line.**

Growth is accelerating, supported by agriculture and services, and the outlook for FY25 is improving to 6.2%. Over the medium term, growth is projected to significantly accelerate to 10.8% in FY26 as oil production starts, and later return to around 6% as the oil production plateaus. Growth will also be driven by a recovery in tourism.

Anticipated oil revenues could help reduce **poverty to 40.1% in 2026 from 41.3% in 2024**. However, the actual pace of poverty reduction will depend on how well households can manage and recover from financial shocks. Effective use of oil revenues to improve social protection, infrastructure, and human capital is crucial for sustained poverty alleviation.

Development Challenges

Intensifying shocks and faltering momentum behind policy reform create challenges for sustaining economic growth and reducing poverty in Uganda. The challenge of creating productive jobs for the almost one million working-age Ugandans entering the labour market every year is pressing. Although the services sector constitutes a large share of GDP, it has created few jobs, mainly informal and low-skilled. Two-thirds of the jobs are in the agriculture sector, which is prone to natural disasters, and climate shocks are becoming more frequent and severe, while adaptation remains limited due to low capacity.

To promote economic growth and reduce poverty over the medium term, the Ugandan economy needs to structurally transform and shift labour into more productive employment. First, reforms should stimulate private sector investments by reducing the cost of doing business, fostering access to finance, and promoting uptake of digital and other innovative technologies. Second, the government could shift spending into social sectors and invest more in human capital, alongside measures to reduce inequality and strengthen resilience. Finally, Uganda needs to maintain prudent macroeconomic management alongside structural policies to both avoid real appreciation and loss of competitiveness once oil revenues start flowing in, and to build resilience to climate shocks.

Human Capital

Uganda's Human Capital Index is low. Children born in Uganda today are likely to be 38% as productive when they grow up as they could be if they enjoyed complete education and full health.

Children who start schooling at the age of four years are only expected to complete 6.8 years of school by their 18th birthday, compared to the Sub-Saharan average of 8.3. However, a child's actual years of learning are 4.3, with 2.5 years considered "wasted" due to the poor quality of education.

https://thedocs.worldbank.org/en/doc/64e578cbeaa522631f08f0cafba8960e-0140062023/related/HCI-AM23-UGA.pdf#:~:text=HUMAN%20CAPITAL%20COUNTRY%20BRIEF%20UGANDA%20Region%3A%20Sub-Saharan%20Africa,by%20Uganda%20in%20building%20and%20using%20human%20capital.

Uganda Human Capital brief

Human capital –knowledge, skills and good health – empowers people to achieve their potential and drives economic growth. This brief tracks progress by Uganda in building and using human capital. This page presents the Human Capital Index (HCI), its component parts, and relevant benchmarks. The HCI quantifies how underinvestment in education and health for today's children reduces future incomes. Data are the most recently available as of 2020. The second page presents a set of Human Capital Complementary Indicators (HCCI) that shows progress at each stage of the lifecycle.

THE HUMAN CAPITAL INDEX

A child born in Uganda will be 38% as productive when she grows up as she could be if she enjoyed complete education and full health.

This is lower than the average for the Sub-Saharan Africa region (40%) but higher than for Low Income countries (37%).

THE HUMAN CAPITAL INDEX COMPONENTS

- Probability of Survival to Age 5. Of every 100 children born in Uganda, 95 survive to age 5.
- Expected Years of School. In Uganda, a child who starts school at age 4 can expect to complete 6.8 years of school by her 18th birthday.
- Learning-Adjusted Years of School. Factoring in what children actually learn, expected years of school is 4.3 years.
- Average Harmonised Test Scores. Students in Uganda score 397 on a scale where 625 represents advanced attainment and 300 represents minimum attainment.
- Adult Survival Rate. Across Uganda, 74% of 15-year olds survive until age 60.
- Fraction of Children under 5 Not Stunted. Approximately 71 out of 100 children are not stunted. This means that 29 out of 100 children are at risk of cognitive and physical limitations that can last a lifetime.

UTLISATION-ADJUSTED HUMAN CAPITAL INDEX

The Utilisation-adjusted Human Capital Index (U-HCI) scales down the HCI by taking into account how many adults are not employed. The data on the utilisation-adjusted human capital index are not available for Uganda. The regional average for this indicator is 0.24 and the income group average is 0.18.

Gender differences in Human Capital and Utilization

	Boys	Girls	Overall
Human Capital Index	-	-	0.38
Utilization-Adjusted HCI	-	-	-

Note: - represents no internationally comparable data available.

HUMAN CAPITAL COMPLEMENTARY INDICATORS UGANDA

Human Capital Complementary Indicators (HCCIs) offer a snapshot of human capital investments at four stages of the life cycle. The figures show the latest available data, benchmarked against regional averages. The figures also report progress over the previous 5 years.

EARLY CHILDHOOD

- Neonatal mortality rate. The neonatal mortality rate is 19 per 1,000 live births (2021), compared to 22 in 2016. The indicator is lower than the regional average.
- DTP vaccination rate, third dose. In 2022, 89% of infants received the third dose of the diphtheria, tetanus and pertussis vaccine, compared to 94% in 2017. The indicator is above the regional average.
- Care seeking for febrile children. In 2018, 87% of children under age of 5 with a fever for whom medical advice or treatment was sought, compared to 82% in 2015. The indicator is higher than the regional average.

SCHOOL AGE

- Child mortality rate. The mortality rate for children ages 5-14 is 13 per 1,000 children aged 5 (2021), compared to 15 in 2016. The indicator is lower than the regional average.
- Schools with basic sanitation services. The share of schools with sanitation facilities is 75% (2021), compared to 77% in 2016. The indicator is above the regional average.
- Schools with basic hygiene services. The share of schools with handwashing facilities with water and soap is 32% (2021), compared to 26% in 2016. The indicator is lower than the regional average.

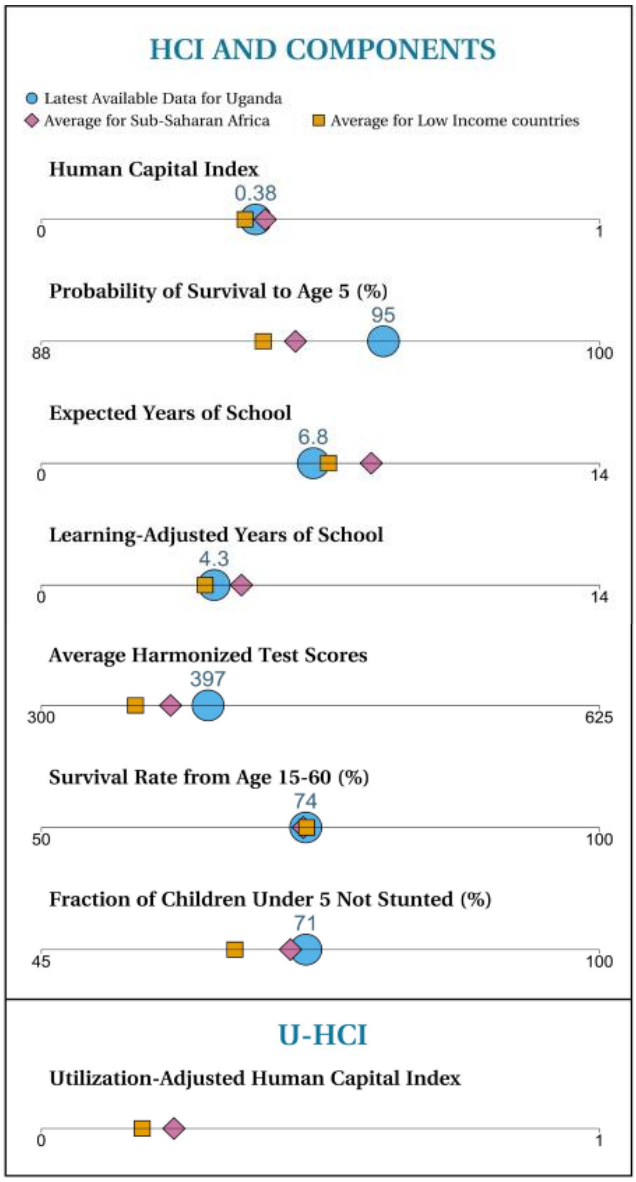
YOUTH

- Adolescent fertility rate. The number of births for every 1,000 women ages 15-19 is 108 (2021), compared to 118 in 2016. The indicator is higher than the regional average.
- Youth not in employment, education or training. In 2021, 14% of youth (ages 15-24) were not in employment, education or training, compared to 19% in 2017. The indicator is below the regional average.
- Youth literacy rate. The share of youth (ages 15-24) who are literate is 91% (2021), compared to 89% in 2018. The indicator is higher than the regional average.

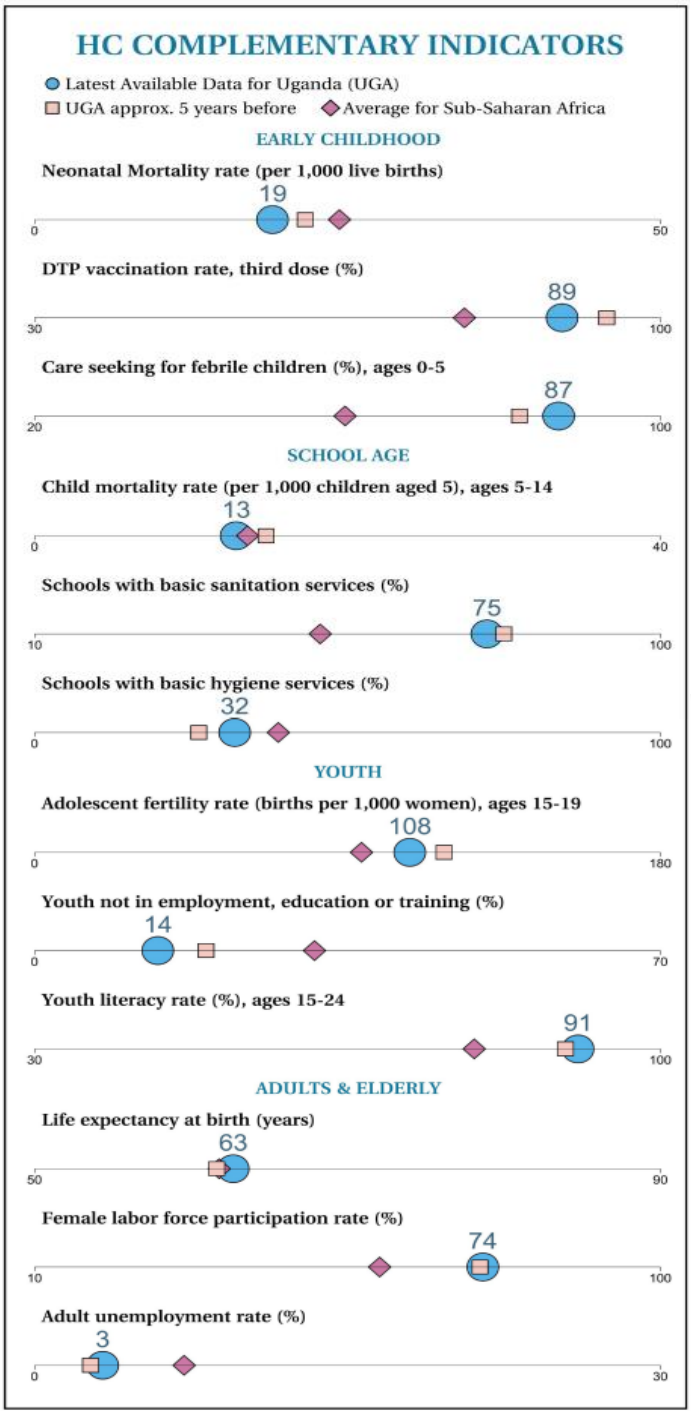
ADULTS & ELDERLY

- Life expectancy at birth. Life expectancy at birth is 63 years (2021), compared to 62 in 2016. The indicator is higher than the regional average.
- Female labour force participation rate. Female labour force participation as a percentage of the female working-age (ages 25+) is 74% (2022). This remains unchanged since 2017. The indicator is above the regional average.
- Adult unemployment rate. Unemployed adults as a share of the adult labour force (ages +25) is 3% (2022). This remains unchanged since 2017. The indicator is lower than the regional average.

COMMERCIAL IN CONFIDENCE


HCI AND COMPONENTS
Latest Available Data for Uganda
Average for Sub-Saharan Africa
Average for Low Income countries
Human Capital Index
0.38
0
1
Probability of Survival to Age 5 (%)
95
88
100
Expected Years of School
6.8
0
14
Learning-Adjusted Years of School
4.3
0
14
Average Harmonized Test Scores
397
300
625
Survival Rate from Age 15-60 (%)
74
50
100
Fraction of Children Under 5 Not Stunted (%)
71
45
100

U-HCI
Utilization-Adjusted Human Capital Index
0
1


HC COMPLEMENTARY INDICATORS
Latest Available Data for Uganda (UGA)
UGA approx. 5 years before
Average for Sub-Saharan Africa
EARLY CHILDHOOD
Neonatal Mortality rate (per 1,000 live births)
19
0
50
DTP vaccination rate, third dose (%)
89
30
100
Care seeking for febrile children (%), ages 0-5
87
20
100
SCHOOL AGE
Child mortality rate (per 1,000 children aged 5), ages 5-14
13
0
40
Schools with basic sanitation services (%)
75
10
100
Schools with basic hygiene services (%)
32
0
100
YOUTH
Adolescent fertility rate (births per 1,000 women), ages 15-19
108
0
180
Youth not in employment, education or training (%)
14
0
70
Youth literacy rate (%), ages 15-24
91
30
100
ADULTS & ELDERLY
Life expectancy at birth (years)
63
50
90
Female labor force participation rate (%)
74
10
100
Adult unemployment rate (%)
3
0
30

Uganda - Data

https://www.cia.gov/the-world-factbook/countries/uganda/

Background

An ancient crossroads for various migrations, Uganda has as many as 65 ethnic groups that speak languages from three of Africa's four major linguistic families. As early as 1200, fertile soils and regular rainfall in the south fostered the formation of several large, centralised kingdoms, including Buganda, from which the country derives its name. Muslim traders from Egypt reached northern Uganda in the 1820s, and Swahili merchants from the Indian Ocean coast arrived in the south by the 1840s. The area attracted the attention of British explorers seeking the source of the Nile River in the 1860s, and this influence expanded in subsequent decades with the arrival of Christian missionaries and trade agreements; Uganda was declared a British protectorate in 1894. Buganda and other southern kingdoms negotiated agreements with Britain to secure privileges and a level of autonomy that were rare during the colonial period in Africa. Uganda's colonial boundaries grouped together a wide range of ethnic groups with different political systems and cultures, and the disparities between how Britain governed southern and northern areas compounded these differences, complicating efforts to establish a cohesive independent country.

Uganda gained independence in 1962 with one of the more developed economies and one of the strongest education systems in Sub-Saharan Africa, but it descended within a few years into political turmoil and internal conflict that lasted more than two decades. In 1966, Prime Minister Milton OBOTE suspended the constitution and violently deposed President Edward MUTESA, who was also the king of Buganda. Idi AMIN seized power in 1971 through a military coup and led the country into economic ruin and rampant mass atrocities that killed as many as 500,000 civilians. AMIN's annexation of Tanzanian territory in 1979 provoked Tanzania to invade Uganda, depose AMIN, and install a coalition government. In the aftermath, Uganda continued to experience atrocities, looting, and political instability and had four different heads of state between 1979 and 1980. OBOTE regained the presidency in 1980 through a controversial election that sparked renewed guerrilla warfare, killing an estimated 300,000 civilians. Gen. Tito OKELLO seized power in a coup in 1985, but his rule was short-lived, with Yoweri MUSEVENI becoming president in 1986 after his insurgency captured the capital. MUSEVENI is widely credited with restoring relative stability and economic growth to Uganda but has resisted calls to leave office. In 2017, parliament removed presidential age limits, making it possible for MUSEVENI to remain in office for life.

Land boundaries

total: 2,729 km

border countries (5): Democratic Republic of the Congo 877 km; Kenya 814 km; Rwanda 172 km; South Sudan 475 km; Tanzania 391 km

Coastline

0 km (landlocked)

Maritime claims

none (landlocked)

Climate

tropical; generally rainy with two dry seasons (December to February, June to August); semiarid in northeast

Terrain

mostly plateau with rim of mountains

Elevation

highest point: Margherita Peak on Mount Stanley 5,110 m
lowest point: Albert Nile 614 m

Natural resources

copper, cobalt, hydropower, limestone, salt, arable land, gold

Land use

agricultural land:	71.2% (2018 est.)
arable land:	34.3% (2018 est.)
permanent crops:	11.3% (2018 est.)
permanent pasture:	25.6% (2018 est.)
forest:	14.5% (2018 est.)
other:	14.3% (2018 est.)

Irrigated land

105 sq km (2013)

Major lakes (area sq km)

fresh water lake(s): Lake Victoria (shared with Tanzania and Kenya) – 62,940 sq km; Lake Albert (shared with Democratic Republic of Congo) – 5,590 sq km; Lake Kyoga – 4,430 sq km; Lake Edward (shared with Democratic Republic of Congo) – 2,150 sq km

Major rivers (by length in km)

Nile (shared with Rwanda [s], Tanzania, South Sudan, Sudan, and Egypt [m]) – 6,650 km
note – [s] after country name indicates river source; [m] after country name indicates river mouth

Major watersheds (area sq km)

Atlantic Ocean drainage: Congo (3,730,881 sq km), *(Mediterranean Sea)* Nile (3,254,853 sq km)

Population distribution

population density is relatively high in comparison to other African nations; most of the population is concentrated in the central and southern parts of the country, particularly along the shores of Lake Victoria and Lake Albert; the northeast is least populated as shown in this population distribution map

Natural hazards

droughts; floods; earthquakes; landslides; hailstorms

Geography – note

landlocked; fertile, well-watered country with many lakes and rivers; Lake Victoria, the world's largest tropical lake and the second largest freshwater lake, is shared among three countries: Kenya, Tanzania, and Uganda

People and Society – Uganda

Population

total: 49,283,041

male: 24,040,560

female: 25,242,481 (2024 est.)

comparison rankings: female 30; male 31; total 31

Nationality

noun: Ugandan(s)

adjective: Ugandan

Ethnic groups

Baganda 16.5%, Banyankole 9.6%, Basoga 8.8%, Bakiga 7.1%, Iteso 7%, Langi 6.3%, Bagisu 4.9%, Acholi 4.4%, Lugbara 3.3%, other 32.1% (2014 est.)

Languages

English (official), Ganda or Luganda (most widely used of the Niger-Congo languages and the language used most often in the capital), other Niger-Congo languages, Nilo-Saharan languages, Swahili (official), Arabic

Religions

Protestant 45.1% (Anglican 32.0%, Pentecostal / Born Again / Evangelical 11.1%, Seventh Day Adventist 1.7%, Baptist .3%), Roman Catholic 39.3%, Muslim 13.7%, other 1.6%, none 0.2% (2014 est.)

Demographic profile

Uganda has one of the youngest and most rapidly growing populations in the world; its total fertility rate is among the world's highest at close to 5.5 children per woman in 2022. Except in urban areas, actual fertility exceeds women's desired fertility by one or two children, which is indicative of the widespread unmet need for contraception, lack of government support for family planning, and a cultural preference for large families. High numbers of births, short birth intervals, and the early age of childbearing contribute to Uganda's high maternal mortality rate. Gender inequities also make fertility reduction difficult; women on average are less-educated, participate less in paid employment, and often have little say in decisions over childbearing and their own reproductive health. However, even if the birth rate were significantly reduced, Uganda's large pool of women entering reproductive age ensures rapid population growth for decades to come.

Unchecked, population increase will further strain the availability of arable land and natural resources and overwhelm the country's limited means for providing food, employment, education, health care, housing, and basic services. The country's north and northeast lag even further behind developmentally than the rest of the country as a result of long-term conflict (the Ugandan Bush War 1981-1986 and more than 20 years of fighting between the Lord's Resistance Army (LRA) and Ugandan Government forces), ongoing inter-communal violence, and periodic natural disasters.

Uganda has been both a source of refugees and migrants and a host country for refugees. In 1972, then President Idi AMIN, in his drive to return Uganda to Ugandans, expelled the South Asian population that composed a large share of the country's business people and bankers. Since the 1970s, thousands of Ugandans have emigrated, mainly to southern Africa or the West, for security reasons, to escape poverty, to search for jobs, and for access to natural resources. The emigration of Ugandan doctors and nurses due to low wages is a particular concern given the country's shortage of skilled health care workers. Africans escaping conflicts in neighbouring states have found refuge in Uganda since the 1950s; the country currently struggles to host tens of thousands from the Democratic Republic of the Congo, South Sudan, and other nearby countries.

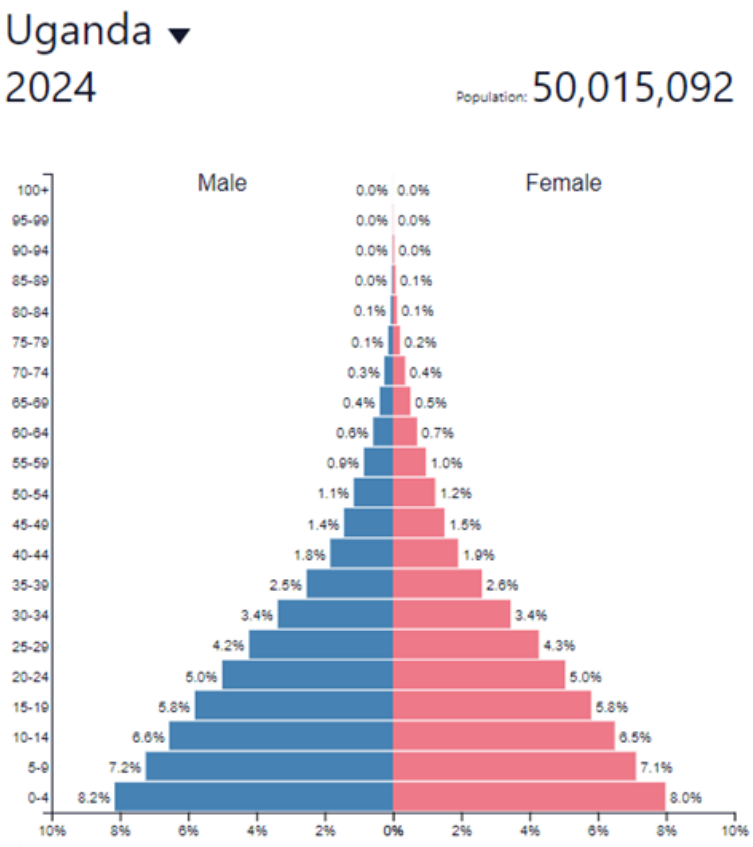
Age structure

0-14 years: 47% (male 11,747,745/female 11,427,932)

15-64 years: 50.6% (male 11,788,483/female 13,131,051)

65 years and over: 2.4% (2024 est.) (male 504,332/female 683,498)

2024 population pyramid:



Dependency ratios

total dependency ratio: 88.2

youth dependency ratio: 85.1

elderly dependency ratio: 3.2

potential support ratio: 31.7 (2021 est.)

Median age

total: 16.2 years (2024 est.)

male: 15.5 years

female: 17.1 years

comparison ranking: total 228

Population growth rate

3.18% (2024 est.)

comparison ranking: 6

Birth rate

39.6 births/1,000 population (2024 est.)

comparison ranking: 5

Death rate

4.7 deaths/1,000 population (2024 est.)

comparison ranking: 206

Net migration rate

-3.1 migrant(s)/1,000 population (2024 est.)

comparison ranking: 183

Population distribution

population density is relatively high in comparison to other African nations; most of the population is concentrated in the central and southern parts of the country, particularly along the shores of Lake Victoria and Lake Albert; the northeast is least populated as shown in this population distribution map

Urbanisation

urban population: 26.8% of total population (2023)

rate of urbanisation: 5.41% annual rate of change (2020-25 est.)
total population growth rate v. urban population growth rate, 2000-2030

Major urban areas – population

3.846 million KAMPALA (capital) (2023)

Sex ratio

at birth: 1.03 male(s)/female

0-14 years: 1.03 male(s)/female

15-64 years: 0.9 male(s)/female

65 years and over: 0.74 male(s)/female

total population: 0.95 male(s)/female (2024 est.)

Mother's mean age at first birth

19.4 years (2016 est.)

note: data represents median age at first birth among women 20-49

Maternal mortality ratio
284 deaths/100,000 live births (2020 est.)

comparison ranking: 29

Infant mortality rate
total: 28.5 deaths/1,000 live births (2024 est.)
male: 31.8 deaths/1,000 live births
female: 25.1 deaths/1,000 live births

comparison ranking: total 53

Life expectancy at birth

total population: 69.7 years (2024 est.)

male: 67.5 years

female: 72 years

comparison ranking: total population 182

Total fertility rate

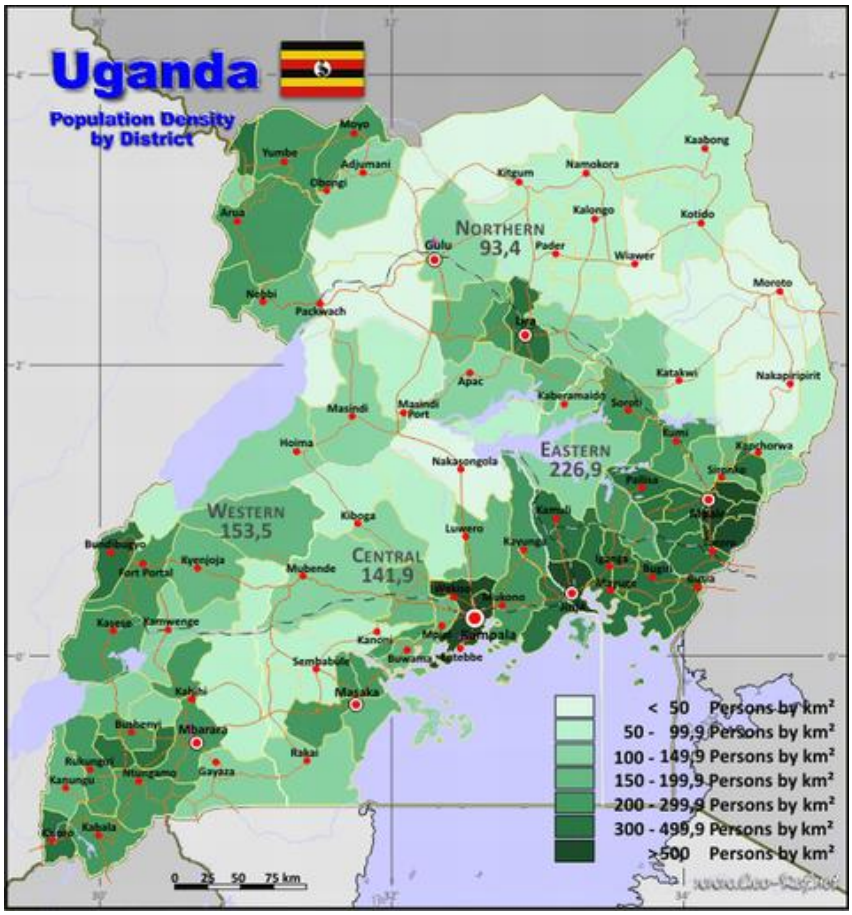
5.17 children born/woman (2024 est.)

comparison ranking: 7

Gross reproduction rate
2.55 (2024 est.)

Contraceptive prevalence rate
50.2% (2021)

Drinking water source
improved: urban: 92.5% of population
rural: 80% of population
total: 83.1% of population
unimproved: urban: 7.5% of population
rural: 20% of population
total: 16.9% of population (2020 est.)



Current health expenditure
4% of GDP (2020)

Physician density
0.15 physicians/1,000 population (2020)

Hospital bed density
0.5 beds/1,000 population

Sanitation facility access
improved: urban: 67.3% of population
rural: 27.5% of population
total: 37.4% of population
unimproved: urban: 32.7% of population
rural: 72.5% of population
total: 62.6% of population (2020 est.)

Obesity - adult prevalence rate
5.3% (2016)
comparison ranking: 180

Alcohol consumption per capita

total:	6.82 litres of pure alcohol (2019 est.)
beer:	0.85 litres of pure alcohol (2019 est.)
wine:	0.01 litres of pure alcohol (2019 est.)
spirits:	0.5 litres of pure alcohol (2019 est.)
other alcohols:	5.46 litres of pure alcohol (2019 est.)

comparison ranking: total 61

Tobacco use
total: 8.4% (2020 est.)
male: 13% (2020 est.)
female: 3.7% (2020 est.)
comparison ranking: total 145

Children under the age of 5 years underweight
7.6% (2019/20)
comparison ranking: 64

Currently married women (ages 15-49)
58.3% (2023 est.)

Child marriage
women married by age 15: 7.3%
women married by age 18: 34%
men married by age 18: 5.5% (2016 est.)

Education expenditures
2.7% of GDP (2021 est.)
comparison ranking: 169

Literacy
definition: age 15 and over can read and write
total population: 79%
male: 84%
female: 74.3% (2021)

Environment – Uganda

Environment – current issues
draining of wetlands for agricultural use; deforestation; overgrazing; soil erosion; water pollution from industrial discharge and water hyacinth infestation in Lake Victoria; widespread poaching

Environment – international agreements
party to: Biodiversity, Climate Change, Climate Change-Kyoto Protocol, Climate Change-Paris Agreement, Comprehensive Nuclear Test Ban, Desertification, Endangered Species, Hazardous Wastes, Law of the Sea, Marine Life Conservation, Nuclear Test Ban, Ozone Layer Protection, Ship Pollution, Wetlands
signed, but not ratified: Environmental Modification

Climate
tropical; generally rainy with two dry seasons (December to February, June to August); semiarid in northeast

Land use
agricultural land: 71.2% (2018 est.)
arable land: 34.3% (2018 est.)

permanent crops: 11.3% (2018 est.)
permanent pasture: 25.6% (2018 est.)
forest: 14.5% (2018 est.)
other: 14.3% (2018 est.)

Food insecurity

severe localised food insecurity: *due to weather extremes, civil insecurity, and high food prices*- in Karamoja Region, about 518,000 people, 41% of the population, are estimated to be severely food insecure between March and July 2022, as a result of consecutive poor rainy seasons that adversely affected crop and livestock production, frequent episodes of cattle rustling leading to the loss of productive assets, and high food prices (2022)

Revenue from forest resources

7.32% of GDP (2018 est.)
comparison ranking: 7

Revenue from coal

0% of GDP (2018 est.)
comparison ranking: 92

Air pollutants

particulate matter emissions: 31.31 micrograms per cubic meter (2019 est.)
carbon dioxide emissions: 5.68 megatons (2016 est.)
methane emissions: 30.24 megatons (2020 est.)

Waste and recycling

municipal solid waste generated annually: 7,045,050 tons (2016 est.)
municipal solid waste recycled annually: 422,703 tons (2017 est.)
percent of municipal solid waste recycled: 6% (2017 est.)

Major lakes (area sq km)

fresh water lake(s): Lake Victoria (shared with Tanzania and Kenya) – 62,940 sq km; Lake Albert (shared with Democratic Republic of Congo) – 5,590 sq km; Lake Kyoga – 4,430 sq km; Lake Edward (shared with Democratic Republic of Congo) – 2,150 sq km

Major rivers (by length in km)

Nile (shared with Rwanda [s], Tanzania, South Sudan, Sudan, and Egypt [m]) - 6,650 km
note – [s] after country name indicates river source; [m] after country name indicates river mouth

Major watersheds (area sq km)

Atlantic Ocean drainage: Congo (3,730,881 sq km), *(Mediterranean Sea)* Nile (3,254,853 sq km)

Total water withdrawal

municipal: 330 million cubic meters (2020 est.)
industrial: 50 million cubic meters (2020 est.)
agricultural: 260 million cubic meters (2020 est.)

Total renewable water resources

60.1 billion cubic metres (2020 est.)

Economy – Uganda

Economic overview

low-income, primarily agrarian East African economy; COVID-19 hurt economic growth and poverty reduction; lower oil prices threaten prior sector investments; endemic corruption; natural resource rich; high female labour force participation but undervalued

Real GDP (purchasing power parity)

$135.668 billion (2023 est.)
$128.923 billion (2022 est.)
$123.267 billion (2021 est.)
note: data in 2021 dollars
comparison ranking: 89

Real GDP growth rate

5.23% (2023 est.)
4.59% (2022 est.)
3.54% (2021 est.)
note: annual GDP % growth based on constant local currency
comparison ranking: 44

Real GDP per capita

$2,800 (2023 est.)
$2,700 (2022 est.)
$2,700 (2021 est.)
note: data in 2021 dollars
comparison ranking: 200

GDP (official exchange rate)

$49.273 billion (2023 est.)
note: data in current dollars at official exchange rate

Inflation rate (consumer prices)

5.35% (2023 est.)
7.2% (2022 est.)
2.2% (2021 est.)
note: annual % change based on consumer prices
comparison ranking: 113

Credit ratings

Fitch rating: B+ (2015)
Moody's rating: B2 (2016)
Standard & Poors rating: B (2014)
note: The year refers to the year in which the current credit rating was first obtained.

GDP – composition, by sector of origin

agriculture: 23.8% (2023 est.)

industry: 26% (2023 est.)

services: 42.4% (2023 est.)

note: figures may not total 100% due to non-allocated consumption not captured in sector-reported data

comparison rankings: services 184; industry 90; agriculture 22

GDP – composition, by end use

household consumption: 71.3% (2023 est.)

government consumption: 9.5% (2023 est.)

investment in fixed capital: 22.5% (2023 est.)

investment in inventories: 0.7% (2023 est.)

exports of goods and services: 13.4% (2023 est.)

imports of goods and services: -23.8% (2023 est.)

note: figures may not total 100% due to rounding or gaps in data collection

Agricultural products

plantains, sugarcane, maize, cassava, milk, sweet potatoes, beans, vegetables, rice, coffee (2022)

note: top ten agricultural products based on tonnage

Industries

sugar processing, brewing, tobacco, cotton textiles; cement, steel production

Industrial production growth rate

3.5% (2023 est.)

note: annual % change in industrial value added based on constant local currency

comparison ranking: 95

Labour force

18.881 million (2023 est.)

note: number of people ages 15 or older who are employed or seeking work

comparison ranking: 34

Unemployment rate

2.83% (2023 est.)

2.93% (2022 est.)

3.42% (2021 est.)

note: % of labour force seeking employment

comparison ranking: 38

Youth unemployment rate (ages 15-24)

total: 4.5% (2023 est.)

male: 3.4% (2023 est.)

female: 5.6% (2023 est.)

note: % of labour force ages 15-24 seeking employment

comparison ranking: total 179

Population below poverty line

20.3% (2019 est.)

note: % of population with income below national poverty line

Gini Index coefficient – distribution of family income

42.7 (2019 est.)

note: index (0-100) of income distribution; higher values represent greater inequality

comparison ranking: 32

Average household expenditures

on food: 44.2% of household expenditures (2022 est.)

on alcohol and tobacco: 0.9% of household expenditures (2022 est.)

Household income or consumption by percentage share

lowest 10%: 2.4% (2019 est.)

highest 10%: 34.5% (2019 est.)

note: % share of income accruing to lowest and highest 10% of population

Remittances

2.63% of GDP (2023 est.)

2.74% of GDP (2022 est.)

2.85% of GDP (2021 est.)

note: personal transfers and compensation between resident and non-resident individuals/households/entities

Budget

revenues: $6.895 billion (2022 est.)

expenditures: $7.473 billion (2022 est.)

note: central government revenues (excluding grants) and expenses converted to US dollars at average official exchange rate for year indicated

Public debt

53.89% of GDP (2022 est.)

note: central government debt as a % of GDP

comparison ranking: 92

Taxes and other revenues

12.55% (of GDP) (2022 est.)

note: central government tax revenue as a % of GDP

comparison ranking: 158

Current account balance

-$4.172 billion (2022 est.)

-$3.972 billion (2021 est.)

-$3.598 billion (2020 est.)

note: balance of payments – net trade and primary/secondary income in current dollars

comparison ranking: 175

Exports

$6.115 billion (2022 est.)

$6.231 billion (2021 est.)

$5.622 billion (2020 est.)

note: balance of payments – exports of goods and services in current dollars

comparison ranking: 131

Exports - partners

UAE 31%, India 12%, Hong Kong 9%, Kenya 8%, Italy 7% (2022)

note: top five export partners based on percentage share of exports

Exports - commodities

gold, coffee, fish, milk, raw sugar (2022)

note: top five export commodities based on value in dollars

Imports

$11.145 billion (2022 est.)
$10.686 billion (2021 est.)
$10.209 billion (2020 est.)
note: balance of payments – imports of goods and services in current dollars
comparison ranking: 117

Imports - partners

China 23%, Kenya 15%, India 13%, UAE 7%, Tanzania 6% (2022)

note: top five import partners based on percentage share of imports

Imports - commodities

vaccines, packaged medicine, plastic products, cars, motorcycles and cycles (2022)

note: top five import commodities based on value in dollars

Reserves of foreign exchange and gold

$3.359 billion (2018 est.)

$3.721 billion (2017 est.)

$3.098 billion (2016 est.)

note: holdings of gold (year-end prices)/foreign exchange/special drawing rights in current dollars

comparison ranking: 112

Debt – external

$9.636 billion (2022 est.)

note: present value of external debt in current US dollars

comparison ranking: 39

Exchange rates

Ugandan shillings (UGX) per US dollar -

Exchange rates:

3,726.14 (2023 est.)

3,689.817 (2022 est.)

3,587.052 (2021 est.)
3,718.249 (2020 est.)
3,704.049 (2019 est.)

Energy – Uganda

Electricity access

electrification – total population: 47.1% (2022 est.)
electrification – urban areas: 72%
electrification – rural areas: 35.9%

Electricity

installed generating capacity: 2.436 million kW (2022 est.)
consumption: 3.971 billion kWh (2022 est.)
exports: 336.98 million kWh (2022 est.)
imports: 23 million kWh (2022 est.)
transmission / distribution losses: 1.101 billion kWh (2022 est.)
comparison rankings: transmission/distribution losses 102; imports 120; exports 85; consumption 134; installed generating capacity 116

Electricity generation sources

fossil fuels: 1% of total installed capacity (2022 est.)
solar: 2.5% of total installed capacity (2022 est.)
hydroelectricity: 89.3% of total installed capacity (2022 est.)
biomass and waste: 7.2% of total installed capacity (2022 est.)

Coal

exports: 85.4 metric tons (2022 est.)
imports: (2022 est.) less than 1 metric ton
proven reserves: 799.999 million metric tons (2022 est.)

Petroleum

refined petroleum consumption: 43,000 bbl/day (2022 est.)
crude oil estimated reserves: 2.5 billion barrels (2021 est.)

Natural gas

proven reserves: 14.158 billion cubic meters (2021 est.)

Carbon dioxide emissions

6.19 million metric tonnes of CO2 (2022 est.)
from petroleum and other liquids: 6.19 million metric tonnes of CO2 (2022 est.)
comparison ranking: total emissions 131

Energy consumption per capita

2.248 million Btu/person (2022 est.)
comparison ranking: 184

Communications – Uganda

Telephones – fixed lines
total subscriptions: 117,000 (2022 est.)
subscriptions per 100 inhabitants: (2022 est.) less than 1
comparison ranking: total subscriptions 132

Telephones – mobile cellular
total subscriptions: 33.068 million (2022 est.)
subscriptions per 100 inhabitants: 70 (2022 est.)
comparison ranking: total subscriptions 46

Telecommunication systems
general assessment: a series of reforms within Uganda's telecom sector have provided the country with one of the most competitive markets in the region; in line with the regulator's licensing requirements by which Uganda-based companies should be broadly owned by Ugandans by mid-2022; fixed-line infrastructure remains poor, with low penetration, and as a result fixed-line broadband penetration is also particularly low; consumers have largely depended on mobile infrastructure to provide voice and broadband services; there is sufficient capacity with LTE infrastructure to match data demand during the next few years; Uganda has anticipated the migration to 5G, having held trials in early 2020 though the roll out of 5G is not expected until later in 2022 (2022)
domestic: fixed-line less than 1 per 100 and mobile cellular systems teledensity is 66 per 100 persons (2021)
international: country code - 256; satellite earth stations - 1 Intelsat (Atlantic Ocean) and 1 Inmarsat; analog and digital links to Kenya and Tanzania

Broadcast media
public broadcaster, Uganda Broadcasting Corporation (UBC), operates radio and TV networks; 31 Free-To-Air (FTA) TV stations, 2 digital terrestrial TV stations, 3 cable TV stations, and 5 digital satellite TV stations; 258 operational FM stations

Internet country code
.ug

Internet users
total: 4.6 million (2021 est.)
percent of population: 10% (2021 est.)
comparison ranking: total 102

Broadband - fixed subscriptions
total: 58,594 (2020 est.)
subscriptions per 100 inhabitants: 0.1 (2020 est.)
comparison ranking: total 140

Transportation – Uganda

National air transport system

number of registered air carriers: 6 (2020)

inventory of registered aircraft operated by air carriers: 26

annual passenger traffic on registered air carriers: 21,537 (2018)

Civil aircraft registration country code prefix

5X

Airports

39 (2024)

comparison ranking: 105

Railways

total: 1,244 km (2014)

narrow gauge: 1,244 km (2014) 1.000-m gauge

comparison ranking: total 85

Roadways

total: 20,544 km (excludes local roads)

paved: 4,257 km

unpaved: 16,287 km (2017)

comparison ranking: total 113

Waterways

907 km (2022) (there are no long navigable stretches of river in Uganda; parts of the Albert Nile (210 km) that flow out of Lake Albert (160 km) in the northwestern part of the country are navigable; several lakes including Lake Victoria (337 km) and Lake Kyoga (199.5) have substantial traffic; Lake Albert is navigable along a 200-km stretch from its northern tip to its southern shores)

comparison ranking: 74

Military and Security – Uganda

Military and security forces

Uganda People's Defence Force (UPDF): Land Force (includes marines), Air Force, Special Forces Command, Reserve Force

Ministry of Internal Affairs: Uganda Police Force (2024)

note 1: the Special Forces Command is a separate branch within the UPDF; it evolved from the former Presidential Guard Brigade and has continued to retain presidential protection duties in addition to its traditional missions, such as counterinsurgency

note 2: the Uganda Police Force includes air, field, territorial, and marine units, as well as a presidential guard force

note 3: in 2018, President MUSEVENI created a volunteer force of Local Defence Units under the military to beef up local security in designated parts of the country

Military expenditures

2% of GDP (2023 est.)
2.2% of GDP (2022 est.)
2.5% of GDP (2021 est.)
2.5% of GDP (2020 est.)
1.7% of GDP (2019 est.)
comparison ranking: 73

Military and security service personnel strengths

approximately 45-50,000 active-duty troops (2023)

Military equipment inventories and acquisitions

the UPDF's inventory is mix of older and some more modern weapons and equipment; it is comprised mostly of Russian / Soviet-era arms with smaller quantities of Chinese, Israeli, North Korean, South African, UK, US, and domestically-produced items; Uganda has a small defence industry that assembles or manufactures light armoured vehicles and performs maintenance on some military equipment, including its Russian-made helicopters (2024)

Military service age and obligation

18-25 years of age for voluntary military duty for men and women; 18-30 for those with degrees / diplomas in specialised fields such as medicine, engineering, chemistry, and education, or possess qualifications in some vocational skills; 9-year service obligation (2024)

Military deployments

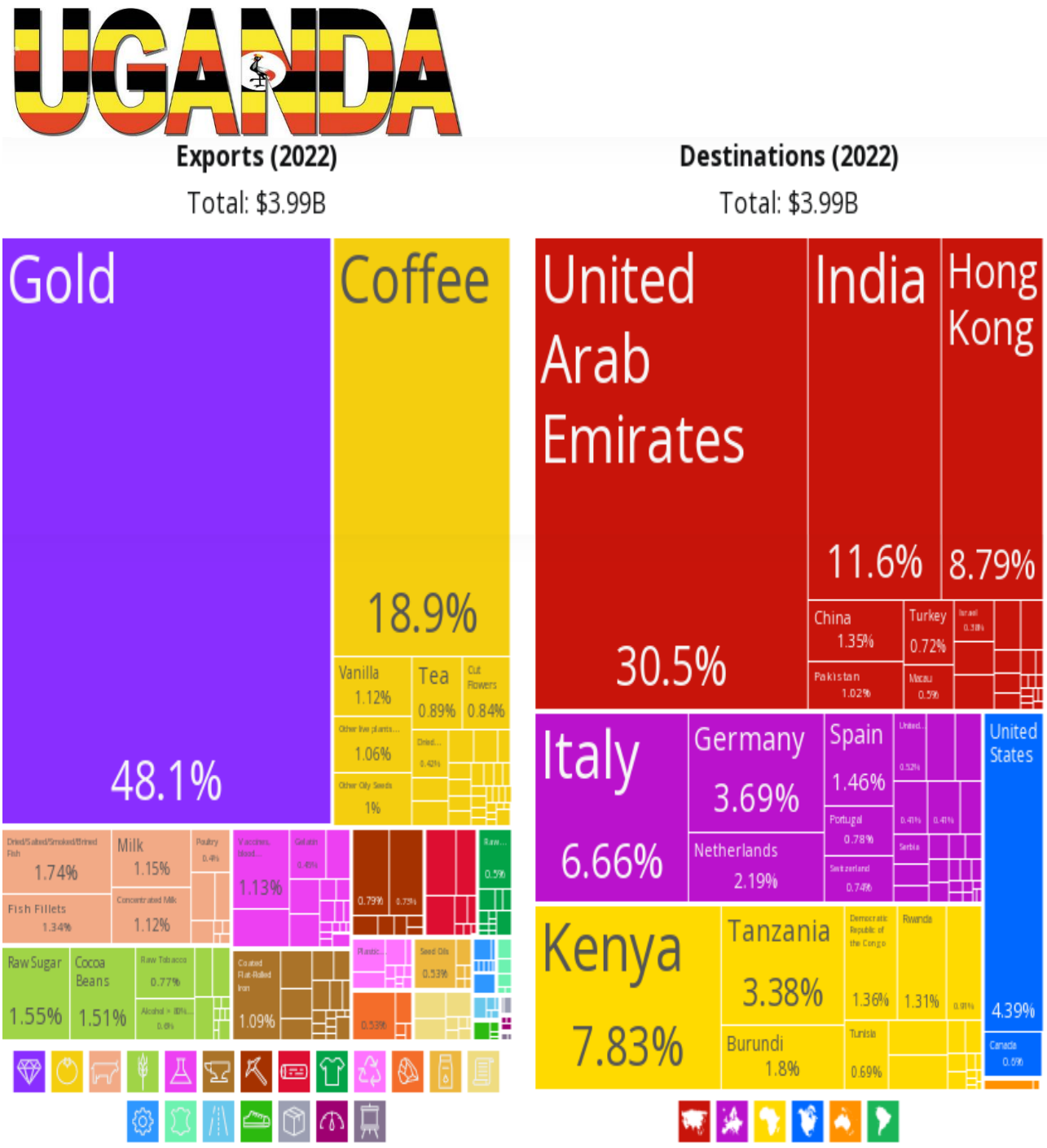
as many as 6,000 Somalia (625 for UNSOM; the remainder under ATMIS; note – foreign troop contingents in Somalia under ATMIS are drawing down towards a final withdrawal in December 2024) (2024)

FOR GOD AND MY COUNTRY

THE REPUBLIC OF UGANDA

Uganda country profile

https://oec.world/en/profile/country/uga



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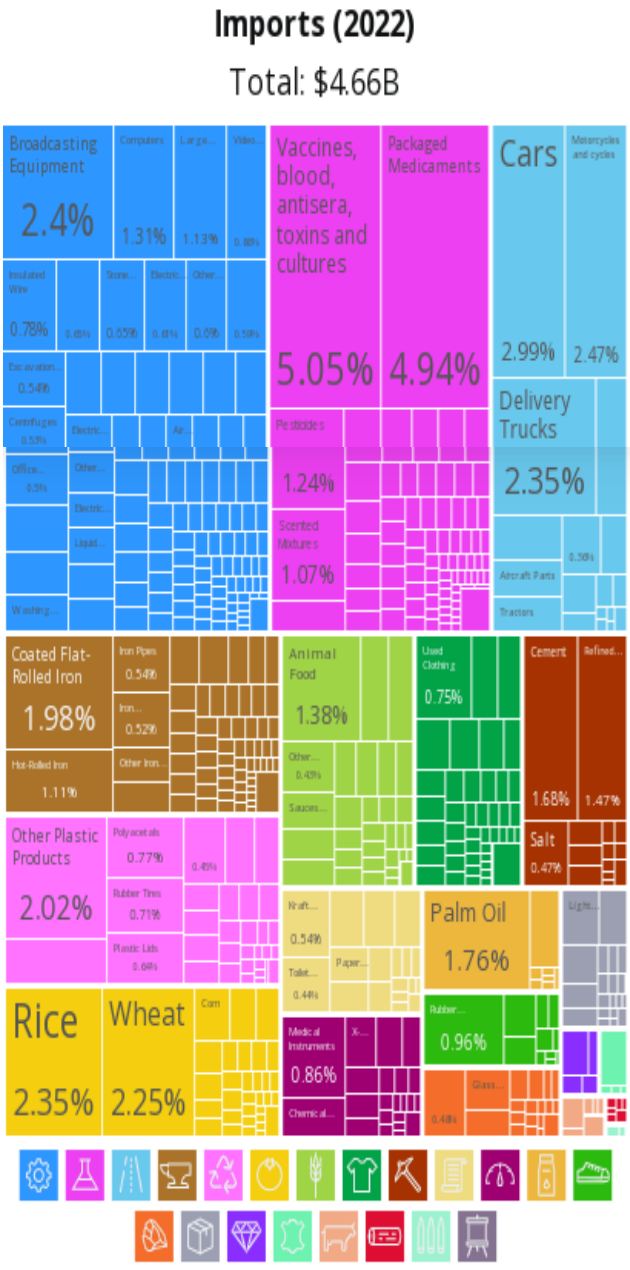


Uganda Demographics

https://worldpopulationreview.com/countries/uganda

Uganda is one of the countries that houses rich ethnic diversity, which includes most of its population speaking three major languages - Bantu, Nilotic and Central Sudanic. Furthermore, the number of ethnic groups present in Uganda is very large, making it one of the most ethnically diverse countries in the region. The main ethnic group is called the Ganda, which makes up 16.9% of the population, followed by the Nkole, Soga and Kiga tribes, which make up 9.5%, 8.4% and 6.9% respectively. There are many other tribes; however, they constitute a very small percentage of the total population.

The life expectancy in the country is around 58.5 years, with the life expectancy of males being 56.7 years and 60.5 years for females. Due to the high marriage rate in the country, the age structure is skewed towards the younger generations with 48.47% of the Uganda ís population being in the 0-14 year-old age group. After that, 28.34% of the population of Uganda is in the 25-64 year age group. Lastly, 21.16% of the total population is dominated by the 15-24 year age group. Just 2.04% of the population is 65 or older.

These statistics show that Uganda can boast about a large population that can be classified as a work force, which could in turn help in its growth and economic stability. However, with a huge percentage of the population that is so young (0-14 years old), it could prove to be a grave situation for the country because it has to provide for these children and make sure that it can control its high birth rate. The Total Fertility Rate (TFR), which is described as the number of children per woman, of Uganda is one of the highest in the region and has remained on average around 6.9 in the past decade. As of 2016, the fertility rate for the country is 6.

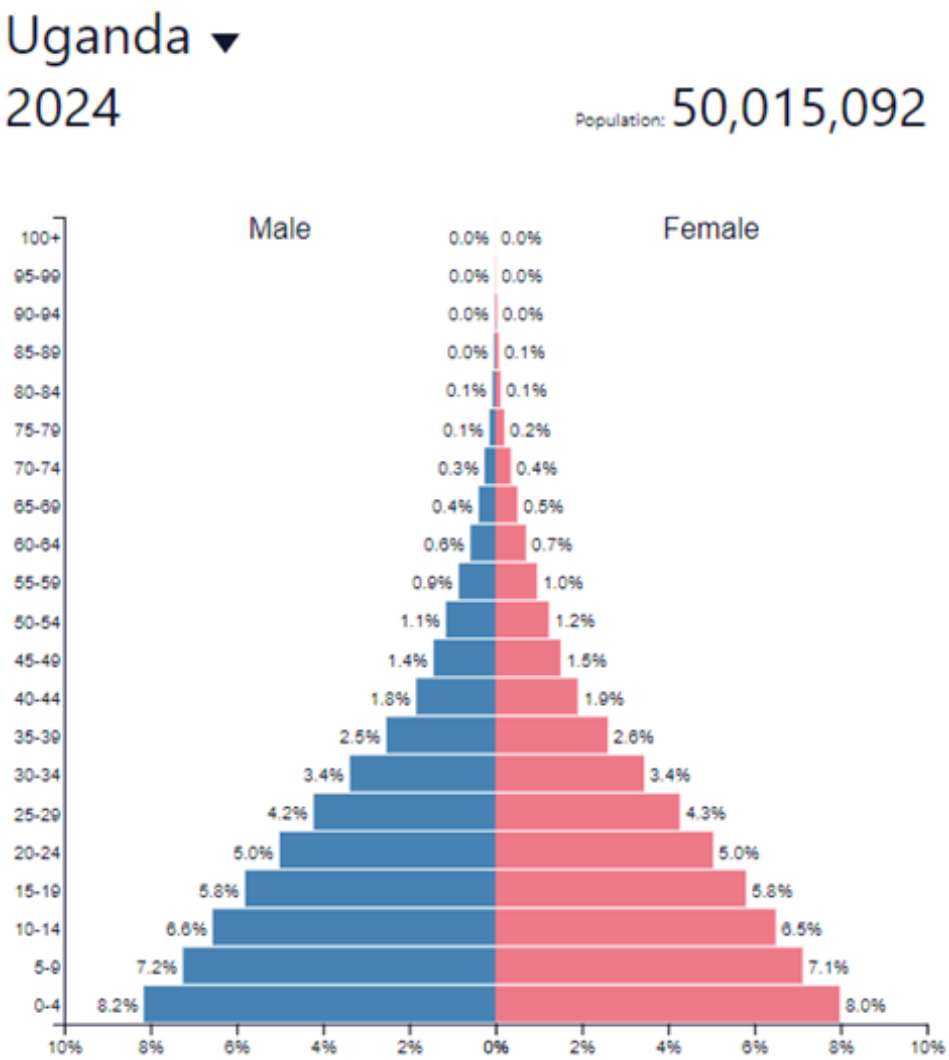
Uganda Religion, Economy and Politics

The inhabitants of Uganda are mainly Roman Catholic and make up 39.3% of the total population. Anglican, Muslim and Pentecostal believers represent 32%, 13.7% and 11.1% of the total population respectively.

The rich ethnic, cultural and religious diversity sets Uganda apart. As it is a developing nation, it does house significant working class age groups that can help in its economic growth. Nevertheless, it is imperative that it provides suitable opportunities for its residents. Most importantly, as its sex ratio is roughly 1:1 with males housing a very slender majority, it can become a country that relies strongly on its women in all aspects of life. This, in turn, can help its image to flourish, while giving it another avenue for growth. The country’s women can partake in any responsibilities that are required in any development sector in Uganda.

Uganda Population History

The population of Uganda has grown significantly over the past century, maintaining a growth rate slightly above or below 3% for most of that time.



Specific programmes established to enhance social connections for resettled refugees would:

- Provide language assistance.
- Engage refugee communities in planning and implementation.
- Promote mutual benefits for both resettled refugees, the receiving society, individuals and volunteers providing support.
- Provide or facilitate access to support by removing practical barriers (childcare, transport, translation, etc.).
- Promote participation of nationals to programmes that support social connections.
- Provide culturally sensitive and age appropriate support.
- Take account of the needs of the whole family as well as individual family members, including refugee children and youth.
- Build connections and supportive relationships between resettled refugees and wider local communities.

List of Refugee settlements in Uganda

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

As of early 2024, Uganda hosts **1,600,000 refugees**, primarily from South Sudan, the Democratic Republic of Congo, Eritrea, Somalia, Sudan, Burundi, and Rwanda. These refugees are located in refugee settlements in northern and southwestern Uganda, as well as in Kampala City. Since the start of 2024, more than 10,900 individuals have been registered in Uganda, with 24% being new arrivals from South Sudan and 13% from the DR Congo. Uganda's policies provide rights to the refugees such as the rights to education, work, own private property, healthcare and other basic social services.

Almost 50% of refugees in Uganda are located in the Bidi Bidi, Pagirinya, and Rhino refugee settlement camps, located in the northwest region of the country. South Sudan is the origin of 62% of refugees in Uganda, and 29% are from the Democratic Republic of the Congo. Uganda also has refugees from countries like Burundi, Somalia, Rwanda, Eritrea, Ethiopia, Sudan among others.

Refugees from the Democratic Republic of the Congo

As of the end of 2019, there are over 900,000 Congolese refugees being hosted in various African countries, with over 40% currently in Uganda. The region of the DR Congo bordering Uganda is the place of origin for the vast majority of Congolese refugees. The massive influx of refugees is largely caused by the persistent violence and fighting that has dominated the DR Congo. Many refugees enter Uganda through Lake Albert in the Ituri province of the DR Congo, which borders the northwest region of Uganda. Of the 900,000 refugees, almost 3% are children traveling alone; almost 2% are women at risk; and 0.2% are fleeing sexual- or gender-based violence.

The presence of refugees in Uganda has had a positive influence on the rates of consumption and access to private education in the communities that host them. This is due to increased channels of commerce in areas where more refugees are present, and the policies enforced by non-governmental organisations that allow for private education providers to be more common in areas with higher refugee populations.

Reasons for Fleeing

The Kivu Conflict

The conflict in the Kivu region of the DR Congo has persisted since before the First Congo War, and currently takes form as a conflict between ethnic groups with political actors having a major influence. Armed groups from the Congolese Babembe, Bafuliru, and Banyindu communities are fighting with the Rwandan Banyamulenge, as Rwanda borders the Kivu region. Many suggest that the conflict concerns control over land and resources, as Kivu is plentiful in minerals.

This conflict has resulted in the displacement of over 200,000 people and the destruction of many communities. Further, crucial facilities have been destroyed, including schools, hospitals, and clinics. As of August 2019, almost 2,000 civilians have been killed in this conflict.

Violence in Ituri

The conflict in the Ituri province of the DR Congo is a result of fighting between the Hema and Lendu ethnic groups. This violence has persisted for years, though it recently worsened as the availability of weapons in the area increased. Since September 2018, the Lendus have carried out an increasing amount of violent attacks against the Hemas, with crimes ranging from killings, raping, and destruction of crucial facilities.

During the summer of 2019, President Felix Tshisekedi of the DR Congo condemned the inter-ethnic group violence as attempted genocide. In January 2020, the United Nations released a report declaring the ethnic violence in the Ituri province to be crimes against humanity. Hundreds of Congolese seeking safety and stability cross into Uganda every day as a result of this conflict.

More than 700 people have been killed in this conflict, and hundreds are victims of sexual violence. The majority of these victims are from the Hema communities.

The Ebola Outbreak

Since 1976, there have been 10 outbreaks of Ebola in the DR Congo, with the most recent one beginning in August 2018 and continuing into the present. The current outbreak mostly effects the Ituri and North Kivu provinces, and the number of cases has officially surpassed 3,000. In July 2019, this outbreak was declared a public health emergency of international concern by a representative of the World Health Organisation.

The outbreak has slowed in 2020, with the last recorded case being confirmed on February 17. This is the largest Ebola outbreak in the DR Congo, and is the second greatest Ebola outbreak recorded worldwide.

Reasons for Coming to Uganda

Uganda currently hosts the greatest amount of refugees out of all the African countries, which may be due to their open-door refugee policy. In fact, the country's government has made welcoming and caring for refugees an important part of its national policy. Uganda's approach to refugees involves welcoming relatively anyone seeking refuge or asylum in the country, regardless of country of origin. They also allow refugees the freedom of movement and the right to pursue employment. Furthermore, refugee families are each given a piece of land so that they may benefit from agriculture.

Uganda has supported the Democratic Republic of the Congo since the government intervened in the war torn country in 1998.

Problems faced by Refugees

South Sudanese refugees being served food. Many of them complain of hunger due to the food rationing by World Food Program.

Last year (before when?), Uganda took in more refugees than any other country in the world. One of the major problems faced by the refugees is that **most of these stranded people are children**. Some of the challenges faced by refugees include agricultural productivity, information dissemination and distribution of goods.

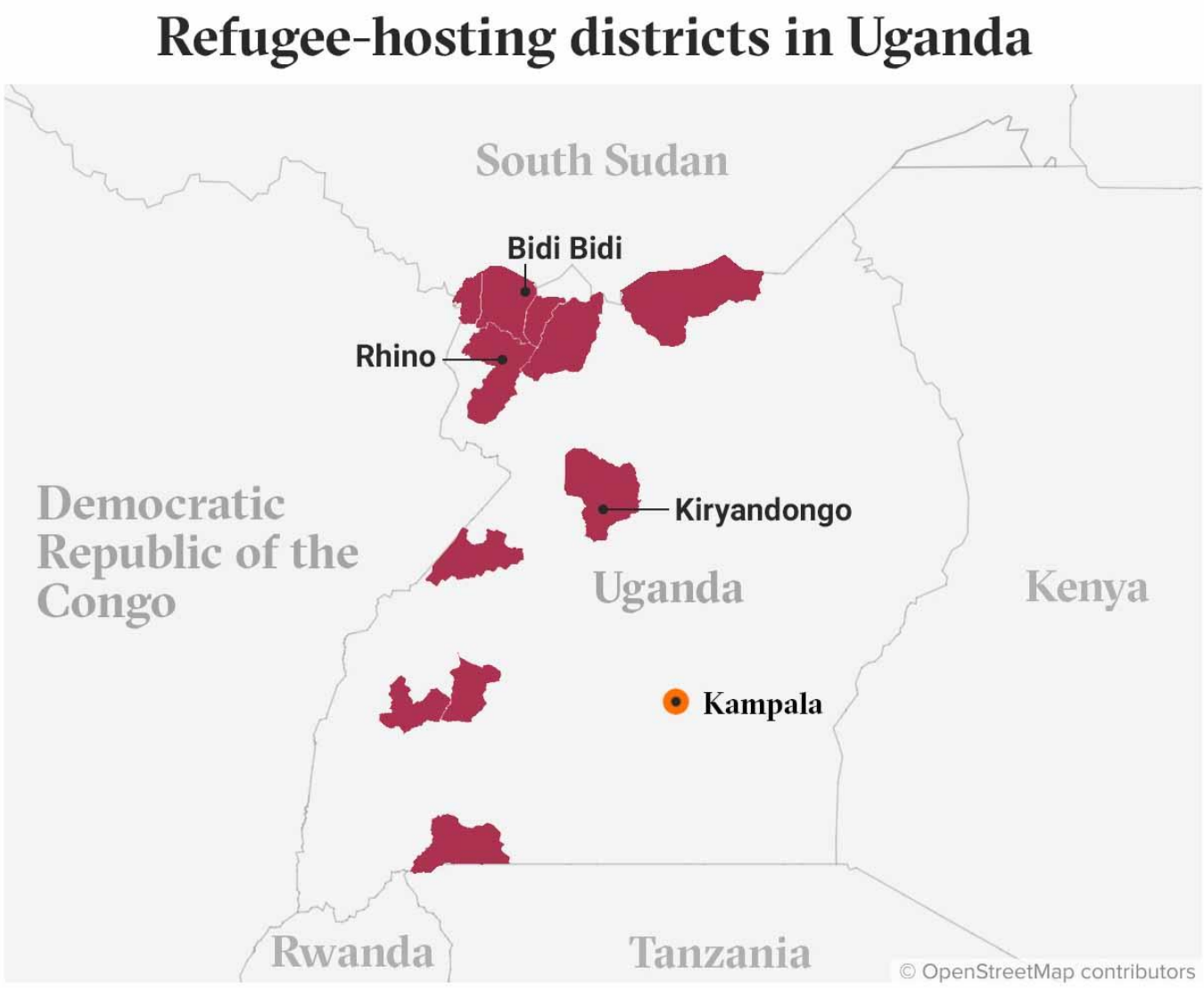
COVID-19 and Refugees

Refugees and otherwise displaced populations are particularly vulnerable because of the conditions in which they live. For example, many refugees live in camps or settlements with incredibly high population density and limited access to basic services. Refugees in camps and settlements also encounter difficulties in accessing reliable and accurate information due to a variety of barriers. Further, refugees around the world heavily rely upon the aid of humanitarian groups, non-governmental organisations, and governments; due to the pandemic, these groups will be focusing their efforts and finances on the virus.

In late March 2020, the Ugandan government announced that it would formally suspend the acceptance of refugees and asylum seekers into the country as the number of confirmed cases increased. Many fear the death toll from COVID-19 in Uganda will increase exponentially should the virus be introduced to the many refugee settlements. In addition, representatives of the United Nations Refugee Agency worry that the conditions of refugee settlements may enable the spread of the virus, as access to water is limited, and current food rations have been cut. Ugandan authorities have recently found it difficult to ensure that refugees are complying with the health and safety guidelines implemented by the government in order to limit the spread of the coronavirus. Musu Ecweru, Uganda's State Minister for Disaster Preparedness, explains that this lack of compliance may be due to the fact that many refugees come from countries where the governments are not trusted; as such, submitting to authority is unusual and difficult.

Problems caused by refugees

Uganda, for all its hospitality, has struggled to handle the large inflow of refugees. These refugees come to the country needing medical care as many are sick or injured from their journey. This has placed a lot of pressure on health officials in the country. In Uganda, there is approximately **one doctor to every 24,000 citizens, and one nurse per every 11,000**. This has presented challenges in caring for refugees. Initially, refugees used to be given some land to farm and take care of their families but because of the huge increase in the number of refugees, the country cannot do it anymore making it difficult for refugees to feed themselves. The presence of these refugees has not only made it difficult for Uganda to provide land but water and shelter as well. In part, the struggle for food by refugees has resulted from officials working these camps misusing the funds meant for the refugees to enrich themselves instead. This has led to the investigation of some of these officials.



List of Refugee settlements in Uganda.

Name	District	Number of Refugees	Approx. Size
Achol-Pii Refugee Settlement	Agago		
Bidi Bidi Refugee Settlement	Yumbe	224 048 (July 2022)	
Imvepi Refugee Settlement	Terego District	67,439	
Kiryandongo Refugee Settlement	Kiryandongo		
Kyaka II Refugee Settlement	Kyegegwa District		
Nakivale Refugee Settlement	Isingiro	35,000	
Palorinya Refugee Settlement	Moyo		
Rhino Camp Refugee Settlement	Madi-Okollo and Terego	145,820	225 km^2
Rhino Camp Extension Refugee	Terego District		
Rwamwanja Refugee Settlement	Kamwenge	70,000	
Kyangwali Refugee Settlement	Kibuube District		
Kampala Refugee Settlement	Kampala		
Nyumanzi Refugee settlement	Adjumani		
Agojo Refugee settlement	Adjumani		
Ayilo I Refugee settlement	Adjumani		
Ayilo II Refugee settlement	Adjumani		
Alere 2 Refugee settlement	Adjumani		
Baratuku Refugee settlement	Adjumani		
Boroli Refugee settlement	Adjumani		
Elema Refugee settlement	Adjumani		
Maaji I Refugee settlement	Adjumani		
Maaji II Refugee settlement	Adjumani		
Maaji III Refugee settlement	Adjumani		
Mirieyi Refugee settlement	Adjumani		
Mungula Refugee settlement	Adjumani		
Mungula II Refugee settlement	Adjumani		
Oliji Refugee settlement	Adjumani		
Olua I Refugee settlement	Adjumani		
Olua II Refugee settlement	Adjumani		
Pagrinya Refugee settlement	Adjumani		
Lobule Refugee settlement	Koboko	5,953	(5.9K)
Kyangwali Refugee settlement	Hoima		
Oruchinga Refugee settlement	Isingiro		
Palabek Refugee settlement	Lamwo		
Kyaka II Refugee settlement	Kyegegwa		
Adjumani Refugee Settlement	Adjumani		

UGANDA - POPULATION DASHBOARD

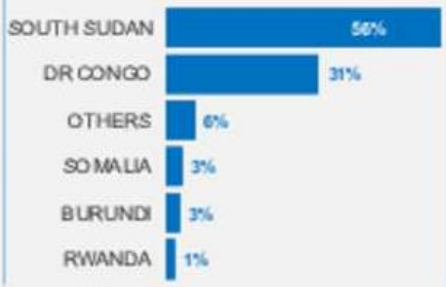
ANNEX II - Map - Refugees and Asylum Seekers

30-June-2024

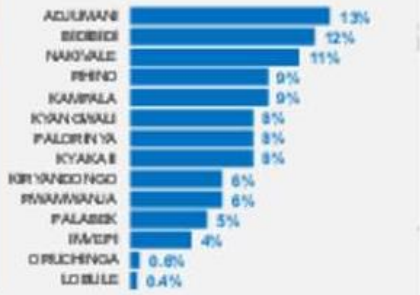
Total refugees and asylum-seekers

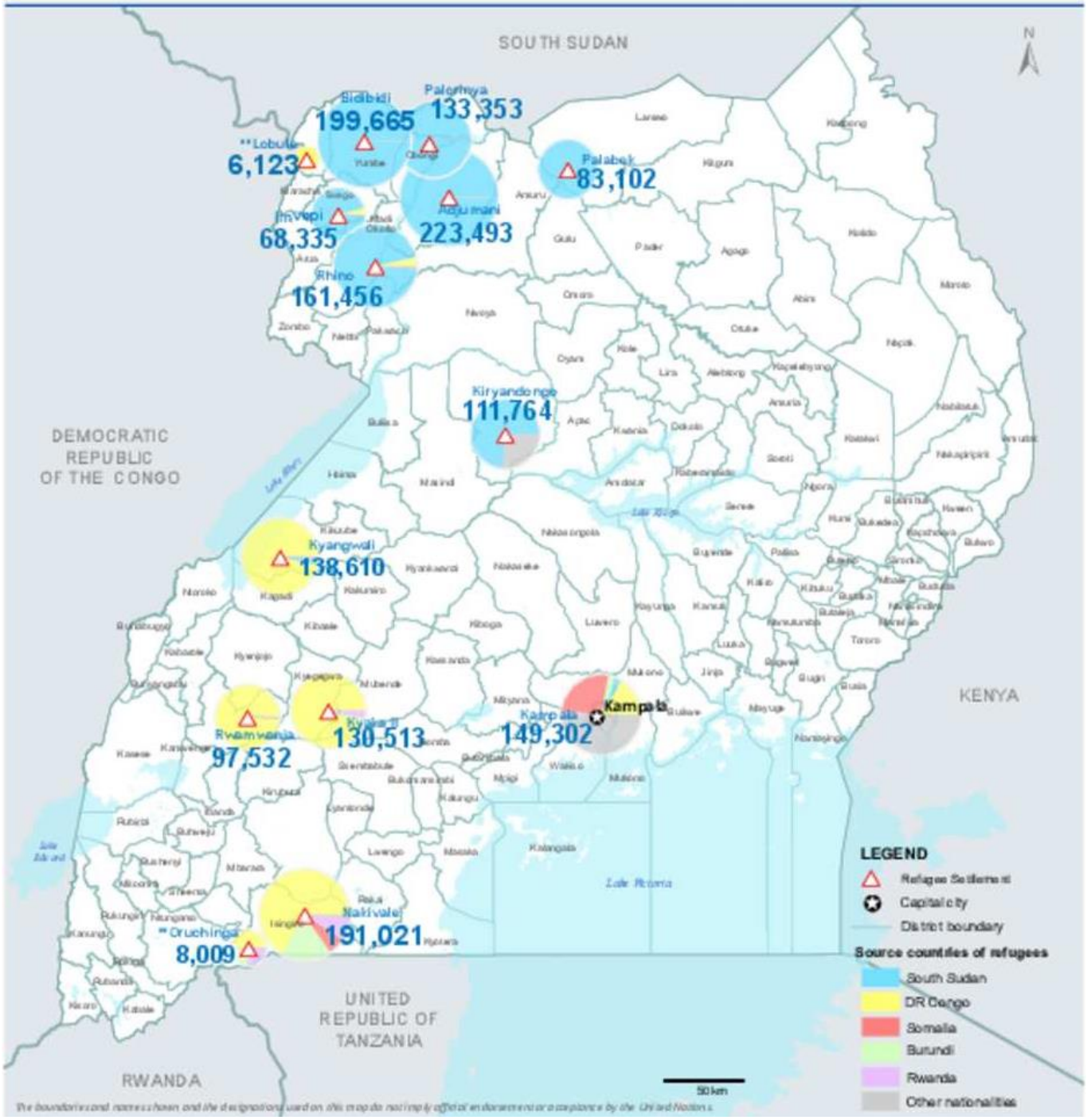
1,702,278

Countries of origin



Refugees per settlement

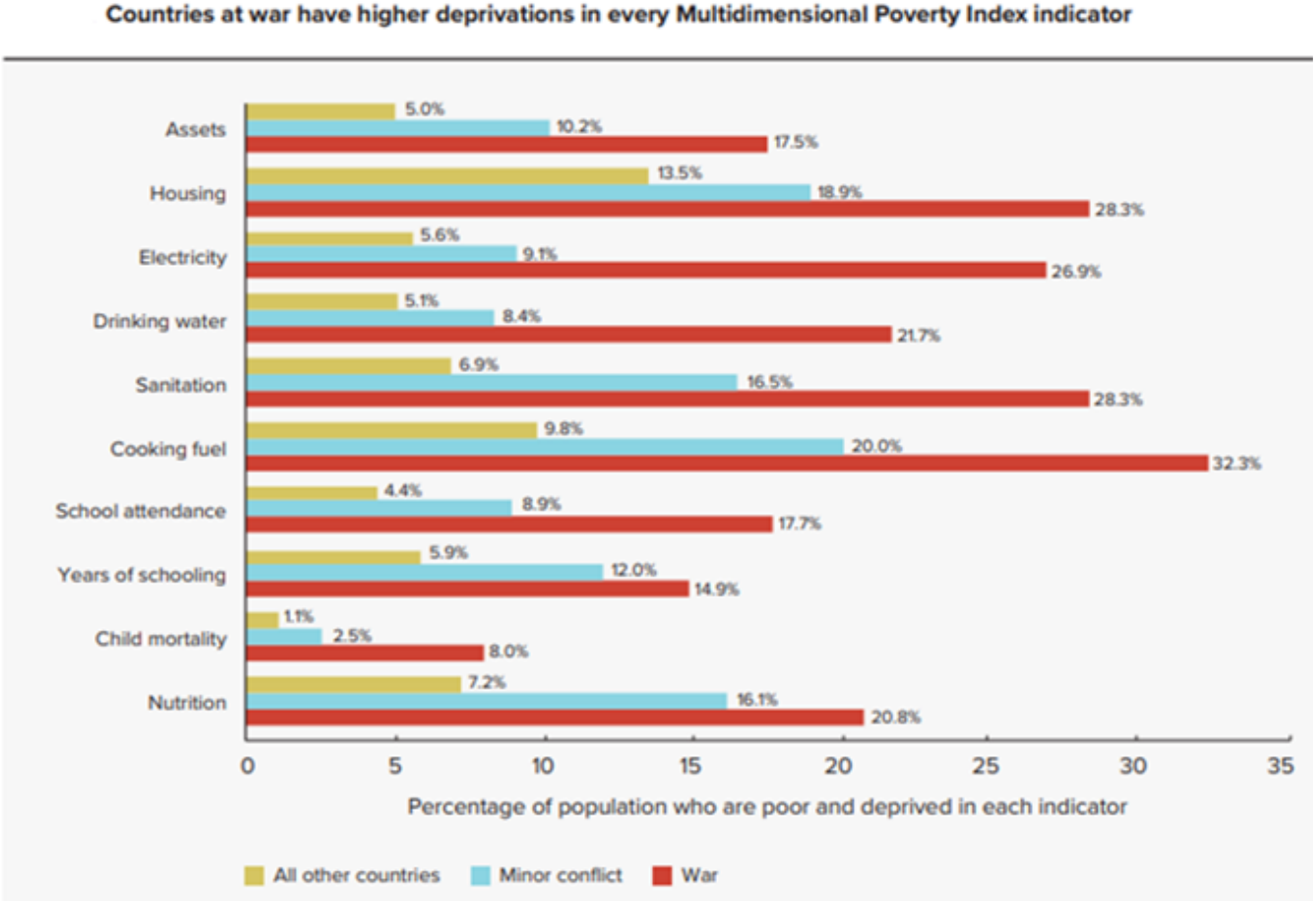




COMMERCIAL IN CONFIDENCE

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



	1940 population	total deaths	Percentage of population
Belarus	9,000,000	2,290,000	25.44%
Soviet Union	104,000,000	24,000,000	23.08%
Poland	34,849,000	6,000,000	17.22%
Ukraine	42,900,000	6,850,000	15.97%
Germany	86,755,281	7,700,000	8.88%
Japan	73,114,000	2,850,000	3.90%
China	550,000,000	20,000,000	3.64%
Phillippines	17,000,000	557,000	3.28%
France	41,000,000	600,000	1.46%
Italy	43,000,000	457,000	1.06%
India	318,660,580	3,087,000	0.97%
United Kingdom	48,216,000	450,700	0.93%
Austrialia	7,000,000	40,500	0.58%
United States	132,164,569	418,500	0.32%

NEW FEELINGS WAY A WAY OF LIVING.

To achieve limited living standard progress may require 3 generations (75 years) to unfold through engaging mind centric platforms, whereas similar progress may unfold within 1 decade (10 years) through engaging the living feelings first way of life.

To put this another way, the typical 12 year school curriculum can be covered and embraced within 4 years + obtaining a university degree when the curriculum is feelings orientated.

For the past 200,000 years, humanity has been led down the suppression and stagnation path of worshipping our mind!

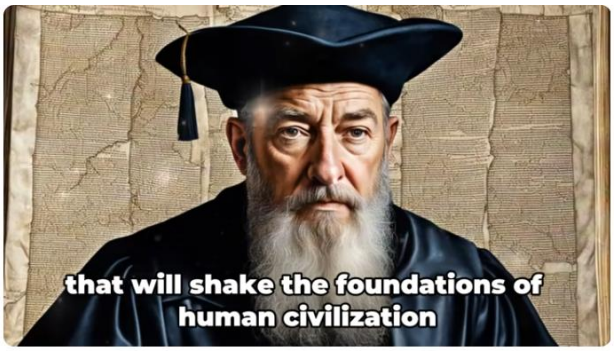
Now, we have the choice to free ourselves and evolve in every way imaginable.

What Baba Vanga predicted in the 1970s is now outlined in detail throughout the Pascas Papers. Further, what she inferred is now practical and proven through the lives of a few that have engaged with their feelings, living feelings first and then embracing Feeling Healing, together with asking for and longing to know the truth of what their feelings are drawing their attention to; and asking our Heavenly Mother and Father for Their Divine Love, we now have the first person living on Earth to have achieved a Celestial Soul Condition. Living feelings first progressively ends all the social ills and issues that we see around us – life is meant to be simple!

TERRIFYING: Psychic, Baba Vanga, Who Predicted 9/11 Makes a BIZARRE Prediction for 2025!

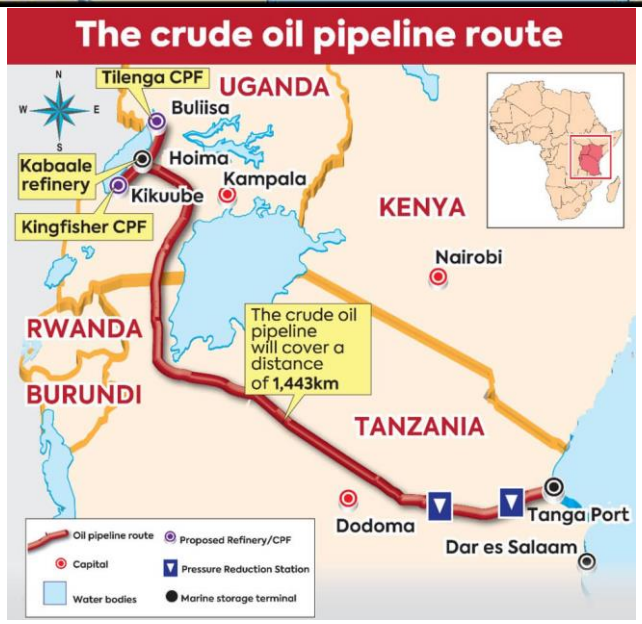
https://www.youtube.com/watch?v=QtqLGTy013I 20 December 2024
https://www.youtube.com/watch?v=t1ajSv7i78Q

TERRIFYING: Psychic Who Predicted 9/11 Makes a BIZARRE Prediction for 2025!

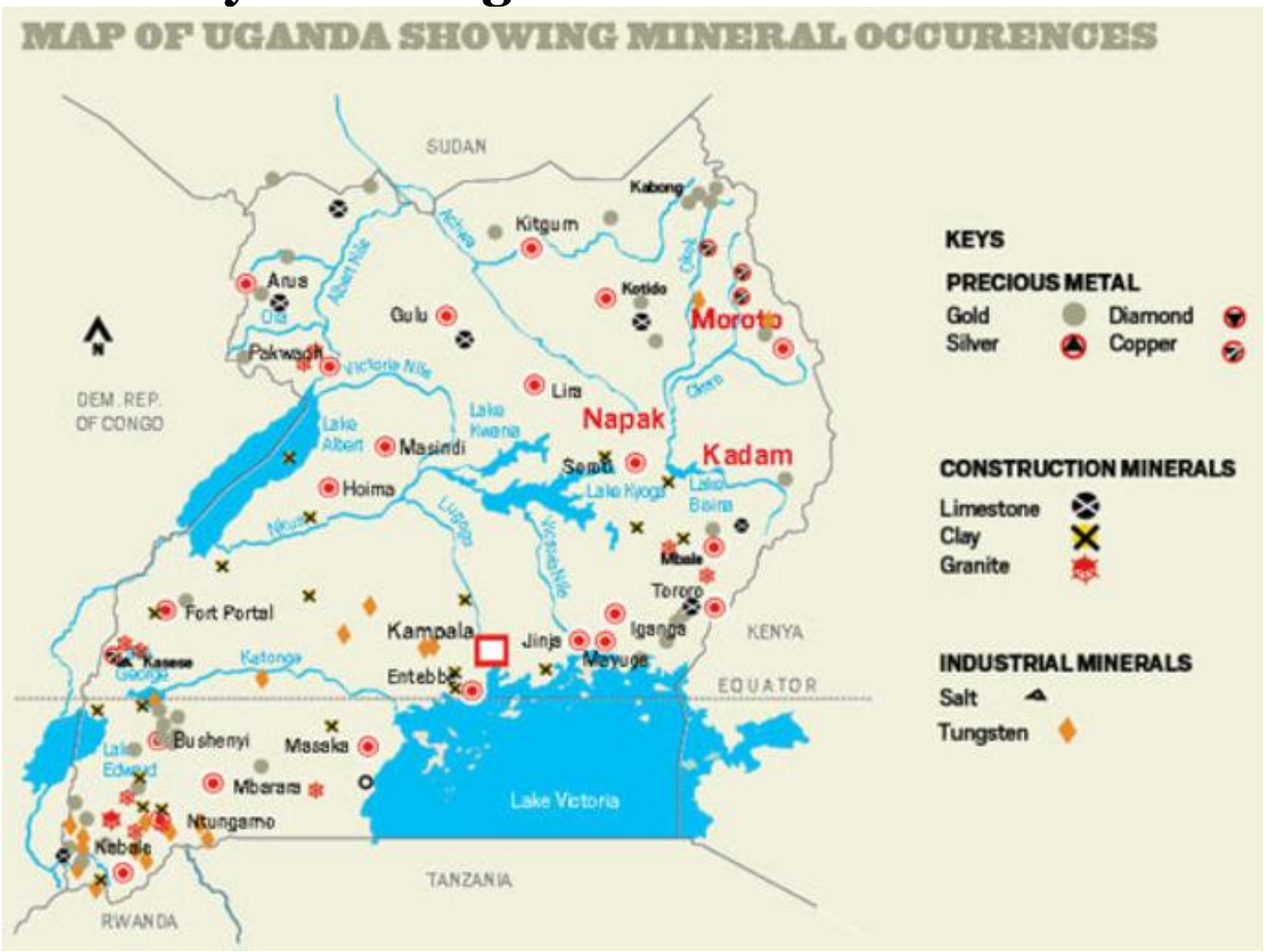


TERRIFYING: Psychic Who Predicted 9/11 Makes a BIZARRE Prediction for 2025!

Uganda Oil and Gas



Study shows Uganda's vast mineral riches



The government has discovered new deposits of high-value minerals in various parts of the country, this newspaper can reveal.

Official documents show that airborne geological surveys, aided with on-site scientific assessments, have provided evidence about the existence of gold deposits in Arua, Hoima, Masindi and Buhweju districts as well as Karamoja, eastern and south-eastern sub-regions.

More than 80% of the country has been surveyed for mineral quantities and locations. New geo-data shows that Uganda has large under-exploited mineral deposits of gold, oil, high grade tin, tungsten/wolfram, salt, beryllium, cobalt, kaolin, iron ore, glass sand, vermiculite, phosphates (agricultural fertiliser), uranium and rare earth elements. There are also significant quantities of clay and gypsum.

Natural Resources:

Uganda	Arable Land | Cobalt | Copper | Gold | Hydropower | Limestone | Salt

NOW to ENHANCE our LIFE EXPERIENCES!

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%

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

Pascas Care Letters Worldwide Survey.pdf

More than fifteen worldwide surveys, by numerous research institutions, all point to the fact that one's level of consciousness points to our level of societal issues and their intensity, health experiences, finances and all our life experiences. All can be indicated relative to one's level of consciousness as per the Map of Consciousness as developed and published by Dr David Hawkins in his book, 'Power vs Force'.

Further, the elephant in the room is our Childhood Suppression and then our ongoing Repression of our emotional injuries experienced as well as our errors of belief infused upon us by our parents and carers throughout our early childhood forming years, from conception through to the age of six years. By the time we are six years of age, we will be calibrating at a similar level as one or the other of our parents, should they differ, thus generation after generation imposes upon their children the same conditions as themselves – stagnation in our evolutionary growth in consciousness has prevailed almost since the first century at 190 MoC for humanity overall!

Through engaging kinesiology muscle testing in conjunction with Dr David Hawkins' Map of Consciousness, it is relatively easy to calibrate the level of truth and consciousness of anyone, any group of people, any community, state / province or nation of people as well as the level of truth of any statement, document, book or system. There are no secrets, all is revealed or revealable.

Truth is our pathway to freedom. We are truth seekers. The more we strive for truth, the more we have revealed to us. The more we express our feelings, both good and bad, AND long to know the truth behind what our feelings are drawing our attention to, and THEN we are to progressively express / release our emotional injuries AS WELL as our errors of belief. In this way we may progressively raise our individual level of consciousness. Freedom unfolds through truth. And truth is love.

Kindly look closely at the calibrations of consciousness – levels of truth – on the preceding two tables. Anything under 200 MoC is of untruth! The scale is based on the common log of 10!

Through changing from living mind-centric and suppressing our feelings TO embracing our feelings, LIVING FEELINGS FIRST and having our minds to follow in support of what our feelings are leading us to embrace we are actually opening the door to progress beyond 500 MoC.

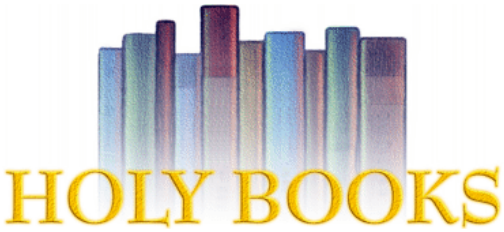
This has never been understood before now, before these writings referred to as the Pascas Papers!

PASCAS PAPERS

By also embracing and asking for, longing for, desiring to receive our Heavenly Mother and Father's Love, Their Divine Love, while also LIVING FEELINGS FIRST, we have opened the door to progress beyond 1,000 MoC. Yes, that has recently been achieved here on Earth.

Continue living as we are (were) then the same dramas of living a life of hell will prevail for us all – each of us now has a choice and it is as simple as what is now outlined throughout this document. You will find that the calibration of the level of truth, the MoC of these writings, is at the end of this paper.

So let us kindly outline what additional elements may be incorporated into the assistance that will not only greatly benefit refugees and asylum seekers, but all the people of the nation.



It matters not which book or books that one may adhere to, the following will apply:

All institutionalised platforms endeavour to have the woman subservient to the male. Our soul is a duplex, that is, our soul manifests TWO personalities, one is always a female and the other is always a male – we each have a soul partner – often referred to as a soulmate. Ultimately, when we each have healed of what we each have taken on of the Rebellion and Default, we will unite with our soul partner for eternity.

Women are closer to their feelings. We are to live feelings first with our mind in support, now, how we have each been taught to live is to be mind-centric. Consequently, hidden controllers imposed the notion that men are to dominate women as they would have put this absurdity of mind centricity living aside. That is what is now to change. We are to embrace the way of living feelings first and consequently women will attain their true status in life – equality.

As we grow in truth and consequently love, then by living through our feelings we are living how our Heavenly Parents intended us to be – thus true to God. We then do not have need of all the oppressive governmental rules which are suppressing our true personality and truth.

Further, as we are made in the image of our Heavenly Parents, that is our soul manifests a female and male personality, then our Heavenly Parents are both Mother and Father. Yes, we each can talk to Mum as well as Dad – separately or together! Amazing is it not!

We were induced to live mind-centric for the purpose of being kept subordinated to hidden controllers. By living mind-centre we cannot progress beyond 499 on the Map of Consciousness. You will find no nation of people calibrating anywhere near MoC 499. However, as communities emerge living Feelings First we will find such communities experiencing life at above 500 MoC, and then later on states / provinces and further on, then nations.

Our mind is unable to discern truth from falsehood, our mind is addicted to untruth as well as addicted to control over others and the environment. Consequently our thinkingness as well as assumption making is in error 98% of the time. Yes, the error rate is 98%. Consequently we end up reworking what we do if based on our assumptions. Further, thinking is arduous. Feelings are spontaneous and exhilarating as they are always in truth, our own soul based truth.

It is to be through open and free feelings orientated education, at all levels, that we will become aware of the option to live Feelings First and progressively put the shackles and enslavement of our minds behind us and then through our healing, evolve into harmony with our environment and all peoples thus putting behind illness, conflict and all the social ills that now prevail worldwide.

MoC 980

THE UGANDA GUIDE

https://www.theugandaguide.com/about-uganda/uganda-culture

Uganda lies entirely between the two arms of the Great Rift Valley in East Africa. To the west, it borders Zaire. This border coincides with the western Rift Valley occupied from north to south by Lakes Albert, Edward, George and Kivu. It is the most culturally diverse country in the world where by it has over 60 groups of people and over 30 indigenous languages. English and Kiswahili are the two official languages although English is mostly fluent to urban people than the rural people.

Uganda has a very strong cultural heritage where by many regions have kingdoms including Buganda, Busoga, Bunyoro and Toro. Ugandans are hospitable and come from a diversity of rich cultures and life styles. Each tribe has its own traditional dance. For example the Banyankole perform their Kitagururo dance, Banyoro perform Runyege, Bwora and Otole dances for the Acholi. The Alur people from the West Nile have the traditional Agwal dance, Bagisu have the Imbalu dance during circumcision ceremonies. The Bantu groups of people occupy the Southern half of the country and they constitute over 50% of Uganda's total Population. They were the earliest group to come to Uganda and comprise of Baganda, Banyoro, Basoga, Banyankole, Bakiga, Bafumbira, Batooro, Bakonjo, the Bamba, the Batwa, Banyole, Basamia- Bagwe and the Baggwere. Generally they occupy the East, Central, West, and Southern parts of Uganda

Uganda's diversity is boosted in the northeast by the presence of the karimojong, traditional cattle keepers and in the northwest by a patchwork of agricultural people whose languages and cultures are rooted in what is now currently Sudan. The Rwenzori foothills are home to the Bakonjo whose hunting shrines are dedicated to a one-legged, armed, eyed pipe smoking people.

Uganda's various cultures become quite evident as you visit the Ndere Centre and witness the various cultural, traditional dances performed from across Uganda.

People and Culture

Generally, Uganda's people are very relaxed, friendly, and tolerant. A tourist on a Uganda safari holiday would have to do something pretty outrageous to get into a bitter feud with a Ugandan.
However, like any other country, Uganda does have its cultural rules and etiquette.

Unique Culture and Friendly People

https://directionallychallengedtraveler.com/the-pearl-of-africa/

Uganda is a melting pot of ethnic richness, home to a tapestry of over 56 unique tribes and an impressive variety of over 50 languages spoken across the country. This linguistic diversity creates a cultural mosaic that is as vibrant as it is varied, offering endless opportunities for exploration and discovery to any keen wanderer. The heart of Uganda, its central region, is where these myriad cultures converge, spinning a kaleidoscope of traditions, norms, and daily life that is fascinating to behold. Visitors to Uganda are often struck by the warmth and friendliness of its people, who are known for their hospitality and eagerness to share the delights of their homeland with outsiders. Winston Churchill himself, on his travels in 1907, was captivated by the exceptional warmth and receptiveness of the Ugandan people, an enchanting characteristic that resonates through generations and continues to define the essence of the Ugandan spirit.

Spencer and my dad dancing with a local dance group.

Rich and Vibrant Cultures

Uganda's cultural scene is a dazzling array of dances, languages, and traditions, each reflecting the identity of the tribe it hails from. The Kiganda dance of the Baganda and the Kitagururo dance of the Banyankole are just two examples of the traditional dances that add to Uganda's cultural vibrancy. The historical allure of Uganda has drawn the attention of notable figures, from colonial-era British dignitaries to world leaders, all captivated by the country's cultural significance. Integral to Uganda's cultural landscape are its kingdoms such as Buganda, Busoga, Bunyoro, and Toro, with each playing a distinct role in crafting the rich cultural mosaic that is uniquely Ugandan. Tourists can dive deep into this cultural wellspring at the Ndere Cultural Center, where a diverse array of over 45 ethnic groups illustrates the rich and varied traditions that animate this East African gem.

The Warmth and Hospitality of the Ugandan People

Ugandans possess a natural warmth and welcoming nature that is deeply intertwined with tourism. Guests in Uganda often recount how they are embraced with a hospitality so heartfelt, it's like coming home. This is a reflection of an African cultural tradition where a host feels a deep sense of responsibility for their guest's well-being, a trait that Winston Churchill felt strongly during his visit in 1907. For visitors, communication is facilitated by the widespread use of English, a legacy that renders Uganda one

of Africa's most adept English-speaking nations. This ease of interaction is a significant attribute that attracts tourists to the country's hospitable shores. The cultural diversity of the 50 million-strong population, ranging from Central Sudanic to Nilotic and Bantu speakers, enriches visitor's experiences in a land where tradition and modernity are seamlessly intertwined.

Winston Churchill's Description of Friendly People

The friendliness and warmth of the Ugandan people made such a profound impression on Winston Churchill that he remarked upon it in his musings. He observed that Ugandans possessed a welcoming spirit that set them apart from others in Africa, a sentiment that has remained unchanged since his visit in 1907. Churchill lauded Uganda as the African country that deftly bridges communication gaps with its robust English-speaking population, undoubtedly enhancing the overall visitor experience. He appreciated the deep-rooted practice of Ugandans to take guest hospitality to heart—a tradition of warmth that still endures today and remains a cornerstone of the Ugandan identity.

Abundance of Natural Resources

An agricultural powerhouse, Uganda's fertile soils work hand-in-hand with its equatorial climate to create conditions ideal for crop growth. **Nearly half of East Africa's arable land lies within Uganda's borders.** This allows the nation to be a leading producer of staple foods and export crops, including the highly sought-after Arabica coffee. The soil, enriched by volcanic activity and regular rainfall, is so nourishing that it supports a diverse range of fruits. As a result, Uganda's agricultural landscape is not only resilient but also incredibly generous. Over 50 varieties of bananas, pineapples, passion fruit, and mangoes emerge from the country's expanses. Thanks to multiple harvest seasons, this tropical fruit paradise ensures a relentless yield of fresh produce, bolstering food security and providing a continuous stream of delicacies all year round.

Uganda is a Tropical Fruit Paradise

You can walk through a verdant grove in Uganda, hands brushing against branches heavy with many tropical fruits – bananas of all shapes and sizes, pineapples with their regal crowns, exotic passion fruit, succulent mangoes, and more. We often saw locals balancing hundreds of bananas on their bikes! Uganda's fertile plains and valleys yield more than just a few staples; they offer a cornucopia of over 50 kinds of bananas alone, a true testament to the country's botanical bounty. Not to be outshone, avocados from Uganda are heralded as some of the world's finest, a green creamy stone fruit that is pivotal to many local and international kitchens. For tourists and locals alike, the country's rich tapestry of fresh fruits landscape, offering a living mosaic of taste, colour, and nutritious living, proving Uganda to truly be a tropical fruit paradise.

Ugandan Culture

https://www.everyculture.com/To-Z/Uganda.html

Orientation

Identification. Lake Kyoga serves as a rough boundary between Bantu speakers in the south and Nilotic and Central Sudanic language speakers in the north. Despite the division between north and south in political affairs, this linguistic boundary actually runs roughly from northwest to southeast, near the course of the Nile. However, many Ugandans live among people who speak different languages, especially in rural areas. Some sources describe regional variation in terms of physical characteristics, clothing, bodily adornment, and mannerisms, but others claim that those differences are disappearing.

Location and Geography. Bantu speakers probably entered southern Uganda by the end of the first millennium. They had developed centralised kingdoms by the fifteenth or sixteenth century, and after independence from British rule in 1962, Bantu speakers constituted roughly two-thirds of the population. They are classified as either Eastern Lacustrine or Western Lacustrine Bantu. The Eastern Lacustrine Bantu speakers include the Baganda people whose language is Luganda, the Basoga, and many smaller societies in Uganda, Tanzania, and Kenya. The Western Lacustrine Bantu speakers include the Banyoro, the Bastoro, the Banyankole, and several smaller populations in Uganda.

Nilotic language speakers probably entered the area from the north beginning about C.E. 1000. Thought to be the first cattle-herding people in the area, they also relied on crop cultivation. The largest Nilotic populations in Uganda are the Iteso and Karamojong ethnic groups, who speak Eastern Nilotic languages, and the Acholi, Langi, and Alur, who speak Western Nilotic languages. Central Sudanic languages, which arrived in Uganda from the north over a period of centuries, are spoken by the Lugbara, the Madi, and a few small groups in the north-western part of the country.

Demography. The population was about twenty-three million in mid-1999. The Eastern Lacustrine Bantu include the Baganda, the Basoga, and the Bagisu. The Baganda, the largest ethnic group, account for about 17% of the population, or approximately 3.9 million people. The second largest ethnic group, the Basoga, make up about 8% of the population, or 1.8 million people, while the Bagisu constitute roughly 5% of the population, or just over a million people. The Western Lacustrine Bantu—the Banyoro, Batoro, and Banyankole people—probably constitute around 3% of the population, or 700,000 people each.

The Eastern Nilotic language groups include the Karamojong cluster, the Iteso and the Kakwa. The Karamojong account for around 12% of the population (2.8 million), the Iteso amount to about 8% (1.8 million), and the Kakwa constitute 1% (about 230,000). The Western Nilotic language groups include the Langi and Acholi as well as the Alur. Together they account for roughly 15% of the population, or about 3.4 million people, with the Langi contributing 6% (1.4 million), the Acholi 4% (900,000), and the Alur probably about 2% (460,000).

Central Sudanic languages are spoken by about 6% of the population, mostly in the northwest. The Lugbara (roughly 3.8% of the total, or 870,000) and the Madi (roughly 1.2%, or 275,000) are the largest of these groups, representing the south-eastern corner of a belt of Central Sudanic language speakers stretching from Chad to Sudan.

About 10,000 Ugandans of Sudanese decent are classified as Nubians. They are descendants of Sudanese military recruits who came in the late nineteenth century as part of the colonial army. Rwandans, who constituted almost 6% of the population (more than one million) in the late 1950s, included Hutu and Tutsi groups. The government attempted to limit Rwandan influence by restricting those who lacked Ugandan citizenship to refugee camps and expelling some to Tanzania.

In the late 1980s, more than 120,000 Rwandans were recognised as refugees. Asians, who in the 1969 census amounted to some seventy thousand people, mainly of Indian and Pakistani descent, were officially considered foreigners despite the fact that more than half were born in Uganda. After independence and especially when the Obote government threatened to nationalise many industries in 1969, Asians exported much of their wealth and were accused of graft and tax evasion. President Idi

Amin deported about seventy thousand Asians in 1972, and only a few returned in the 1980s to claim their expropriated land, buildings, factories, and estates. In the 1990s, there were about ten thousand Asians in the country.

Linguistic Affiliation. Introduced by the British in the late nineteenth century, English was the language of colonial administration. After independence, it became the official language, used in government, commerce, and education. Official publications and most major newspapers appear in English, which often is spoken on radio and television. Most residents speak at least one African language. Swahili and Arabic also are widely spoken.

History and Ethnic Relations

Emergence of the Nation. After independence in 1962, ending a period of colonisation that began in 1885, there was little indication that the country was headed for social and political upheaval. Instead, Uganda appeared to be a model of stability and progress. It had no white settler class attempting to monopolise the cash crop economy, and there was no legacy of conflict. It was the African producers who grew the cotton and coffee that brought a higher standard of living, financed education, and led to high expectations for the future.

Independence arrived without a national struggle against the British, who devised a timetable for withdrawal before local groups had organised a nationalist movement. This near absence of nationalism among the country's ethnic groups led to a series of political compromises.

National Identity. Ethnic and religious divisions as well as historical enmities and rivalries contributed to the country's disintegration in the 1970s. There was a wide gulf between Nilotic speakers in the north and Bantu speakers in the south and an economic division between pastoralists in the drier rangelands of the west and north, and agriculturists, in the better-watered highland and lakeside regions. There was also a historical division between the centralised and sometimes despotic rule of the ancient African kingdoms and the kinship-based politics elsewhere. The kingdoms were often at odds in regard to the control of land. During the colonial period, the south had railways, cash crops, a system of Christian mission education, and the seat of government, seemingly at the expense of other regions. There also were religious groups that had lost ground to rivals in the past, for example, the domination of Muslims at the end of the nineteenth century by Christians allied to British colonialism. **All these divisions precluded the formation of a national culture.**

Ethnic Relations. After independence, there were conflicting local nationalisms. The Buganda's large population, extensive territory in the favoured south, and self-proclaimed superiority created a backlash among other Ugandan peoples. Nubians shared little sense of identification with other groups. The closely related peoples of nearby Zaire and the Sudan soon became embroiled in civil wars in the 1960s and 1970s, drawing in ethnically related Ugandans. Today relations are relatively harmonious. However, suspicion remains with the president believing to favour certain groups from the west of the country over others.

Food and Economy

Food in Daily Life. Most people, except a few who live in urban centres, produce their own food. Most people eat two meals a day: lunch and supper. Breakfast is often a cup of tea or porridge. Meals are prepared by women and girls; men and boys age twelve and above do not sit in the kitchen, which is separate from the main house. Cooking usually is done on an open wood fire. Popular dishes include *matoke* (a staple made from bananas), millet bread, cassava (tapioca or manioc), sweet potatoes, chicken and beef stews, and freshwater fish. Other foods include white potatoes, yams, corn, cabbage, pumpkin, tomatoes, millet, peas, sorghum, beans, groundnuts (peanuts), goat meat, and milk. Oranges, papayas, lemons, and pineapples also are grown and consumed. The national drink is *waragi* , a banana gin. Restaurants in large population centres, such as Kampala (the capital), serve local foods.

Basic Economy. Most food is produced domestically. Uganda exports various foodstuffs, including fish and fish products, corn, coffee, and tea. The environment provides good grazing land for cattle, sheep, and goats. Agriculture is the most important sector of the economy, employing over 80% of the workforce. Much production is organised by farmers' cooperatives. Smallholder farmers predominated in the 1960s and 1970s but declined as a result of civil conflict. In the 1980s, the government provided aid to farmers, and by the middle of the decade nearly a hundred ranches had been restocked with cattle.

Lakes, rivers and swamps cover about 20% of the land surface, and fishing is an important rural industry. The basic currency is the shilling (UGX).

Land Tenure and Property. At independence, the country was a patchwork of district administrations subdivided into counties and consolidated into provinces. As a result of a treaty with the British in 1900, Uganda retained its monarchy together with a modified version of its government and a distinctive form of quasi-freehold land tenure. Land was divided between the protectorate government and the kabaka (king), chiefs, and other tribal notables. This *mailo* land quickly became an important element in the colonial farming economy.

Uganda has a long history of diverse laws and social systems governing land tenure. Since the promulgation of the Land Reform decree of 1975, only two systems of land tenure exist (leasehold and customary tenure), but in practice a complex mixture of systems (including customary, leasehold, and freehold) continue to exist. The government attempted to simplify and unify the land tenure system. A major development in that process has been the inclusion of land tenure in the constitution of 1995. However, issues such as women's right to own land require furth er consideration.

Uganda's National Mosque of Kampala. Roughly 15% of Ugandans are Muslims

Commercial Activities. The major goods and services produced for sale are foodstuffs and cash crops for exportation, with coffee as the major export crop. Uganda escaped widespread famine in the late 1970s and 1980s because many people, including urban residents, resorted to subsistence cultivation. Both commercial and subsistence farming operated in the monetary and nonmonetary sectors, presenting the government with problems of organisation and taxation. By the late 1980s, government reports estimated that about 44% of gross domestic product (GDP) originated outside the monetary economy. Most nonmonetary activity was agricultural. (The size of Uganda's informal economy is estimated to be **34.5% which represents approximately $47 billion** at GDP PPP levels.

Major Industries. When the present government seized power in 1986, industrial production was negligible, consisting mostly of the processing of crops and the production of textiles, wood and paper products, cement and chemicals. Industry was a small part of GDP in the late 1980s, operating at approximately one-third of the level of the early 1970s. Under Museveni, there has been some industrial rejuvenation, although this has amounted to not much more than the repair of damage done during the civil war to the industrial infrastructure. The sugar industry was rehabilitated through joint ventures involving the private sector and the government. By the 1990s there was a refining capacity of at least 140,000 tons of sugar annually. Other rehabilitated industries include beer brewing, tobacco, cotton, and cement. About 4%t of adults worked in industry by the 1990s. During the 1990s, industrial growth was 13.2%.

Trade. In 1998, the country exported products worth US$575 million. The main export commodities were coffee (54% of the total value), gold, fish and fish products, cotton, tea, and corn. The countries receiving most of these products were Spain, Germany, the Netherlands, France, and Italy. The main imports include chemicals, basic manufactured goods, machinery, and transport equipment.

Division of Labour. In the mid-1990s the labour force was estimated to be about 8.5 million, with more than 85% working in agriculture, 4% in industry, and 10% in the services sector. Jobs are allocated according to ability and preference.

Social Stratification

Classes and Castes. Although there are no castes, there is a relatively high degree of social inequality. In the mid-1990s, 55% of the population lived below the poverty line. The top 10% owned about one-third of the available wealth, while the bottom 10% owned 3%. Wealth distribution is governed by class position. The richest people live mostly in the capital, Kampala.

Symbols of Social Stratification. Social stratification is governed primarily by level of education and status derived primarily from employment. Among the elites, English is the language of communication, and these people dress in a modern Western fashion. Others tend to wear traditional dress.

Political Life

Government. Under the constitution of 1995, legislative power is in the hands of a unicameral parliament (the National Resistance Council) with 276 members (214 elected directly and 62 appointed). Executive powers are held by the president, who is directly elected for a five-year term. On coming to power in 1986, the government introduced "no-party" democracy known as the "movement system" with a national network extending from the capital to the rural areas. Only one political organisation, formerly the National Resistance Movement (or NRM) and now known as the "Movement," is recognised; it is the party of President Museveni. Among the parties that exist but are not allowed to sponsor candidates, the most important are the Ugandan People's Congress (UPC), the Democratic Party (DP), and the Conservative Party (CP).

Leadership and Political Officials. It is alleged that one of the main criteria for advancement in the current government is whether an individual fought in President Museveni's guerrilla army, which was instrumental in bringing the regime to power in 1986. Those people are said to have achieved their positions through a combination of hard work, influence peddling, and corruption.

Social Problems and Control. After the victory of the National Resistance Army (NRA) in 1986, the NRA assumed responsibility for internal security. The police force was reorganised and, together with other internal security organs, began to enforce law and order in all districts except those experiencing rebel activity. There are two continuing civil wars against the "Lord's Resistance Army" and against guerrillas based in the Sudan. In 1995, the government established a legal system based on English common law and customary law. There is a court of appeal and a high court, both with judges appointed by the president. The most common crimes are theft and, in some parts of the country, banditry.

Military Activity. Uganda has an army, a navy, and an air force. The NRA has about seventy thousand troops. Recruitment is voluntary; there is no fixed term of service, and both men and women serve. In 1999, Ugandan military forces supported the rebel forces in the civil war in the Democratic Republic of Congo.

Women preparing food in Kampala. All meals are prepared by women in Uganda; boys over age twelve are banned from the kitchen.

Social Welfare and Change Programs

In 1987, the government launched a four-year Rehabilitation and Development Plan to restore the nation's productive capacity, especially in industry and agriculture, and rehabilitate the social and economic infrastructure. The plan targeted industrial and agricultural production, transportation, and electricity and water services, envisioning an annual 5% growth rate. Transportation would receive the major share of funding, followed by agriculture, industry and tourism, social infrastructure, and mining

and energy. Although the international financial community provided debt rescheduling and new loans, the level of economic recovery was modest. Improved security and private sector development contributed to economic growth and the rehabilitation of the social infrastructure in the 1990s, but external shocks, an overvalued currency, and high government spending limited economic progress.

Nongovernmental Organisations and Other Associations

Political conflict and the near disintegration of the state under Milton Obote and Idi Amin in the 1970s and early 1980s, led to the incorporation of autonomous self-help organisations and nongovernmental organizations (NGOs). Foreign and indigenous NGOs concerned with developmental, social, and political goals have flooded Uganda since the mid-1980s. In general, NGOs have been effective in addressing the needs of service provision and alleviating poverty. For groups of traditionally disadvantaged people such as physically disabled persons and women, NGOs have provided guaranteed political representation at every level of the society.

Gender Roles and Statuses

Division of Labour by Gender. Traditionally, **women's roles were subordinate to those of men** despite the substantial economic and social responsibilities of women in traditional Ugandan societies. **Women were taught to accede to the wishes of their fathers, brothers, husbands, and other men and to demonstrate their subordination to men in public life.** Into the 1990s, women in rural areas of Buganda were expected to kneel when speaking to a man. However, women had the primary responsibility for child care and subsistence agriculture while contributing to cash crop agriculture. Many Ugandans recognised women as important religious leaders who sometimes had led revolts that overthrew the political order dominated by men. In some areas, women could own land, influence crucial political decisions made by men, and cultivate cash crops.

The people of Kalunga village celebrate the victory of Kintu Musoke in the 1994 nonpartisan general election in Uganda.

The Relative Status of Women and Men. In the 1970s and 1980s, political violence had a heavy toll on women. Economic hardship was felt in the home, where women and children lacked the economic opportunities available to most men. Women's work became more time-consuming, and the erosion of public services and infrastructure reduced access to schools, hospitals, and markets. However, some Ugandan women believed that the war years strengthened their position in society, and the Museveni government has pledged to eliminate discrimination against women. During the civil war, women were active in the NRA. The government decreed that one women would represent each district on the National Resistance Council, and the government owned Uganda Commercial Bank established a rural credit plan to make farm loans available to women.

Marriage, Family, and Kinship

Marriage. Family prosperity in rural areas involves the acquisition of wives, which is accomplished through the exchange of bridewealth. Since the 1950s a ceiling on bridewealth has been set at five cows and a similar number of goats. The payment of bridewealth is connected to the fact that men "rule" women. Polygynous marriages have reinforced some aspects of male dominance but also have given

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women an arena for cooperating to oppose male dominance. A man may grant his senior wife "male" status, allowing her to behave as an equal toward men and as a superior toward his other wives. However, polygynous marriages have left some wives without legal rights to inheritance after divorce or widowhood.

Domestic Unit. The extended family is augmented by a kin group. Men have authority in the family; household tasks are divided among women and older girls. Women are economically dependent on the male next of kin (husband, father, or brother). Dependence on men deprives women of influence in family and community matters, and ties them to male relationships for sustenance and the survival of their children.

A woman winnowing grain in the Virunga National Park. More than 80% of the workforce is employed in agriculture.

Inheritance. Land reform is a continuing aspect of constitutional debate. Suggestions for a new land policy were part of the draft constitution submitted to the president of the Constitutional Commission in late 1992, though little consideration had been given to the issue of women's right to own and inherit land. Although women make a significant contribution in agriculture, their tenure rights are fragile. The determination and protection of property rights have become important issues as a result of civil war and the impact of AIDS. However, the state's legal stand on inheritance recognises the devolution of property through statutory as well as customary law.

According to the law, a wife equally with a husband is entitled to 15% of the spouse's estate after death. The practice, though, is that in the majority of cases a man inherits all of his wife's property, while culture dictates that a woman does not inherit from her husband at all. In other words, regarding inheritance, where there is conflict between cultural unwritten law and the written modern law, the cultural laws tend to take precedence.

Kin Groups. For many people, clan, lineage, and marriage provide the framework of daily life and access to the most significant resources. Farming is largely a family enterprise, and land and labour are available primarily through kin.

A farm with terraced fields near Kibale. Coffee, cotton, tea, and corn are among the most common agriculture exports.

Socialisation

Infant Care. Virtually all infant care is undertaken by women and older girls at home.

Child Rearing and Education. Mothers bore an average of over seven children in the late 1990s, and the use of family planning is low. The death of children is commonplace, with an estimated ninety deaths per one thousand live births. Boys are more likely to be educated to the primary and secondary levels than are girls. Among the 62% of the population that is literate, nearly three-quarters are men.

Higher Education. Established in 1922, Makerere University in Kampala was the first college in East Africa. Its primary aim was to train people for government employment. In the 1980s, it expanded to include colleges of liberal arts and medicine serving more than five thousand students. In the early 1990s, there were about nine thousand students. The Islamic University at Mbale, financed by the Organisation of the Islamic Conference, opened in 1988. This college provides Islamic educational services primarily to English-speaking students from African countries. In 1989, a second national university campus opened in Mbarara, with a curriculum designed to serve rural development needs. Development plans for higher education rely largely on international and private donors. Most residents value higher education, perceiving it as an essential aspect of national development.

Etiquette

Shaking hands is the normal form of greeting. Casual dress is considered appropriate in the daytime and evening. It is customary to give waiters and taxi drivers a 10% tip. Etiquette is important at family meals. When a meal is ready, all the members of the household wash their hands and sit on floor mats. Visitors and neighbours who drop in are expected to join the family at a meal. Normally a short prayer is said before the family starts eating. During the meal, children talk only when asked a question. It is considered impolite to leave the room while others are eating. Leaning on the left hand or stretching one's legs at a meal is a sign of disrespect. When the meal is finished, everyone in turn gives a compliment to the mother.

Religion

Religious Beliefs. One-third of the population is Roman Catholic, one-third is Protestant, and 16% is Muslim; 18% believe in local religions, including various millenarian religions. World religions and local religions have coexisted for more than a century, and many people have established a set of beliefs about the nature of the universe by combining elements of both types. There is a proliferation of religious discourses centring on spirits, spirit possession, and witchcraft.

Religious Practitioners. Religious identity has economic and political implications: church membership has influenced opportunities for education, employment, and social advancement. Religious practitioners thus are expected to provide a range of benefits for their followers. Leaders of indigenous religions reinforce group solidarity by providing elements necessary for societal survival: remembrance of ancestors, means of settling disputes, and recognition of individual achievement. Another social function of religious practitioners is helping people cope with pain, suffering, and defeat by providing an explanation of their causes. Religious beliefs and practices serve political aims by bolstering the authority of temporal rulers and allowing new leaders to mobilise political power and implement political change.

Rituals and Holy Places. In Bantu-speaking societies, many local religions include a belief in a creator God. Most local religions involve beliefs in ancestral and other spirits, and people offer prayers and sacrifices to symbolise respect for the dead and maintain proper relationships among the living. Mbandwa mediators act on behalf of other believers, using trance or hypnosis and offering sacrifice and prayer to beseech the spirit world on behalf of the living.

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Uganda has followers of Christianity, Islam, and African traditional religions. Ugandan Muslims make pilgrimages to Mecca when they can. Followers of African religions tend to establish shrines to various local gods and spirits in a variety of locations.

Death and the Afterlife. Death is sometimes interpreted in the idiom of witchcraft. A disease or other cause of death may not be considered the true cause. At a burial, if the relatives suspect someone of having caused the deceased person's death, a spirit medium may call up the spirit of the deceased and ask who really killed him or her.

Medicine and Health Care

Health services deteriorated in the 1970s and 1980s, as a result of government neglect, violence, and civil war. In the 1990s, measles, respiratory tract infections, and gastro enteritis caused one-half of all deaths attributed to illness, and malaria, AIDS, anaemia, tetanus, whooping cough, and respiratory tract infections also claimed many lives. Infant mortality was often caused by low birth weight, premature birth, or neonatal tetanus. The entire health care system was served by less than a thousand doctors in the 1990s. Care facilities included community health centres, maternity clinics, dispensaries, leprosy centres, and aid posts. Today there is at least one hospital in each district except the southern district of Rakai. In the sparsely populated northern districts, people sometimes travel long distances to receive medical care, and facilities are inferior to those in the south. Those who live far from or cannot afford modern health care depend on traditional care. Women are prominent among traditional healers.

Secular Celebrations

The major holidays are New Year's Day, 1 January; Liberation Day, 26 January; International Women's Day, 8 March; Labour Day, 1 May; National Heroes Day, 9 June; and Independence Day, 9 October.

The Arts and Humanities

Support for the Arts. Most artists are self-supporting as there is virtually no state support. Small-scale, local initiatives take place, but it has been difficult to establish viable sectors because of the disruptions caused by long-term political conflict and economic decline.

Literature. The development of literature is at an early stage. It has been held back by the years of civil war.

Graphic and Performance Arts. Performing arts often are associated with different ethnic groups throughout the country.

The State of the Physical and Social Sciences

The physical and social sciences are generally under-developed as a result of civil instability and conflict and the development of other priorities centred on national reconstruction. Makerere University is still in operation but virtually all expatriate staff, once the backbone of the teaching staff, have been long gone. Little research is currently undertaken because of a lack of up-to-date books, journals, or computers.

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Unlocking the potential of the informal sector in Uganda through business formalisation

https://eprcug.org/blog/unlocking-the-potential-of-the-informal-sector-in-uganda-through-business-formalisation/

23 August 2023

Informality is a common feature in many developing and low-income countries. Globally, a significant portion of economic activity operates within the informal sector. Estimates show that about 50% of global Gross Domestic Product (GDP), over 60% of the workforce, and nearly 90% of small and medium-sized enterprises (SMEs) operate in the informal sector.

Uganda exhibits a similar trend with about 72% of businesses, 78% of the labour force, and about 51% of GDP generated from the informal economy according to the World Bank and ILOSTAT, 2022. The informal sector is an important source of livelihood for the vulnerable, especially the less educated, youth and women who would otherwise not find employment in the formal economy. Despite its importance in economic progress and livelihood, informality imposes significant costs on the economy.

The cost of informality

Most informal businesses tend to operate outside the formal regulatory frameworks, making tax information inaccessible. Informality thus, poses challenges to effective tax revenue collection, thereby eroding the government's ability to provide public goods and services. According to the Ministry of Finance, Planning and Economic Development (MoFPED) informality costs the economy about 40% of GDP annually due to tax evasion. A recent assessment by the Economic Policy and Research Centre (EPRC) found that informal businesses in Uganda withhold about UGX 474 billion (US$132,000,000) in potential tax revenue by operating in legally or fiscally informal ways.

The prevalence of informality also hampers sustainable development. Small, low-productivity informal businesses with limited financing options struggle to create productive jobs. Many informal sector workers engage in precarious employment, earning less than their counterparts in the formal sector with comparable skills. This wage disparity contributes to overall economic inequality and suppresses the growth potential of countries with sizable informal sectors. Additionally, the informal sector workers lack social protection hence they are more likely to experience poverty. Also, informal firms may be excluded from value chains and value addition through the supply of inputs, and procurement opportunities because they operate outside the legal framework.

Gender inequality is also closely linked to informality. In non-agricultural sectors, women constitute 83% of informal employment, compared to 72% for men, according to ILOSTAT, 2022. Similarly, informal businesses exhibit a high degree of mortality attributed to both fiscal and legal informality.

Uganda envisages to reduce the size of the informal sector from 51% to 45% by 2025 according to the Private Sector Development program of the National Development Plan III. Although the government has undertaken several interventions, such as the Tax Registration and Expansion Program (TREP) to incentivise formalisation through simplified licensing and registration processes, improved business

environment, and enhanced infrastructure. However, despite these efforts and the potential benefits of formalisation, informality is still persistently high due to several reasons.

Why is informality so prevalent in Uganda?

Informality is linked to the inability of the formal sector to generate sufficient jobs to absorb excess workers. This is further compounded by lack of information and awareness about the importance of business registration and the high compliance costs associated with business registration and obtaining licenses which discourage informal firms from formalising. According to a recent survey about 56% of informal businesses in Uganda are unaware of the significance of registering their businesses and where to get information on registration. The complexity of tax return filing and obtaining Tax Identification Numbers (TINs) adds to these costs.

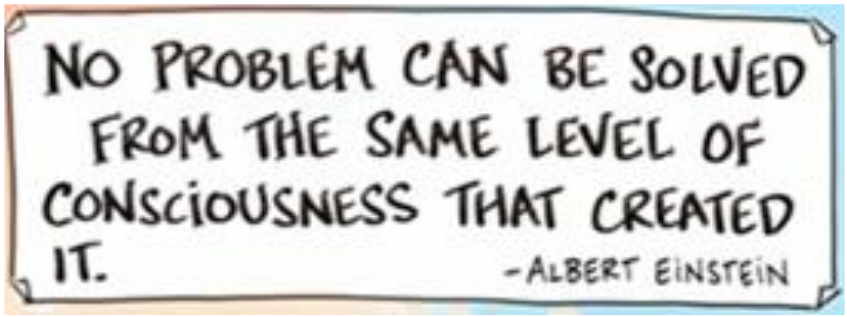
Relatedly, the high registration cost and licensing fees by Uganda Registration Services Bureau (URSB), Uganda Revenue Authority (URA), and the local authorities has exacerbated the problem. This is further worsened by bureaucratic inefficiency in the registration process due to long duration and delays in obtaining trading licenses upon submitting all requirements and payment of requisite fees.

What can be done to reduce informality?

To address these challenges, it is important to understand the nature and constraints of informal businesses and simplify administrative processes. Digitization of business registration and tax processes, along with harmonisation of registration forms, could ease the burden. Eliminating excessive regulations and bureaucratic requirements could also motivate informal firms to formalise.

Moreover, establishing one-stop registration centres at the local level and leveraging business associations such Kampala City Traders Association (KACITA), Uganda Manufactures Association (UMA) and Uganda Small Scale Industries Association (USSIA) can facilitate registration and encourage formalisation. Granting temporary legal status to informal businesses aligned with their needs and government objectives could also encourage formalisation.

In conclusion, the informal sector plays a significant role in economies worldwide, including Uganda. Despite its contributions, informality has negative implications for tax revenue, sustainable development, gender equality, and overall economic growth. Government interventions to promote formalisation have been made, but challenges such as lack of information, compliance costs, and bureaucratic obstacles persist. Addressing these challenges requires simplifying administrative processes, leveraging on technology, and creating an environment that encourages and supports informal businesses to transition into the formal sector.



Uganda Structure of Educational System

https://nuhafoundation.org/crps/education-in-uganda/#:~:text=The%20educational%20system%20in%20Uganda%20is%20structured%20around,system%20has%20been%20in%20place%20since%20the%201960s.

The educational system in Uganda is structured around 7 years of primary education, 6 years of secondary education (divided into 4 years of lower secondary and 2 years of upper secondary school) and 3-5 years of post-secondary education. The system has been in place since the 1960s. The school system is based around a predominance of public schools (government-run) and private schools. As in most such educational systems, there are obvious discrepancies in quality between the public and private schools, especially with regards to the urban/rural divide.

In 2007, Uganda became the first Sub-Saharan African country to introduce universal secondary education, which came 10 years after it introduced universal primary education. This has resulted in more pupils from primary school attending secondary school via government subsidies and it is widely recognised that Uganda has made very significant progress in providing access to schooling for primary and lower secondary aged children. Some private schools have also contributed to this pioneering system. Furthermore, this has resulted in the government building more schools and employing an increasing number of teaching staff. Furthermore, girls from poorer backgrounds have also seen their attendance in public schools increase considerably as a result.

The only flaw with the government's investment in education seems to be that quantitative increases have not been met by qualitative increases. A number of obstacles are hampering the government's attempts in terms of educational outputs: inadequate teaching space and material; a shortage of teachers; and inadequate disbursement of government funds.

Needs

How many doctors are there in Uganda?

Uganda is left with fewer than 5,000 doctors and no strategic plan to retain them. Uganda is experiencing a massive shortage of doctors and now has fewer than 5,000 to treat a population of 35 million, because thousands have left the country in search of better pay.

How many surgeons are there in Uganda? 75

For a population of nearly 30 million people (in 2024 - 50,500,000), there are approximately 75 specialist-trained general surgeons in Uganda.

How many health workers are in Uganda?

If we apply this formula to Uganda, the total number of skilled health workers required by the country would be 167,765. In 2019, however, the number (i.e. of doctors, midwives and nurses) stands at just 27,761.

Higher education is needed throughout Uganda for all sectors of commerce.

An internally inefficient education system

An efficient education system ensures that all learners move through years of schooling at an appropriate rate and exit the system with the skills needed to either actively engage in the workforce or pursue further academic opportunities.

Going far together: Uganda launches National Coalition to End Child Poverty

'…to go far, go together'.

https://www.unicef.org/uganda/stories/going-far-together-uganda-launches-national-coalition-end-child-poverty

Hope M.E. Muzungu

UNICEF/UNI680300/Wamala 14 November 2024

Though there is contention about the single origin of this quote, there is acknowledgement about its universal truth. It is the same truth reflected in a gathering of over 150 children, representatives of government, development and humanitarian agencies, the private sector, civil society and academia, to embark on a journey of ending child poverty in Uganda.

On Tuesday 5 November 2024 in Kampala, Uganda became the first country to launch a national coalition to end child poverty. Coordinated by the Ministry of Gender, Labour and Social Development in partnership with UNICEF, the Economic Policy Research Centre, Child Fund, AfriChild and Save the Children, the coalition seeks to network, raise awareness, advocate and take action to ensure survival, development, protection and participation of children as anchored in the United Nations Convention on the Rights of Children.

During the launch, the need for coalition was clear in the sheer weight of the child poverty statistics. While presenting the findings of a 2024 report on Multidimensional Child Poverty in Uganda, Linda Nakato, Research Fellow at the Economic Policy Research Centre, revealed that **nearly one in two of Uganda's children under 19 years are in a state of multidimensional poverty**. This is described as living in households whose expenditure is less than UGX 152,065 (US$42) per month, and being deprived of seven or more necessities including health, food and nutrition, housing, sanitation, education, recreation and culture, clothing and footwear. The Uganda Bureau of Statistics Report further reveals that

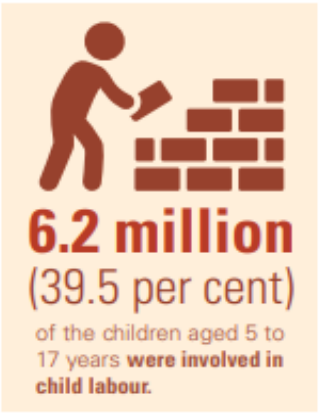
half of children who are poor are unable to read or write, over half are unable to visit a health centre when ill and **more than 6 in 10 cannot afford three meals a day**. It is such statistics that the national coalition to end child poverty in Uganda plans to reverse. A panel of in- and out-of-school children at the launch highlighted the key triggers of multidimensional child poverty in Uganda, as big and unplanned family sizes, **unemployment and low quality of education**. Twelve-year-old Oketcho Innocent of Kasubi Church of Uganda Primary School, noted that poor children who don't have what they need for everyday life are at risk of adopting negative coping mechanisms such as substance abuse, teenage pregnancy, and even school drop outs, thus perpetuating the cycle of poverty.

"Let children be children," he said.

Prof. Ezra Suruma, a senior economist and senior presidential adviser who was among one of the panellists at the launch of the coalition emphasised the need to break this cycle of poverty, by creating more opportunities for employment to enhance household income, which will increase children's access to education, health and other rights. He stressed the requirement for government to intentionally activate social protection programmes to enable all Ugandans live in dignity and abundance, especially children. Whilst formally launching the coalition, Hon. Betty Amongi Akena, the Minister of Gender, Labour and Social Development noted that because child poverty affects the entire nation, ending it requires a diverse coalition of partners to raise awareness, advocate and support national action to alleviate poverty and meet the aspirations of the SDG agenda.

The minister also expressed government commitment to the national coalition, noting that collective effort is the first step in downgrading multidimensional child poverty in the country, from the current 44 percent to zero.

"Multidimensional poverty requires a multi-sectoral approach," she concluded.



Key achievements

332% increase
IN PRIMARY SCHOOL ENROLMENT

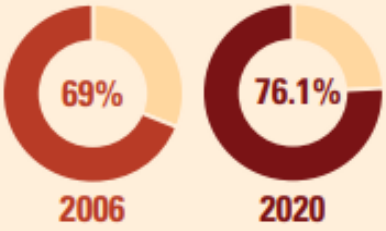
Primary School Enrolment increased from 2.5 million learners in 1996 before introduction of Universal Primary Education (UPE) to **10.8 million in 2019.**

146% increase
IN SECONDARY SCHOOL ENROLMENT

Secondary School Enrolment increased from 814,087 learners in 2006 before introduction of Universal Secondary Education to about **2 million learners in 2019.**

59% INCREASE

Mean years of schooling increased from 3.9 years in 2000 to 6.2 years in 2022.

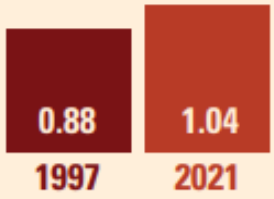


Literacy rate increased

for people aged 10 years and above from 69% in 2006 to 76.1% in 2020.

Achievement of gender parity

post-UPE period witnessed a narrowing gap between the number of girls and boys enrolled in primary schools with the gender parity index **increasing from 0.88 in 1997 to 1.04 in 2021.**



THE NUMBER OF PRIMARY SCHOOL TEACHERS ALMOST DOUBLED

The Government has increased funding to the education sector which resulted to more classrooms being constructed and the number of primary school teachers **almost doubled in 25 years from 81,564 in 1996 to 136,819 in 2023.**

Government has provided funding

for Special Needs & Inclusive Education which stands at **UGX 1.9 billion in 2024/25.**

Recruitment of District Special Needs Education Officers in all districts with **a budget of UGX 3 million per distrtict.**

Robust policy and regulatory framework, including the Education Act (2008) and Early Childhood Care and Education Policy (2024) and Digital Agenda Strategy(2023).

Uganda has a progressive policy framework to accommodate refugees with **two Education Response Plans implemented** i.e. Education Response Plan I(2018-2021) and Education Response Plan II(2021/22-2024/25).

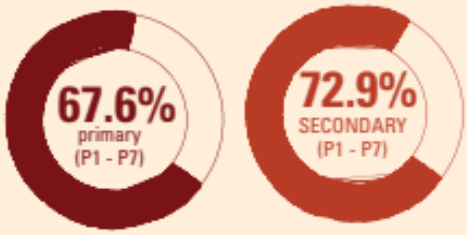
Key challenges

Approximately 1 in every 4 children (6 to 18 years) are out of school

either because they are engaged in child labour to help support their families or because they remain at home.

6.2 million (39.5%) **of the children (5 to 17 years) were involved in child labour** (excluding household chores).

On average 67.6 per cent of the primary school learners (P1 - P7) and 72.9 per cent of the secondary school learners (S1 - S6) **are over age due to delayed enrolment and repeating grades.**



Between 5% and 6% **of the children who begin P1 complete upper secondary education at S6.**

Secondary education plays a crucial role in equipping adolescents with the knowledge necessary to make informed decisions to avoid risky behaviour, ultimately fostering healthier and safer lives.

Each additional year of secondary education leads to **a 6 per centage point reduction** **in the risks of both child marriage and having a child before the age of 18 years.**

83 per cent of children **are unable to read and comprehend an age-appropriate text by the age of 10 (learning poverty).**

The challenges in education in Uganda are attributable to, among others,

- high population growth,
- high poverty levels,
- low social protection coverage,
- low government expenditure and Overseas Development Assistance (ODA) on education,
- policy of privatization of education and
- not investing in early childhood development (ECD)

Developing the Education Sector in Uganda

https://www.thetradeadviser.com/post/developing-the-education-sector-in-uganda

Note: comments have been added into the initial report. October 2024

The education system in Uganda is crucial for the nation's growth and development. It serves as the backbone for creating a skilled workforce that can contribute to economic progress and poverty reduction. However, Uganda's education sector faces various challenges that hinder it effectiveness.

Most importantly, education is to shift aware from mind-centricity and embrace feelings, our ingrained feelings that are always in truth. It is through our feelings that truth emerges. Our mind is unable to discern truth from falsehood, it is addicted to untruth, and it is addicted to control over the environment and other people.

We are to abandon memory learning and learning by rote. We learn by doing. And through our feelings we evolve in truth and the stagnation that our minds impose upon us, each of us.

Key Takeaways

- Uganda's education sector is vital for economic growth and reducing poverty.
- Many children, especially in rural areas, struggle to access quality education due to various barriers.
- Facilities lacking, particularly school canteens, health clinics, computer labs, and much more.
- Government initiatives, like Universal Primary Education, aim to improve enrolment but face challenges in quality and infrastructure.
- Gender disparities continue to affect girls' education, with efforts underway to promote inclusivity.
- Vocational and technical education is increasingly recognised as essential for job creation and economic development.

Current State of Education Sector in Uganda

The education sector in Uganda is crucial for the nation's growth and development. It serves as the foundation for building a skilled workforce, which is essential for economic progress, and growth in quality of living and life at all levels. The discovering of truth and the sharing of same with companions is a wonder to experience – truth is lacking in all curriculums. However, the sector faces significant challenges that hinder its effectiveness.

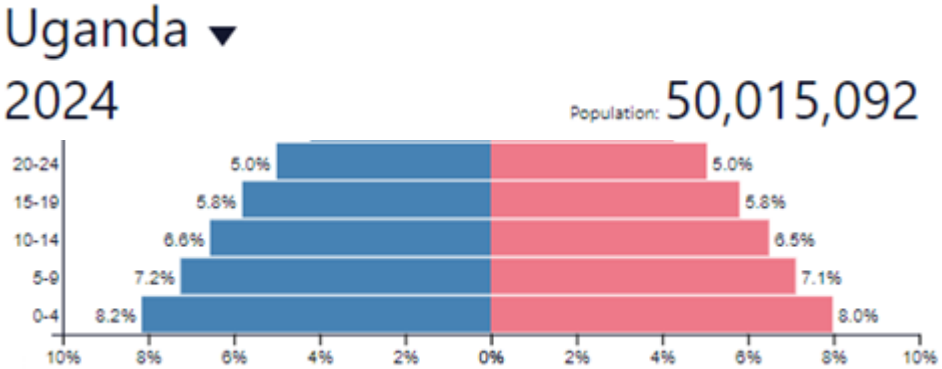
Enrolment Rates and Trends

In recent years, Uganda has made strides in increasing enrolment rates, particularly through initiatives like the Universal Primary Education (UPE) program. This program aims to provide free education to all children, resulting in a notable increase in enrolment. For instance, in the financial year 2024 / 2025, the education sector received an allocation of shs 5.85 trillion (US$1,625,000,000 – a budget of US$81 for each school age child in Uganda), accounting for 8% of the total government budget. However, despite these efforts, many children, especially in rural areas, still lack access to schools, leading to disparities in education opportunities.

Taking age groups:

5 – 0	14.3%
10 – 14	13.1%
15 – 19	11.6%

School age population is 39% or close to 20 million.



For Australia, ACARA reported:
https://www.acara.edu.au/reporting/national-report-on-schooling-in-australia/school-expenditure

- In the 2021/2022 financial year, average total government recurrent expenditures (money spent on the daily operations of schools) in government schools was AU$22,511 (US$14,600) per student.
- In the 2022 calendar year, average total recurrent expenditure was AU$19,372 (US$12,600) per student in non-government schools.

Government Initiatives and Policies

The Ugandan government has implemented several policies to improve education, including:

- Universal Primary Education (UPE): Aimed at providing free primary education.
- Universal Secondary Education (USE): To ensure that secondary education is accessible to all.
- Teacher Training Programs: Focused on enhancing the quality of education by training more qualified teachers.

These initiatives are essential, but they require consistent funding and support to be effective.

Challenges in Rural Areas (73% of population)

Rural areas face unique challenges that affect education quality:

- Long Distances: Many children must travel long distances to reach schools, which can discourage attendance.
- Lack of Resources: Schools in rural areas often lack basic facilities, such as clean water, sanitation and proper classrooms.
- Teacher Shortages: There is a significant shortage of qualified teachers in these regions, leading to overcrowded classrooms and inadequate instruction.

Challenges Facing the Education Sector in Uganda

The education sector in Uganda is crucial for the country's growth, but it faces significant hurdles. Despite the progress made, Uganda's education system struggles with various challenges that hinder access, equity and quality.

Access to Quality Education

Access to education remains a major issue, especially in rural areas. Many children have to travel long distances to reach schools, and the costs associated with education can be overwhelming for families living in poverty. For instance, while the Universal Primary Education (UPE) program aims to provide free education, many families still face expenses for uniforms, books and other supplies. This can be a barrier for those living on less than a dollar a day.

Uganda Rural Population – Historical Data

Year	Population	% of Total
2023	35,576,357	73.23

- Key barriers include: Long distances to schools. High costs of educational materials. Limited availability of schools in rural areas.

Teacher Shortages and Training

Another pressing challenge is the shortage of qualified teachers. With an average of 43 pupils per teacher, Uganda's classrooms are overcrowded, which negatively impacts the quality of education. Many teachers are also absent, with reports indicating that in over half of Ugandan schools, three out of five teachers are not present. This leads to low literacy and numeracy rates, with only 40% of students completing elementary school being literate.

- Contributing factors include: Insufficient teacher training programs. High rates of teacher absenteeism. Lack of incentives for teachers to work in rural areas.

Infrastructure Deficiencies

The physical conditions of many schools are inadequate. Many lack basic facilities such as toilets and clean water, which can deter students from attending. In regions like norther and eastern Uganda, these conditions are even worse, exacerbating the challenges faced by students and teachers alike.

- Infrastructure issues include: Overcrowded classrooms. Insufficient sanitation facilities. Poor maintenance of school buildings.

In summary, the education sector in Uganda is at a crossroads. While there are initiatives in place to improve the situation, significant work remains to ensure that all children have access to quality education. The government, NGOs, and communities must collaborate to overcome these challenges and build a brighter future for Uganda's youth.

Opportunities for Improvement in Uganda's Education System

Government and NGO Initiatives

The Ugandan government, along with various NGOs, is actively working to enhance the education system. For instance, the Universal Primary Education (UPE) program has significantly increased enrolment rates, allowing more children to access education. In 2020, enrolment reach approximately 8.5 million students (possibly half of the school age population), a notable increase from previous years. Additionally, organisations like Save the Children and Plan International are implementing programs focused on improving educational quality and access, particularly in rural areas.

Community Involvement

Community engagement is crucial for the success of educational initiatives. Local communities can play a vital role by:

- Supporting school management committees to ensure accountability.
- Organising fundraising events to improve school facilities.
- Encouraging parents to participate in their children's education.

These efforts can lead to better educational outcomes and a more supportive environment for students.

Technological Integration

Integrating technology into education can transform learning experiences. For example MTN Uganda has partnered with educational institutions to provide e-learning platforms, making resources accessible to students in remote areas. Furthermore, the government is exploring partnerships with tech companies to develop education apps that cater to local needs. By focusing on teacher training, infrastructure improvement, equity, curriculum relevance and effective monitoring. Uganda can build a robust education system that meets the demands, changes and challenges of the 21st century.

Gender Disparities in Ugandan Education

Barriers to Girls' Education

Gender disparities in Uganda's education system are significant. Girls face numerous challenges that hinder their access to education. Factors such as early marriage, teenage pregnancy, and cultural norms contribute to high dropout rates among girls. For instance, a report indicates that only 39% of girls progress to secondary school compared to 49% of boys. The gap highlights the urgent need for targeted interventions.

Government and NGO Efforts

To combat these issues, the Ugandan government and various NGOs are implementing initiatives aimed at promoting girls' education. Some of these efforts include:

- Providing scholarships to girls from low-income families.
- Creating safe learning environments to reduce the risk of violence and harassment in schools.
- Raising awareness about the importance of girls' education through community outreach programs.

Success Stories and Case Studies

There are success stories that demonstrate the positive impact of these initiatives. For example, the National Strategy for Girls Education has led to increased enrolment rates in certain regions. In areas where scholarships were provided, girls' enrolment rose by 25% over three years. These efforts show that with the right support, girls can thrive in education.

In conclusion, while challenges remain, the ongoing efforts by the government and NGOs are paving the way for a more equitable education system in Uganda. By continuing to focus on these initiative, we can hope to see a significant reduction in gender disparities in the coming years.

The Role of Vocational and Technical Education

Importance for Economic Development

Vocational and technical education plays a crucial role in boosting Uganda's economy. With a focus on practical skills, these programs prepare students for immediate employment or entrepreneurship. In Uganda, where unemployment remains a pressing issue, vocation training offers students a pathway to immediate employment or entrepreneurship. For instance, the Uganda Business and Technical Examinations Board (UBTEB) reported that enrolment in vocational programs has more than tripled since 2015, growing from just under 25,000 to over 80,000 candidates registered for examinations in 2019.

Current Programs and Initiatives

Several initiatives are underway to enhance vocational education in Uganda:

- Business, Technical, Vocational Education and Training (BTVET) Act of 2008: This aimed to coordinate the TVET sector by establishing regulatory bodies and frameworks.
- Petroleum Authority of Uganda (PAU): This organisation emphasises the need for training in TVET institutions to support the growing oil sector.
- Teacher Training Education (TTE) Project: Launched by the Minister of Education and Sports (MoES) and Enabel, this project aims to strengthen the competencies of teacher trainers and future teachers.

Partnerships with Private Sector

Collaboration with the private sector is essential for the success of vocational education. Companies like MTN Uganda and Uganda Breweries have partnered with educational institutions to provide internships and training programs, ensuring that students gain relevant skills that meet industry demands. This partnership not only enhances the quality of education but also increases the employability of graduates. In conclusion, the role of vocational and technical education in Uganda is vital for economic growth and development. By addressing the skills gap and aligning education with industry needs, Uganda can pave the way for a more prosperous future.

With open, free, universal feelings orientated education, Uganda will be a leading light in progressing the consciousness and capabilities of its people as well as to begin to break the cycles of poverty.

Financing Education in Uganda

Government Budget Allocation

The financing of education in Uganda is a pressing issue. The government allocates a significant portion of its budge to education, but it often falls short of the actual needs. For instance, in the 2021 / 2022 fiscal year, the education sector received approximately UGX 3.5 trillion (US$975,000,000), which is about 15% of the national budget. However, this amount is still insufficient to cover the costs of infrastructure, teacher salaries and educational materials. (Having 20 million school age children that is US$50 per student.)

International Aid and Donations

International aid plays a crucial role in supporting Uganda's education sector. Organisations like UNICEF and the World Bank have provided funding for various educational initiatives. In 2020, the World Bank approved a US$100 million grant aimed at improving access to quality education in rural areas. This funding is vital for implementing programs that enhance learning outcomes and provide resources to underfunded schools.

Innovative Financing Mechanisms

To address the funding gap, Uganda is exploring innovative financing mechanisms. These include:

- Public-Private Partnerships (PPPs): Collaboration between the government and private sector to fund educational projects.
- Crowdfunding: Engaging communities and individuals to raise funds for local schools.
- Social Impact Bonds: Investments that fund educational programs with returns based on the success of the initiatives.

In conclusion, while Uganda faces significant challenges in financing its education sector, ongoing efforts from the government, international donors, and innovative financing strategies are paving the way for improvements. The focus must remain on sustainable funding to ensure that every child has access to quality education. Particularly stepping away from rote / memory mind centricity and towards feelings orientated education platform.

Early Childhood Care and Education in Uganda

Current Status and Challenges

Early childhood care and education (ECCE) in Uganda is primarily privately-run and concentrated in urban areas (27% of the population is urban). As of 2015 / 16, only 15.6% of children had access to ECCE according to the National Development Plan (NDP). The government has recognised this issue and introduced the Early Childhood Care and Education Policy in 2018 to improve access and quality.

However, participation rates remain low, with only 14% of children enrolled in pre-elementary education as of 2017.

Government Policies and Programs

The Ugandan government has made strides in promoting early childhood education through various initiatives:

- National Integrated Early Childhood Development Policy Action Plan (2016-2021): Aimed at raising awareness among families about the importance of early childhood development.
- Early Childhood Development Centres (ECDs): As of 2017, there were 7,210 ECDs in Uganda, but they are mostly located in urban areas, leaving rural regions underserved.
- Support from NGOs: Organisation like UNICEF and the African Early Childhood Network (AfECN) are actively involved in improving ECCE.

Impact on Long-Term Development

The experiences children have in early childhood can significantly affect their future. Nurturing care is essential for their development. Research shows that parental involvement in early childhood care positively impacts children's social-emotional development. This highlights the need for community engagement and support for families.

Conclusion

While Uganda has made progress in early childhood education, challenges remain. Increasing access, especially in rural areas, and enhancing the quality of education are vital for the country's future. By focusing on these areas, Uganda can ensure that all children have the opportunity to thrive in their early years.

Higher Education in Uganda

Enrolment and Demand Trends

Uganda's higher education system has seen a dramatic increase in enrolment over the past few decades. In the 1970s, only about 5,000 students were enrolled in post-secondary institutions. By the 2005/06 academic years, this number had surged to nearly 125,000. Fast forward to 2015/16, and enrolment reached over 250,000 students. This growth reflects the rising demand for higher education, driven by a growing population and increased access to primary and secondary education.

Challenges and Issues

Despite the increase in enrolment, the higher education sector faces significant challenges:

- Overcrowded Facilities: Many universities are struggling with outdated infrastructure, leading to overcrowded lecture halls and inadequate student housing.
- Quality of Education: The shortage of qualified professors and resources has resulted in poor educational outcomes.
- Access and Equity: Only about 7% of college-age Ugandans are enrolled in higher education, which is significantly lower than the global average of 37%. This is partly due to the limited number of available university seats.

Government and Institutional Responses

The National Council for Higher Education (NCHE) plays a crucial role in regulating and guiding the establishment of higher education institutions. However, the government has been slow to respond to the increasing demands for funding and support. In fact, public funding for higher education has lagged behind the growing number of students forcing universities to rely heavily on tuition fees. As of 2019, tuition fees accounted for 56% of university income, making it a critical source of funding for both public and private institutions.

In summary, while Uganda's higher education sector has expanded significantly, it faces numerous challenges that require urgent attention and action from both the government and education institutions. Addressing these issues is essential for ensuring quality education and equitable access for all students.

Inclusive Education in Uganda

Policies and Frameworks

Uganda has made significant strides in promoting inclusive education. The government has established various policies aimed at integrating all students, including those with disabilities, into mainstream schools. For instance, the Uganda National Action on Physical Disability (UNAPD) was founded in 1998 to address the needs of persons with physical disabilities. This initiative is part of a broader commitment to ensure that every child has access to quality education.

Programs for Special Needs Education

Several programs have been launched to support inclusive education:

- Accessible Digital Textbooks: Initiatives by organisation like UNESCO and UNICEF have led to the development of digital textbooks that cater to students with different learning needs.
- Education Response Plan for Refugees: This plan addresses the education needs of refugees and their host communities, ensuring that all children, regardless of their background, have access to education.
- Teacher Training Programs: Ongoing training for teachers focuses on inclusive teaching methods, helping them to better support students with diverse needs.

Impact on Communities

The impact of inclusive education in Uganda is profound. It not only enhances educational outcomes for children with disabilities but also fosters a sense of community and belonging. Research shows that inclusive education can lead to improved social skills and academic performance among all students. Further, moving towards feelings orientated education will see this growth escalate as well as come about more quickly than with the mind-centric process now employed.

Conclusion

Uganda's commitment to inclusive education is evident through its policies and programs. However, challenges remain, and continued efforts are needed to ensure that every child, regardless of their abilities, has the opportunity to succeed in the education system.

Historical Context of Educational Reforms in Uganda

Colonial and Post-Colonial Reforms

Educational reform in Uganda has a long history. The colonial education system was inadequate, with fewer than 2,000 Ugandan students enrolled at the Ordinary Level at independence in 1962. This prompted the new government to initiate reforms aimed at achieving universal education and providing

skills necessary for economic growth. By 1970, enrolment had increased to 30,000, but political instability in the 1970s and early 1980s disrupted these efforts.

Universal Primary Education (UPE)

The introduction of Universal Primary Education (UPE) in 1997 marked a significant reform. Initially, it promised tuition-free education for four children per family, later extending to all children of elementary school age. This initiative aimed to reduce poverty and harness Uganda's human resources. The UPE program has been crucial in increasing access to education, especially in rural areas.

Recent Policy Changes and Their Impact

In 2007, a local language policy was introduced, allowing the first three years of elementary education to be taught in local languages. However, challenges remain due to the country's diverse ethnic groups and a lack of resources. Despite these hurdles, Uganda has made strides in inclusive education, establishing programs for children with disabilities and refugees. The Uganda National Action on Physical Disability (UNAPD) was created in 1998 to address the needs of persons with disabilities.

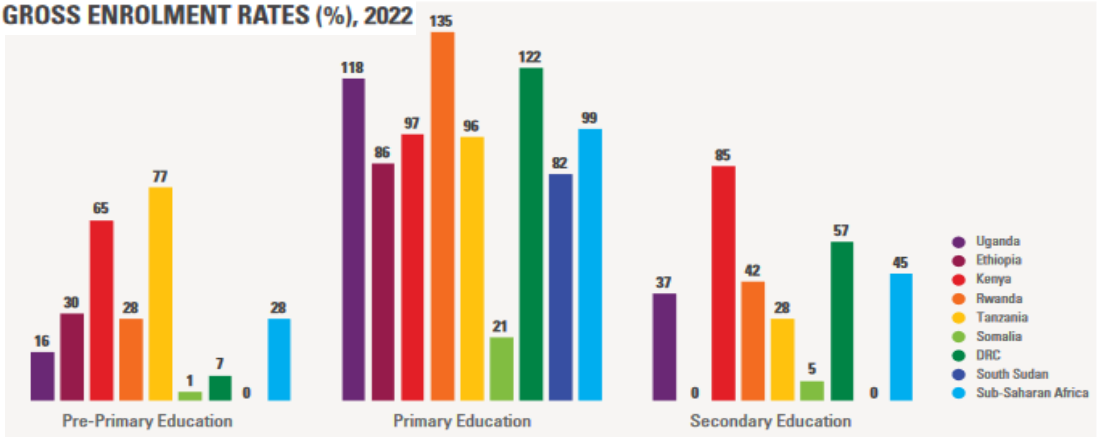
Conclusion

The educational reforms in Uganda reflect a journey from colonial inadequacies to a more inclusive and accessible system. While challenges persist, the commitment to improving education remains strong. Key Highlights:

- UPE has significantly increased enrolment. However only 6.8 years of education is generally being achieved by the average student.
- Local language policy aims to improve early education.
- Ongoing efforts to address the needs of marginalised groups.

Conclusion

In summary, improving the education sector in Uganda is essential for the nation's future. While there are many challenges, such as limited access to schools, low quality of education, and gender inequalities, there are also significant opportunities for growth. The government and various organisations are taking steps to address these issues, like promoting girls' education and enhancing vacation training. By investing in education, Uganda can build a stronger workforce, reduce poverty, and create a brighter future for all its citizens. Everyone has a role to play in this journey, and together, we can make a difference.

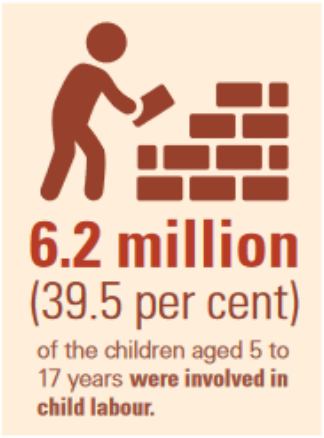


Frequently Asked Questions

https://www.unicef.org/uganda/media/16861/file/Challenges%20of%20Education%20Sector%20in%20Uganda%20in%20Brief.pdf.pdf

What is the current state of the education system in Uganda?

- High rates of exclusion of learners from the education system.
- High rates of out-of-school children.
- Many children are engaged in child labour.
- Many children are out of school as reflected in Gross Enrolment Rates.
- Key drivers of high numbers of out-of-school children.
- High poverty and low social protection coverage.
- Rapid population growth and refugee influx putting pressure on limited resources to deliver quality education services.
- Low government spending on education that is inequitably distributed between basic and higher education.
- Low ODA (Overseas Development Assistance) to the education sector that is not efficiently coordinated.
- Policy of privatisation of education and high household out-of-pocket expenditure.
- Delegation pre-primary education to the private sector and parents forces the cost onto household, rendering it unaffordable for low-income families.



Key Recommendations

- Address the challenges relating to geographical, cultural, linguistic, gender, age, health, socio-economic factors, and other learning difficulties.
- Implement low-cost and demand-side interventions to reduce dropouts and improve learning. These interventions may include addressing high household out-of-pocket expenditure and implementing school feeding programmes.
- Ensure that EMIS (Education Management Information System) is fully functional to provide comprehensive timely, accurate statistics and information for policy development, planning budgeting and evidence-based management of the education sector.
- Invest in social protection and other initiatives to raise household income.
- Invest in programmes focused on transforming societal attitudes and perceptions regarding the value of education for both girls and boys by fostering behavioural and mindset shifts.
- Address teenage pregnancy and early marriages.
- Embrace the guidance and revelations found 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

CHALLENGES WITH TEACHERS

The effectiveness of education significantly hinges on the quality of its teachers. Indeed, the calibre of an education system is fundamentally enhanced by the quality of its educators (Mckinsey, 2007). Both the African Agenda 2063 and the Continental Education Strategy for Africa (2016–2025) (CESA 16–25) emphasise this point.

Despite the existence of the National Teacher Policy (2028), there are several challenges with teachers in Uganda.

Not enough teachers

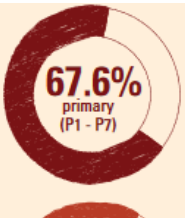
Uganda's recent education sector reforms have led to an increase in the number of trained teachers. However, the surge in primary school enrolments and the expanding number of secondary schools have outpaced efforts to establish a sufficient teaching workforce, resulting in declining learning conditions, particularly in rural areas. Attracting qualified and motivated teachers to rural regions remains challenging, as most prefer urban settings offering better access to services like healthcare, banking, and adequate housing.

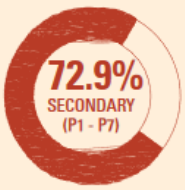
The teacher-pupil ratio is currently **1:65 significantly higher than the UNESCO benchmark of 1:40.**

The teacher-pupil ratio is currently 1:65, significantly exceeding the UNESCO Institute for Statistics' recommended benchmark of 40 students per teacher, which is essential for achieving SDG 4 (Sustainable Development Goal). This shortage of teachers is primarily due to limited financial resources allocated to the education sector, constrained by a tight fiscal budget.

Inequitable allocation of teachers between and within districts

Guidelines for identifying teacher needs and assigning postings are in place, but education officers encounter substantial difficulties in executing teacher deployment. A common issue is the strong preference among teachers to work in urban areas, resulting in an imbalance where some schools have a surplus of teachers, while others, particularly in rural or less desirable locations, experience significant shortages.





On average 67.6 per cent of the primary school learners (P1 - P7) and 72.9 per cent of the secondary school learners (S1 - S6) **are over age due to delayed enrolment and repeating grades.**

83% of children are unable read and comprehend an age-appropriate text by the age of 10 (learning poverty).

Low salaries for teachers

The teacher wage bill constitutes a significant portion of recurrent public education expenditure, thereby constraining potential increases unless the overall budget is expanded. Despite this, teacher salaries remain relatively low, falling below the national average for other professionals and failing to provide a sustainable living or sufficient motivation. Consequently, the teaching profession struggles to attract high-calibre candidates.

A Primary school teachers typically earns between USh382,237 (US$106) and USh1,759,337 (US$489) net per month at the start of the job. After 5 years of service, this is between USh576,480 (US$160) and USh2,774,176 (US$770) per month for a working week of 48 hours.

Quality of basic education – Uganda

For every child, a quality education

https://www.unicef.org/uganda/what-we-do/quality-education

The situation

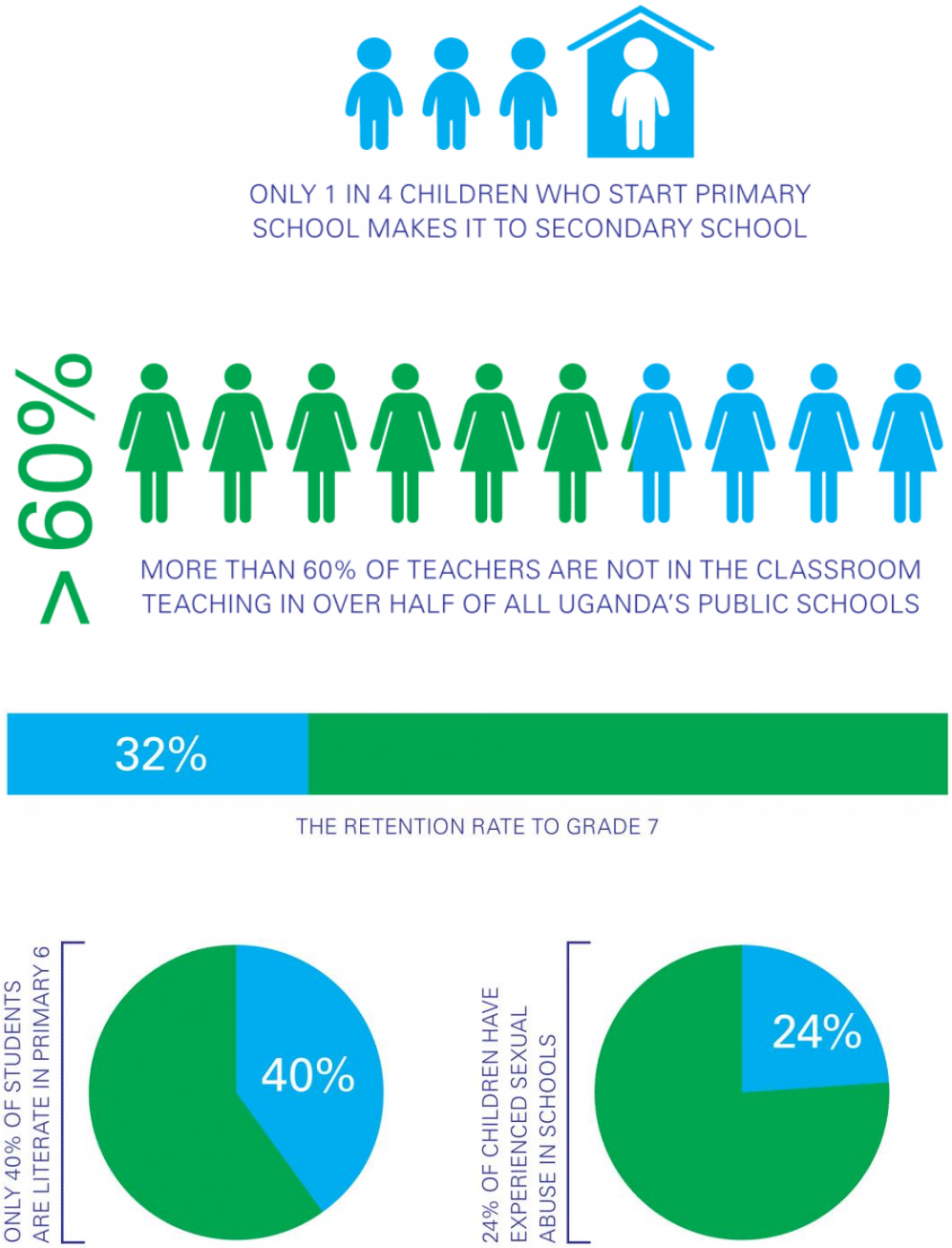
All children need access to education but they also need to receive an education of good quality. This is what the right to education is all about.

While the introduction of universal primary education (UPE) in Uganda in 1997 greatly improved access, it did not improve quality. As the student population tripled between 1997 and 2014, more and more children started dropping out. By 2003, only a third of children who had enrolled in primary school in 1997 had reached the seventh grade.

Children drop out or are absent from class for several reasons. Among poor families, the cost of school uniforms, books, stationery, and saving funds becomes too much to bear, pushing children out of school or leading families into debt. Illness and domestic work keep many children from attending school on a regular basis. Children with disabilities, orphans and other disadvantaged children are especially at risk of school exclusion.

Teachers have a great impact on student achievement. But the rampant teacher absenteeism and under-qualification of many teachers spell disaster for children. Less than half of children are literate at the end of primary school. In secondary school, only 15% of students are proficient in biology, 43% in English and 47% in maths.

The school environment also plays a part in children's motivation to stay in school and learn. However, violence against children is commonplace in Ugandan schools, including caning and other forms of outlawed corporal punishment. Many children report being abused by a teacher or bullied in school. Male teachers often sexually harass girls.



UNICEF response

UNICEF is supporting quality education delivery in 30 poorly performing districts and this is being done by:

- Creating an enabling environment in each district. This means building the capacity of district officials, resolving key bottlenecks to access quality education, and helping plan and coordinate education delivery at district and regional levels.
- Improving education governance. Mentorship and other approaches are being used to strengthen local accountability and collaborative partnerships between schools, parents and communities. UNICEF will also help to increase public demand for high-quality services in communities.
- Bolstering teachers' competencies and supervision of teachers. UNICEF will support early grade teaching of literacy and numeracy, as well as primary school educators in implementing the Thematic Curriculum. Head teachers will be assisted to regularly supervise and assess teachers.
- Strengthening the effectiveness of primary schools. Schools will be supported to do regular school performance reviews leading to the development and revision of inclusive school improvement plans.

Expected results:

- If the target of 75 per cent of female students achieving a minimum level of literacy at the end of Grade 6 is met, over 400,000 more girls will benefit from this critical life skill.
- If the target of 75 per cent of male students achieving a minimum level of literacy at the end of Grade 6 is met, around 400,000 more boys will benefit from this critical life skill.

Education Dashboard

Uganda Refugee Response Plan (RRP) 2024-2025

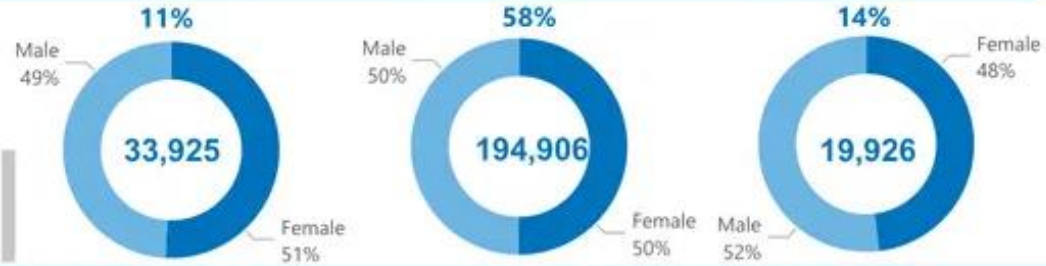
July | Reporting period: 2024 | Term 2

KEY PERFORMANCE INDICATORS AND ACTIVITY OUTPUTS

	OVERALL	PRE-PRIMAY	PRIMARY	SECONDARY
REF_ Gross Enroll Rate (GER)	52%	45%	88%	9%
Net Enroll Rate (NER)	35%	31%	58%	5%

430,240
Refugee Gross Enrolment in Pre-primary, Primary and Secondary

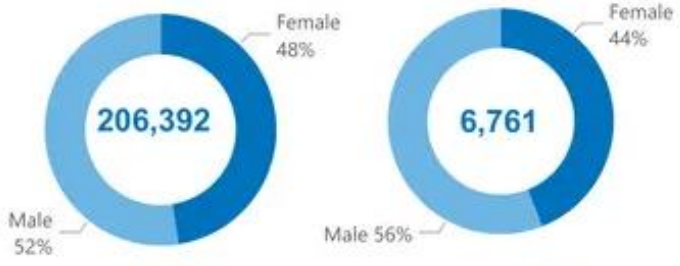
Nat_ Gross Enroll Rate (GER)	11%	58%	14%



248,757
Nationals Gross Enrolment in Pre-Primary, Primary and Secondary

REFUGEE ENROLLMENT IN PUBLIC SCHOOLS

Refugee learners enrolled in public schools in the settlements



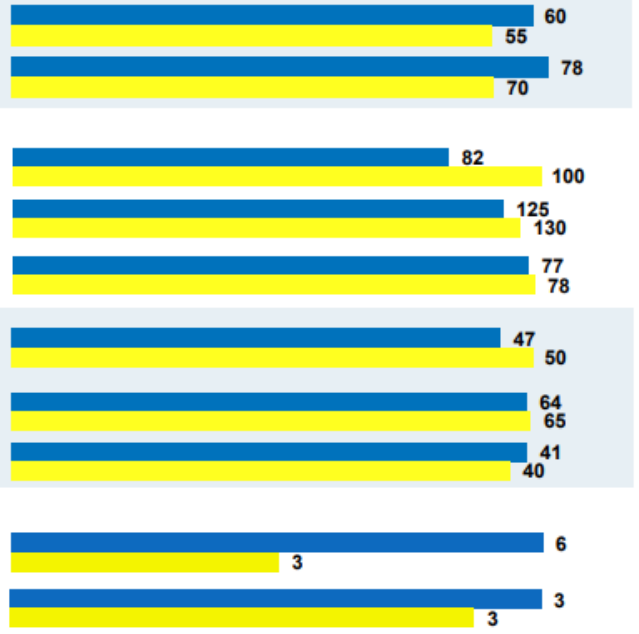
53% Primary

2% Secondary

CHILDREN WITH DISABILITY (CWD)

	TOTAL	MALE	FEMALE
CWD	33,365	17644	15721
Pre-Primary	3,398	1817	1581
Primary	28,394	14975	13419
Secondary	1,573	852	721
CWD Assisted	1283	673	610

OUTCOME 2: Improved delivery of quality Education and skills training			
Pupil Teacher Ratio (PTR)			
- Pre-primary	60	55	
- Primary	78	70	
Pupil Classroom Ratio (PCR)			
- Pre-primary	82	100	
- Primary	125	130	
- Secondary	77	78	
Pupil Stance Ratio (PSR)			
- Pre-primary	47	50	
- Primary	64	65	
- Secondary	41	40	
Pupil Desk Ratio (PDR)			
- Primary	6	3	
- Secondary	3	3	



Call to action on education

SOS CHILDREN'S VILLAGES

Uganda

https://www.sos-childrensvillages.org/where-we-help/africa/uganda

The Republic of Uganda is a landlocked country in the Great Lakes Region of East-Central Africa. Around 50 million people live in Uganda. At present, most of them (73%) live in rural areas, but cities are growing fast. The country has suffered years of violent conflict and political instability, and this has created extremely difficult living conditions. Although in general terms, the economy has improved in recent years since the discovery of oil and gas, it is still volatile, and the distribution of wealth remains very unequal.

SOS Children's Villages has been supporting children and young people without parental care, or at risk of losing it in Uganda since 1988.

Children are at risk

In Uganda, there are more than 20 million children under the age of 18 (median age is 17.6 years); around 2.7 million of them have no parental care and many more are at risk of losing it. Widespread poverty and parents falling ill with HIV/AIDS are key reasons for this. These children are extremely vulnerable, as they are often undernourished and lack access to basic services such as sanitation and healthcare. Furthermore, in some cases children have to work in order to make a living instead of going to school. Children's rights are not sufficiently protected: one in four is forced to work.

Widespread poverty

While Uganda has made some economic progress in recent years, nearly 20% of people still live in poverty. Many of them live in rural areas, surviving off farming. They are often affected by climate changes and produce less food than they need to feed their families. Malnutrition is a problem: more than one third of all young children are not growing as they should, since they do not get enough nutritious food.

Education

Due to Uganda's universal primary education policy, the number of children who start school is quite high. However, only 1 in 4 children actually finishes primary school. Many stop going to school because their parents can't afford the fees or the extra costs. In other cases, children who have lost their parents to HIV/AIDS have to work instead of going to school. Overall, girls are more likely to drop out than boys. Furthermore, the quality of education needs improving.

Health

In spite of some improvement in recent years, the lack of medical care remains a problem for many families in Uganda, especially in rural areas. People may have to travel hours to see a doctor. Pregnant women, mothers and young children are severely affected by the lack of health care. The HIV/AIDS rate, at 7.3%, is also unusually high. There has been some progress: a fall in the number of people with HIV/AIDS and an increase in the number of people receiving antiretroviral therapy.
However, more needs to be done to prevent further infections.

In the face of gender-based violence, let us unite to protect women and girls

https://observer.ug/viewpoint/in-the-face-of-gender-based-violence-let-us-unite-to-protect-women-and-girls/

11 December 2024

The life of Rebecca Cheptegei, Uganda's award-winning athlete, was brutally cut short by her own husband in a heinous act of domestic violence. The horrific burning of her body served as a stark reminder of the devastating consequences of gender-based violence. It also reminds us that gender-based violence affects women and girls from all walks of life, and knows no social, economic or national boundaries.

But Rebecca's story is not an isolated incident. Many women and girls in Uganda face similar risks of violence, abuse and even death. Gender-based violence is a reality – a pervasive issue that casts a shadow over the lives of thousands of women and girls, perpetuating a culture of fear, deeply-rooted inequalities and shattering dreams.

It undermines the health, dignity, security and autonomy of survivors and remains shrouded in silence, supported by cultural beliefs and values that sustain, justify or dismiss it as an ordinary part of relationships. Women and girls face this violence in all its forms: sexual, physical, emotional, economic, social, cultural, cyber, trafficking, exploitation and conflict-related.

These forms are often interconnected and can have severe physical, emotional and psychological consequences for survivors. The statistics paint a grim picture. According to the Uganda Demographic and Health Survey 2022, **43% of women aged 15-49 have experienced spousal physical, sexual or emotional violence in the last 12 months.**

Deeply ingrained cultural practices, such as child marriage, which affects 33% of adolescent girls by the age of 19, further fuel this crisis. The Uganda Police Annual Crime Report (2023) reveals that a total of 14,826 sexual offenses were recorded, representing 6.5% of overall crimes, with 13,144 defilement cases, comprising a staggering 88% of these offenses. (Defilement is the act of making something dirty or no longer pure, especially something that people consider important or holy. It implies befouling of what could or should have been kept clean and pure or held sacred and commonly suggests violation or desecration.)

This translates into 36 girls below 18 years old being defiled every day in Uganda. These are not just numbers; they are daughters, sisters and mothers robbed of their futures. As the world marks 16 Days of Activism Against Gender-Based Violence, the theme, *Towards 30 Years of The Beijing Declaration and Platform for Action: Unite to End Violence Against Women*, is important in ensuring accountability for commitments made and progress achieved towards achieving gender equality and women empowerment since the landmark UN 1995 Beijing Conference, also known as the Fourth World Conference on Women. We must remember the commitments made through the adoption of the Beijing Declaration and Platform for Action, a landmark document outlining 12 critical areas of concern for women's empowerment, including poverty, education, health, violence against women and human rights.

UNFPA (United Nations Population Fund) remains steadfast in its commitment to this platform, working tirelessly to promote gender quality and women empowerment, preventing violence against women and girls, and ensuring access to integrated sexual and reproductive health rights. In Uganda, this means challenging the social, economic and cultural practices that perpetrate inequality, including female genital mutilation, child marriage and other harmful practices.

Every woman has the right to bodily autonomy, including the freedom to make informed choices about her own body and well-being and plan her family without coercion, discrimination or violence. This vision is also aligned to Goal five of the UN Sustainable Development goals (SDGs), which aims to achieve gender equality and empower all women and girls by ending all forms of discrimination against women and girls, and eliminating all forms of violence against women and girls in all spheres by 2030.

Gender-based violence is never acceptable. No woman and girl should ever have to suffer discrimination, violence or inequality because of her gender. Every individual deserves to live a life free from fear and abuse, with the opportunity to thrive in a world that values, respects and protects their rights.

But to achieve this vision, we need more than words. Global action is urgently needed to protect women and girls from this violence. They need peace in their homes and in their communities. Governments need to provide better support for survivors, by ensuring accessible shelters, health services and robust legal frameworks to hold perpetrators to account.

We must equip women and girls with the tools to recognise abuse, seek help and build lives free from violence. Men and boys have a crucial role to play in defying the destructive stereotypes that normalise violence and actively working to end it. Rebecca's tragic fate must be a turning point. Let us honour her memory by igniting a fire of change that burns away the scourge of gender-based violence.

As we mark 16 days of activism, taking action to end gender-based violence is not only the right thing to do – it is also a smart investment for individuals, families, communities, nations and the world as a whole. Let us create a Uganda where every woman and girl can live in safety, with dignity, and with the freedom to pursue their dreams.

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**

GENDER BASED VIOLENCE (GBV) AND HARMFUL PRACTICES, UGANDA – 2021
https://uganda.unfpa.org/sites/default/files/pub-pdf/gbv_factsheet._final.pdf
Introduction: The persons with disabilities Act (2006) define disability as, 'a substantial functional limitation of daily life activities caused by physical, mental or sensory impairment and environment barriers resulting in limited participation'.

Gender Based Violence Prevalence Rates

• The national prevalence of Violence against ever married women by partner: physical violence: 22.3%, sexual (16.6%), physical and sexual (9.3%); all lower than violence against teenagers aged 15-19 years; Physical (23.5%), sexual (16.8%), and physical and sexual violence at 9.4% respectively (UDHS 2016, UBOS)
• Bukedi sub-region registered the highest percent of physical violence (32.6%), Sexual violence (37.1%), and physical and sexual violence (18.6%) whereas Ankole registered the highest percent in emotional violence at 48.6% (UDHS 2016, UBOS).
• 14,134 defilement cases (3.8% increase) were reported to Police in 2020 up from 13,613 cases in 2019: Meaning 1,186 defilement cases reported every month, 40 cases reported daily, up from 1,140 cases reported every month and 38 cases reported daily in 2019.
• On defilement victims, 1,280 girls aged 0-8 were defiled in 2020, up from 1,026 in 2019 and 2,986 girls aged 9-14 defiled in 2020, up from 2,100 in 2019.
• 9,954 girls aged 15-17 defiled in 2020, down from 10,556 in 2019.
• Over 300 victims of defilement were by HIV positive persons (301 in 2020 down from 390 in 2019.
• 120 girls defiled by parents in 2020 up (42.9% increase) from 84 in 2019.
• 17,664 domestic violence cases in 2020, up by 29% from 13,693 in 2019.
• 18,872 victims of domestic violence in 2020: 3,408 male adults, 13,145 female adults, 1,133 male juveniles and 1,186 female juveniles (Annual Police Crime Report, 2020).
• 0.3 percent was the National Female Genital Mutilation (FGM) prevalence in 2016, down from 0.6 percent in 2006 in nearly ten years (UBOS, 2018).
• 26.6 percent was the average FGM prevalence in Six districts in Karamoja and Sebei in Eastern Uganda: Moroto (51.5%), Nakapiripirit (49.2%); Amudat (42%), Bukwo (27.7%), Kween (21%), and Kapchorwa (12.9%) (FGM Survey 2016, UBOS).
• 12.4 percent of the population had disability prevalence in 2014 (National Population Census-2014) and 47 percent of people with disabilities are more likely to experience violence than those without 39 percent (Cheshire, 2018; UBOS, 2018).

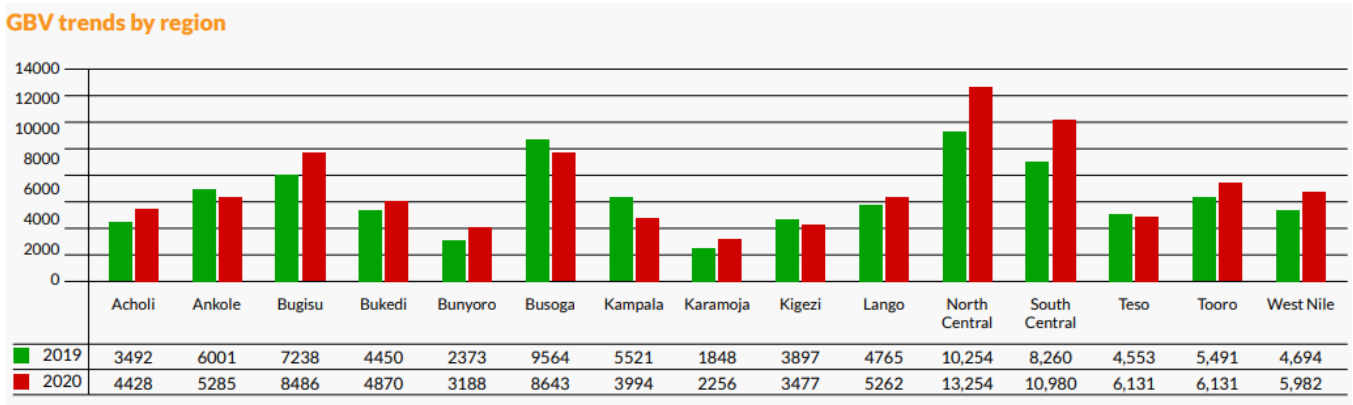
Trend of GBV cases from 2017 to 2020 (Ministry of Health-DHIS-2 2017-2020)

• GBV cases reduced from 85,101 in 2017 to 79,888 in 2018, a drop of 6.1 percent

• The number of GBV cases increased consistently from 79,888 in 2018 to 82,401 in 2019 (3.1 percent increase) then by 9.8 percent from 82,401 in 2019 to 90,489 in 2020
• 7,541 GBV cases every month and 251 every day in 2020, up from 6,867 cases every month and 228 cases daily in 2019, and • 48,650 GBV cases from January to June 2021, about 1142 cases monthly and 38 daily
• 12,483 exposures reported due to sexual/ rape or assault in 2020 and 10,982 (88%) were initiated on Post Exposure Prophylaxis (PEP)/ART drugs.

UNFPA's Response through the Uganda Judiciary and Justice, Law and Order Sector

• In 2020, the Uganda Judiciary with the Justice Law and Order Sector with the support of UNFPA organized Sexual Gender Based Violence (SGBV) court sessions held out of courts in 14 districts Overall 629 in 711 cause-listed cases were successfully completed and 82 cases were re-scheduled.
64.7 percent (88/136) of the districts had increase in GBV cases from 2019 to 2020.
• 18 districts had over 100% increases in GBV cases from 2019 to 2020. Koboko (836.3%), Kayunga (538.9%) and Kapchorwa (538.5%) followed by: Bududa (248.3%), Amolatar (225.2%), Maracha (220.5%), Kakumiro (212.5%), Lyatonde (179%), Rakai (158.2%), Kween (57.3%), Lamwo (142.9%),



	Acholi	Ankole	Bugisu	Bukedi	Bunyoro	Busoga	Kampala	Karamoja	Kigezi	Lango	North Central	South Central	Teso	Tooro	West Nile
2019	3492	6001	7238	4450	2373	9564	5521	1848	3897	4765	10,254	8,260	4,553	5,491	4,694
2020	4428	5285	8486	4870	3188	8643	3994	2256	3477	5262	13,254	10,980	6,131	6,131	5,982

Kaliro (135.3%), Nwoya (134.9%), Moyo (128.1%), Nakapiripirit (124.4%), Bulambuli (114.2%), Manafwa (104.4%) and Omoro (102.9%).

Abortions due to Gender Based Violence (GBV) by region

• 2,102 women had abortions due to GBV in 2020 which was 28.8% increase from 1,632 abortion cases in 2019, implying 175 abortions monthly and 6 every day.
• 11 in 15 regions registered some increases in cases of abortions due to GBV from 2019 to 2020.

Sexually Transmitted Infections (STI) due to GBV

• In 2020, 29,494 cases of STI due to GBV were registered (29.7% males; 70.3% females), 5.6% increase from 27,933 cases in 2019.
• 9 in 15 regions registered increase in STI due to GBV from 2019 to 2020. The highest cases in 2020 were in: Bunyoro (1,421), South central (4100) and Tooro (3,368).

Injuries due to GBV

• 58,902 injuries due to GBV in 2020, up by 11.5% from 52,836 in 2019.
• 8 in 15 regions registered increase in STI due to GBV from 2019 to 2020
• STI cases due to GBV were the highest in North central (6,676 to 9,309), Bugisu (5,300 to 6,767), South central (4,329 to 6,654).

3 in 4 young adults in Uganda experienced some form of violence during their childhood

First ever national survey on Violence against Children in Uganda launched

13 August 2018

KAMPALA, 9 AUGUST, 2018 – Three in four young adults in Uganda have experienced some form of violence during their childhood, according to Uganda's first ever Violence Against Children Survey, launched today by the Government of Uganda and its partners.

The Uganda Violence Against Children (VAC) Survey provides nationally representative data on the prevalence, nature and consequences of physical, emotional and sexual violence against children in Uganda, and provides sub-national estimates of violence against children.

"This survey brings to light the widespread nature and problem of violence against children in the country," said Hon. Hajat Janat Mukwaya, Minister of Gender, Labour and Social Development.

"The findings provide crucial evidence that will help guide the Government in our policy and programme decisions to better prevent and respond to violence against children across the country in the future."

Some of the key findings from the survey include:

General findings:

• 3 in 4 young adults experienced some form of violence during childhood
• 1 in 3 young adults experienced at least two forms of violence – of either sexual, physical and emotional violence – during childhood
• Half of all 18-24 year old Ugandans believe it is acceptable for a man to beat his wife

Sexual Violence

• Among 18-24 year olds, 1 in 3 females (35%) and one in six males (17%) experienced sexual abuse during their childhood
• 1 in 4 young adults who experienced sexual abuse during childhood first experienced it at the age of 13

or younger
• Children who suffered sexual abuse experienced higher mental distress than children who didn't

Physical Violence

• The majority of young adults – 6 in 10 females (59%) and 7 in 10 males (68%) – experienced physical violence during their childhood, with nearly half experiencing it at the hands of parents or adult caregivers
• Among those who were subjected to physical violence by an adult, their first experience was nearly always committed by a teacher (94% for females and 86% for males)
• 1 in 4 children missed school after experiencing physical violence

Emotional Violence

• Among 18-24 year olds, 1 in 3 experienced some form of emotional or verbal violence during their childhood
• The most common perpetrator of emotional or verbal violence was a child's mother or stepmother (41% for females and 35% for males)
• Children who experience emotional violence were more likely to think of killing themselves than those who didn't

The survey further highlights that violence against children occurs at all levels of Ugandan society – in homes, schools and communities, among other places – with survivors suffering negative physical, mental, social and cognitive consequences.

It also stresses that children who experience violence are more likely to become perpetrators of violence against children themselves in the future, fuelling an inter-generational cycle of violence in the decades to come.

"The findings of this survey make it shockingly clear – Ugandan children commonly experience violence, which often harms their development and, in some instances, devastates their lives," said Dr. Doreen Mulenga, UNICEF's Representative to Uganda.

"This situation must therefore serve as a call to action to all people who influence children across Uganda – especially those responsible for nurturing them, such as parents and teachers – to change their attitudes from tolerating and committing violence against children to rejecting it and holding all of those who perpetrate it accountable."

The survey was conducted by the Ministry of Gender, Labour and Social Development with support from AfriChild Centre for Excellence, ChildFund, PEPFAR, Transcultural Psychosocial Organisation Uganda (TPO), Uganda Bureau of Statistics (UBOS), USAID, the U.S. Centers for Disease Control and Prevention (CDC) and UNICEF.

Uganda is the latest among several countries such as Swaziland, Tanzania, Kenya, Zimbabwe, Haiti, Cambodia, Malawi, Nigeria, Zambia, Laos, Rwanda, Botswana, Honduras and El Salvador, that have completed data collection for similar Violence Against Children Surveys.

COMMERCIAL IN CONFIDENCE

WHAT IS CHILD ABUSE ?

Verbally abusing a child

Teasing a child unnecessarily

Exposing a child to pornographic acts or literature.

Touching a child where he/ she doesn't want to be touched.

Forcing a child to touch you.

Breaking down the self-confidence of a child.

Hitting or hurting a child - often to relieve your own frustration.

Manipulating a child

Not taking care of a child, for example: unclean, unclothed, unfed child

Using a child as a servant

Not listening to a child

Neglecting emotional needs of a child

Making your own child a'servant' depriving of time for education/leisure

Hitting and ridiculing a child at school

Neglecting a child's medical needs

Neglecting a child's educational needs

Leaving a child without supervision

Produced by: National Child Protection Authority
No: 330, Thalawathugoda Rd, Madiwela.
(Tel: 778911-13, Fax: 778915, Email: ncpa@diamond.lanka.net)
Compiled by : Prof. Harendra de Silva
Illustrations by: Jayamini de Silva
Graphic layout Sponsored by: Thorn Holdings (Pvt) Ltd.

Being Unloved and Rejected!

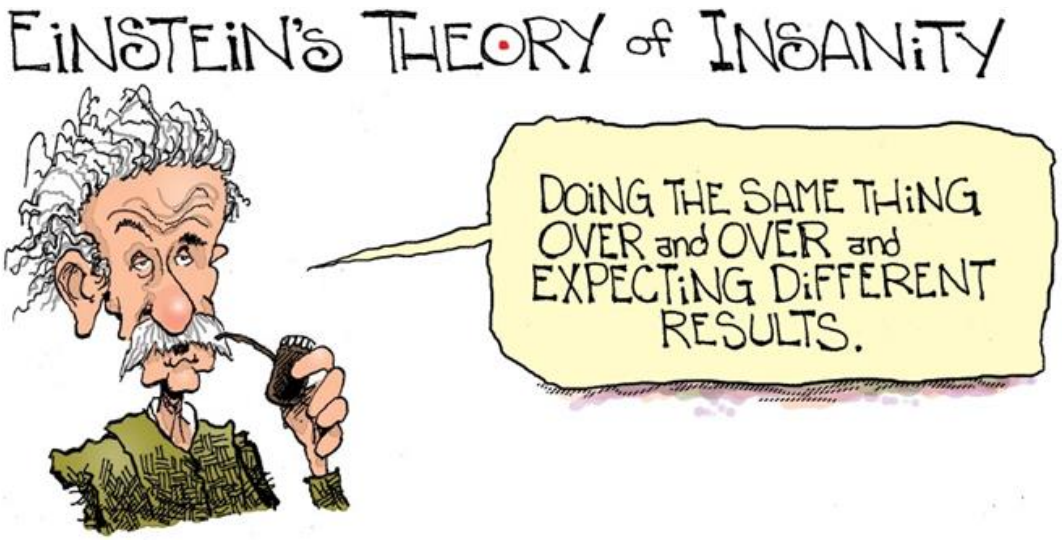
Head in the Sand!

The oppressive nature of authoritarian rule leads to gross under reporting and non-disclosure.

The reality is that 70% of girls are sexually molested before adulthood, and 70% of that 70% are sexually molested by the girl's father and / or uncles.

Child abuse is typically occurring within one in four families.

ONLY THROUGH the UNIVERSAL AWARENESS and by EMBRACING LIVING FEELINGS FIRST can and will HUMANITY evolve ABOVE its PRESENT DIRE STATE in how we are LIVING being MIND-CENTRIC.



Feelings first

LIVE FEELINGS FIRST

FEELINGS FIRST For Kids

Living true to your feelings:

It's to understand that what you are feeling today is a result of masses of repressed bad feelings, all of which need to be brought out one at a time, and not just exploding with that pent up rage, venting your anger all over the place, because you are to follow your feelings – allow your feelings to lead you in life. All those repressed feelings are to be brought out into words, progressively stripping away the many levels of them, all so you can see why you're feeling them. 'Going with your feelings' is not just about acting on every feeling you feel, it's about actively wanting to express and bring to light all your feelings by speaking, using words, and not just through acting. We are to express our feelings to uncover their truth. So you can do nothing, even stop acting out your feelings, whilst you spend years and years simply talking them out. Marion 7 April 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.

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

We are to express our feelings, both good and bad, at all times, and to long for the truth of them.

New Feelings Way: learning how to live true to ourselves by living true to our feelings.

We are to Find the Truth of our Childhood.

James Moncrief – Sunday 8 September 2019

We are to Find the Truth of our Childhood.

That's it; and find it through our feelings by directly connecting, feeling, experiencing, and most importantly, knowing they are true by being them. We ARE our childhood, the truth is already there, it is already within us, we are already living it, we don't have to look anywhere else for it other than within ourselves. All of why you are what you do, say and live, everything about how you are and how you conduct yourself in life, is all what your childhood was. You grew into being the adult you are because of the childhood you had, we can't be a different adult that's not a direct and complete product and result of our childhood. And if you take away the time element, we are still our childhood, our life is still manifesting how it was for us as a child. We can believe and pretend all we want that we are different to how we were as a child, that having become adult we can leave our childhood behind and move on becoming the adult we want to be. No, we think we can do that, yet we can't. We can't do anything that's not already done, we are still effectively living our childhood and being as we were in it, and that's within all the different times and phases of it, all which adds up to being one big, often contradictory, mess of ideas, beliefs and opinions about ourselves.

And we can't be anything else other than what we are, which is how it was for us through our childhood, yet we fail to see it because we're not fully connected with those parts of ourselves and all the corresponding feelings that will help us see it. So we are to find the truth of ourselves – hence: the truth of our childhood. Because in knowing the whole truth of our childhood and being it, being aware that we are it, connects us as adults fully with ourselves back then. You know how it was for you, because you feel it, your feelings tell you, show you, and there's no avoiding or denying them, because they are expressing (by making you feel) the truth of how it was for you, how it has always been since conception, and how it will remain until the Mother and Father transform you out of your untrue state – out of your unloving childhood.

So our Healing is about finding the truth of ourselves from the beginning, which equates to the truth of our whole childhood, because it's our childhood that made us be as we are. And because we were so heavily interfered with and prevented from being our natural true selves, so we have to 'Heal' all the damage that was done to us. Healing ourselves by seeing the truth of ourselves. So by acknowledging all our feelings, and by wanting to find and uncover the whole truth of our childhood, we work progressively deeper into ourselves, bringing to light all that happened to us to make us be as we are. And part of that is to help us see how much of our childhood and forming was true and loving, and how much was untrue and unloving.

And presumably, once we've brought to light within us the whole truth of our childhood, then the good, true parts, those founded on true love, will remain; and the bad, that which was founded on untruth, will be transformed out of us by God through our soul.

As a forming and developing child, we don't have enough of ourselves to find and so experience the whole truth of what's going on. But as adults we do. And if we grew up in a fully true and loving situation and environment with only loving and true relationships, then as an adult that's how we'd be feeling completely loved and true, happily wanting to bring to light all the positive influences that affected us through our childhood, all of which would be a very enjoyable and loving experience. Whereas because we grew up in rebellion against Truth and Love being forced to be mostly untrue and unloving, and even possibly completely untrue and unloving, then it's not enjoyable going back bringing to light and expressing all our hurt and pain.

We start out not knowing anything about how it is for us through our childhood; or at best, a minimal amount as some people and families are more feeling expressive and self-aware. And through our Healing we have to get to know it all, because we are it, so we're getting to know ourselves – which for many people

will equate to getting to know their shit-start in life. And once we've brought to light the truth of our childhood, then we can leave it, moving on bringing the truth to light of being a true adult. Which is what The Urantia Book means by saying we become true universal spiritual citizens once we are living a Celestial level of truth. So the Mansion Worlds are really provided for us to uncover the truth of our childhood, to see how it was for us, and consequently, how we lived as a child. And they are really only for that, and not so much for us to set about righting all that we find out is wrong within us. We are to only see and so uncover the truth of ourselves. As far as fixing ourselves, or changing or transforming ourselves, that is up to God.

The Mansion Worlds are called probationary worlds, ones in which we can settle the Law of Compensation within our untrue states and continue living against ourselves and the Truth, furthering our truth and self denial; and ones in which we can do our 'Healing' to see the whole truth of our untrue state. Which we can now do either in the Mansion Worlds themselves, or on Earth.

So there is no avoiding the truth of your childhood if you want to ascend beyond the Mansion Worlds. And the fact that none of the spiritual or religious systems on Earth are wholly devoted to helping people bring to light the truth of their childhood through their feelings, shows what a terrible state we're all in. Imagine if the whole world was focused on helping everyone bring to light the hidden truth of themselves, and so the truth of their childhood. It certainly would be a different way to live and so a different world we'd live in.

We can't actually fix anything from our childhood. We can't, only God can. And God will when we've brought to light all the truth of it that God wants us to see. We can undergo therapy (and some truth might come to light), go to the doctor, do whatever we do trying to feel better, all trying to get rid of our bad childhood, all trying to fit in with the beliefs we have from our childhood of how we should be in the world, yet it's only at best scratching the surface. God, through our soul, won't allow us to change anything from our childhood anyway, at least not until we've seen and brought to light and fully connected through our feelings with all the truth of it. There'd be no point God subjecting us to such horror if we could make it all go away before we found the truth of what it was all about and why God made our childhood as it was. So we can do a little, or so we think, adjusting ourselves this way and that, however even those adjustments we come to see through our Healing are 'allowed' because we're still just doing them within our prevailing childhood patterns. And there are what seems like endless levels within us of which we're composed, which you would expect because of the enormity of being God's children, and so there's quite a scope for us to move or play around in entertaining ourselves by believing we've changed the foundations and results of our childhood. So as we can't actually change ourselves, all we can do is want to uncover the truth of our childhood and live that truth. All of which involves vast amounts of self-acceptance, which gradually comes with the truth, growing in the acceptance that this is how you are, how God wants you to be having this experience, given the childhood you had, and there's nothing you can do about it. Other than keep on expressing every feeling that comes up, as you long for the truth of your childhood, wanting to live true to yourself.

LIVE FEELINGS FIRST

Feelings First Spirituality, The New Way

Feelings are your own truth and personality

You Can Rescue a Child From Sexual Exploitation.

10,000+ children rescued.
More than a million
still waiting to be found.

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Crime Index by Country 2023 Mid-Year

https://www.numbeo.com/crime/rankings_by_country.jsp?title=2023-mid&region=002

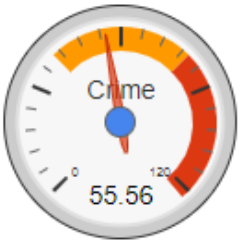
Rank	Country	Crime Index	Safety Index
1	South Africa	75.5	24.5
2	Somalia	66.7	33.3
8	Zimbabwe	60.6	39.4
11	Kenya	56.8	43.2
12	Uganda	55.9	44.1
13	Tanzania	54.4	45.6
16	Ethiopia	51.4	48.6
21	Sudan	45.5	54.5
24	Rwanda	27.3	72.7

Crime rates in Kampala, Uganda

Level of crime	https://www.numbeo.com/crime/in/Kampala	61.51	High
Crime increasing in the past 5 years		66.65	High
Worries home broken and things stolen		58.31	Moderate
Worries being mugged or robbed		62.13	High
Worries car stolen		55.87	Moderate
Worries things from car stolen		65.46	High
Worries attacked		48.59	Moderate
Worries being insulted		34.55	Low
Worries being subject to a physical attack because of your skin colour, ethnic origin, gender or religion		26.34	Low
Problem people using or dealing drugs		40.91	Moderate
Problem property crimes such as vandalism and theft		56.41	Moderate
Problem violent crimes such as assault and armed robbery		57.47	Moderate
Problem corruption and bribery		91.52	Very High

Safety in Kampala, Uganda

Safety walking alone during daylight	72.34	High
Safety walking alone during night	31.93	Low



Uganda 2023 Human Rights Report

https://www.hrw.org/world-report/2023/country-chapters/uganda

EVENTS of 2022: Authorities in Uganda, as in previous years, failed to hold security forces accountable for serious human rights abuses. The police and the military, which were implicated in serious rights violations around the 2021 general elections, continued to restrict rights to freedom of expression and assembly, especially for government critics and political opposition. The authorities placed restrictions on civil society organisations, media, and online communication, as state agents routinely harassed and intimidated journalists.

Conduct of Security Forces

In December 2021, Uganda sent Uganda People's Defence Force (UPDF) soldiers into eastern Democratic Republic of Congo as part of a joint operation with the Congolese army in an assault on the Allied Democratic Forces (ADF) rebel group. The government claimed the ADF was responsible for the 16 November 2021, suicide bombings in Kampala that killed four people and wounded 37.

UPDF soldiers and police in April killed at least 11 people as part of a disarmament operation that began in March.

Freedom of Expression and Assembly

Authorities clamped down on journalists and government critics and placed further restrictions on social media.

On 28 December 2021, military officers broke into the home of government critic and satirical writer, Kakwenza Rukirabashaija, beat him, and took him to an unknown location where they detained him for 14 days. Police later charged Rukirabashaija with "offensive communication" over earlier tweets critical of President Yoweri Museveni and his son, Muhoozi Kainerugaba. On 9 February, Rukirabashaija fled Uganda to seek treatment for the injuries he sustained from beatings in detention. Two days before he fled the country, a Kampala court turned down his application to have his passport returned.

On 22 February, a security official kicked freelance journalist, Lawrence Kitatta, as he covered an opposition protest in Kampala outside the home of Anita Among, the then deputy speaker of parliament. Kitatta told the Committee to Protect Journalists (CPJ) he was forced into hiding and unable to work for days due to fear. He said he was tailed at an office at which he worked by unknown people suspected to be government security officers.

On 10 March, a group of armed police and military officers raided the offices of The Alternative DigiTalk, an online television station, in Kampala, arrested nine staff members, and confiscated their equipment. On March 15 and 16, seven of the nine were released on police bond, while Norman Tumuhimbise and Faridah Bikobere were remanded at Luzira prison and later charged with cyberstalking and offensive communication "to disturb the peace and quiet of the President of Uganda." The charges resulted from their sharing excerpts of Tumuhimbise's two books that are critical of President Museveni. On 21 March, police released Tumuhimbise and Bikobere on bail.

On 8 September, parliament amended the 2011 Computer Misuse Act, further restricting freedom of expression online. According to the new law, a "person who uses social media to publish, distribute or share information, prohibited under the laws of Uganda or using disguised or false identity, commits an offence," and would be subjected to either a fine of 16 million Uganda shillings (around US$4,200), five years in jail, or both.

On 4 October, police arrested nine university students protesting the building of the East Africa Crude Oil Pipeline (EACOP) through Uganda, outside the European Union offices in Kampala, and charged them with being a "common nuisance." The nine were released on bail on 10 October.

Attacks on Civil Society Groups

On 10 May, the Ugandan High Court overturned the suspension of Chapter Four, a legal aid organisation. On 10 August 2021, the National Bureau for Non-governmental Organisations indefinitely suspended 54 civil society groups, including Chapter Four, on a range of grounds, including allegedly operating with expired permits. The bureau accused Chapter Four of failing to file annual returns and audited books of accounts.

On 22 June, President Museveni announced the restoration of the Democratic Governance Facility, an EU fund for non-governmental organisations, on condition that the government is included in its decision-making on the disbursement of funds to Ugandan organisations. The president suspended the fund in 2021.

Arrest and Harassment of Opposition Leaders and Supporters

On 23 May, police arrested Kizza Besigye, an opposition politician and leader of the Red Card Front movement, at a rally in Kampala protesting the government's handling of increases in fuel prices and other basic commodities. On 25 May, authorities charged Besigye with inciting violence and granted him a 30 million Uganda shillings (about US$8,100) cash bail. Besigye refused to pay because he considered it excessive and politically motivated. Two weeks later, on 6 June, authorities released Besigye after the High Court reduced the cash bail to three million Uganda shillings (US$810). On 12 June, police arrested Besigye again at a rally in Kampala and charged him with inciting violence. A court initially denied, but later granted, his bail application; Besigye was released on bail on 1 July.

On 30 May, police arrested six other opposition leaders, including parliamentarian Anna Adek; Doreen Nyanjura, the deputy mayor of Kampala; and four activists, Wokuri Mudanda, Susan Nanyojo, Mariam Kizito, and Alice Amony, as they protested the continued detention of Besigye, but later released them on bail.

On 25 May, soldiers raided the offices of the Forum for Democratic Change (FDC), an opposition political party, assaulted its officials, stole money, confiscated documents, and arrested at least two of them. This was on the eve of the by-election in Omoro County in Northern Uganda, which was triggered by the death of Jacob Oulanyah, the former area parliamentarian. The next day, security officers arrested several other supporters of FDC and other opposition parties.

A year after their arrests, opposition parliamentarians Mohammad Ssegirinya and Allan Ssewanyana of the National Unity Platform remained in detention without trial. On September 24 and 27, 2021, armed men presumed to be government security officers arbitrarily re-arrested both Ssewanyana and Ssegirinya after they were separately granted bail on murder and terrorism-related charges and released from prison, bundled them into unmarked vehicles, and drove them to unknown destinations. On 28 September 2021, police presented them at court in Masaka, where they were charged with new murder charges and remanded.

Land Rights

Ugandan media reported that between June 2 and 5, violent clashes between unknown people and residents occurred in the northern village of Apaa that left six people dead, three critically injured, and over 200 houses burned. The area has been plagued by a decade-long dispute between the government and the communities during which authorities have forcibly evicted Apaa residents, claiming the area is part of wildlife and forestry reserves. Security officers have burned homes, beat people, and looted property during the evictions. Officials blocked access to Apaa for outsiders for three years, closed a health centre and market serving the area, and excluded residents from participating in the 2021 general elections.

Sexual Orientation and Gender Identity

Uganda's penal code punishes "carnal knowledge" between people of the same gender with up to life in prison. On 3 August, Uganda's National Bureau for NGOs banned Sexual Minorities Uganda (SMUG), a prominent lesbian, gay, bisexual, and transgender (LGBT) rights organisation, for not having officially

registered with it. SMUG's director told Human Rights Watch that the registration bureau refused to approve SMUG's name, a requirement for registration, because the name of the organisation makes it clear that it supports rights and wellbeing of LGBT people. SMUG had provided education on sexuality and advocated for health services for LGBT people since 2004.

Accountability for International Crimes

Reparation proceedings continued before the International Criminal Court (ICC) in the case of Dominic Ongwen, a former commander of the Lord's Resistance Army (LRA). Ongwen was convicted in 2021 of war crimes and crimes against humanity; an appeal is pending. Joseph Kony, the LRA's founding leader and the only living remaining ICC suspect of LRA crimes, remains a fugitive.

Uganda's International Crimes Division continued its trial, which has dragged on for 13 years, against LRA commander Thomas Kwoyelo. At time of writing, the most recent hearing was in June. Kwoyelo has been in prison since he was captured by Ugandan forces in 2009.

Wider accountability for crimes committed during the 25-year conflict in northern Uganda, including abuses by the Ugandan armed forces during the conflict, remains limited. The Ugandan army has said that soldiers who committed abuses have been prosecuted and convicted but has not provided details of such cases.

Children's Rights

Uganda's teenage pregnancy rate stands at 25%—the highest in East Africa. One in four Ugandan girls and women ages 15-19 have given birth before turning 18, and 34% of girls are married before the age of 18. Uganda maintains a "re-entry" policy framework that specifies that girls may return to school after giving birth, but presents additional barriers and conditions for return. Regulations state that girls are required to go on mandatory maternity leave when they are three months' pregnant. They are only allowed to resume schooling after one year, when their child is at least six months old, regardless of their personal situation.

In June, the government adopted its second five-year National Strategy to End Child Marriage and Teenage Pregnancy, pledging key measures to end both, including enforcing compulsory education of all children for at least 11 years, and facilitating adolescent mothers' return to school.

Corruption in Government

https://www.state.gov/wp-content/uploads/2024/02/528267_UGANDA-2023-HUMAN-RIGHTS-REPORT.pdf

Corruption in Government: The law provided criminal penalties for corruption by officials; however, civil society organisations stated the government did not implement the law effectively. There were numerous reports of government corruption.

Corruption: Officials frequently engaged in corrupt practices with impunity, especially through inflation of public procurement costs, bribery, kickbacks, and diversion of public resources to private use, while many corruption cases remained pending for years. On 13 February, local media reported the Anti-Corruption Unit in the Office of the President arrested three family members of Minister for Karamoja Affairs Mary Goretti Kitutu after they were found selling government relief items including roofing materials known as "iron sheets," which were intended for some of the country's poorest communities in Karamoja, in the northern part of the country. Local media subsequently reported Kitutu's office diverted almost half of the iron sheets to other ministers for their personal use. On 15 March, local media reported President Museveni instructed the Office of the Director of Public Prosecutions to have the implicated officials prosecuted. In April, the public prosecutor charged Ministers Kitutu, Lugolobi, and Nandutu with corruption and the court remanded them to prison, before releasing them on bail. The ministers' trials continued at year's end. On 28 March, police arrested 11 anti-corruption activists when they held a demonstration demanding prosecution of the ministers. Prosecutors charged the 11 activists with inciting violence and the court remanded them to prison until it released them on bail on 5 May. Their trial continued at year's end.

For additional information concerning corruption in the country, please see the Department of State's Investment Climate Statement for the country, and the Department of State's International Narcotics Control Strategy Report, which includes information on financial crimes.

A new study reveals how much money Uganda loses to corruption each year, here are the shocking figures

https://www.pulse.ng/articles/business/international-business/a-new-study-reveals-how-much-money-uganda-loses-to-corruption-here-are-the-shocking-2024072600265787472

24 October 2022

The study found that yearly, Uganda loses at least Shs9.144 trillion (US$2.540 billion) to corruption in private and public institutions. In total 23% of the country's annual budget is lost to corruption.

The Inspectorate of Government conducted an empirical study to measure corruption in Uganda, and some shocking figures were discovered. The study found that yearly, Uganda loses at least Shs9.144 trillion to corruption in private and public institutions. In total 23% of the country's annual budget is lost to corruption.

This study is the first of its kind and was initiated in 2021. It was funded by the German Government and conducted by The Government Transparency Institute (GTI), a nonpartisan think tank. They used a "red flag" methodology to analyse public procurement spending. The report's datasets were collected, deducted, and categorised in two broad forms, direct and indirect costs.

Direct costs denote costs to citizens in form of bribes. While indirect costs are costs that were generally hard to quantify in the research. Some of the direct cost criteria measured include salaries paid despite absenteeism, which is estimated at Shs2.3 trillion per year.

Illegitimate contract awards (Shs858 billion), bribes to judicial officers (Shs762 billion), corruption in procurement processes (Shs614 billion), healthcare corruption (Shs191 billion), bribery in water and

electricity utilities, as well as the corruption costs of unpaid utility fees (Shs478 billion,), and cost of bribing security personnel (Shs91 billion). It was estimated that Ugandans paid an average of Shs56,779 (US$16) annually in bribing corrupt security officials.

As for indirect costs of corruption, the criteria and figures unveiled by the report are as follows, corruption in foreign direct investments net inflow (Shs18.5 billion), limited labour force supply in labour force participation rate (Shs320.5 billion), bribing judicial officers as well as high-interest rates that stop small and medium enterprises from submitting loan applications (Shs763 billion). Loss due to firms' misreporting and underreporting of value-added tax (Shs136 billion).

Speaker of Parliament Anita Among on Thursday expressed deep concerns about the alarming figures revealed in the report. The speaker said "This is absurd because when we do appropriation of money and we are giving government money, the government [then] says there is no money yet money is siphoned out at a tune of Shs9.14 trillion. As IGG (Inspector General of Government), you still have a lot of work to do."

The Inspector General of Government, MS. Kamaya also commented on the findings, noting that the corruption itself is not endemic, as sensitisation would aid in reducing the figures. Her point was to change the mindset of Ugandans "so that people can adopt the ability to reject corruption."

She said, "The challenge is mainly in corruption because the population has accepted corruption as a way of life," she told Sunday Monitor in an interview on Friday, adding, "People should know that they are entitled to good service. They should replace that way of accepting corruption with the sense of entitlement."

She also noted that the money lost to corruption, if recovered, could drastically improve the country's economic state.

Below is a rundown of the entire report.

Cost of corruption:

- Salaries paid despite absenteeism— Shs2.3 trillion
- Loss of Environment resources— Shs2.2 trillion
- Corruption in contract royalties— Shs859 billion
- Bribing judicial officers— Shs762 billion
- Corruption in procurement— Shs614 billion

What tackling corruption can save:

- Security— Shs4.2 trillion
- Education— Shs3.4 trillion
- Agriculture— Shs760 billion
- Water and environment— Shs654 billion.

True liberation is allowing yourself to feel all your feelings wanting to fully express them with the emotion of them, all as we want to bring to light the truth they are to show us about ourselves.

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.

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

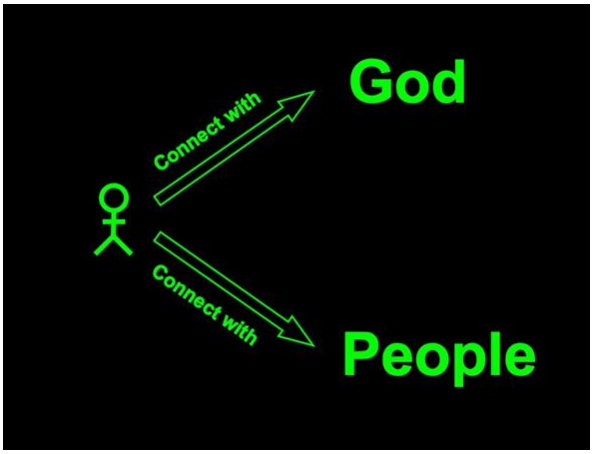
We are all interconnected.

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.

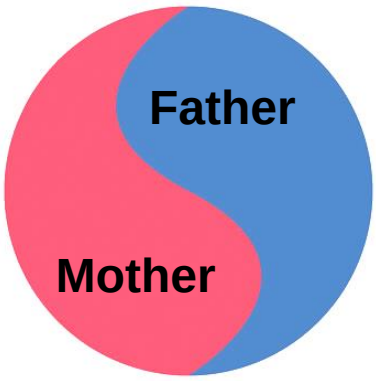
With this in mind, we see everyone in a loving way.



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

Church and State are to remain separated. Kindly go to www.pascashealth.com, then Library Download page, scroll 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



Our Heavenly Mother and Father.

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

We are God's children. Our souls are in His / Her / Their likeness as we are Their creation.

No matter where we are on Earth, we can always connect with our Creator without needing an intermediary.

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Our Spirit Friends on duty

OUT GATEWAY

ISOLATION

7 Crying Healing World

5 Crying Healing World

3 Crying Healing World

1 Mind Mansion World

2 Mind Mansion World

4 Mind Mansion World

6 Mind Mansion World

STOP

I'D TURN BACK IF I WERE YOU!

WE ARE ALL BEING PLAYED

DIVIDE & CONQUER: IF THEY KEEP US FIGHTING WITH EACH OTHER, WE WILL NEVER FIGHT THE TRUE ENEMY... **THE ESTABLISHMENT**!

DIVIDE AND CONQUER MECHANISMS:

Skin Colour / Tone Bigotry — Class & Social Structures
Borders & National Cultures — Militarism is all Wrong
Language Divides — Societal Customs & Practices
Financial Enslavement — Debasement of Education
Professional Snobbery — Sexual Preference Bigotry
Assumptions Err 98% of the time — Political Division
Mind-Centrism Stagnation — Religious Bigotry
Mind Control Addiction — Mind Untruth Addiction
Institutional Controls — Leadership Propaganda & Lies
Parental / Teacher / Religion / Employer / Government Suppressions
Potable Water Security — Food Security — Safe Shelter Security
Universal suppression of all peoples by covert controllers
Living Mind Centric is prohibiting spontaneity & freedom
Living Feelings First is living in truth & freedom !
Women Liberating — Childhood Suppression to end

One Cause – One Pathway

simple is what life is meant to be!

Amazingly, it has not been previously understood that should we heal ourselves of what we each have taken on of the Rebellion and Default via our Childhood Suppression being experienced throughout our childhood formative years, such healing being through Feeling Healing, then we would no longer need to experience physical discomfort, pain, disease or any illness.

Sickness comes about in its diverse forms to draw our attention to our emotional injuries and errors of belief. Once we fully heal ourselves then we no longer need to experience illness! Feeling Healing is the only pathway!

The extreme diversity in the forms of illness is of a direct reflection of the diversity of our personalities and the suppressive environments we each have experienced.

It is only upon completion of our Feeling Healing that such propensity for physical health arises.

However, now it can be understood why allopathic medicine, traditional medicine and all other health systems do not bring about a cure. That is because the underlying cause has not been previously recognised and consequently it is never addressed.

To engage in living Feelings First and then to embrace Feeling Healing is addressing our Childhood Suppression as well as our ongoing Repression that continues throughout all of our life. Further, by also embracing Divine Love we are also Soul Healing and thus fitting ourselves to become of Celestial Soul Condition which we can do while living in the physical on Earth.

Humanity, over many thousands of years, has progressively gone deeper and deeper into wrongness through living mind-centric. We have always taken the wrong option – our choices have always deepened our suppression of our truth and personality.

By embracing The New Way, living Feelings First, humanity will begin to resolve the social ills that prevail throughout all societies. Progressively the circumstances for world peace will arise.

By living Feelings First and then working through and completing Feeling Healing, we bring all of our bodies and systems into harmony, thus we remove the need for each of us to experience any further illness.

By then embracing Divine Love, the love of our Heavenly Mother and Father, with Feeling Healing we are then fitting ourselves to enter the first of the Celestial Heavens while we live here in the physical on Earth.

The New Way

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.

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

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.

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.

ONCE YOU KNOW -
YOU CANNOT UNKNOW!
Mary Magdalene

CHILDHOOD TRAUMA

Throughout our forming years, from conception to around age six, we are immersed in the unloving guidance and care of those who feel they are loving. The accumulation of injuries, errors, hurt, are all of an ongoing harming nature being disturbing frozen energy that manifests aspects through the rest of our life. The suppression and ongoing repression of our natural self-expression during our formative years is the foundation of all our suffering throughout our life.

Suppression and ongoing repression of our natural self-expression underlies our quality of life, it is the predictor of our level of employment, poverty or otherwise, our physical health, generator of our illnesses, our quality of relationships and all aspects of our everyday living, good and bad.

We can free ourselves of living life like a retard, yes, that is about how we emerge from our early childhood. We, as parents, are yet to discover how to bring up children. First we are to liberate ourselves from keeping suppressed our childhood repression, and this we now can do through Feeling Healing.

"The real KEY to our Healing is longing for the Truth, and that is the truth that will come from our feelings. If you don't want the truth of what you are feeling, then you can forget it. You can express your feelings all day like a kettle letting off steam, however if you're not seriously wanting, and longing hard, and praying with all your will to God to help you uncover and see the TRUTH that your feelings are to show you, then you can forget it. The expressing and releasing ARE just as important, however a little less than longing for the truth."

James Moncrief 28 May 2018

SOME NUMBERS:

Currently, each year we have:
130 million live births
73 million abortions
25 million or so miscarriages

228 million conceptions / incarnations per annum.

6.5 million child deaths per annum. About 5% of those born do not make adulthood.

123.5 million of those incarnated make it to adulthood.

55% of those incarnated make it to adulthood.
45% of those incarnated do not have an adulthood life experience.

Natural love and divine love, and indeed soulmate love are quite different energies. Soulmate love is not natural sexual love. Soulmate love is the only natural love that matures and continues with us into the Celestial Realms being beyond the 8th sphere.

Just to step back a little to the above statistics. For each abortion there are at least two adults involved. As there are 73 million abortions each year, then 146 million adults may be involved in that process. That indicates that every live birth, well it is more – 110% of adults – become participants in abortion.

Further, the number of reported abortions are an under estimation of actual events.

Global estimates of INDUCED ABORTIONS:

	1995	2003	2022
World	**45,600,000**	**41,600,000**	**73,000,000**

http://www.mswm.org/abortions.worldwide.abortionstatistics.htm

BABIES born Each Year; 130,000,000
It is estimated that there are approximately 130 million babies born throughout the world each year.
http://answers.ask.com/Society/Other/how_many_babies_are_born_each_year

Miscarriage reportedly occurs in 10 percent of all pregnancies. This may be an inaccurate number. However, many women, before realizing a life has begun forming within them, may miscarry without knowing it. Therefore, the miscarriage rate may be closer to 20 or 25 percent.
http://www.allaboutlifechallenges.org/miscarriage-statistics.htm

World murder rate: 7.6 per 100,000 people per year.
The NUMBERS: Violent deaths worldwide, 2004:

Total:	**740,000**
Homicide:	490,000
Indirect consequence of war:	200,000
In war:	50,000

http://www.dlc.org/ndol_ci.cfm?kaid=108&subid=900003&contentid=255032

Over one million people die by suicide every year.
There are an estimated 10 to 20 million non-fatal attempted suicides every year worldwide.
http://en.m.wikipedia.org/wiki/Suicide

DEATHS worldwide per annum: 60,000,000
Pollution causes about 40% of deaths worldwide, i.e., are caused by water, air and soil pollution.
http://www.sciencedaily.com/releases/2007/08/070813162438.htm

NOTE: We are no less a personality and a human being at day 16 after conception as we are at full term or birth. There can be no greater grief being inflicted than that of being a child being rejected by its parents through being aborted. Nevertheless, the unborn personality will be spirit born into the 1st spirit Mansion World and go on and have a life experience similar as what it may have had in the physical on Earth should its parents have embrace it and allowed it to live.

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 Berry 12 October 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

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.

PSYCHIC BARRIERS to CHANGE!

To put it succinctly:

We have been driven, generation after generation, to embrace our minds to the point that we blindly worship our minds, due to the fact that high level spirit controllers considered we would fall to to their coercion.

Our minds are addicted to:

Control over others;

Control over our environment.

That males are now addicted to having females subservient to their control.

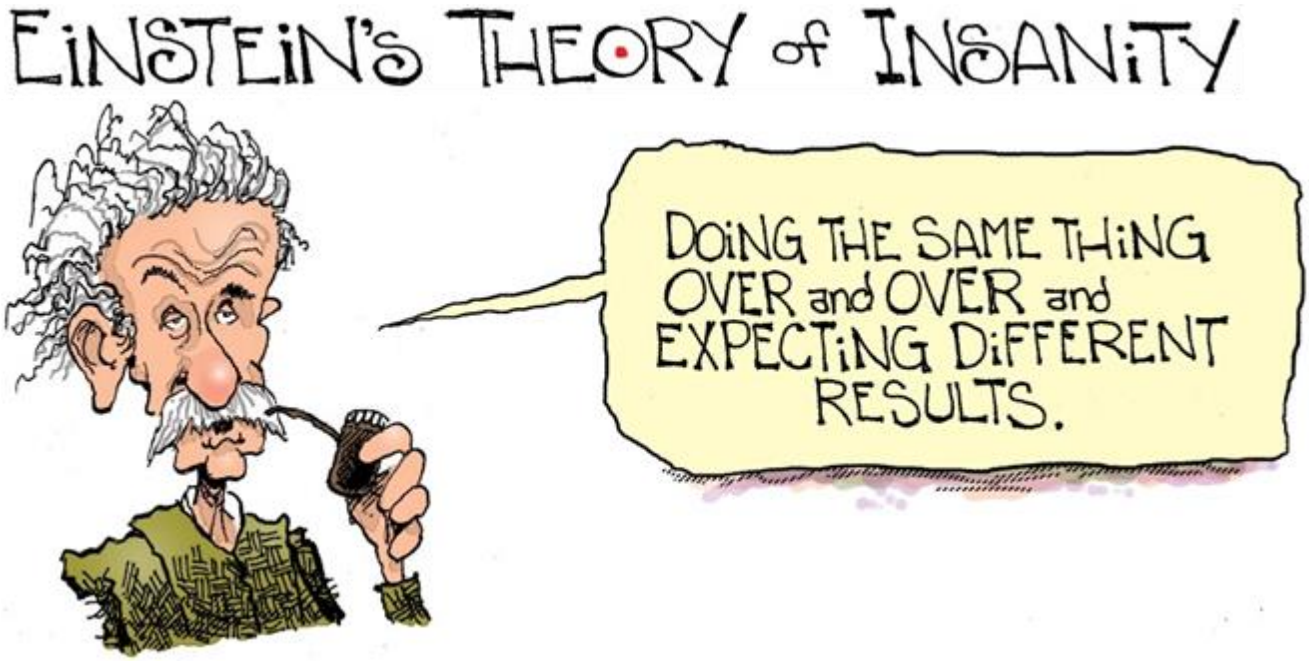
That our minds cannot differentiate Truth from Falsehood.

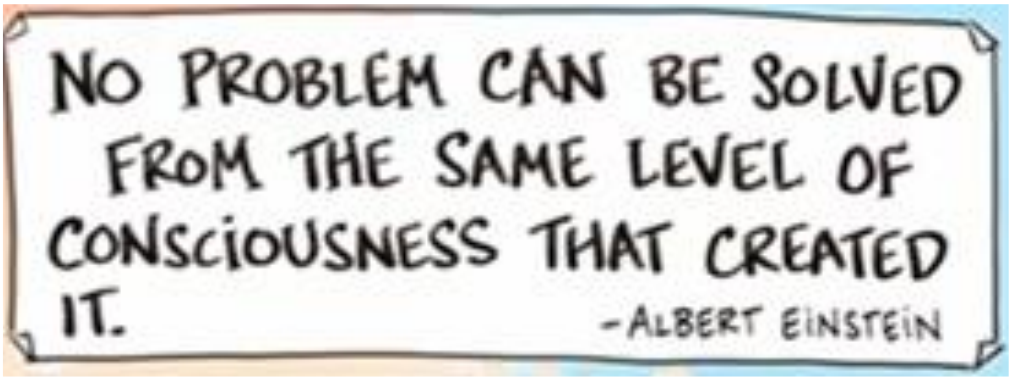
That our minds are addicted to untruth and that 'fake news' and propaganda will be believed by a gullible, subservient audience.

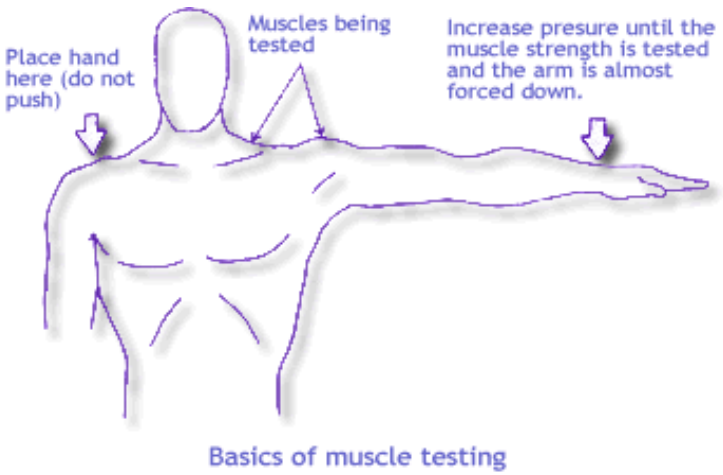
That consequently, the sheeple will march to war without questioning.

So, financial gain for the few hidden controllers is the trigger for never ending wars, if they cannot enslave nations through debt *or* by other means!

We, here on Earth, live in a physical HELL!

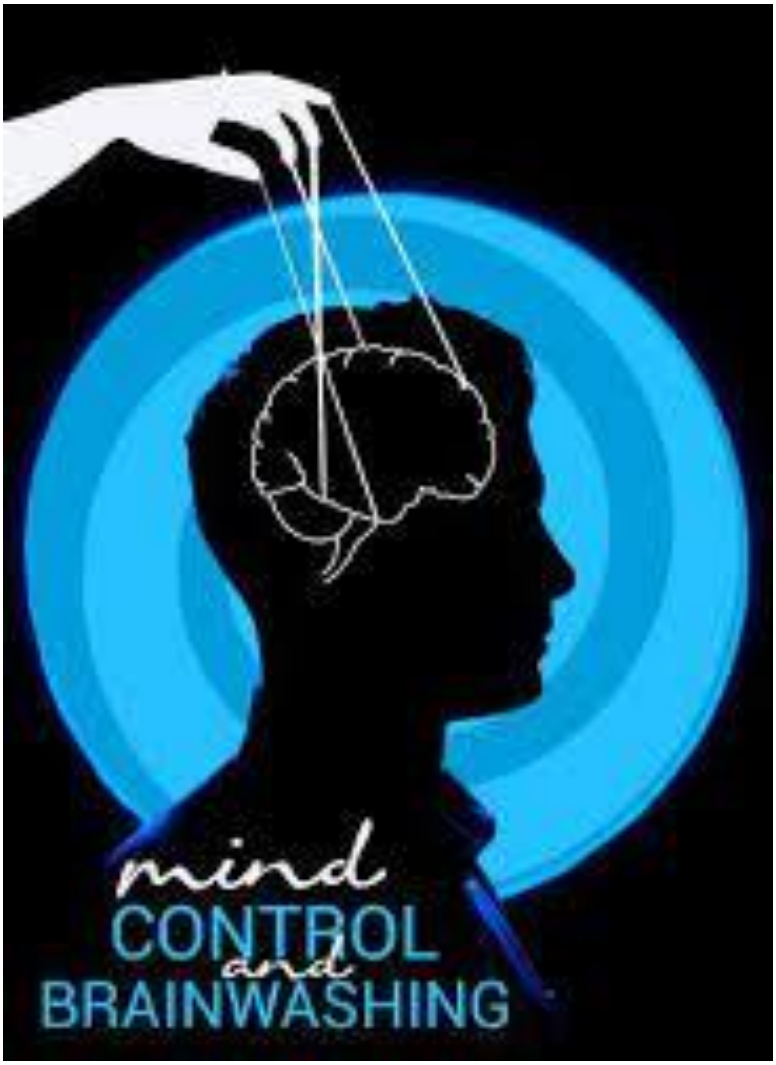






Through kinesiology muscle testing, we can determine what is in truth and what is not, further, we can also determine the level of truth of anything!

We all are all addicted to our mind's control!



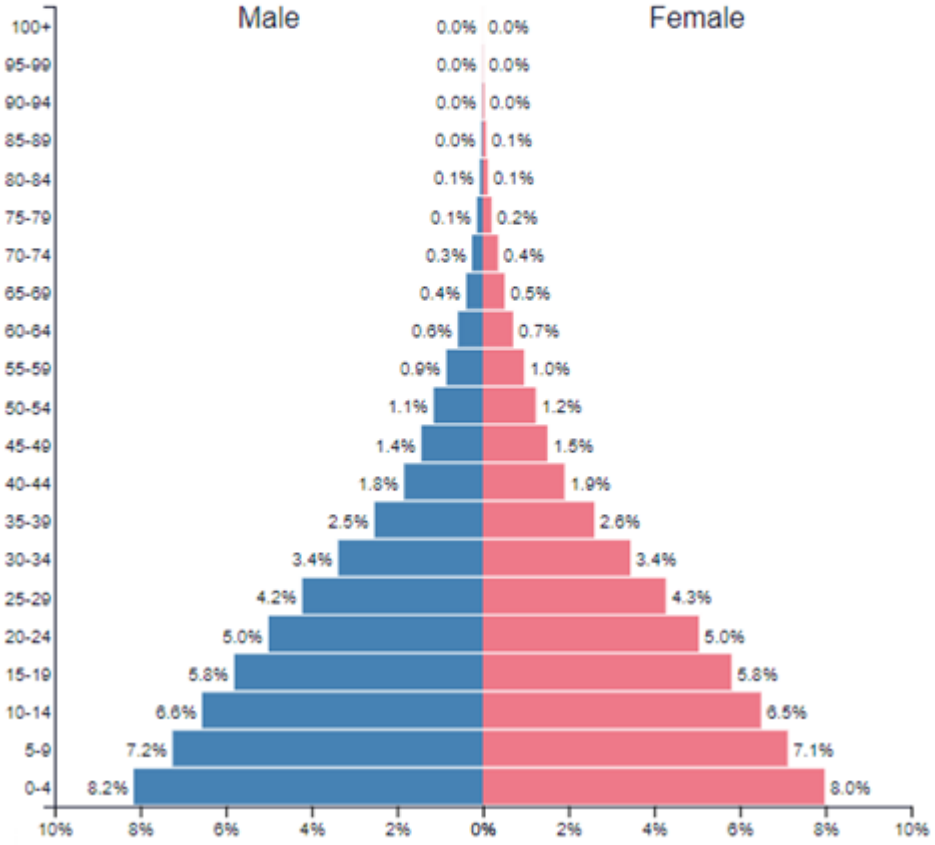
Spirit damage to humanity has been imposed on the psychic or spirit/mortal levels. Presently, rectification is under way to the damaged spirit circuits of light caused by the interference from the Evil Spirits. Simply, it's like every time the Evil Spirits had anything to do with any one on Earth or in the Mansion Worlds, they caused corruption in the spirit to mortal mind circuits, or light circuits, and so through appropriate spirit communication and interaction, righting of those wrongs is in progress.

Since the blocking of mind spirit inappropriate interaction with people on Earth commencing on 22 March 2017, the capabilities of leaders in all walks of life, all around the world, have been shown for what they are, people being covertly controlled by mind spirits for selfish agendas. Those who continue with their addiction to their mind control will find their lives more and more difficult. We are to engage with our feelings having our minds to assist while yearning to know the truth behind what our feelings are drawing our attention to.

Uganda ▾

2024

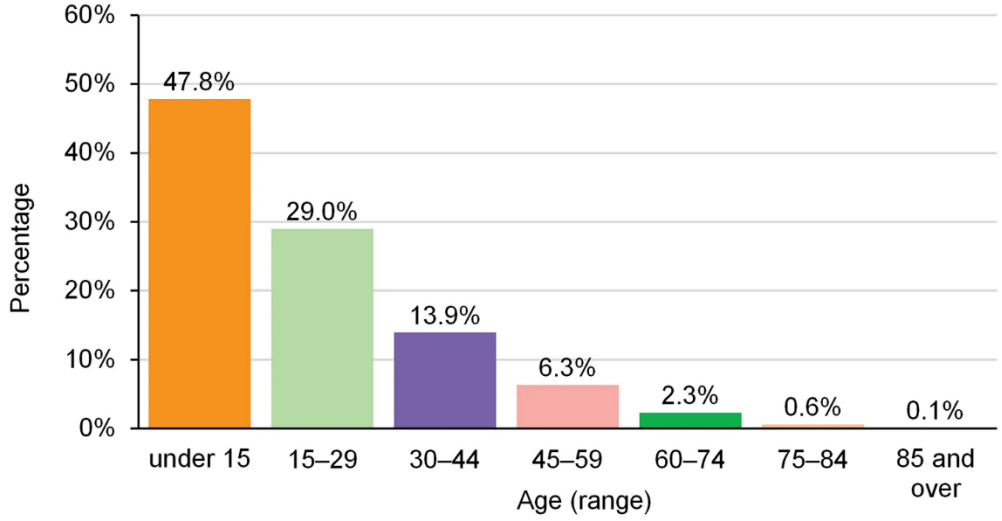
Population: 50,015,092



The median age in **Uganda** is

16.7 years

Uganda age breakdown (2018)



Our feelings are our truth. By living outside of our feelings we bring about our difficulties!

put Children first

Cause No Harm < **to OTHERS** **to MYSELF**

Strive to love others as I am to love myself

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.

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**

MENTAL HEALTH AND SUICIDE

Mental health care in Uganda

https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(22)00305-4/fulltext

During the opening of mental health month (May, 2022), officials from the Ministry of Health in Uganda stated that about 14 million (32%) people of the 43·7 million population have a mental illness. The approximate **prevalence of about 32·0%** was higher than in previous national estimates of 24·2%, the prevalence might be higher due to the pervasive social stigma and taboos associated with accessing mental health services and the impact of the COVID-19 pandemic. The primary care system in Uganda is poorly resourced, inadequately funded, and ill-equipped to address mental health concerns. Nationwide, there are **only 53 psychiatrists—approximately one psychiatrist per 1 million population**. These psychiatrists are mostly located in urban centres and are employed as university lecturers and researchers, leaving few to serve as clinicians. Additionally, during the COVID-19 pandemic, the mental health units of most hospitals were converted to COVID-19 isolation units until May 2022, which reduced the provision of mental health care services in this period.

The following approaches might address some of the systemic challenges described, to reduce the burden of mental illness and ensure better care. The first strategy is to increase knowledge of mental health among service providers by ensuring that all general practitioners receive routine medical education about psychiatric patient care, and by adding mandatory psychiatry rotations to the traditional four medical internship programmes as a minor rotation. This could be added by reducing the duration of the major rotation in favour of a 1-month psychiatry rotation; Uganda's medical internship rotations programme is divided into majors (5-month rotation) and minors (1-month rotation). This strategy will increase the workforce to care for patients with mental illness and might increase the interns' and general practitioners' interest in enrolling in psychiatry. Additionally, educational incentives, such as scholarships and specialised training opportunities, should be provided to attract interested medical students, interns, general practitioners, and postgraduate trainees to psychiatry. Second, to increase the number of psychiatrists in clinical practice, the government should introduce fee-for-service incentives that reward time spent with patients, and revise policies to ensure that clinical work pays more than alternative pathways for psychiatrists. Finally, patient-led efforts should be supported and strengthened for better mental health advocacy.

Associations between violence in childhood, depression and suicide attempts in adolescence: evidence from a cohort study in Luwero district, Uganda

https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-024-20950-7

18 December 2024

One in seven children and adolescents (14%) globally live with a mental health disorder and in 2019 the Global Burden of Disease study found poor mental health to be the 7th leading cause of years lived with disability globally. The highest burden of poor mental health occurs in low and middle-income countries (LMIC), including those in Africa, where an estimated 37 million children and adolescents are affected by suicide ideation, anxiety, bipolar disorder, and depression. **Uganda has some of the highest prevalence of mental health disorders in children and adolescents in Africa**: a UNICEF analysis of Institute for Health Metrics and Evaluation (IHME) data reported **a 12.5% prevalence of mental health disorders (depression, anxiety, bipolar, eating disorder, autism spectrum, conduct disorder, schizophrenia, idiopathic intellectual disability, attention-deficit / hyperactivity disorder and a**

group of personality disorders) among young people aged 10–19 years. Mental health disorders experienced in childhood can extend into adulthood with more severe presentation, especially if untreated. Poor mental health can also increase the risk of suicide. UNICEF estimates suggest twenty adolescents die from suicide every day globally with boys accounting for about twice the number of deaths compared to girls. Country estimates on the prevalence of suicide among adolescents in Uganda are limited.

Studies in high- and low-income countries, including Uganda, show that the factors that affect depression and suicide in adolescence and young adulthood exist across the levels of the social ecology and include political instability, unemployment, low family cohesion, intergenerational, genetic and epigenetic factors, internalising problems in childhood, and experiences of violence, among others. Many cross-sectional and cohort studies in high-income countries (HIC) have specifically explored links between experiencing violence and mental health and find that violence is associated with anxiety, depression, suicidal ideation, and suicide attempts in adulthood.

Violence against children (VAC) can include physical, emotional, or sexual violence, neglect or maltreatment, bullying, sexual exploitation, and online violence among others. VAC may be perpetrated by caregivers, school staff, peers, intimate partners, and/or strangers. Despite its importance as both a human rights and public health issue of concern, VAC continues to be highly prevalent worldwide. **In 2016, more than half of children globally experienced at least one form of violence in the past year.** According to the 2021 estimates from the African Partnership to End Violence against Children, across all of **Africa, more than 50% of children had experienced physical violence.** Data from the 2018 Violence Against Children Survey in Uganda provided some of the first nationally representative estimates of prevalence and showed that 35% of young women and 17% of young men experienced sexual violence in their childhood; about 33% of young women and men experienced emotional violence in their childhood and about 59% of young women and 68% of young men reported experienced harsh forms of physical violence in their childhood, such as kicking, punching, whipping, strangling, smothering, trying to drown, smothering, beating with an object excluding caning.

Although there is strong evidence linking experiences of violence to poor mental health, most studies use cross-sectional data which precludes an examination of the timing of these associations. In addition, few studies examine factors within the social ecology that can modify links between violence, mental health, and suicidality. Existing studies have come primarily from HICs and report that peer and family support buffer the negative consequences of experiences of violence on mental health. Although evidence from LMICs is limited, a few studies also show the moderating role of peer and familial connectedness and support on the association between experience of violence and externalising or internalising problems.

In this study, we draw on longitudinal data to examine the impact of childhood exposure to different forms of violence on depression and suicide attempts in later adolescence and young adulthood. Therefore, this study has three aims: first, to determine the burden of experiencing depression and suicide in adolescence; second, to quantify the association between early adolescent experiences of violence and late adolescent depression symptoms and suicide attempts; and third, to explore whether and by how much family and peer connectedness and support in childhood modifies this hypothesised association between early adolescence violence and late adolescence mental health outcomes.

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

Breaking the Silence: Mental Health Challenges in Uganda and the Urgent Need for Change

https://www.twogereug.org/post/breaking-the-silence-mental-health-challenges-in-uganda-and-the-urgent-need-for-change

27 December 2023

In a world where mental health problems are alarmingly prevalent, affecting millions globally, **Uganda** stands out with a staggering estimated **prevalence of 35%**, far exceeding the global average of 13%. Perhaps even more concerning is the fact that **70% of these challenges emerge between the critical ages of 11 and 24**, highlighting the urgent need for targeted interventions for young people. Despite the pervasive nature of mental health issues, a formidable barrier persists in the form of stigma, casting a dark shadow over the lives of those affected. This stigma not only breeds discrimination but also leaves individuals feeling ashamed, distressed, and reluctant to seek or accept help. Globally, a striking nine out of ten people with mental health conditions report that stigma has significantly impacted their lives, exacerbating their struggles.

The situation in Uganda is further complicated by **a severe lack of resources** allocated to mental health. Astonishingly, **the health budget earmarked for mental health is less than 1%**, a woefully inadequate figure given the magnitude of the problem. Compounding this issue is the absence of investment in community mental health services, leaving individuals grappling with mental health challenges without accessible and essential support systems.

Adding to the complexity is the alarming **psychiatrist-to-population ratio, hovering at nearly 1:1,000,000**. This stark reality underscores the scarcity of mental health professionals, making it challenging for individuals in Uganda to access the specialised care they desperately need.

The consequences of these challenges are profound. Individuals facing mental health issues are not only contending with the direct impact of their conditions but also navigating a society that often adds layers of stigma and discrimination. The pervasive belief that mental health problems are a source of shame or a personal failing can create a pervasive sense of hopelessness, further deterring individuals from seeking the help they need.

It is clear that a comprehensive and compassionate approach is urgently required to address the mental health crisis in Uganda. Breaking the silence surrounding mental health and dismantling the stigma attached to it are foundational steps. Education and awareness campaigns can play a pivotal role in dispelling myths and fostering understanding within communities.

Equally critical is the need for increased investment in mental health resources. Allocating a more substantial portion of the health budget to mental health services, particularly community-based initiatives, can bridge the current gap and provide vital support to those in need. Additionally, addressing the psychiatrist shortage is paramount, necessitating strategic efforts to train and deploy more mental health professionals across the country.

As advocates for change, we must collectively work towards creating an environment that nurtures mental well-being, devoid of judgment and discrimination. By fostering open conversations, investing in resources, and challenging societal norms, we can pave the way for a brighter, more inclusive future for individuals grappling with mental health challenges in Uganda and beyond. It's time to break the silence and stand united in the pursuit of mental health equity for all.

Godfrey Kagaayi *is a Global Mental Health Leader. Founder of Twogere, a youth-led NGO working to improve services for young people affected by mental health conditions in Uganda. He is the Principal Coordinator of the Movement for Global Mental Health (MGMH), a coalition of individuals and institutions committed to collective actions that aim to close the treatment gap for people living with mental conditions worldwide. Godfrey's expertise is in Organizational Development and Leadership,*

Monitoring and Evaluation, and Strengthening Mental Health Systems and Structures in low resource settings. https://www.twogereug.org/ info@twogereug.org Ph +256 773 230 249

Godfrey Kagaayi and Betty Nyangoma

TWOGERE
IMPROVING MENTAL HEALTH OUTCOMES FOR YOUNG PEOPLE.

MENTAL HEALTH

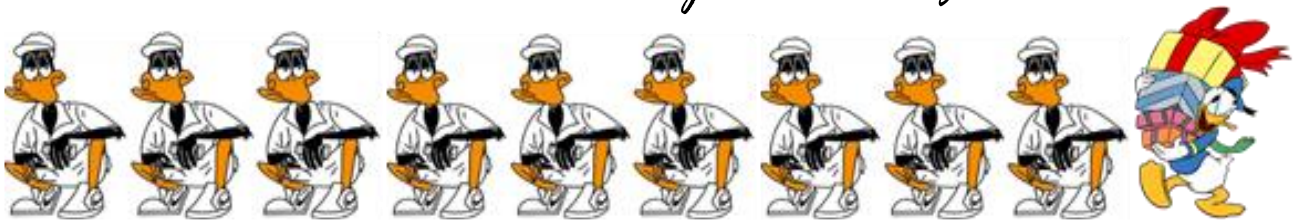
NOTE: "Stigma remains another huge barrier blocking people from seeking mental health support. Mental health is considered a taboo topic, and people often hide their concerns and avoid seeking help from their families or from a professional."

200,000 years ago, high level influence imposed upon humanity that we are to live mind-centric and to put aside our feelings, we are literally to worship our minds and to believe that through our minds we may evolve to be mini-gods! We are to ignore and suppress our feelings – which are always in truth and are our guidance!

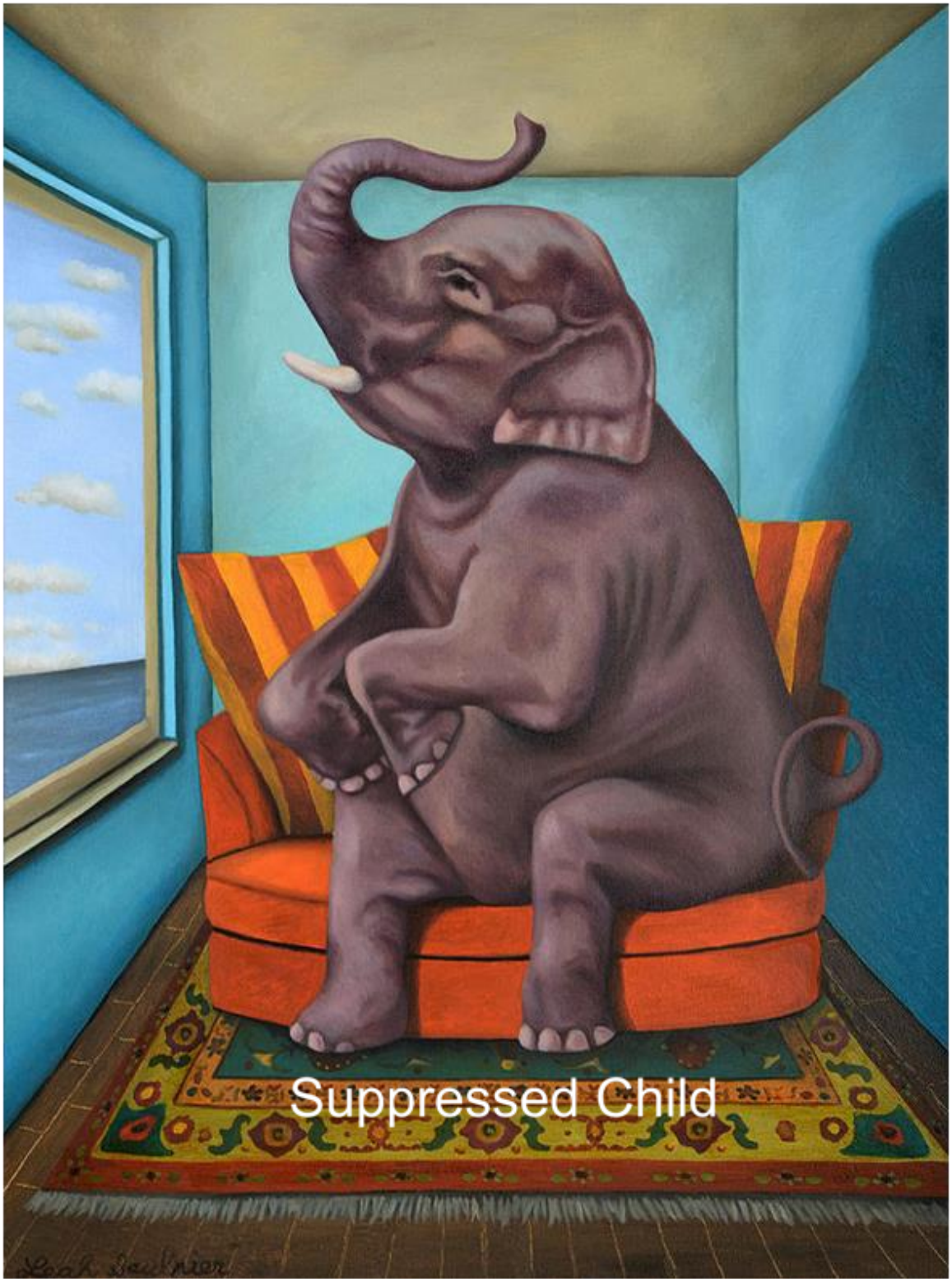
Our brain is nothing more than a conduit to our mind which is within our spirit body. We are to live feelings first having our mind in support – not how we each live presently. Our mind cannot discern truth from falsehood and is addicted to untruth. Further, our mind is addicted to control, control over our environment and others.

Mental health is suppression of our feelings, our true self, suppression that is imposed upon us through the emotional injuries and errors of belief of our parents, our carers, and those close to us. We are to express our feelings, both good and bad, at all times. We are to talk it out with companions, and we are too long to know the truth behind what our feelings are drawing our attention to. Until we talk it out, all of it, we each are mentally ill. No one is healed of their mental illness until they are of a Celestial soul condition and that will only come about through our Feeling Healing, and also embracing our Heavenly Mother and Father's Love, Their Divine Love, do we then become of a Celestial soul condition while living in the physical here on Earth.

Ten ducks in a row, but one always misleading or misled!



Childhood Suppression is the elephant in the room!



PARENTING: 19 July 2022

We each induct our children, the child we bring into this world and love, into the Rebellion and Default, the very thing we each want to avoid and escape from! Yet we do this to every child and continue blindly to do so!

We each have mostly parented our children for them to feel happy and successful in the mind way of life, and inducted them successfully and happily into the Rebellion and Default. That has made them feel they have the power and control to make life be as they want it to be, so to take hold of the Rebellion and make it as they want it to be. And so it might take them years of living happily in the mind spirit Mansion Worlds before they wake up to the truth of how we each actually did them such a disservice.

We can't judge upon our own actions.

I wish I could have lived this way, true to my feelings, during my life on Earth, I would of course had a very different life, but had I made sure my partner looked at life in the same way, with our feelings being the most important, and if they said things are to end, then we both follow them and end it, rather than not wanting to hurt each other and stopping expressing all the bad stuff and then it all becoming too complicated and fucked up until the inevitable happens and you have to extract yourself out of a very messy relationship. All of which would never have got to be such a mess had you just honoured all your feelings. Living with your Feelings First James is so much better, all so long as you keep wanting them to show you the truth, because you know where you stand all the time. And yes, suddenly bad feelings might come up like what happened for you today James with you suddenly turning on me and rejecting me, and I felt bad, but no sooner did I feel bad and you had expressed your feelings and moved on seeing that you weren't wanting to reject me but your mother, and then I felt good. But those sorts of bad feelings in a relationship if they remain unexpressed can fester away poisoning it until it all becomes too much and all the pent up hatred comes pouring out smashing it all apart. So more up and down in my feelings, but that was so good, it giving me more bad feelings I can work with, with Michelle. I will be able to speak more about my fearing being rejected, by you for example, yet also knowing it is really being rejected by my mother and father. Honour your feelings and being true to them, expressing them to uncover their truth, is so much better than dishonouring them and dumping all your shit on the other person. To accept you're feeling hurt and rejected, all making you feel powerless, is so much better than not trying to feel rejected and hurt and so hitting back and being angry and trying to assert your power and control over the other person. I hated such arguments, I was good at them with Jeremy, he never won, I always got my way, but I was doing that by denying my true feelings that I was feeling underneath.

One has to divest oneself of all one's erroneous religious beliefs if one sincerely wants to ascend in Truth to Paradise and be with your Heavenly Mother and Heavenly Father.

We're all going to do our Healing differently because of our childhood, all of which you told me at the beginning, yet I understand that you still have to see it for yourself.

Psychology; by introducing the 'platform' of the Spiritual Healing to humanity, those people with a focus on psychology to uncover the truth of themselves will find it very helpful to see what it's really for, as they align themselves with the spiritual side, all about the Rebellion and so on. Psychology is directionless on Earth and in the mind worlds, it's just this thing about ourselves, helping us understand ourselves in a limited way, but it's not looked at within a spiritual context or with a spiritual purpose to help one grow in truth. So to give it one, then allows psychology to have a 'home', and so an aim and direction.

That is, everything in our life we may come to want it to help each of us to feel the feelings, good and bad, and as well to need for the truth to keep coming up about that which we are feeling. We will want to uncover, to bring to light, the truth of our self in our rebelliousness. We will want to know the truth of our pain, and really do, not want to avoid it, want to go into the pain of our discomforts, illness and diseases and then deeper into the pain of our emotions and feelings, and deeper into the pain of our spirit, and deeper still into the pain of our soul.

We only have to feel the pain we need to bring the truth up, that once the truth comes, there's no need for more pain... so the truth is all that's important, the truth heals us, and not so much the pain. So if we embrace the pain, expressing all the feelings of it, it's all only to uncover the truth of why we have it, nothing else, not just to be in the pain for the pain's sake forevermore. So as long as the truth comes, the pain will eventually end, we won't be in pain forevermore, because we are longing for the Truth. So once the truth of our pain comes, the light of that truth ends the pain. We only have to be in pain until the truth comes, because we are only in pain because we are denying ourself our truth.

To understand is to stand under which is to look up to which is a good way to understand

The changes as to how we may consider living that is now being revealed is to prepare us on Earth that through the embracing of our feelings and bringing to light the truth of ourselves that then we are progressed in our consciousness sufficiently for the Creator Daughter and Son, the co-regents of Nebadon, Mary and Jesus, the spiritual mother and father of this whole Universe, so that then we can move onto embracing their truths.

We are to follow the Avonal pair in doing our Healing, so once done, we can then move from their leadership and guidance onto Mary and Jesus, so they can then lead and guide us toward Paradise.

We each will 'do our time' with the Avonal guidance and leadership and then move onto Mary and Jesus so that we can move through the rest of Nebadon and then onto Paradise.

The more we grow in truth, the more our truth-perceptions (soul-perceptions) will awaken so we can perceive the truth in others, which is feel the light of their truth and feel our self being affected and influenced by it. We each are truth seekers and now that the Rebellion and Default is to end and is ending, truth is being and is to be revealed in a way never previously possible under the constraints of the Universal Contract governing the Rebellion and Default which was formally ended on 31 January 2018.

Mary and Jesus couldn't subject themselves to the whole Rebellion and Default, because had they, then the whole Nebadon (our local universe of 3,840,101 inhabited worlds) would have had to join them in rebellion, they being the leaders of our universe, so they remained perfect and could only stop the Lucifers and Satans, dealing with them on the higher universal levels, and not revealing the truth, the way, of how everyone can do their Healing, because they didn't do their Healing, so the doing of one's Healing is not a part of their Truth, so their Spirits of Truth can't properly assist on in doing it. They can help spirits in the Healing worlds to a certain degree, but not anyone on Earth to do their Healing. Whereas the Avonals can subject themselves to the fullness of the Rebellion and Default, and by healing themselves, then they are opening the way for everyone to follow them and so do their Healing. Leading them to Mary and Jesus.

Psychology

20 July 2022

Idra, Celestial Spirit, says that by introducing the 'platform' of the Spiritual Healing, (namely Feeling Healing), to humanity, those people with a focus on psychology to uncover the truth of themselves will find it very helpful to see what it's really for, as they align themselves with the spiritual side, all about the Rebellion and so on. Psychology is directionless on Earth and in the mind spirit Mansion Worlds, it's just this thing about ourselves, helping us understand ourselves in a limited way, but it's not looked at within a spiritual context or with a spiritual purpose to help one grow in truth. So to give it one, then allows psychology to have a 'home', and so an aim and direction.

Feeling Healing

encapsulated within:

Divine Love Spirituality

Feeling Healing when appropriately understood and incorporated with the practice of Psychology gives structure, purpose and direction to the art of Psychology as well as meaning and an understanding of what is Psychology and how it is to benefit all of humanity. Feeling Healing addresses the 'elephant in the room', namely Childhood Suppression and its ongoing Repression. This is the pathway home that we each will embrace, either in the physical or within spirit. We are Truth Seekers and Feeling Healing is to provide just that, reveal the truth about ourselves.

How are we rejecting our Heavenly Mother and Father multiple times everyday?

It is through ignoring our feelings!

Our feelings are expressions of our soul guided by our Indwelling Spirit who is our Mother and Father's spirit within each of us.

We are to live true to our feelings!

It is that simple!

EDUCATION CANNOT WAIT

EDUCATION CANNOT WAIT

EDUCATION CANNOT WAIT

THE HEALTHCARE SYSTEM IN UGANDA

https://borgenproject.org/mental-health-care-in-uganda/ 20 September 2018

In many countries around the globe, healthcare professionals have begun to fully realise the need for comprehensive mental health care along with physical care. However, in many developing countries, where access to basic needs such as clean water and vaccines can be hard to come by, mental health care is often viewed as an unnecessary addition to the already costly and (rare) healthcare systems that may be in place.

Mental Health in Uganda

Uganda is the last of the six African countries with the highest number of mental health cases reported. Of the 50 million (2024) people in Uganda, almost 7% experience clinical depression and almost 5% deal with anxiety disorders. Now, the government has taken a new look at options to address mental health care in Uganda.

The Ministry of Health has begun The Health Services Strategic Plan (HSSP), a comprehensive plan to overcome the challenges many developing countries face in providing access to good physical and mental health care. There are some crucial barriers that Uganda, and many other countries, must overcome in order to fully assist their citizens in receiving proper mental health care.

- Distance: One-third of Uganda's population lives over 5 kilometres from the nearest health facility, and it is not guaranteed that the nearest facility will have patients' pharmaceutical requirements or even be equipped to treat the patient's medical needs.
- Communication: In the healthcare field, direct and effective communication is key to both the success of the program and the well-being of patients. In Uganda, 43 different languages and dialects are spoken, making communication for all involved—doctors, nurses, psychiatrists and patients—difficult when it comes to discussing diagnosis, treatment, medications and discharge information.
- Funding: In developing countries, the cost is often a large factor in the country's ability to provide healthcare to their people. Only 9.8% of Uganda's GDP is spent on healthcare, and less than 1% of these funding is directed towards mental health care.
- Stigmas about mental health: Mental illness has long been stigmatised by the general public around the world. The concept that people suffering from mental illness have done something to deserve or create their struggles can have a powerful effect on one's willingness to seek the necessary treatments.

Treating Trauma for Women

Poverty and mental illness often augment each other in a negative cycle. In Uganda, and in many other countries where poverty is prevalent, women and girls have a greater risk of mental illness. In Uganda, 80% of women who have received care for trauma-related issues have reported experiencing sexual assault. The negative consequences to one's mental health associated with such a traumatic incident often keep people at low levels economically, socially and mentally.

The cycle of abuse towards women along with expectations of marriage and childbearing begin at a young age and the minimal educational opportunities available perpetuate the ongoing cycle of poverty as a whole. In 2012, The Uganda Ministry of Health and World Health Organisation (WHO) became

partners in solving the growing issue of insufficient access to treatment options for mental health care in Uganda, specifically for children, women and those living in poverty.

Focus on Children and Adolescents

One component of Uganda's new work on mental health care is Child and Adolescent Mental Health training, or CAMH. By providing access to mental health care for children and adolescents, Uganda can promote well-being from a young age, thereby de-stigmatising the act of seeking and receiving care and support as needed. Therefore, training more professional is integral to the success of the new mental health policies.

In order to complete this mission, the training will tackle the issues preventing access to mental health care for all in Uganda through 5 main objectives:

- increasing knowledge surrounding mental health care,
- improving availability of mental, neurological and substance abuse care,
- increasing research, monitoring and evaluation of mental health concerns,
- contributions to the development of legislation, and
- increasing collaboration in providing mental health care to children and adolescents.

Treating Depression with HIV/AIDS

In 2016, a program was initiated in Uganda, developed Dr. Etheldreda Nakimuli-Mpungu, that focused on mental health care in relation to HIV/AIDs. Nearly one-third of HIV/AIDs patients experience depression. While the number of facilities and healthcare professionals trained to deal with HIV/AIDs has increased, access to mental health care has remained minimal.

The new program has introduced 'group support psychotherapy,' targeting the management of depressive symptoms occurring in those with HIV/AIDS. It is believed that 70% of patients will recover substantially from depression through the group therapy, thereby positively influencing self-esteem, feelings of social support, and general functioning levels. By alleviating patient's depression through mental health care in tandem with physical care needed, it is predicted that 20% of patients will experience less poverty due to higher productivity rates.

The country of Uganda began drafting legislation targeted at towards these and more mental health issues in its new Mental Health Policy, which will review and revise the 1964 Mental Health Act. The aim is to provide structure and safety for those struggling with emotional, neurological or substance abuse problems as well as create preventative measures involving communities and regional, rather than national, healthcare centres and professionals.

Through Uganda's new efforts and policies, there is now hope that those suffering from mental health issues in the country will be able to seek the help they need. By working to provide the training, facilities and education against stigmas necessary to enact real change in the community, Uganda will be able to alleviate some of the mental health issues being faced, which will, in turn, help alleviate poverty.

COMMERCIAL IN CONFIDENCE

CHARITIES AIDING THE PUBLIC HEALTH CRISIS IN UGANDA

https://borgenproject.org/public-health-crisis-in-uganda/

30 April 2024

The escalating population in Uganda, now surpassing 50 million, underscores a pressing public health crisis. Various factors, including mental health, food insecurity, education and agricultural practices, collectively contribute to the deterioration of public health, highlighting the critical need for global charitable support Uganda faces severe food insecurity, with a Global Hunger Index score of 25.3. Additionally, the prevalence of infectious diseases, inadequate health care infrastructure and food scarcity exacerbated by unpredictable weather patterns, floods and the repercussions of COVID-19 further exacerbate the decline of public health.

Nevertheless, charitable organisations worldwide have made significant strides in addressing the public health crisis in Uganda, providing essential health care and resources for a more robust and secure future. According to the World Health Organization (WHO), the average life expectancy at birth in Uganda saw a notable improvement, rising from 45.7 years to 62.2 years for males and from 50.5 years to 64.2 years for females between 1991 and 2014.

Medical Teams International

Effectively addressing the public health crisis in Uganda requires concerted efforts. It is imperative to prioritise enhancing both physical and mental well-being. A Lancet Psychiatry correspondence in 2022 revealed that approximately **32% of Uganda's population grapples with mental illness**, a challenge compounded by insufficient resources and a shortage of psychiatric nurses. Additionally, in 2020, more than **69% of Ugandans experienced food insecurity**, with more than **21% facing severe food shortages**. Furthermore, the prevalence of life-threatening diseases like malaria, HIV/AIDS and tuberculosis contributes to more than 50% of morbidity and mortality rates in the country.

Since 2004, Medical Teams International has actively collaborated with Uganda, prioritising accessibility to health care for refugees and locals. Through comprehensive programs, the charity offers prenatal care for mothers, administers vaccines to children and operates clinics providing life-saving treatments for various diseases and malnutrition. Over the years, Medical Teams International has conducted more than 834,000 malnutrition screenings and facilitated the safe delivery of more than 32,000 babies in Uganda. Furthermore, Uganda faces a prevalence of mental health disorders, surpassing that of other low-income countries. Compounding this issue is the inadequacy of mental health services and the lack of the necessary resources for effective intervention. The influx of refugees into Uganda has exacerbated the demand for mental health support, evidenced by approximately 277 reported suicide cases in refugee settlements in 2023 alone. Unfortunately, Uganda has only about 53 psychiatrists, equating to roughly one psychiatrist per million people, posing a significant public health concern. However, **Medical Teams International has trained more than 1,600 volunteers in psychological first aid to address this challenge**. By providing counselling and promoting mental health awareness, the organisation aims to improve access to care and mitigate the impact of mental health disorders in Uganda.

Hope Health Action

Hope Health Action (HHA) is another organisation actively addressing the public health crisis in Uganda. The charity dedicates itself to serving the people of Uganda specialising in health care, disability care and emergency response. The country has experienced a significant influx of refugees

fleeing conflict and violence in the Democratic Republic of Congo, with more than **1.6 million refugees** and asylum seekers arriving in Uganda as of 2024, according to the WHO. Consequently, the demand for health care has surged, underscoring the essential role of organisations like HHA in providing emergency medical services to Uganda's growing population.

Among its initiatives, HHA prioritises health programs for vulnerable women and children, offering health education, immunisations and treatment for malnutrition. The organisation also identifies high-risk cases requiring urgent hospital or clinic care. The CRADLE project, specifically designed for high-risk pregnancies, supports thousands of women and children. Additionally, HHA provides critical support to disabled individuals in Uganda through community-based rehabilitation efforts. The organisation aims to uplift and empower Uganda's most vulnerable citizens by offering local partners training, materials and financial assistance.

Seeds for Development

Seeds for Development is actively addressing the public health crisis in Uganda, mainly focusing on impoverished farming communities in Northern Uganda. The organisation's initiatives are to provide these communities with essential support, including regular meals, access to education for children, safer housing and the establishment of sustainable businesses to foster community rebuilding.

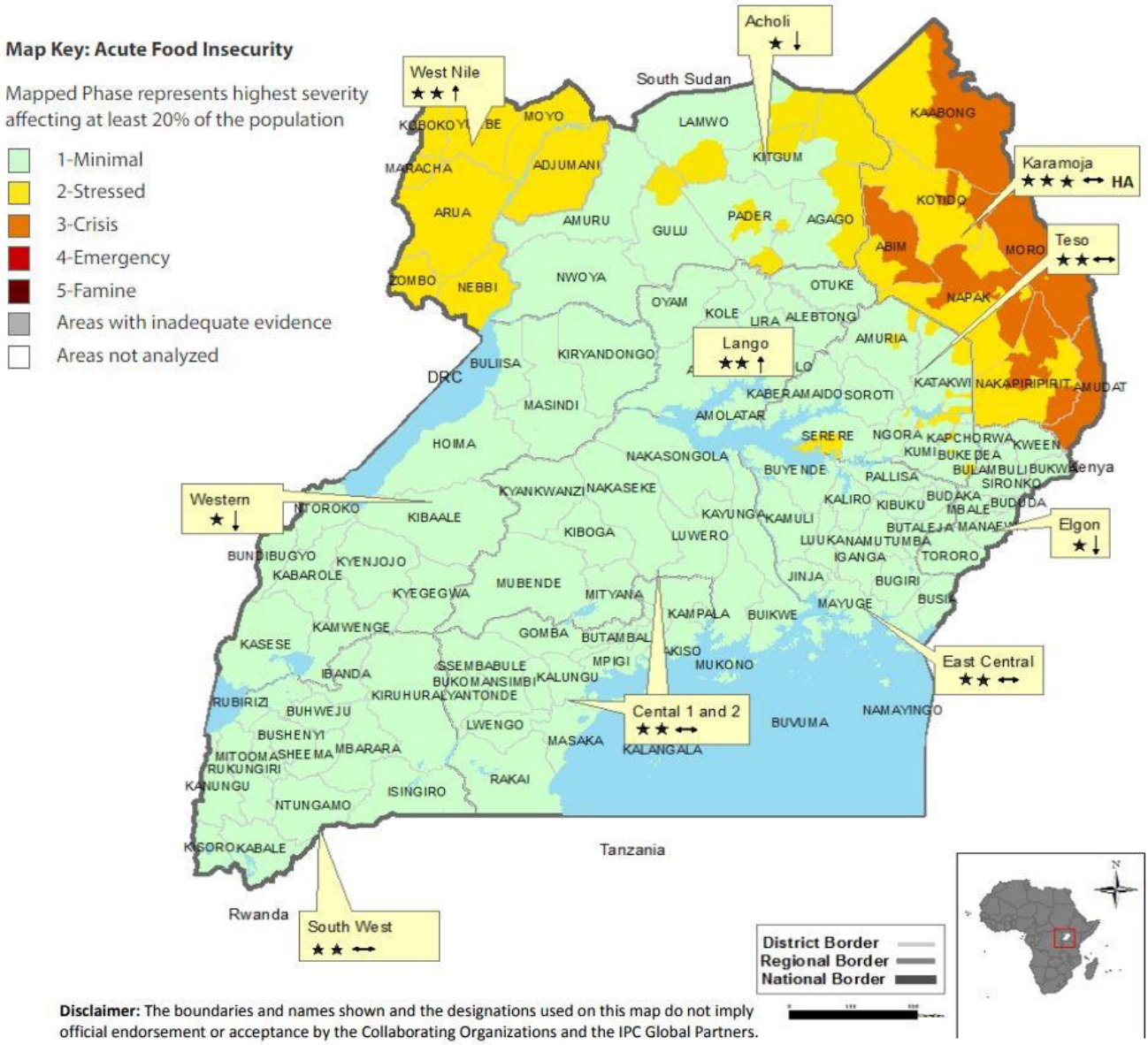
Agriculture is pivotal in Uganda's economy, with approximately 68% of the population engaged in agricultural activities. The country benefits from favourable soil and climate conditions, contributing to its agricultural success, which accounts for about 85% of export earnings and 21.9% of GDP. However, disruptions caused by unpredictable weather patterns, floods and the impact of COVID-19 have severely affected Uganda's agricultural sector and supply chains, leading to widespread food insecurity and economic strain.

Seeds for Development has responded by implementing forest gardens and regenerative agroforestry practices, empowering farmers to support their families sustainably. Since 2020, the organisation has been working to establish forest gardens to support across Uganda, utilising innovative technologies such as Geographic Information System mapping to optimise crop planning and growth. Moreover, Seeds for Development prioritises education, providing monthly contributions to schools and offering nutritious porridge to students, alleviating the burden on parents and enabling them to focus on agricultural activities while ensuring their children receive a quality education.

Mental health, food insecurity, education, health care and farming persist as significant challenges in Uganda, exacerbated by the ongoing influx of refugees fleeing conflict. Charitable organisations sustain their efforts in Uganda to address these pressing issues and uplift communities. Fortunately, the concerted efforts of numerous charities dedicated to alleviating the public health crisis have made significant strides in assisting Uganda.

Uganda: Acute Food Insecurity Situation

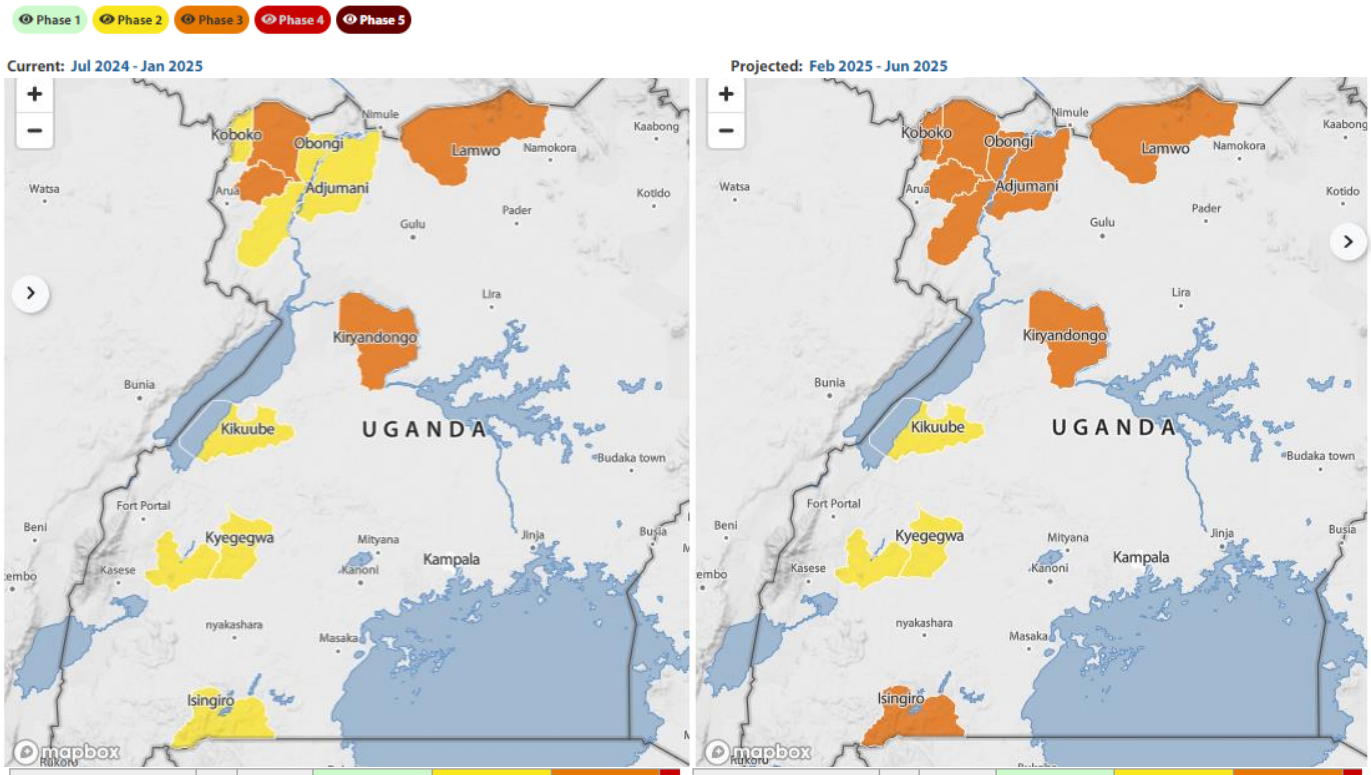
September – November 2016



Uganda: Acute Food Insecurity Situation

July 2024 – January 2025 and Projection for February – June 2025

HTTPS://WWW.IPCINFO.ORG/IPC-COUNTRY-ANALYSIS/DETAILS-MAP/EN/C/1159430/



Name	Area Phase	Total # (pp)	Phase 1		Phase 2		Phase 3		P
			#	%	#	%	#	%	
Total Show Areas		4,626,003	1,971,352	43%	1,857,749	40%	796,902	17%	

Name	Area Phase	Total # (pp)	Phase 1		Phase 2		Phase 3		P
			#	%	#	%	#	%	
Total Show Areas		4,505,369	1,689,674	38%	1,863,071	41%	952,624	21%	

Phase	Population	%
Phase 1	1,971,352	43
Phase 2	1,857,749	40
Phase 3	796,902	17
Phase 4	0	0
Phase 5	0	0

Population P3+	%
796,902	17

Approximately 797,000 people in refugee-hosting districts in Uganda are facing high levels of acute food insecurity (IPC Phase 3 or above), representing 17% of the population analysed. Of the 12 districts analysed, four were classified in IPC Phase 3 (Crisis), while the remaining eight were classified in IPC Phase 2 (Stressed).

The situation shows improvement compared to the same period in the previous year (August 2023 – January 2024), when six districts were classified in Phase 3, and the total number of food-insecure individuals decreased from 846,000 to 797,000. Adjumani and Kyegegwa districts transitioned from Phase 3 to Phase 2, reflecting better conditions. However, challenges persist due to poor rainfall performance, prolonged dry spells, rising food prices, low purchasing power, crop and livestock pests and diseases, and conflicts between host communities and refugees. These factors have driven many refugee-hosting communities into high levels of acute food insecurity.

The projection period (February to June 2025) will coincide with the dry season and lean period in all 12 districts analysed. Without timely interventions, the acute food insecurity situation is expected to gradually deteriorate from March 2025 to the end of the projection period, with the number of people in Phase 3 or above increasing from 797,000 people (17% of the analysed population) to 953,000 people (21% of the analysed population).

ADDRESSING INCOME INEQUALITY IN UGANDA

https://borgenproject.org/income-inequality-in-uganda/

28 May 2023

In the past 30 years, Uganda has worked toward economic growth, reforms and poverty reduction. However, the country remains a low-income country and income inequality in Uganda is an issue. In 2019, Uganda scored almost 43 on the Gini income inequality index, where zero reflects total equality and 100 reflects total inequality. According to a 2022 article by Professor John Ddumba-Ssentamu of Makerere University, "Uganda's inequality has been aggravated by uneven land distribution and the complex land tenure system." Additionally, "household sizes, disparities in access to education, inequalities in employment opportunities, urbanisation and generational poverty," stand as barriers to equitable access and resource distribution.

Economic Growth in Uganda

Since 2002, Uganda's economy has been expanding by a minimum of 6% yearly and real GDP per capita has tripled since 1990. In 1992, almost 56% of the population lived below the poverty line set by the nation. However, by 2014, it had decreased to 19.7%. Despite this, the disparity between the affluent and the impoverished has grown significantly since the 1990s. **Uganda has experienced "growth with exclusion," where only a small group of people have gained from the economic expansion.**

Income Inequality in Uganda

The wealthiest 10% of the population receives 35.7% of the national income; the poorest 10% earns a meagre 2.5% and the poorest 20% just 5.8%. Income inequality in Uganda is not only a problem for the present but also affects future generations. Wealthy families have access to better opportunities, perpetuating the cycle of poverty. Rural areas are worse off, with poverty rates nearly three times higher than urban areas. Poverty is higher in the northern and north-eastern regions that have suffered from civil conflicts.

Reasons for the Income Inequality in Uganda

According to the International Trade Administration, agriculture is the mainstay of the Ugandan economy, accounting for a quarter of GDP in FY 2021/22 and 33% of export earnings. About 70% of Uganda's labour force population is employed in agriculture, however, most farmers are smallholders who own five acres of land or fewer and women often do not have rights to this land. Although women account for more than 70% of the agricultural workforce, they only own about 7% of the land, Oxfam highlights.

The quality of education in Uganda is also a notable reason. While some urban schools boast state-of-the-art facilities, rural schools lack basic infrastructure and teachers are often absent. The poor quality of public schools means that education can no longer be a means of escaping poverty and many young people struggle to find work.

According to Oxfam, "Uganda's tax system is exploitative and unfair." Foreign investors receive preferential treatment while local manufacturers do not get tax breaks. The tax system imposes an 18% flat rate for VAT, which disproportionately affects those living in poverty. The government's high level

of domestic borrowing has also created a considerable fiscal deficit, leading to higher interest rates and inflation.

Hope for Reducing Income Inequality in Uganda

Uganda has in place a strategy to meet Sustainable Development Goal 10 of eliminating inequality. Uganda's Vision 2040 strategy places at its core "balanced development through ensuring that all regions of the country benefit from the growth of the national economy." The 2020 Voluntary National Review is Uganda's Second report to the High-Level Political Forum and highlights the country's progress in meeting the SDGs through frameworks and strategies. In the report, in order to progress on SDG 10, the Government of Uganda highlights an interest to institute initiatives that "support social protection" and looks to make investments in "regional development to accelerate equitable, regional economic growth and development."

The Ugandan Government also expresses an intention to pass legislation that "supports women's ownership of critical production factors such as land and also access to technologies that improve agricultural productivity and reduce labour-intensive work." Furthermore, the government shall "focus on policies that promote inclusive growth and create jobs for the lower segments of society," the report indicates. By prioritising policies and programs that promote economic growth and reduce inequality, Uganda has the potential to create a more just and equitable society for all its citizens.

EDUCATION IN UGANDA: THE HURDLES AND PROGRESS

26 March 2024

Uganda is transforming its education system to improve access and quality for its younger generation. As a landlocked nation bordered by Kenya, Tanzania and the Democratic Republic of the Congo, Uganda's economic growth across agriculture, industry and services sectors could lower its poverty rate from 41.7% as of 2023 to 40.7% by 2025. However, these projections are still uncertain. As things stand, education in Uganda could play a crucial role in the country's transformation.

According to the United Nations (U.N.), education significantly impacts poverty reduction within communities or countries. An educated community often enjoys more economic opportunities, leading to enhanced resources for everyone. The same is not true in communities struggling with poverty for many reasons. In recent times, Uganda has seen rapid advancements in improving education and its accessibility.

Education Barriers in Uganda's Poor Communities

In Uganda's impoverished communities, the cost of schooling and supplies often forces families to choose between education and basic needs, sidelining education. Children who attend primary school may struggle to advance to secondary levels due to poor literacy and numeracy skills. Additionally, teacher absenteeism further undermines the educational opportunities for those who overcome these barriers to reach the classroom.

Enhancing Education Quality in Uganda

Uganda's efforts to provide universal primary education signal a crucial advancement in educational access. Working with the Global Partnership for Education, the focus extends beyond free education to enhancing its quality, especially in the pre-primary stages. This approach aims to boost literacy and numeracy skills among children, aiming for higher school completion rates and reduced dropouts in primary education.

The United Nations International Children's Emergency Fund (UNICEF) is making efforts to address teacher absenteeism and lack of skills in Uganda by enhancing education governance. Its ongoing initiatives include mentorship and promoting accountability within schools, involving parents and officials to demand better teaching standards. Efforts to boost teacher competence involve supervision and support from higher-ups, aiming to reduce absenteeism and improve education quality.

Advancing Education to Combat Poverty in Uganda

Through the initiatives of the Global Partnership for Education and UNICEF, strategic efforts are underway to elevate education standards in Uganda. These improvements are essential in the broader fight against poverty. Moreover if successful, UNICEF's initiatives could enable an additional 800,000 boys and girls to complete primary education. In addition, the Global Partnership for Education aims to remove financial barriers to schooling, making education more accessible to children in poverty-stricken areas.

Looking Forward

Uganda's efforts to enhance educational quality and accessibility signify a beacon of hope in the ongoing battle against poverty. Partnerships with organisations like the Global Partnership for Education and UNICEF are taking significant strides toward a future where education is a right, not a privilege, for all children. Furthermore, the initiatives to improve literacy, numeracy and reduce teacher absenteeism lay the groundwork for creating a well-educated workforce capable of driving economic growth and lifting communities out of poverty.

COMMERCIAL IN CONFIDENCE

Uganda shows what investing in women's education – or divesting – can do to an economy

can be drawn from:

Afghanistan shows what investing in women's education – or divesting – can do to an economy

https://theconversation.com/afghanistan-shows-what-investing-in-womens-education-or-divesting-can-do-to-an-economy-244398

4 January 2025

Afghan girls are barred from attending school after sixth grade.

When the Taliban fell from power in Afghanistan in 2001, women were once again allowed to go to school after being banned since 1996. I, Misha Ketchell, along with World Bank education expert Raja Bentaouet Kattan and American University economist Rafiuddin Najam, analysed the economic benefit of this societal change, using data from the Labour Force and Household Surveys conducted in Afghanistan in 2007, 2014 and 2020. We found it was enormous.

In the wake of the Taliban's fall, educational opportunities expanded at all levels. The infant mortality rate declined by half, and the gross national income per capita nearly tripled (in real terms in purchasing power, from US$810 in 2001 to $2,590 in 2020.

A big part of the country's economic progress in this period can be attributed to women. While the overall average return on investment in education remains low in Afghanistan, it is high for women. For example, for every additional year of schooling a woman received, her earnings increased 13%. This is higher than the global average of 9% for return on investment in education.

Why it matters

Twenty years after the first ban on women's education ended, the Taliban resumed power in 2021 and has once again banned girls and women from attending school after the sixth grade.

Help us share expert knowledge.

The economic cost could potentially reach over a billion dollars – and this doesn't include the wider social costs associated with lower levels of education for women. For context, Afghanistan's entire gross domestic product was just US$17 billion in 2023.

Our study demonstrates how catastrophic the newest education ban could be, not just for women, but for the whole country.

How we did our work

Research on the economic return to schooling, especially for women, is limited in Afghanistan. But such evidence is critical for understanding the economic losses a country faces when women are denied access to education and work opportunities.

Our study attempted to fill this gap by quantifying how earnings changed in response to an additional year of schooling. We looked at what happened between 2004, when the government expanded compulsory education for both men and women from sixth grade to ninth grade, and 2020.

Our findings suggest that the cost of excluding women from education and work is significantly higher than previously estimated. According to our research, Afghanistan risks losing over US$1.4 billion annually. This equates to a 2% decrease in national income.

What's next

A widely held belief among researchers is that investing in women's education impacts more than each individual woman. It offers economic and social benefits that can last for generations. This includes higher rates of school attendance and improved health for her kids.

Further research could explore the social benefits of women's education in Afghanistan between 2001 and 2021, in addition to the economic benefits. Future studies could investigate the public returns to schooling by assessing whether investment in women's education breaks intergenerational cycles of poverty, improves public health and reduces inequality, creating a multiplier effect for entire communities.

Every additional day that the ban on women's education persists, generations fall further behind, losses compound and the dreams of millions of children and businesswomen become further out of reach.

COMMERCIAL IN CONFIDENCE

An Overview of the Healthcare System in Uganda

https://generisonline.com/an-overview-of-the-healthcare-system-in-uganda/

30 November 2024

Introduction to Uganda's Healthcare System

The healthcare system in Uganda has undergone significant transformations since the country's independence in 1962. Initially shaped by colonial healthcare structures, Uganda's system has evolved to address the dynamic needs of its population. The current healthcare framework consists of both public and private sectors, attempting to serve the diverse demographic spread across urban and rural areas. The public sector, predominantly funded by the government, plays a major role in providing primary healthcare services, while the private sector, largely comprising non-governmental organisations (NGOs) and private practitioners, complements these services, particularly in urban locales.

Despite various improvements, Uganda's healthcare system faces several challenges. Key issues include inadequate funding, a shortage of healthcare personnel, and unequal distribution of medical facilities, particularly in rural regions. Access to essential healthcare is hindered by logistical barriers, including poor infrastructure and limited transportation options, making it difficult for many to reach health facilities. Additionally, the high prevalence of communicable diseases, coupled with emerging non-communicable diseases, poses significant public health challenges. Consequently, these factors have adversely impacted health outcomes, leading to child and maternal mortality rates that remain high compared to regional standards.

Furthermore, an overview of health indicators reveals mixed achievements in maternal health, infectious disease control, and immunisation coverage. While there have been notable advancements in areas such as HIV/AIDS management and malaria control, gaps remain in achieving universal health coverage. The complexity of these multifaceted issues underscores the necessity for a comprehensive understanding of the healthcare landscape in Uganda. By recognising both the achievements and ongoing challenges, stakeholders can work collaboratively to enhance health services and governance, ultimately leading to improved health outcomes across the nation.

Structure of Public Healthcare in Uganda

The public healthcare system in Uganda is designed to provide accessible and equitable healthcare services to its population. The structure operates on a tiered basis, starting from national referral hospitals down to health centres at the community level. This hierarchical framework is essential in ensuring that services are distributed effectively across varying geographical regions and cater to the diverse health needs of the individuals.

At the top of this structure are the national referral hospitals, which include institutions like Mulago National Referral Hospital. These facilities are equipped with advanced medical technology and a variety of specialised services. They serve as the primary centre for complex cases requiring expert medical intervention. The national level is supported by several regional referral hospitals, which further decentralise healthcare services and provide medical care to several districts within their catchment areas. Following the regional referral hospitals, the next layer comprises the district hospitals. These facilities play a critical role in primary healthcare by offering a broad spectrum of services including maternal health, emergency care, and outpatient services. They operate under the jurisdiction of local government authorities and are tasked with managing health services within their districts.

At the community level, health centres are pivotal in delivering essential health services, such as immunisation, antenatal care, and treatment for common illnesses. Health centres are categorised into various levels—Health Centre I, II, III, and IV—where the number of available services and medical personnel increase as one progresses from Level I to Level IV. Each level is aimed at making healthcare

accessible to local populations while actively involving local communities in health promotion and disease prevention efforts.

The role of government agencies in this structure is crucial; they are responsible for setting health policies, funding, and overseeing the implementation of healthcare programs. Furthermore, local authorities play a significant role in ensuring that healthcare services meet the evolving needs of the communities they serve, thereby creating an integrated healthcare system that is responsive and effective.

Structure of Private Healthcare in Uganda

The private healthcare sector in Uganda plays a critical role in the overall healthcare landscape, serving as a complement to the public system. It is composed of a variety of facilities, including private hospitals, clinics, and specialised medical centres. These establishments are strategically distributed across urban and rural areas, ensuring that a significant portion of the population has access to healthcare services. Private hospitals in Uganda range from large, well-equipped institutions offering comprehensive medical services to smaller clinics that provide basic healthcare. Many private facilities specialise in specific fields, such as maternal and child health, orthopaedics, or cardiology, often employing advanced technologies and experienced healthcare professionals. This specialisation is vital as it enhances the quality of care available to patients, particularly those seeking elective procedures or specialised treatments that may not be readily accessible within the public healthcare framework.

In recent years, there has been a notable increase in private health insurance coverage, which has significantly impacted healthcare accessibility in Uganda. Private health insurance schemes have emerged to address the growing demand for quality healthcare. These schemes often offer a range of coverage options, including outpatient and inpatient care, surgical procedures, and preventative services. As the private health insurance sector expands, it enables individuals to seek treatment without the burden of out-of-pocket expenses, thus improving overall health outcomes.

Additionally, the interplay between public and private healthcare systems in Uganda enhances the overall efficiency of healthcare delivery. Private healthcare facilities often alleviate pressure on public hospitals, which face challenges such as overcrowding and limited resources. By offering an alternative for patients, the private sector contributes to the reduction of wait times for services and ultimately improves patient satisfaction.

Funding Sources for Healthcare in Uganda

The healthcare system in Uganda is primarily funded through three main sources: government funding, donor contributions, and out-of-pocket expenses incurred by patients. Government funding plays a significant role, constituting a substantial portion of healthcare expenditure. According to recent reports, the Ugandan government allocates approximately 8-10% of its national budget to the health sector.

However, this amount is often inadequate to meet the growing needs of the population, especially considering the rising incidence of diseases and the quest for improved healthcare services.
Donor contributions are another crucial component of Uganda's healthcare financing. Various international organisations such as the World Health Organisation (WHO), the Global Fund, and bilateral aid agencies significantly support healthcare initiatives in Uganda. These contributions often focus on specific areas such as HIV/AIDS, malaria, and maternal health. In fact, **donor funding constitutes approximately 40% of total health expenditure in Uganda**, underscoring its importance in ensuring service delivery and meeting health targets. Nevertheless, reliance on external funding can create sustainability challenges as it is subject to shifts in donor priorities and international economic climates.

Out-of-pocket expenses are a prevalent issue in Uganda's healthcare funding landscape. Many patients find themselves shouldering significant medical costs, particularly for services that fall outside the purview of free public healthcare. **The average Ugandan spends around 30% of their total healthcare costs directly out-of-pocket.** This funding source can lead to inequalities in access to care, as those with

limited financial resources may forgo necessary treatments. The combination of government funding shortfalls, fluctuating donor support, and high out-of-pocket expenses creates complex challenges for the healthcare system in Uganda, affecting service delivery and overall health outcomes.

Government Oversight and Policy Framework

The Ugandan healthcare system is governed by a range of policies and frameworks designed to ensure effective delivery and regulation of health services across the nation. The Ministry of Health (MoH) plays a pivotal role in the oversight of healthcare practices, establishing guidelines that align with national health priorities. This role includes formulating comprehensive health policies that drive the operational strategies of both public and private healthcare providers.

One of the key legislations that underpins Uganda's healthcare system is the National Health Policy, which aims to provide equitable access to quality health services for all citizens. The policy outlines strategies for health promotion, disease prevention, and the provision of essential medications and services. Additionally, the Uganda National Health Sector Strategic Plan provides a framework for the various health programs, focusing on areas such as maternal and child health, disease control, and improving healthcare infrastructure.

The MoH is responsible for monitoring and evaluating health programs to ensure compliance with established standards and efficiency in service delivery. This involves regular assessments and reports on the performance of healthcare facilities, allowing for timely interventions. Furthermore, accountability is a critical aspect of the healthcare system; the government emphasises transparency through public access to health program results and resource allocations, fostering trust among stakeholders.

In addition to the MoH, other agencies, such as the Uganda Medical and Dental Practitioners Council, are pivotal in regulating healthcare professionals and ensuring adherence to ethical standards. These organisations provide continuous oversight, helping to maintain professional integrity and safeguarding patients' rights.

Through these frameworks and regulations, the Ugandan government commits to reinforcing a healthcare system characterised by efficiency, accountability, and transparency, thus aiming to enhance the overall health outcomes for its populace.

Challenges Facing Uganda's Healthcare System

The healthcare system in Uganda is confronted with a multitude of challenges that significantly hinder its effectiveness. One of the most pressing issues is inadequate infrastructure. **Many healthcare facilities are poorly equipped and lack basic amenities**, which poses substantial barriers to providing quality care. This deficiency not only impacts patient experience but also adversely affects health outcomes across various communities.

Staffing shortages represent another significant challenge. The ratio of healthcare workers to the population is alarmingly low, leading to excessive workloads for existing personnel. Consequently, this situation results in burnout and reduced quality of care, further complicating the overall functionality of the healthcare system. **Particularly in rural regions**, the scarcity of qualified healthcare providers leaves many individuals without necessary medical attention, which exacerbates health disparities across the country.

Access to essential medicines also remains critically limited in Uganda. Many healthcare facilities struggle with stockouts of life-saving medications, which severely compromises treatment options for patients. This issue is compounded by logistical challenges, including distribution inefficiencies and inadequate funding for procurement, which collectively inhibit the health sector from meeting the pharmaceutical needs of the population.

Health inequities are evident in various demographics, particularly among rural populations and marginalised groups. Those in remote areas often face additional barriers, such as travel costs and distance to the nearest healthcare facility, which deter them from seeking necessary medical help. Additionally, socio-economic factors and cultural beliefs can further limit access to healthcare services, creating a cycle of disadvantage that is difficult to break.

In summary, **the challenges facing Uganda's healthcare system are deeply interwoven and multifaceted.** Addressing these obstacles will require a coordinated effort, focusing on infrastructure improvements, staffing solutions, better access to medications, and a more equitable distribution of healthcare resources.

Recent Developments and Innovations in Healthcare

Uganda's healthcare system is undergoing significant transformations, driven by recent advancements and the integration of innovative technologies. One of the most notable developments is the **widespread adoption of telemedicine**, which is revolutionising the way healthcare services are delivered across the nation. This approach utilises digital platforms to facilitate consultations between healthcare providers and patients, particularly in remote and underserved areas. Telemedicine not only enhances accessibility but also significantly reduces the time and costs associated with in-person visits.

In addition to telemedicine, various digital health initiatives are emerging, aiming to enhance healthcare delivery and patient outcomes. Mobile health applications are being developed to provide health information, enable appointment scheduling, and promote disease prevention. Through the use of SMS and mobile internet, healthcare providers can reach populations that previously faced barriers to accessing health services. These innovations are vital, especially in facilitating timely interventions for patients suffering from chronic illnesses or those in urgent need of medical assistance.

Non-governmental organisations (NGOs) play a crucial role in supporting these advancements in Uganda's healthcare sector. Many NGOs are actively involved in the development and implementation of digital health solutions, ensuring that resources reach the communities that need them the most. They often partner with local governments to deliver training programs for healthcare workers on the use of technology in patient care. Such collaborations are crucial for building a sustainable framework that leverages digital tools to improve healthcare access and quality.

These recent developments demonstrate a positive trajectory in Uganda's healthcare landscape, highlighting how innovation can bridge gaps in service delivery and facilitate a more inclusive healthcare system. As the country continues to embrace technology, the potential for enhanced health outcomes and improved access to care remains promising.

Future Directions for Uganda's Healthcare System

As Uganda seeks to enhance its healthcare system, several potential improvements and reforms are on the horizon. One significant direction involves strengthening international partnerships, which can provide technical assistance, funding, and resource sharing. Collaborations with various global health organisations have the potential to bolster the existing frameworks and introduce innovative healthcare solutions tailored for local needs. These partnerships not only augment national capabilities but also facilitate knowledge transfer through training programs, thereby equipping healthcare professionals with up-to-date practices and technologies.

Increased funding commitments will also play a crucial role in transforming Uganda's healthcare landscape. This necessitates a concerted effort by the government to allocate a larger portion of its budget towards health. Additionally, engaging private sector investments can significantly supplement public funding. By establishing a mixed financing model, Uganda can ensure that adequate resources are available to improve infrastructure, access to medications, and health services. Greater financial

commitment will lead to enhanced healthcare delivery, facilitating better access to essential services for the population.

Community involvement is another pivotal aspect in shaping the future of Uganda's healthcare system. Encouraging participation at the grassroots level fosters a sense of ownership and accountability among citizens. Community health workers can serve as vital links between the healthcare system and local populations, promoting health education and preventive measures. In turn, this can lead to healthier communities and improved healthcare outcomes, particularly in underserved areas. Furthermore, local involvement ensures that health initiatives resonate with the community's needs, which is crucial for sustained impact.

The importance of sustainability and resilience in healthcare planning cannot be overstated. Establishing a robust and flexible healthcare system that can withstand challenges, such as pandemics or resource scarcity, is essential for the future. Emphasising preventive care, investing in health infrastructure, and developing efficient supply chains also contribute to a resilient healthcare framework. As Uganda navigates these future directions, adopting a holistic approach that integrates partnerships, funding, community engagement, and sustainable practices will be vital in achieving a more effective and equitable healthcare system.

Conclusion: The Way Forward

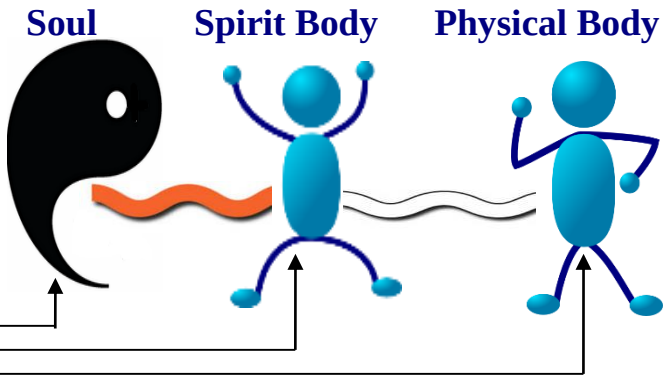
In examining the healthcare system in Uganda, it is evident that both public and private sectors play crucial roles in delivering health services to the population. The interplay between these sectors underscores the importance of collaboration and resource sharing to improve the overall effectiveness of the healthcare system. Funding remains a significant challenge, with limited budgets impacting service delivery and the quality of care. Innovative financing solutions and partnerships could enhance funding streams, allowing for better healthcare access and improved patient outcomes.

Oversight and governance are paramount in ensuring that the healthcare system operates efficiently and transparently. Strengthening regulatory frameworks will help address issues of accountability and quality assurance. Additionally, the ongoing challenges of disease burden, inadequate infrastructure, and personnel shortages require strategic approaches that incorporate both immediate and long-term solutions. Innovations such as telemedicine and community health initiatives have shown promise in reaching underserved populations and alleviating some of the healthcare access barriers. Emphasising preventative care and health education can lead to a healthier populace and ultimately reduce the strain on healthcare facilities. By fostering an environment that encourages research and development, Uganda can explore new methods of healthcare delivery that align with global best practices.

As we reflect on the complexities of Uganda's healthcare landscape, it is vital to prioritise the integration of both public and private sector strengths. Collaborative efforts will be essential in driving reforms that address existing gaps, ensuring that all Ugandans can benefit from high-quality healthcare services. The way forward involves a commitment to strategic planning, equitable resource allocation, and inclusive policy-making to create a resilient and responsive healthcare system for future generations.

COMMERCIAL IN CONFIDENCE

HIERARCHY of HEALING SYSTEMS



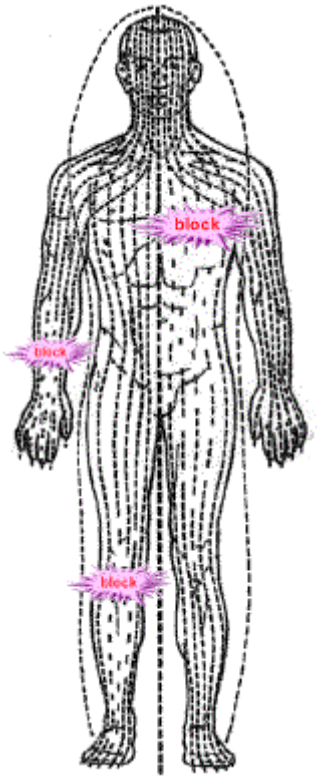
ALLOPATHIC – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven. Symptoms are suppressed – no healing!

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.



To All the Suppressed Kids who are Dealing with the Consequences now as Adults…

The feeling of being rejected, disapproved of and conditionally loved by our primary caregivers – parents – is a monumental, long-lasting burden that we all carry. It produces chronic shame, guilt and anxiety. As a child we are blamed for doing things wrongly and in doing so we perceive ourselves as being bad, inconsequential, and having to embrace a persona that is not our true selves. We abandon our feelings expressiveness and embrace our minds to live life in the world foreign to truth and love. Our parents mu rder our free expression of our feelings and true personality! There are no exceptions.

Discomfort, Pain, Illness and Depression.

Verna, a Nature Spirit, 17 April 2020: **Nature isn't randomly popping up viruses that might suddenly sweep through affecting humanity 'evilly'. The Rebellion and Default are the true viruses that we are all 'infected' with. Viruses are more of the spirit really, which is why they are so elusive. If our soul needs to give us the experiences of the virus we will 'catch' it.** Other disease, like cancer, and the breakdown of the physical structure is again wholly physical however they are the physical manifestations from the breakdown of our spiritual light in our spirit systems.

All illness results from our inner levels of discontentment – BECAUSE WE DON'T FEEL LOVED.

Should every soul, all at the same time, need the experiences from a virus to feel all the feelings we need, then it will be **different feelings for every person**.

Humanity is to uncover the truth of evilness, its wrongness, of its rebellion and default. And illness is to show us that we are wrong. We wouldn't get sick if we were right. ILLNESS IS OUR FRIEND. It's all about what went into us through our forming and early childhood. All the secrets are contained back there within ourself. When we 'go in' we're to go into our early life through our adult 'now' feelings.

Corona, 24 March 2020: "There is no way on earth I (Corona) can possibly be worse than how your parents treated you, it just can't happen, I can only affect you as far and as badly as your parents affected you. I can't create more pain in you than your parents have already created.

"The extent of unloving parenting that you all had to endure as children is now killing you, that is the truth of how bad it was. It is killing you because you refuse to understand what is happening, you refuse to connect to your pain, you still refuse to accept the truth and this is the open door for me (Corona) to enter into you and find a cell for me to live off and mutate and multiply in you. Your denied and suppressed feelings let me in.

"Stop resisting me and work with me in what I want you to know about yourself. I am no greater pain than the pain you felt and denied as a child.

"You fear me killing you, making you feel so bad, yet isn't this all so familiar, isn't this how you felt with your parents at times in your life? Isn't this how they made you feel, only they didn't allow you to feel it fully, only a tiny portion of the pain they inflicted on you, with the rest you were forced to deny and keep suppressed. And this is what I 'feed' on, all your repressed misery and pain. It is your parents you fear, and I am helping you feel that truth.

"Your parents forced you to do their will and gradually your own will got left behind not being considered at all by your parents. And that is how I have to work with you all, and you will all feel me differently depending on the severity of your will denial and suppression.

"You were parented by two of the same Viruses, they are the Virus that is within you right from your conception and took away your will just as I am doing to you now. I am treating you the same way as your parents treated you as children and you refused to see it, so denied it.

"I am reuniting you with the truth of how hurt and unloved you feel because of your unloving childhoods. You all have the power to turn this around and all you have to do is to begin feeling how I am making you feel, accept every feeling, express every feeling and find the truth through your feelings. Do this and I will lose strength and lose the hold I have over you because I no longer have to make you feel so bad to make you feel your feelings. You have the cure within you all and that cure is YOUR FEELINGS!!"
(These are extracts from Corona speaking through a nature spirit to Samantha.)

The spiritual upliftment so far as the new 'vibration' humanity will experience is the new vibe of the next age, and it's upliftment will only be uplifting those people who chose to do their healing, to submit to their bad feelings and by expressing them to uncover the truth of their evilness – all that resulted from our childhood.

If we all Heal ourselves, being of true and perfect Natural love, then by living in harmony with nature, which we would naturally be doing, such horrendous diseases would not afflict us, because we would not need them to show us that we are disharmonious with nature.

When we are fully Healed, we won't need to get sick, the Celestial spirits don't get sick, they don't have the bad feelings as we do on Earth and in the mind Mansion Worlds, and so we won't need to have those feelings that would come from an illness, so we won't get sick.

EVERYTHING that happens to us does so to help us live one of two ways. So we will 'get a virus' to help us go further into our truth-denial; or we will get one to help us come out of it.

Our bodies are designed to live anywhere, even in the most infested disease ridden place on the planet, and we will get sick if we need that sickness to further our truth-denial, or we will get sick if we need it to help us heal our truth-denial, or we simply won't get sick. There is NO OTHER REASON why we get sick!

If we are going to get sick, that will happen either way because we are already sick within ourself and from how we were treated through our childhood – there are no other reasons. We are sick because we are denying the truth of ourself and God. We are all very ill being in the Rebellion and Default. **The Rebellion and Default are the true viruses that we are all 'infected' with.**

My individual "Rebellion and Default" is my overarching virus!

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Enters emotionally – is to leave emotionally!

We are to express our feelings, both good and bad, emotionally!

LIVING MIND CENTRIC is SUBMITTING to RETARDATION and MEDIOCRITY

Our mind is a wonderful instrument when it is used to implement what our feelings prompt us to embrace. However, our high level spiritual leaders prompted us all to believe that our potential would be found through our minds, so much so that we could become 'mini-gods' through the perfecting of our minds.

Our potential through mind centricity is 499 on Dr David R Hawkins' Map of Consciousness (MoC) being the peak of Reason. This is also the peak of development of those who enter into the 1st spirit Mansion World where billions upon billions remain for aeons, blind to their entrapment to hidden controllers. Some further their mind perfection through their ongoing suppression of their feelings and progress blindly through the 2nd and 4th only to reach a dead end at the 6th spirit mind Mansion World, never getting out of the hells and entering the 1st of the Celestial Heavens. They eventually have to do a Great U-Turn and retrace their steps and then work through the 3rd, 5th and 7th spirit healing Mansion Worlds and then commence their progression through the Celestial Heavens living Feelings First.

Hidden controllers within the spirit worlds, for the past 200,000 years, have kept us in their enslavement as they understood that:

- Our minds are addicted to control, control of others and our environment.
- Our minds cannot discern truth from falsehood – thus easily led through our mind's lack of discernment.
- Our minds are addicted to untruth – a global pandemic has demonstrated worldwide submission to a few through governmental dictates – conspiracy theories abound – nations can be easily led to war against others.
- Worshipping our minds, believing that when we 'think' that we discern truth when it is error, stagnates our progress, thus keeping us in submission. Education systems worldwide embrace this.
- Assumptions are the product of the mind, the error rate is around 98%. The doctrines of the Catholic Church demonstrate this to 'perfection'.
- Feelings are our soul-based truth. Females are closer to feelings, so these hidden controllers had males make females subordinate to men. History reveals very few women leaders – look at the religious institutions.
- All religions are the product of the workings of these very same hidden controllers.
- These beliefs, patterns of living and norms are entrenched through generation after generation.
- We believe that **'I had a pretty good upbringing' in comparison to other people!**
  However: **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.
- Hidden control has kept parents from knowing how to be loving true parents, consequently:

- And the Rebellion against God, love and truth has progressively evolved and intensified to the point that on 31 January 2018 intervention from even higher level spirits has formally ended the Universal Contract governing the Rebellion and Default of the rebellious Lanonandek spirits led by Lucifer who submitted to his female soul partner's wily assertions.

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

PSYCHIC BARRIERS to CHANGE!

To put it succinctly:

We have been driven, generation after generation, to embrace our minds to the point that we blindly worship our minds, due to the fact that high level spirit controllers considered we would fall to to their coercion.

Our minds are addicted to:

Control over others;

Control over our environment.

That males are now addicted to having females subservient to their control.

That our minds cannot differentiate Truth from Falsehood.

That our minds are addicted to untruth and that 'fake news' and propaganda will be believed by a gullible, subservient audience.

That consequently, the sheeple will march to war without questioning.

So, financial gain for the few hidden controllers is the trigger for never ending wars, if they cannot enslave nations through debt *or* by other means!

We, here on Earth, live in a physical HELL!

CORE PROBLEM – well, a starting point!:

UGANDA Doctors Nurses Teachers Ratios

	DOCTORS		NURSES & MIDWIVES		TEACHER / STUDENT	
	per 1,000 people		per 1,000 people			**ratio**
Uganda	2020	**0.2**	2020	**1.7**	2017	**43**
Kenya	2021	0.2	2018	1.2	2015	31
Rwanda	2019	0.1	2019	0.9	2018	60
South Sudan	2018	0.0	2018	0.4	2015	47
China	2020	2.4	2020	3.3	2018	16
India	2020	0.7	2020	1.7	2017	33
Iran	2018	1.5	2018	2.0	2017	29
Australia	2018	3.8	2019	13.2	1999	18
United States America	2018	2.6	2018	15.7	2017	14
		Austria		Switzerland		San Marino
Strongest Worldwide	2020	5.4	2019	18.0	2018	7
https://data.worldbank.org/		Africa 27		Africa 30		Africa 21
Weakest Worldwide		nations 0.1		nations 1.0		nations 40+

In summary:

Primary goal is to increase the number of doctors throughout Uganda – in multiples, while advancing their education and skills.

Similarly, significantly increase the numbers of nurses and midwives throughout Uganda, and improve their education and skill levels.

There is only around 1 (one) psychiatrist for every 1,000,000 people in Uganda, optimal maybe 150. There is also a chronic shortage of mental health beds as well as medication. Mental health is a taboo subject.

This can only stem from increasing of the number of school teachers whilst up-stepping their skills to enable a more than growing of grade 12 graduates with even higher standards of education than presently being facilitated. It all begins with EDUCATION! – open, free, feelings orientated!

This all requires a massive growth in physical facilities and in the interim, an enormous scholarship program to support students being educated overseas, in various countries, to commence to grow the numbers of these critical industry skilled people, also to provide educators for universities, technical and further education, craft creation centres, child care centres, etc.

Such a national program will shift the overall consciousness of the people to such an extent that the nation may become a globally recognised tourism destination with all the supporting facilities of safety, health services and facilities, transport and communications that discerning travellers generally anticipate and expect.

This will be a bold initiative for and by the people of Uganda. The old ways of self-centred, ego-centric and greed driven control will need to give way as there will follow a universal dismantling of old institutionalised systems, all to be replaced by a new way of living – Feelings First with the mind following in support – not as how institutionalised systems now are.

Water supply, sanitation and hygiene in Uganda

40 million lack access to safe water

Capital: Kampala
Uganda population of 50 million
40 million people lack access to a safe toilet

Uganda's water and sanitation crisis

Out of its population of 50 million people, 40 million people (81% of the population) lack access to safe water. Uganda has experienced two decades of economic growth, leading to large population movements from rural areas to informal settlements around urban centres. High population growth stresses the water and sanitation services that exist.

Further, urban people living in poverty pay as much as 22% of their income to access water from water vendors. Spending such a high percentage of earnings on water reduces overall household income, limiting opportunities to build savings and break the cycle of poverty. And many families living in rural areas spend more than 30 minutes walking to collect the water their families need, taking time away from work and school.

However, there is positive momentum as the government of Uganda aims to have safe water and improved sanitation for everyone by 2030 and Water.org is well-positioned to help.

Water, sanitation and hygiene (WASH)

https://www.unicef.org/uganda/what-we-do/wash#:~:text=But%20in%20Uganda%2C%20poor%20sanitation%20and%20hygiene%2C%20as,killers%20in%20Uganda%2C%20kills%2033%20children%20every%20day.

2022

Increasing access to safe drinking water, improved sanitation and hygiene practices

The situation

Water and sanitation are essential for life and health, but they are also essential for dignity, empowerment and prosperity. Water and sanitation are human rights, fundamental to every child and adult. But in Uganda, poor sanitation and hygiene, as well as unequal access to safe drinking water, make thousands of children very sick and at risk of death.

Diarrhoea alone, one of three major childhood killers in Uganda, kills 33 children every day.

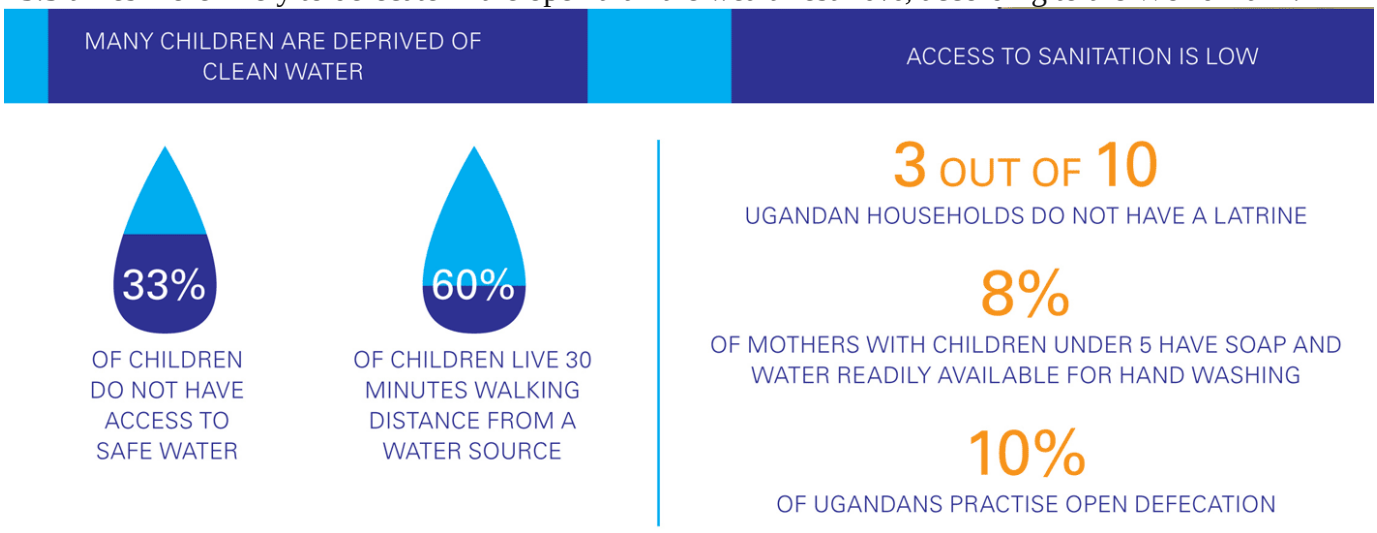
In most cases, children get the disease by drinking unsafe water or coming into contact with contaminated hands — theirs or parents or caregivers — that have not been washed with soap.

Early childhood diarrhoea is not only deadly; it also contributes to Uganda's high levels of stunting, which in turn affects children's cognitive development and performance at school. In school, lack of proper sanitation facilities also leads to high absenteeism and dropouts, especially for girls.

Access to improved water and sanitation facilities does not, on its own, necessarily lead to improved health. It needs another step: there is now very clear evidence showing the importance of hygienic behaviour — especially hand washing with soap after defecating and before eating or preparing food — to health improvement.

Another key to reducing childhood illness and death is to stop using open fields or the bush as toilets. In Uganda, nearly a tenth of the population practices open defecation, and two thirds of households do not wash with soap.

It is poor people who carry the greatest burden of poor sanitation. The poorest 20% of the population is 13.5 times more likely to defecate in the open than the wealthiest 20%, according to the World Bank.



Source: UNICEF, *Situation Analysis of Children in Uganda*, 2015.

UNICEF Uganda

UNICEF response

Behaviour change is the key to increasing the practice of hand washing with soap and ending open defecation. The change can be accomplished through motivation, information and education.

Clean water must be readily available for people to improve their hygiene habits, as must soap. And girls must have privacy and dignity when using sanitation facilities.

UNICEF supports community-led total sanitation (CLTS), a process of education and communication to help change behaviours. We also help improve water, sanitation and hygiene (WASH) in schools and health facilities.

In rural areas we work with district and community leaders to monitor and report progress, as well as evidence-based advocacy. We promote public / private partnerships for innovative sanitation technologies and maintenance of WASH facilities. To help communities build resilience, we strengthen emergency preparedness and response for diseases such as cholera.

Expected results

- If the target of 90% access to safe drinking water is achieved by 2020, 8.3 million Ugandans, including children, will be protected from water-borne diseases such as diarrhoea.
- If the target to reduce the rate of open defecation to 5% cent is met by 2020, 200,000 people will stop practising one of the most unhealthy hygiene habits.
- If the target of 50% of households with hand washing facilities is reached by 2020, 6.6 million people will be able to better practise handwashing with soap

"People are healthy and happy, no more diarrhoea, especially among children… our children's academic performance is improving since they spend more time in school"

Jerest Opio, mother of two who saw the benefits of not drinking contaminated water from Lake Albert

How We Deliver Clean Water and Sanitation Education

https://ugandavillageproject.org/wash/

Despite progress over the last two decades, **access to water, let alone *safe* water, is still greatly lacking** in many Ugandan communities. Without water, poor sanitation practices and unsafe water can lead to multiple bouts of diarrheal diseases for families, which is one of the leading causes of death of children worldwide and claims more lives than HIV, malaria, and measles combined.

In line with the UN's Sustainable Development Goal 6, UVP (Uganda Village Project) focuses on prevention by teaching the importance of basic hygiene practices such as handwashing and the importance of maintaining a safe water chain.

WATER, SANITATION & HYGIENE

COMMERCIAL IN CONFIDENCE

Sanitation is for Everyone

https://ugandavillageproject.org/2024/02/13/sanitation-is-for-everyone/

13 February 2024

Zatiuna is a vibrant 70-year-old shopkeeper and a social woman. She shares her homestead with her husband and his two other wives.

In rural Ugandan communities—including Namunkanga 2 village, where Zatiuna lives—many community members do not have a bathroom or a pit latrine at home. For those who do, it's often not in a good state.

Zatiuna and her co-wives were lucky enough to have a bathroom, however, they all had to share it. This made it harder to maintain good hygiene, and it compromised Zatiuna's privacy, leading to health issues.

During one of UVP's WASH sensitisation visits, Zatiuna and her family learned about the importance of good hygiene and sanitation. And with UVP's support, Zatiuna's husband was able to construct a bathroom for each of his wives.

Zaituna is now free to bathe any time she feels like it, because there is no competition for the bathroom. She also no longer has to worry about the cleanliness of the space or the potential for infections, because the space belongs to her.

Zatiuna expressed a deep appreciation to the UVP staff and Village Health Teams for their efforts in improving the health of rural communities through educational initiatives.

Zatiuna's story shows that age is no barrier to embracing change; she believes that sanitation is not only important for young people to learn about, but for everyone in her community.

School Sensitisations

Focusing on providing education and access to handwashing facilities to students in primary and secondary schools helps to create lifelong habits that will be shared with their families and keep children healthy for generations. In addition to working with the teachers to construct handwashing facilities, we teach memorable rhyming songs ("Naba Mungalo") and conduct funny skits to demonstrate the importance of handwashing.

Borehole Construction & Rehabilitation

Boreholes are a community's primary clean water source – we both help to construct new ones and repair existing ones, equally ensuring that education is woven into each aspect of the project. From training the Water User Committee, to conducting educational sessions on keeping water safe from source to mouth, UVP provides education to the entire community about the importance of safe drinking water and how to prevent diarrheal disease.

Sanitation Campaigns

Campaigns are a compilation of several activities conducted over a short period of time, which target specific groups within a community. From house-to-house visits evaluating existing sanitation facilities, to group education sessions, UVP staff work closely with the sub-county Health Assistant to reach as many people as possible with information.

Unlocking Access to Hygiene and Sanitation Facilities

https://ugandavillageproject.org/2023/10/01/unlocking-access-to-hygiene-and-sanitation-facilities/

1 October 2023

80-year-old Getulide lives with her grandson Stephen in the village of Wampagale. Outside their house is a lovely garden. But, their compound lacked something important—a place to wash their hands.

As part of UVP's community outreach and sanitation campaigns, we partner with Village Health Teams (VHTs) and travel door-to-door to work with the community and discuss good hygiene practices at the household level. We also bring materials for building Tippy Taps (simple hand washing stations made from wood).

With the help of the VHTs in Wampagale, Getulide started setting up her Tippy Tap. She gathered sticks to form the basic structure where she would hang a jerry can, and used the provided materials for the rest. To dig a hole for the structure and assemble the Tippy Tap, Getulide used a hoe and a panga, a broad-bladed African knife. By the time the VHTs left for the day, Getulide and Stephen had a brand-new handwashing station right in their compound.

Getulide expressed gratitude for the gift that UVP has given her family. She explained that, in the past, she had never gotten a chance to receive Tippy Tap materials and she did not know how to build one. We're thrilled to support Getulide and her community as they unlock access to hygiene and sanitation facilities.

Brick by Brick

18 July 2023

I am Mboowa Yassin, and I am from a village called Namunkanaga. Today, I would like to share a story about how Uganda Village Project helped me and my family. My growing family of six has faced a lot of hardship. We were not doing very well financially, so we couldn't afford to build a latrine—we had to share with our neighbour, instead. Sharing was okay, but led to logistical frustrations and a few misunderstandings.

We also experienced problems with hand washing. Since we lacked a Tippy Tap, we had to use the same jerry can for cooking and washing our hands after using the toilet. Because of this, we caught illnesses like typhoid, and had to spend some of our valuable savings on expensive treatments.

All these challenges forced me to look for some funds to establish proper sanitary facilities. I was also introduced to UVP during their quarterly WASH sensitisation; we discussed the importance of clean facilities and how to keep proper hygiene.

UVP helped me plan and build a new latrine and Tippy Tap. Building the latrine took a lot of work, and involved digging a pit 40 feet deep, building a reinforced concrete slab base, and laying bricks for the structure itself. The VHTs in my village supported us during the construction with health education and encouragement. Now my family doesn't need to share, or use a temporary latrine pit.

As for the future, I hope to one day add a fence and a private bathing room on my family's homestead!

Uganda – Access to Electricity (47.1% of Population)

https://tradingeconomics.com/uganda/access-to-electricity-percent-of-population-wb-data.html

Access to electricity (% of population) in Uganda was reported at 47.1 % in 2022, according to the World Bank collection of development indicators, compiled from officially recognized sources.

However, very low consumption!

Uganda Adult Literacy Rate

https://countryeconomy.com/demography/literacy-rate/uganda

According to UNESCO Uganda it has an adult literacy rate of 80.59%. While the male literacy rate is 84.85%, for females is 76.53%, showing a gap between the sexes.

Uganda - Literacy rate

Date	Adult literacy rate female	Adult literacy rate male	Adult literacy rate	Adult literacy rate 15-24 female	Adult literacy rate 15-24 male	Adult literacy rate 15-24
2022	76.53%	84.85%	80.59%	93.02%	90.64%	91.83%

Uganda Internet Coverage: Facts and figures

https://datareportal.com/reports/digital-2024-uganda

The state of digital in Uganda in 2024

Here are **DataReportal**'s essential headlines for digital adoption and use in Uganda in early 2024:

- There were **13.30 million** internet users in Uganda at the start of 2024, when internet penetration stood at **27.0 percent**.
- Uganda was home to **2.60 million** social media users in January 2024, equating to **5.3 percent** of the total population.
- A total of **33.34 million** cellular mobile connections were active in Uganda in early 2024, with this figure equivalent to **67.7 percent** of the total

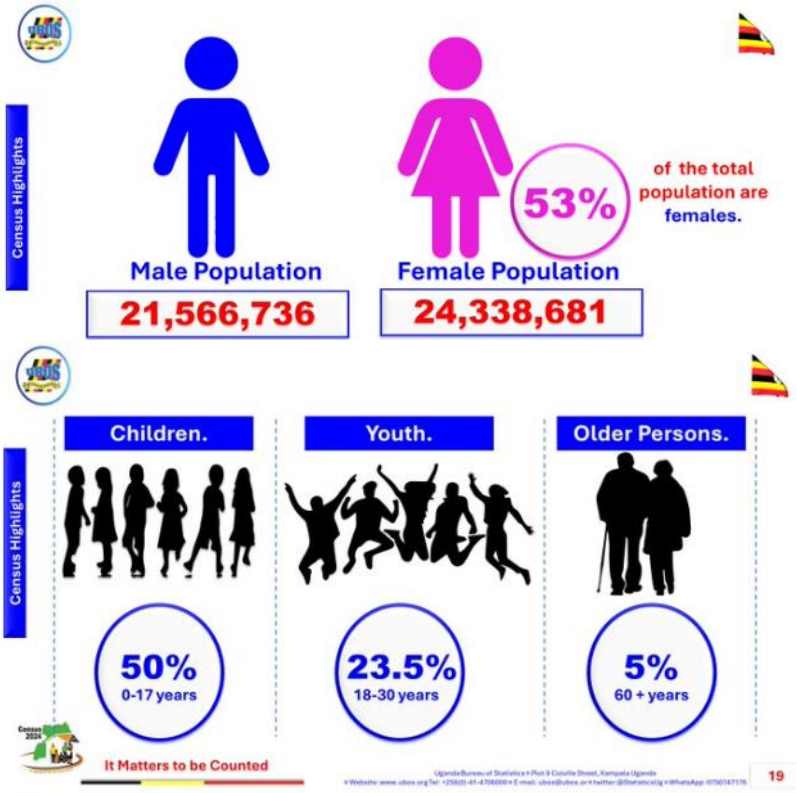
https://www.worlddata.info/africa/uganda/telecommunication.php#

Uganda is lagging behind in the expansion of broadband internet connections. Around 10% of all residents have access to the internet. Around 0% have their own fast internet connection, which is at least faster than the former ISDN (more than 256 kbit/s).

74% of Uganda's Population Are Literate – 2024 Census Report

https://softpower.ug/74-of-ugandas-population-are-literate-2024-census-report/

4 October 2024



Powering Uganda: the quest for universal electricity access and sustainability

https://energytransition.org/2024/01/powering-uganda-the-quest-for-universal-electricity-access-and-sustainability/

Sarah Helen Rüdenauer 11 January 2024

Although access to electricity is gradually increasing in Uganda, in 2021 coverage reached only 42 % of the population. Remarkably, 98% of electricity is generated from renewable sources, and indicate significant potential for further growth. So why doesn't everyone have access to electricity? Sarah Helen Rüdenauer explores this question and examines the main challenges of over-reliance on hydropower, the lack of a diverse energy mix and the high costs for consumers.

Both grid and off-grid connections account for 42% of access to electricity in Uganda. The term grid connection refers to access to power through the national electricity grid. The Uganda National Household Survey 2019/2020 states that the Ugandan electricity grid reaches 18.9 % of Ugandans, mainly in urban areas. Off-grid access describes alternatives to the national grid, such as Solar Home Systems, Mini grid systems, or smaller power-generating devices. As described in a prior blog article, **the per capita electricity consumption in Uganda was only 75 kWh/a in 2019, while in Germany it is 6,787 kWh/a.**

Australia per capita consumption is an average of **9,385 kWh per annum**. Australia can completely be self-sufficient with domestically produced energy. The total production of all electric energy producing facilities is 261 bn kWh, also 105% of own requirements (population 27 million 2024).

Notably, Uganda's power sector is primarily driven by renewable energy sources, accounting for an impressive 98% of electricity generation. Fossil fuels contribute only 2% to the electricity mix, reflecting a strong commitment to sustainability as well as a high potential of resources.

However, a significant challenge within the electricity sector is its heavy reliance on large-scale hydroelectric power. Over 85% of the electricity generated in the country is derived from a limited number of hydroelectric power plants situated along the River Nile. As of 2021, among the remaining 10% renewables not generated by hydro power plants, 3% is sourced from solar energy, and 7% comes from bioenergy. The sector's heavy reliance on hydroelectric power increases vulnerability to the impact of droughts and environmental issues. This vulnerability is particularly evident when there are malfunctions caused by reduced water levels or challenges related to invasive plants like water hyacinths. The example of water hyacinths are especially relevant in the case of Nalubaale hydro power station, which is most critical plant for Uganda's power generation. The power station is disrupted by water hyacinth that clogs the water intake. While the water hyacinths are a problem in this case, they are a potential input material for biogas plants.

Diversifying Uganda's electricity sector is absolutely essential. An energy mix plays a central role in improving energy security and ensuring a reliable supply of electricity. An overdependence leaves a nation vulnerable to supply disruptions, price volatility, and geopolitical instability. Examples such as the energy situation in last year's winter season in Germany, have shown how risky it is to rely on one (imported) energy source or a limited number of sources.

Furthermore, different energy sources have unique characteristics and vulnerabilities. By incorporating a variety of renewable energy sources into the electricity generation portfolio, Uganda can fortify its resilience against disruptions triggered by factors such as severe weather events, natural calamities, or technical glitches within a specific energy sector. This diversification not only ensures a more reliable electricity supply but also promotes sustainability and mitigates the environmental impact of energy production.

Especially since the potential for an increased mix in electricity generation in Uganda is high. **The solar resources are enormous and are delivering access to electricity for 38% of the population throughout the country.** Besides the high potential of solar irradiation, photovoltaic (PV) technology is widespread in Uganda and many people are familiar with it. The benefits of PV systems offer solutions in particular for remote and rural areas. As another critical challenge is the distribution of the electricity grid. Given that a significant portion, **over 70%, of Uganda's population resides in rural and remote areas, the existing grid infrastructure doesn't reach them**, resulting in a substantial portion of the population being without access to electricity.

Expanding the grid to cover these remote areas is a complex endeavour, plagued by both affordability issues and logistical challenges. In such cases, alternative off-grid solutions, such as Solar Home Systems and Mini grid systems, might present a more practical and cost-effective choice for extending electricity access to these underserved communities.

Mini grid system in Northern Uganda. Credits: Sarah Helen Rüdenauer.

Mini grid systems can be based depending on the location on several sources. Even though PV mini grid systems are the most common in Uganda, there is also options for hydro, wind and bioenergy systems. In addition to the challenges in the generation and distribution of electricity, there are significant hurdles on the consumer side. A substantial portion of the Ugandan population are having limited financial resources, 60% of Ugandans earned 200,000 UGX (€50) per month in 2022. The tariffs for electricity are based on consumption, the first 15kWh per month can be bought for each 250 UGX (€~0.06), every additional unit costs 747.5 UGX (€0.18). Besides the tariffs, monthly standing costs of around €1 - €2 accrue.

Thus the cost of energy, especially electricity, are high expenses. Additional, the bureaucratic processes and associated expenses of connecting a house to the national grid can be formidable, presenting a significant barrier to access. For those living in areas where the grid doesn't reach, the upfront costs of adopting solutions like Solar Home Systems (SHS) or similar alternatives can be prohibitively expensive. Fortunately, there is a growing trend of private-public sector programs and businesses offering innovative solutions, such as Pay As You Go systems and loans to customers. These initiatives make electricity access more affordable and accessible, allowing more Ugandans to benefit from modern energy services and improved living standards.

Electricity pole residential area in Kampala. Credits: Sarah Helen Rüdenauer.

Despite remarkable progress, addressing these challenges of energy mix, grid extension and off grid solutions and especially providing electricity affordable to the population remains essential for achieving universal and sustainable electricity access in Uganda. The biggest challenge is still getting investments for both grid extensions as well as off grid mini grids and home systems.

by Sarah Helen Rüdenauer

Sarah Helen Rüdenauer is a renewable energy engineer. She works as a consultant and energy advisor in Kampala, Uganda. Her focus is on renewable and sustainable energy in sub-Saharan Africa. She formerly worked as a project assistant for the Energy Transition Blog. Sarah Rüdenauer, based in Kampala, UG, is currently a Lead Project Coordinator at Fachverband Biogas e.V. / German Biogas Association.

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Uganda Should Improve Public Spending on Health for a More Productive Population

https://www.worldbank.org/en/news/press-release/2024/06/27/uganda-afe-should-improve-public-spending-on-health-for-a-more-productive-population

27 June 2024

KAMPALA — Economic activity in Uganda has remained resilient despite multiple successive shocks, with real gross domestic product (GDP) accelerating from 5.3% in FY22/23 to an estimated 6% in FY23/24, a new World Bank report notes. The expansion was driven by oil-related construction activity and the growth of the mining and quarrying sector, which benefited from sustained increases in gold prices and an improved domestic environment for artisanal mining.

According to the 23rd edition of the **Uganda Economic Update (UEU)** released today, low inflation and recovery of real income and employment bolstered consumption, while private investment remained resilient despite unfavourable domestic and global financial conditions. As a result, exports and manufacturing orders increased between August 2023 and May 2024. **Per capita income reached about US$980 in FY22/23**, and continued growth will push Uganda closer to the lower-middle-income threshold.

The UEU, a twice-yearly analysis of Uganda's near-term macroeconomic outlook, projects a positive picture with GDP growing to 6.2% in FY24/25 and accelerating to more than 7% in the medium-term, due primarily to investment in the oil and gas sector.

"In addition to continued investment in the oil sector, robust coffee and gold exports are expected to boost economic activity in the coming year," said **Rachel K. Sebudde, World Bank Senior Economist and lead author of the current Uganda Economic Update**. *"Meanwhile, the full implementation of the Parish Development Model and other public investment programs, along with improvements in infrastructure and a growing energy supply, could further bolster aggregate demand. Over the medium-term, oil exports will transform Uganda's trade profile, while the government's efforts to promote tourism and agro-industrialisation should help foster export diversification."*

There are, however, risks that threaten Uganda's growth trajectory. These include the deterioration of global economic conditions due to rising geopolitical tensions that would reduce Uganda's exports while distorting import supply chains; mounting inflationary pressures and prolonged monetary tightening that could constrain economic activity and reduce household incomes; delays in the implementation of major infrastructure projects; volatile foreign direct investment inflows; and the possibility of diminished donor financing as the 2026 election approaches.

Going forward, Uganda needs stronger expenditure rules to lessen the impact of shocks and manage the country's transition to oil-exporter status, and also to increase social spending in areas like health to ensure equitable and sustainable growth. This UEU, which focuses on improving public spending on health to build human capital, notes that the government is spending much less on health compared to peer countries in the region. **Due to underspending on education, health, and social protection, the productivity of Uganda's next generation of workers is projected to be among the lowest worldwide.** Households and external development partners finance a combined 84% of current total health spending. The share of government resources devoted to health spending has declined from 6.5% of total public spending in FY14/15 to 3.9% in FY20/21. Unless policymakers work to prioritise the health sector, Uganda is unlikely to achieve the health-related Sustainable Development Goals.

"*Despite its low level of health spending per capita, Uganda utilises its resources more efficiently than some of its peer countries,"* said **Mukami Kariuki, World Bank Country Manager for Uganda**. "*Uganda's maternal health outcomes, for example, are better than those of most comparators. However, this is not enough. Uganda needs to combine increased health spending and efficiency gains from that expenditure to build the country's human capital and reap a demographic dividend."*

The UEU recommends that policymakers should focus on, among others, increasing investments in primary healthcare; updating and expanding the use of performance agreements with private facilities and improving the investment climate in the health sector; the productivity of the health sector workforce; reducing the incidence of impoverishing health spending; and enhancing the quality of care and promoting client engagement in health-service design, planning, delivery, and oversight.

World Bank, French Development Agency give Uganda aid of over US$600 mln

https://www.reuters.com/world/africa/world-bank-french-development-agency-give-uganda-aid-over-600-mln-2024-09-05/

6 September 2024

People gather as volunteers search to retrieve the bodies of residents killed by a landslide due to heavy rainfall in a landfill known as Kiteezi that serves as garbage dumping site, in the Lusanja village, outside Kampala, Uganda 10 August, 2024. REUTERS/Abubaker Lubowa//File

KAMPALA, 5 Sept (Reuters) – The World Bank and French Development Agency (AFD) have given Uganda more than US$600 million to fund infrastructure development and manage waste in the capital Kampala, the government and World Bank said on Thursday.

Ugandans have complained about waste management and the poor state of the roads in Kampala, which suffers chronic underfunding from the central government.

Last month a garbage landslide at a landfill site on Kampala's outskirts buried houses as residents slept, killing at least 35 people.

The road maintenance backlog: A cause for concern

https://www.finance.go.ug/sites/default/files/archive-files/Publications/BMAU%20Policy%20Brief%2011-19-The%20Road%20Maintenance%20Backlog-%20A%20cause%20for%20concern.pdf

Overview Uganda's classified road network funded by the Uganda Road Fund (URF) is 107,020Km (URF, 2013). These are broken down as 20,552Km for Uganda National Roads Authority (UNRA) and 86,468Km for Districts, Urban and Community Access Roads (DUCAR) under the Local Governments' jurisdiction. These roads are one of the country's main assets, generating millions of dollars in revenue every year through the commercial activities that they make possible.

However, some of the country's road network is in a serious state of disrepair due to poor maintenance – a fact that is devaluing this important resource and limiting revenue generating commerce. For instance, the proportion of the district unpaved roads in fair to good condition was estimated at 61% by Financial Year (FY) 2017/18 against a target of 65%, while that of national roads was at 83% against a target of 70%.

Recent studies in Uganda indicate that the routine and periodic maintenance cost for the entire life of a road is estimated to be between 2% to 3% of the initial capital investment. However, delayed maintenance is most likely to cause this amount to increase. The failure to adequately maintain the road infrastructure creates a backlog.

This policy brief delves into the extent of the backlog in Uganda, and the future consequences if the strategic interventions as proposed in the recommendations are not implemented within the midterm.

Key Issues
1. The current road maintenance financing can only meet about 26% of the needs, leaving a big chunk of the road network unattended to.
2. Over the medium term, the proportion of roads in fair to good condition will decrease, while that in poor condition will increase.
3. The maintenance backlog is estimated at 51,725Km of roads, and this will cost Ug shs 1,084bn (US$300 million).
4. Funding needs should be linked to road usage, through road user charges so as to generate enough resources for maintenance.

In total, over the next 10 years US$ 2,290 million (UGX 5.9 trillion) is required to address both the backlog and maintenance needs of Uganda's roads.

How are the road conditions for driving in Uganda?

By African standards, the road conditions in Uganda are very good. The primary roads radiating from Kampala to all four corners of the country are covered in smooth asphalt. You can expect a lot of speed bumps and the occasional pothole though.

Although the asphalt roads are in good condition, you generally don't reach more than 50 km/hour, due to the many speed bumps, the need to reduce your speed when passing through villages, and because you will probably want to take many pictures! Even the scenery from the highway is stunning. Avoid the common traveller's mistake of trying to cover too much ground in one trip. Forget Google Maps, but closely study our driving times and distances table.

Curious about which car is best for driving in Uganda? The Toyota Hilux is the most comfortable vehicle in most fleets for driving on asphalt roads, which make up 80% of the driving you will do in Uganda.

Usually, the last stretch of your daily trip requires some driving on gravel roads to get to your lodge or park entrance gate. Inside the parks, it's off-road driving on dirt roads. The conditions of these roads tend to vary from one season to the next and are most difficult during the rainy season. Off-road driving in Uganda is usually not technical or difficult, and compared to our other road trip destinations in Africa, off-road driving in Uganda is the easiest. During your car hand-over, we'll demonstrate how to engage the 4x4. On top of that, you'll find a car and driving manual inside the vehicle.

Bicycles are a common means of transport in Uganda. They are used for transporting people and goods. The areas where bicycles are most widely used are eastern and northern regions of Uganda where most areas are flat.

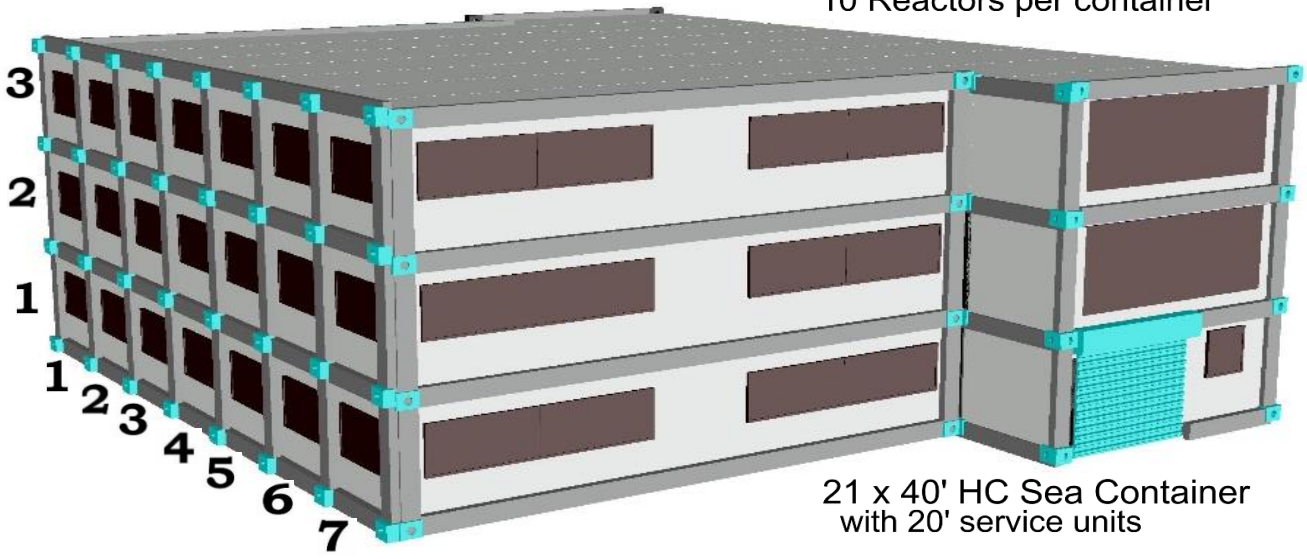
Uganda – Infrastructure Investment

Now add <u>Fission Hydrogen and Water</u> to the Equation!

Firstly, we qualify the availability of this technology – proof of concept is yet to be verified.

NATURALLY PERFECT WATER

WATER HYDROGEN REACTORS

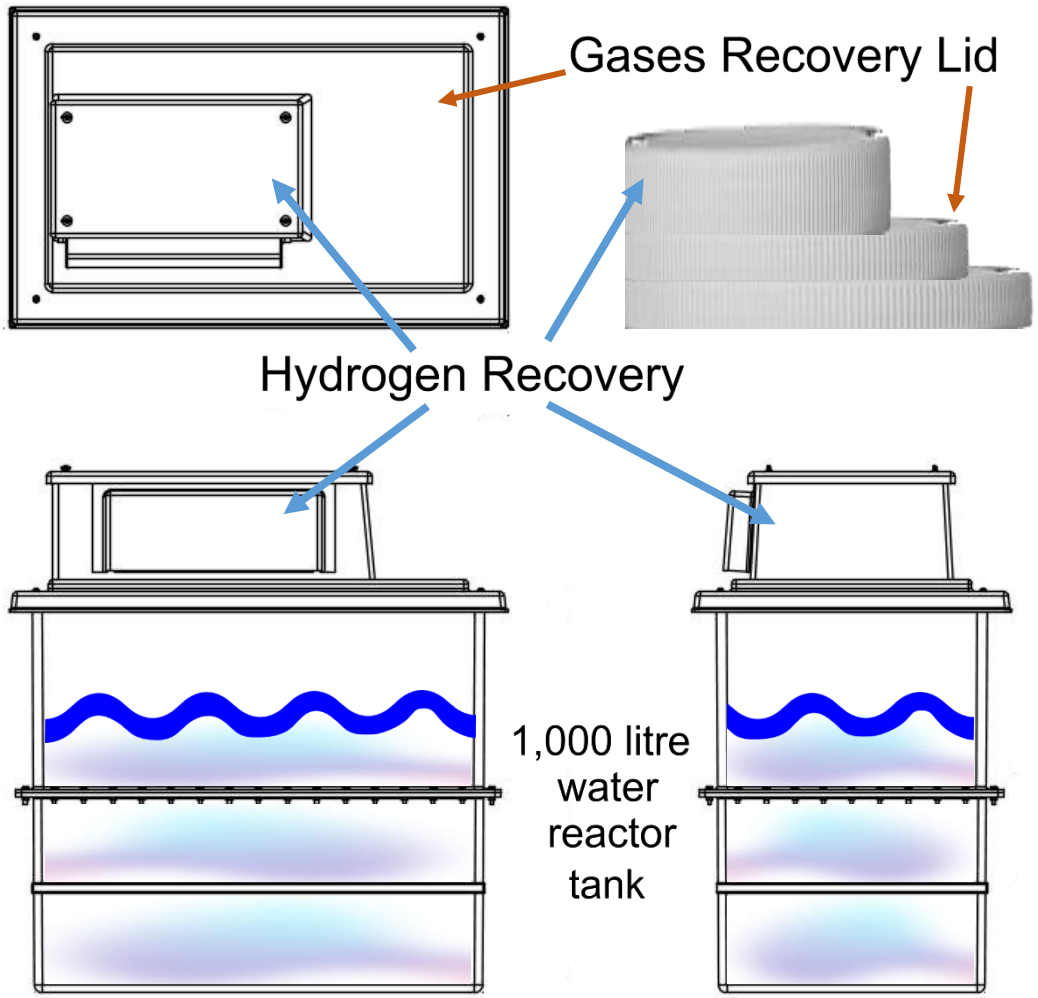


REACTOR CONTAINERS **21 sea containers – 210 reactors**	High Cube 40’	21 x 40’	21 x 40’	Per anm
Reactor capacity is 1m^3 – no. within	10	210	210	gigalitre
Grade A: Dirty – polluted or seawater processing minutes required per m^3 5’	per day 2,000m^3	per day 42,000m^3	per anm 15,330,000m^3	15.330
Grade B: Medium processing minutes required per m^3 4’	3,000m^3	63,000m^3	22,995,000m^3	22.995
Grade C: Better processing minutes required per m^3 3’	4,000m^3	84,000m^3	30,660,000m^3	30.660

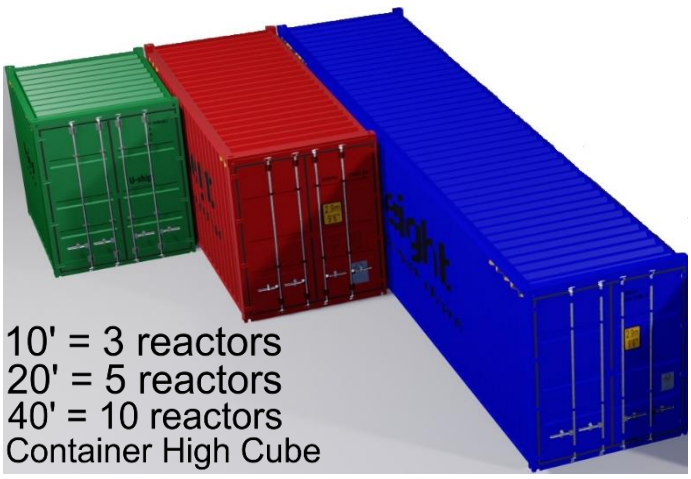
Water Renewal settings incorporate around 50 variables and options:

Grade A: Dirty – polluted		Heavily polluted
		Pristine clean / mineral 350 ppm±
Grade A: Dirty – seawater		Salt laden water
		Pristine clean / mineral 350 ppm±
Grade A: Dirty – seawater		Salt laden water
		Hydrogen
Grade B: Medium		Generally brackish
		Pristine clean / mineral 350 ppm±
Grade C: Better		Not in a potable state
		Pristine clean / mineral 350 ppm±

WATER HYDROGEN REACTOR



From 1 centimetre of rising water 3,600 litres to 36,000 litres of hydrogen may be recovered per hour. That is before pressurisation, consider 22,000 litres is captured per hour being the equivalent of 2 kilograms of hydrogen. When used as part of a fuel cell, 1 kilograms of hydrogen can produce up to 23 kWh of electrical energy. Thus one Water Hydrogen Reactor may release around 2 kilograms of hydrogen per hour enabling a fuel cell to deliver up to 46 kWh of electrical energy per hour.

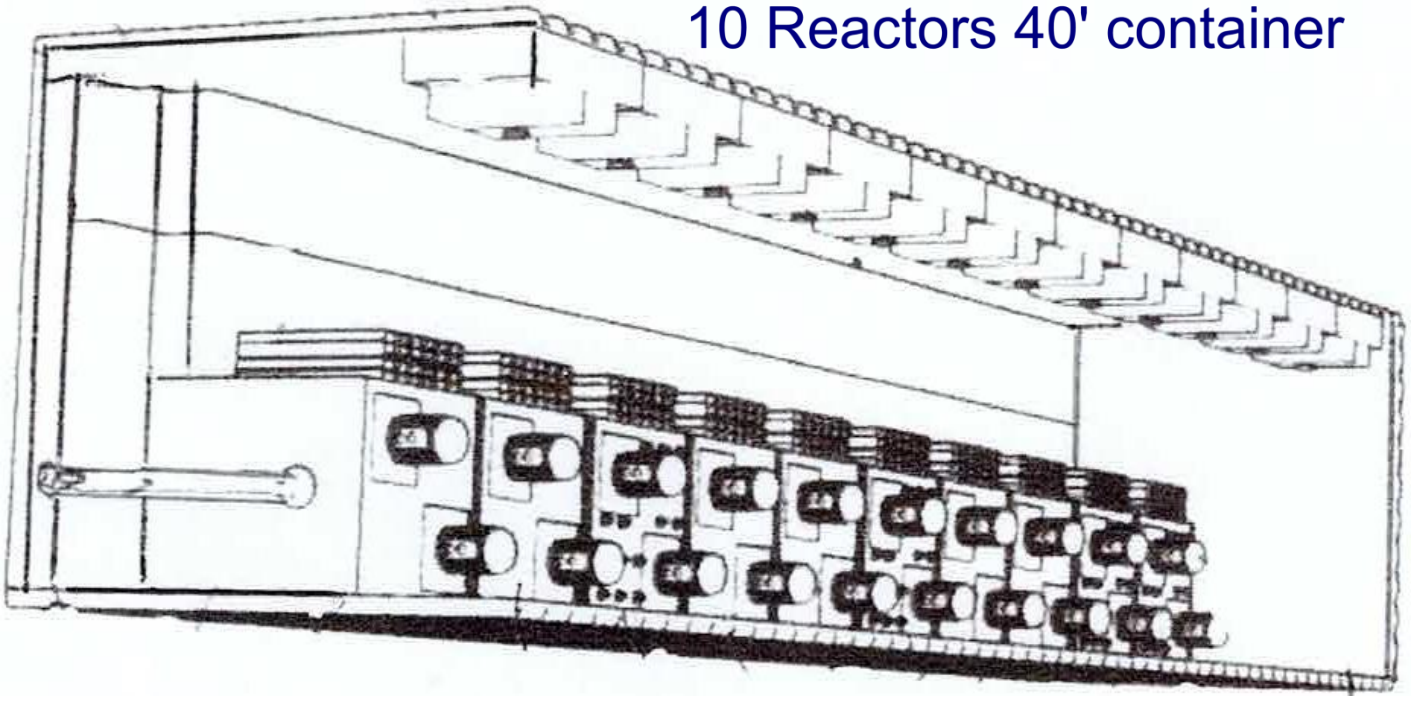


Thus the potential power supply could be:
10’ = 3 * 46 kWh per hour being 138 kWh
20’ = 5 * 46 kWh per hour being 230 kWh
40’ = 10 * 46 kWh per hour being 460 kWh
And the city configuration being:
112 * 40’ containers delivering through
1,120 reactors * 46 kWh per hour 51,520 kWh

1 gigalitre is equal to **1,000,000 cubic metres**
1 gigalitre = **400** Olympic Size Swimming Pools

FISSION HYDROGEN & WATER

10 Reactors 40' container



The hydrogen is produced at 1 bar above Nm3, collected into a low-pressure storage tank, then pressurised into a 350 or 700 Bar large storage tank, ready for use. At this point it is ready to provide Hydrogen to fuel Jenbacher J420 engines driving 2,000 KW generators, these can be lined up in any number, or another option is to use Fuel Cells to produce the electricity required. The Cold Fission Hydrogen producing Generators, require 20- 30% of the Hydrogen gas produced to drive the Hydrogen producing equipment, Hydrogen Producing Hydrogen, how green can you get! The remaining 70% is to provide free electricity to drive the Desalination, Sewage water renewal plants, or produce enough purified water for a city of a million people. This technology is totally green.

The difference between **Energy Hungry Electrolysis System**s is that electrolysis uses High tempritures of 700 to 1,000 degrees C and High Pressure of 120 to 200 Bar of pressure to separate the Hydrogen and Oxygen.

COLD FISSION Technology requires only 1 Bar of pressure and around 30 degrees C of temperature. COLD FISSION destroys the electrons of the Oxygen water which releases the two (H1) atoms, this happens many thousands of times per second in the H2O Fission Reaction Chambers, Cold Fission require only 10% of the energy required by Electrolysis. Cold Fission Reactions, Hydrogen Production from electron destruction.

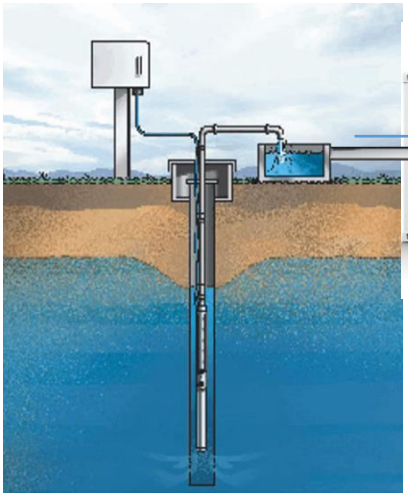
FISSION WATER

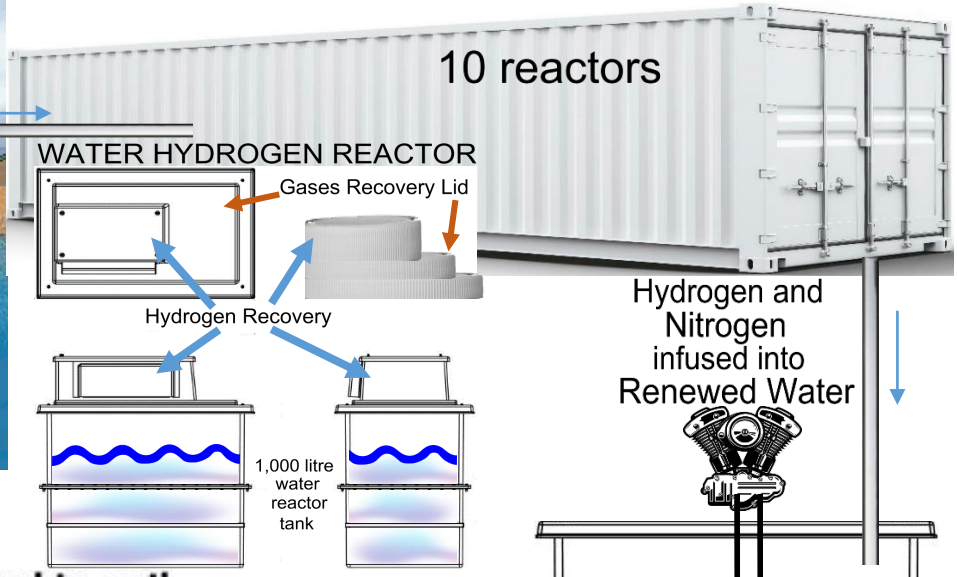
IS

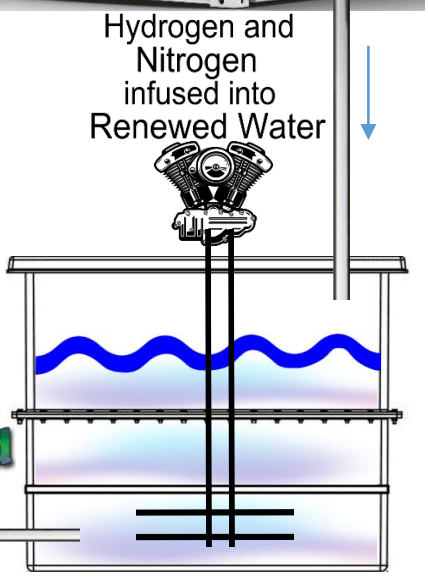
"NATURALLY PERFECT WATER"

Fission Fertiliser

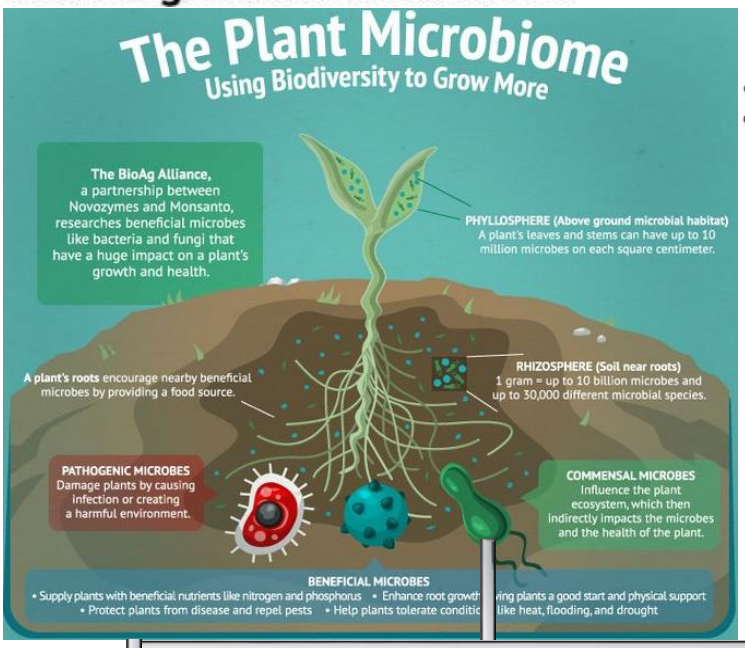
Fission Water infused with Fission Fertiliser

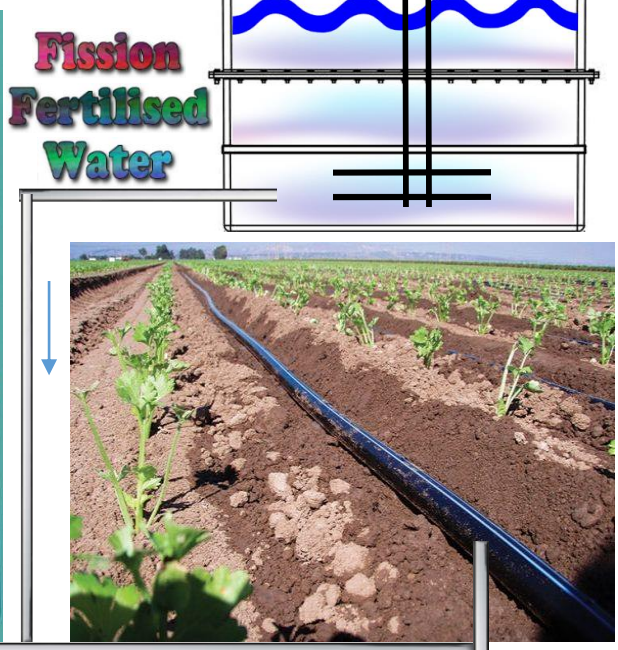






Microorganisms found in soil





NATURALLY PERFECT WATER

"COLD FISSION" WATER REACTORS PRODUCING GREEN HYDROGEN (H^2), BY DESTROYING OXYGEN (O) ELECTRONS, H^2O TECHNOLOGY – Patent app: 2024902228 – 17 July 2024

When applying the various 57 claims outlined in the patent of 93 pages and 25,118 words, patent lodged 12 July 2024, we have more than 10 key inventions to apply and as further variables in the applications and conditions are embraced, the possibilities may be considered to be greater than perceived. The claims are summarised as follows:

57 claims with 10+ inventions. Combinations and variations are endless:-

1. Producing Hydrogen on site, on demand on site, and it is also portable.
2. Desalinations sea water is without filtering membranes, heat, pressure and chemicals.
3. Ozone generation for extreme saturation is achieved without chemical inputs.
4. Ozone is not required for hydrogen gas production.
5. Cold Fission reactions destroy electrons of all atomic elements which is an essential attribute of the system.
6. Cold Fission Reactors do not require backwash – there is no brine or waste to dispose of.
7. Cold Fission Reactors desalinate salt without the need for backwashing toxic salt brine back into the sea, ocean or elsewhere.
8. Cold Fission Reactors desalinate sea water without the use of costly reverse osmosis systems and without membranes as well as without releasing toxic chemicals.
9. Cold Fission Reactions can breakdown and reduce the radiation of Gross Alpha, Gross Beta, Radon 222 (RN), Lead (Pb), Cadmium (Cd), Copper (Cu), Aluminium (AL), Carbon (C), Boron (B), Female Hormone Estradiol (C18H24O02), Ethinyl Estradiol (C20H24O2), Oxygen(O) whilst releasing large numbers of indestructible Hydrogen (H2) atoms.
10. Cold Fission Reactions breakdown molecular structures of most gases or fluids (including oil or oil based fuel which contains destructible Carbons) whilst leaving both indestructible hydrogen (H2) and mineral count at 350 to 354, which is perfect for potable water.
11. Cold Fission Reactions will reduce or destroy – Biochemical Oxygen Demand (BOD), Chemical Oxygen Demand (COD), Viruses, Bacteria, etc.
12. The Hydrogen Producing "Cold Fission Reaction" requires 80% less energy to produce massive amounts of Hydrogen H2 Gas than an electrolysis heating, pressurised system, by dividing and breaking the Oxygen (O) electrons that hold the Hydrogen (H1) atoms, and by destroying the single shared destructible Oxygen (O) electron holding them together, no heat or pressure is required.
13. Cold Fission Reaction recycles Ozone, etc.
14. The system requires no air pumps and only has two moving parts, which is explosion proof, vacuum creating variable speed electric turbine motors.
15. Plant energy neutral Hydrogen producing hydrogen (Hydrogen gas powered engines) using Cold Fission Hydrogen process.
16. 10% of the containerised building can be used for Hydrogen (H2) gas production utilising 90% of the containerised building for desalination and water purification this will guarantee an energy neutral plant.
17. The Hydrogen (H2) gas can be produced on demand within 5 minutes of startup, on site when needed in any quantity, and its transportable shipping containers housings can be bolted together into container buildings, in almost any location in just hours.
18. The Cold Fission Reactor System does not create irradiated water or gases, all or any water or gases leaving this Reactor System do not contain radiation, and the water always remains potable.
19. The Cold Fission Reactor System has up to 50 different settings, so it is always capable of producing the reactions required, once set.

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. Living on Earth in a Celestial soul condition is possible for all.

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 / or 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 70,000 pages of material – 21 million words!

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

How is it for you if you are Truly Honest with Yourself?

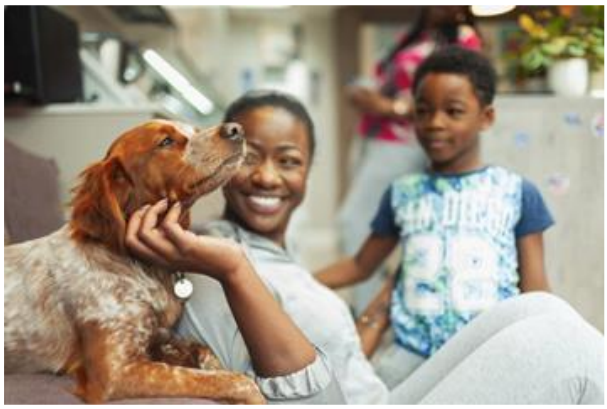
♥ **You truly love your children, devoting yourself to them, wanting nothing more than for them to grow up and be as they want to be?**

♥ **You believe you truly love your children, believing you are devoted to them, wanting them to be as you want them to be?**

~~~~~~

♥ **You love your child more than you love your pet?**

♥ **You love your pet as much as your child, treating it as if it is another child?**



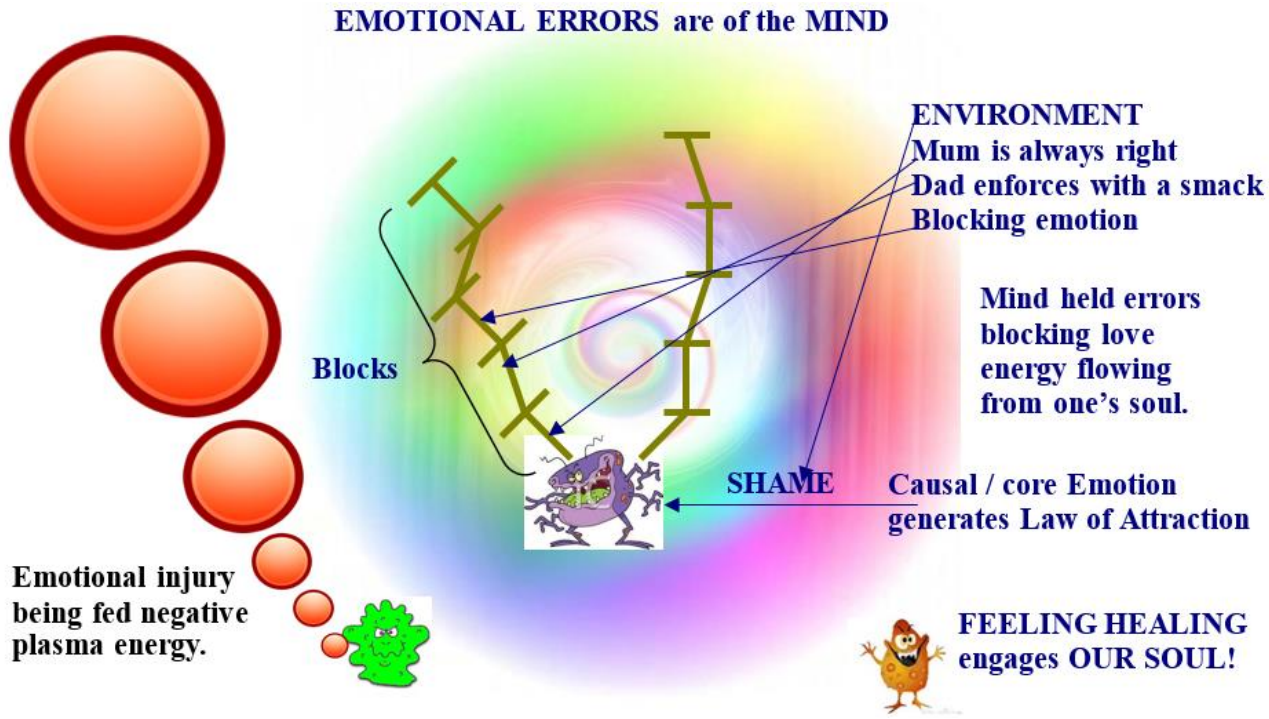
♥ **You love your pet more than your child?**

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

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.

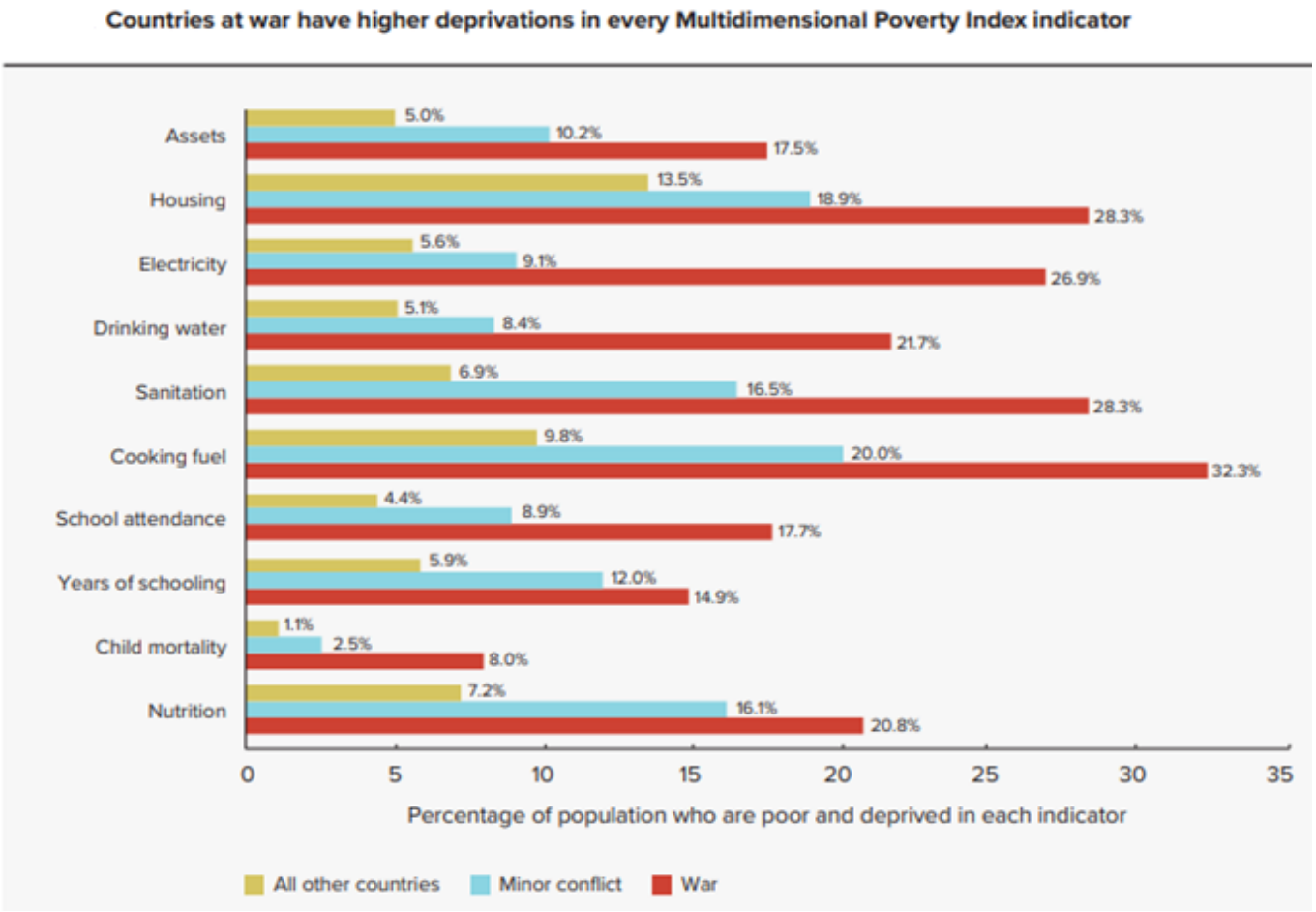
Everyone will still be born into the Rebellion up until the Avonal Age actually starts. People are currently being born into the Rebellion which is going through the initial stages leading up to its complete end, but that doesn't affect new people being conceived by their rebellious parents. And even 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.



The difference is to be found in the education system!

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**



Childhood Suppression is the elephant in the room!

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%

WORLDWIDE relationship of MoC calibration with Life Experiences Life Expectancy, Development, Happiness, Education, Income							
Country	**Population**	**MoC**	**Average Life Expectancy**	**Human Development Index**	**Happiness Index**	**Education Index**	**Per Capita Income PPP 2021**
Belgium	**11,600,000**	**410**	**82.2**	**0.931**		**0.902**	**$54,000**
France	**65,300,000**	**310**	**83.1**	**0.901**	**6.7**	**0.817**	**49,500**
Germany	**84,000,000**	**400**	**81.9**	**0.947**	**7.2**	**0.943**	**57,000**
Italy	**60,500,000**	**380**	**84.0**	**0.892**	**6.5**	**0.793**	**43,400**
Europe Union	**446,156,000**	**380**	**80.8**	**0.897**	**6.7**	**0.858**	**US$48,157**
Uganda	50,500,000	90	64.4	0.544	4.6	0.523	2,700
Kenya	53,800,000	180	67.5	0.601	4.6	0.534	5,300
Rwanda	13,000,000	70	70.0	0.543	3.4	0.458	2,460
South Sudan	11,200,000	140	58.7	0.433		0.307	825
Africa whole of	**1,239,500,000**	**190**	**65.2**	**0.555**	**4.6**	**0.480**	**US$5,931**
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**
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High 100s	**38**	**174**	**70.5**	**0.659**	**5.0**	**.600**	**US$12,516**
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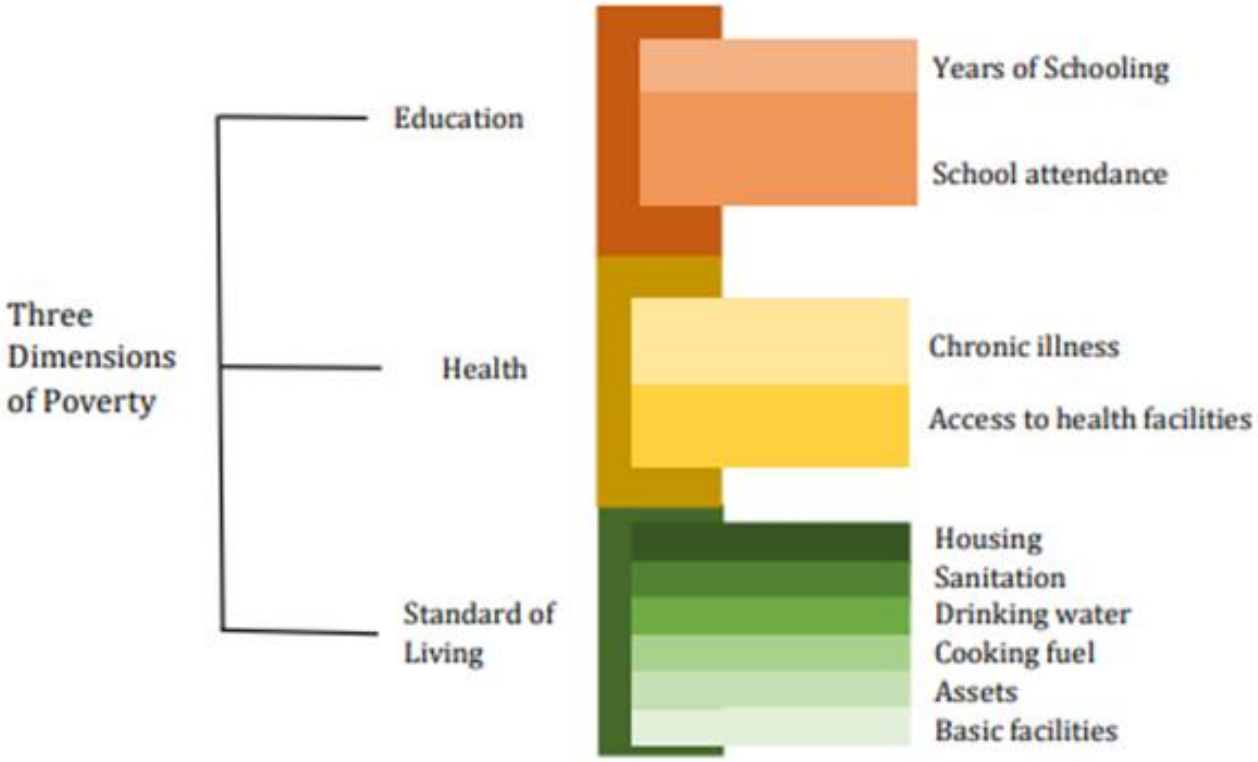
WORLD	**216**	**220**	**73.3**				**US$17,110**

Multidimensional Poverty Index

Oxford Poverty & Human Development Initiative (OPHI)

https://ophi.org.uk/media/46018/download
Oxford Poverty and Human Development Initiative (OPHI)
Oxford Department of International Development
Queen Elizabeth House, University of Oxford
www. ophi.org.uk

Structure of the National MPI



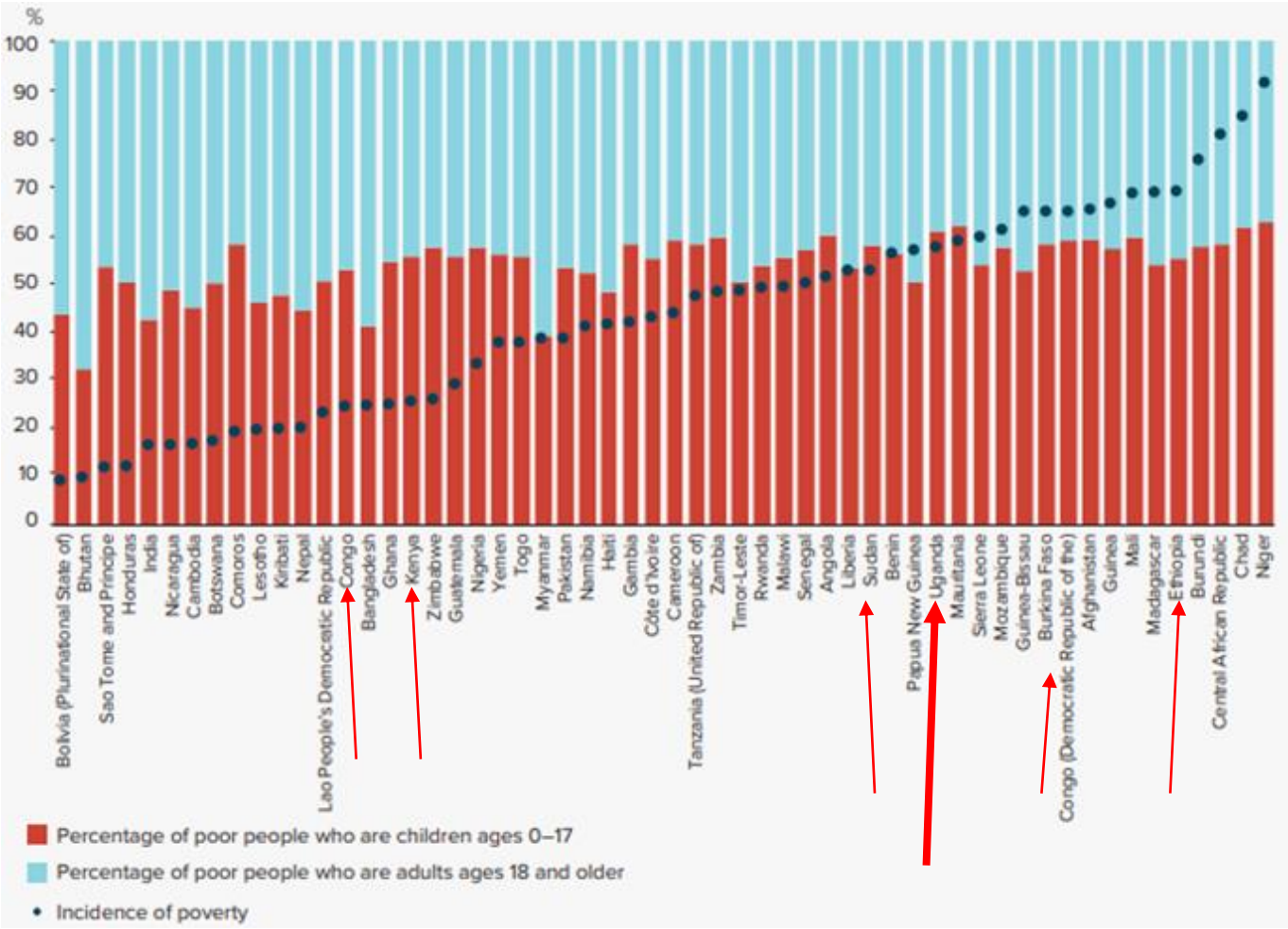
Multidimensional Poverty Index in Uganda
OPHI Country Briefing 2024: Uganda

https://ophi.org.uk/media/46018/download
https://www.undp.org/sites/g/files/zskgke326/files/2024-10/mpireport2024en.pdf

Table 1. Global MPI in Uganda

Area	*MPI*	*H*	*A*	Vulnerable	Severe Poverty	Population Share
National	0.281	57.2%	49.2%	23.6%	25.7%	100.0%
Urban	0.129	27.6%	46.6%	25.0%	9.2%	21.0%
Rural	0.322	65.0%	49.4%	23.2%	30.0%	79.0%

Source: Alkire, Kanagaratnam and Suppa (2024a,b) based on DHS year 2016.



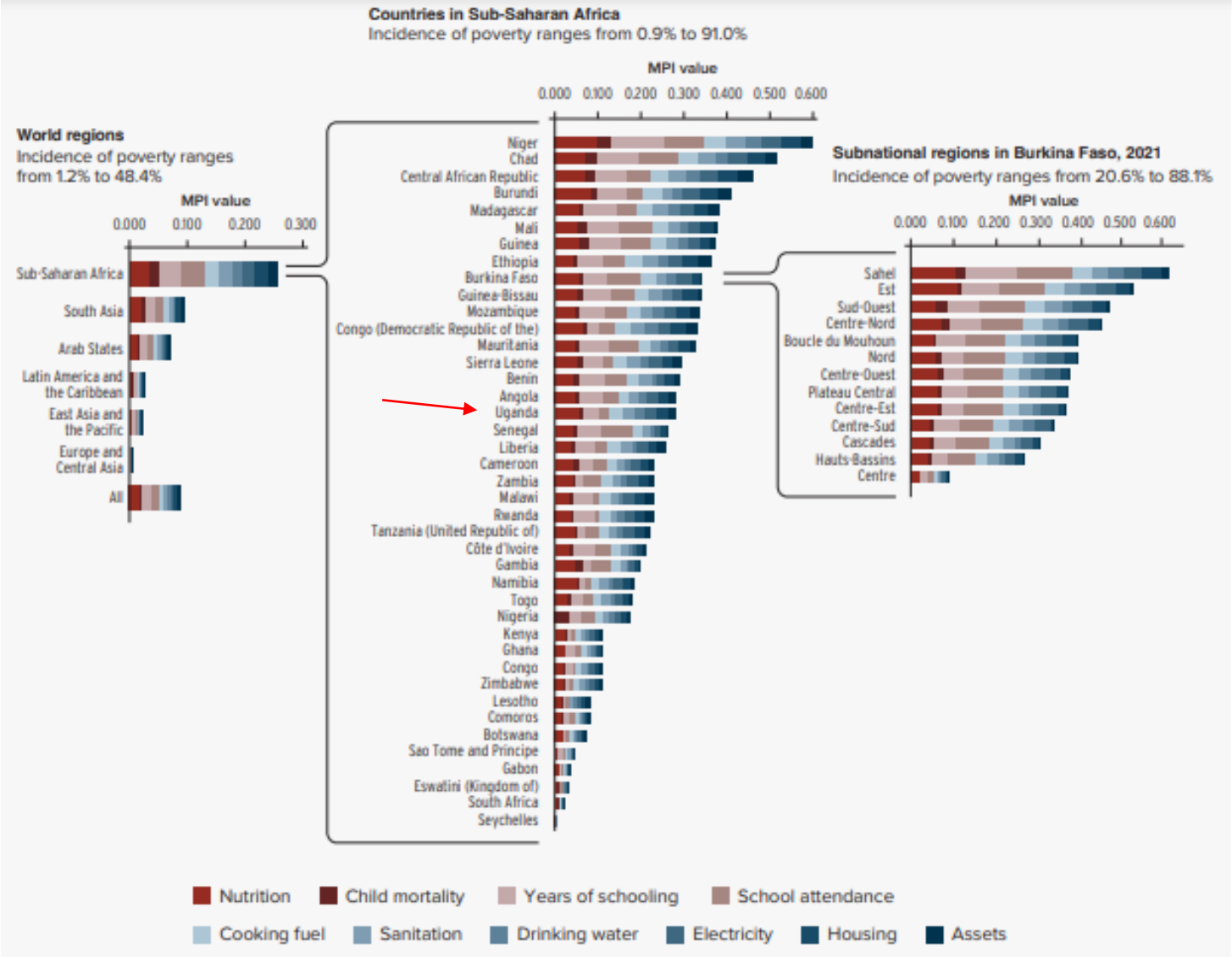


Figure 2. Headcount Ratios by Poverty Measures

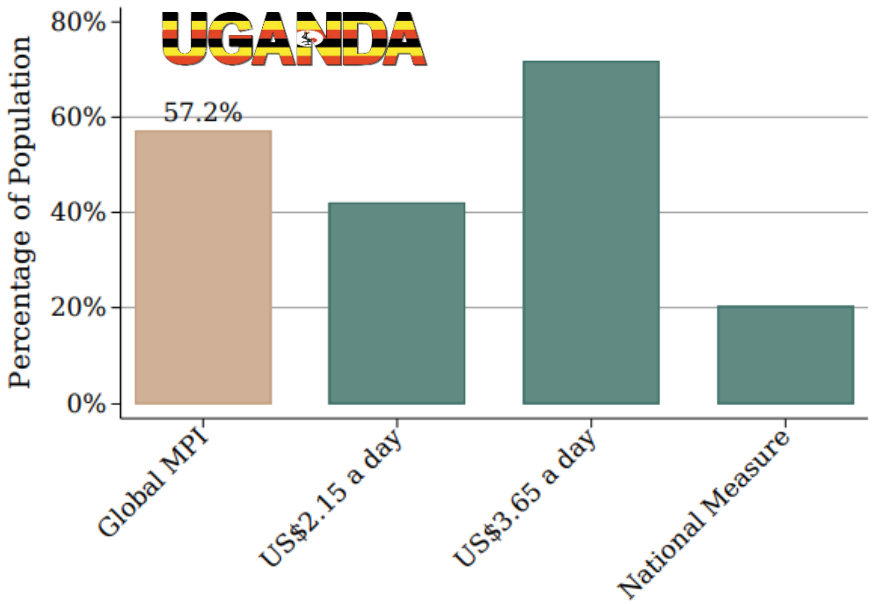


Figure 3. Headcount Ratios for Global MPI, Severe Poverty and $2.15/day

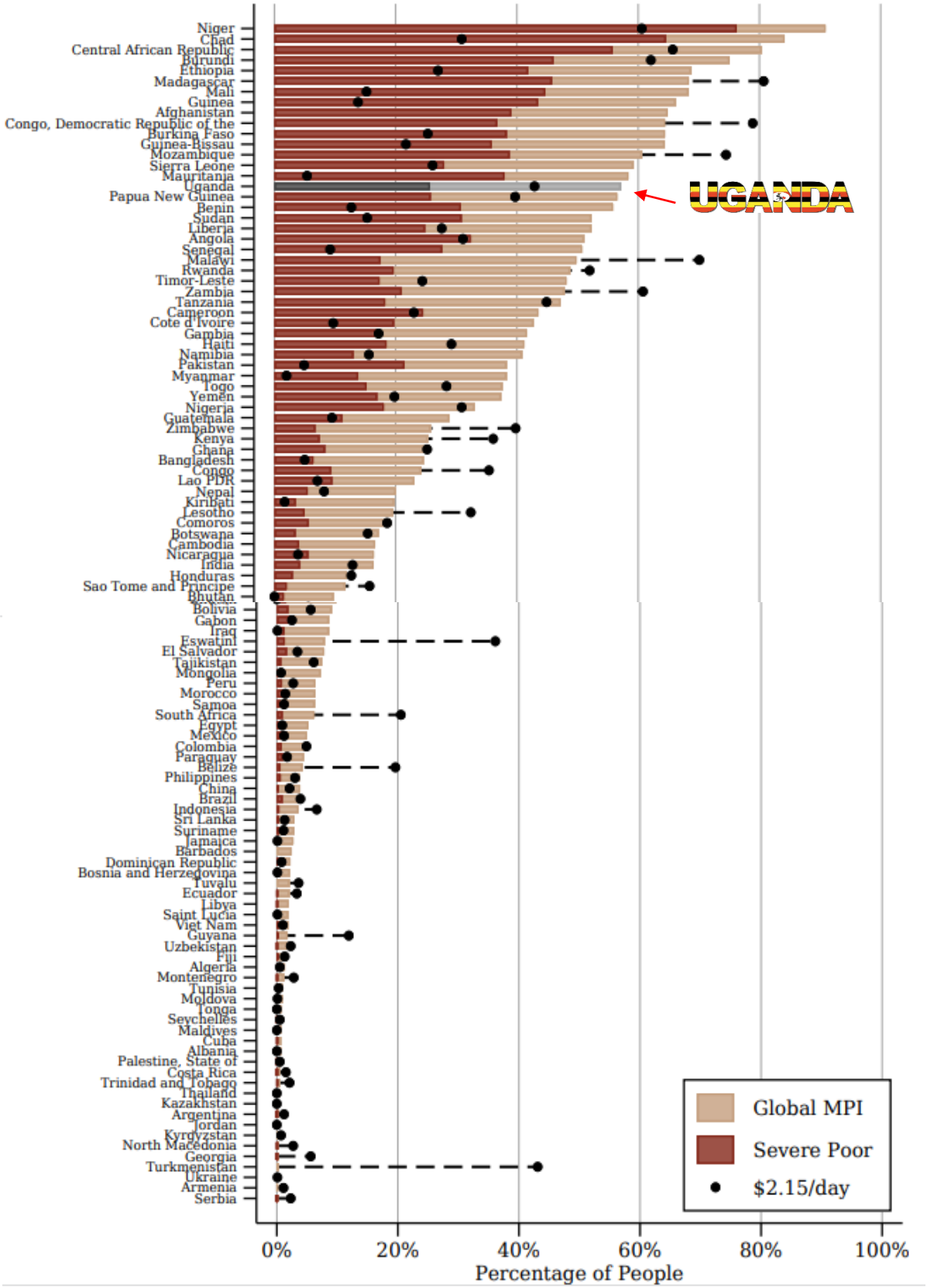


Figure 6. Censored Headcount Ratios

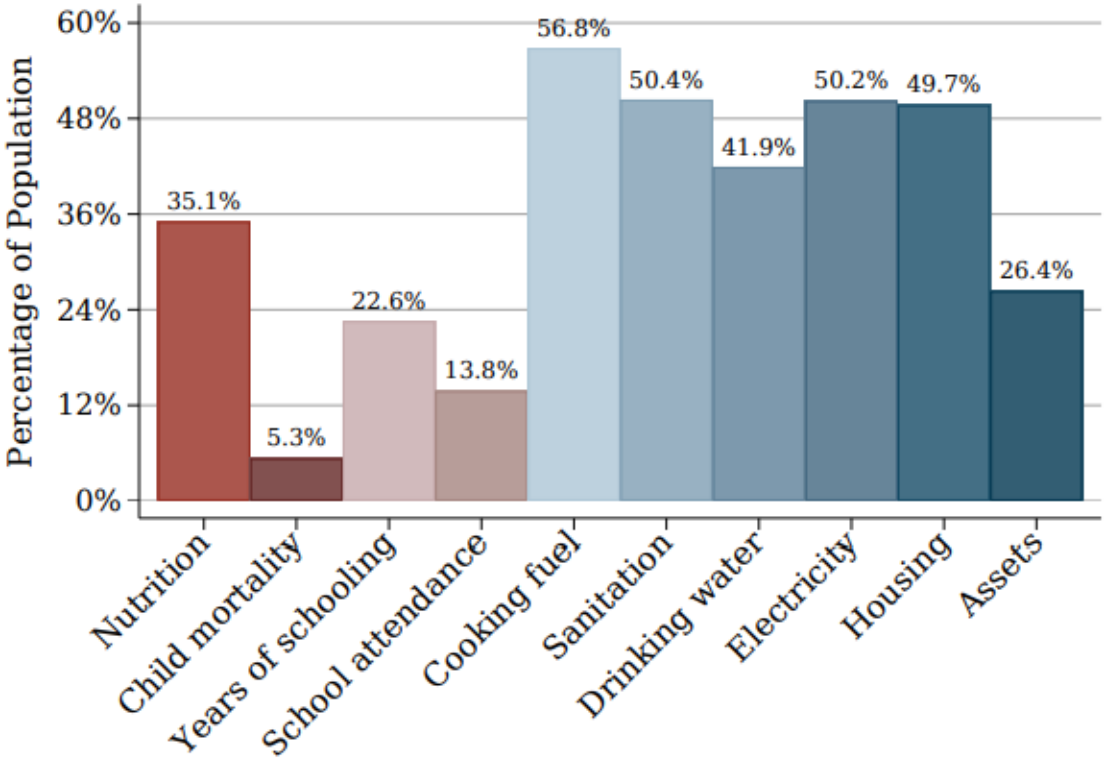


Figure 8. Indicator Contribution to Overall Poverty by Area

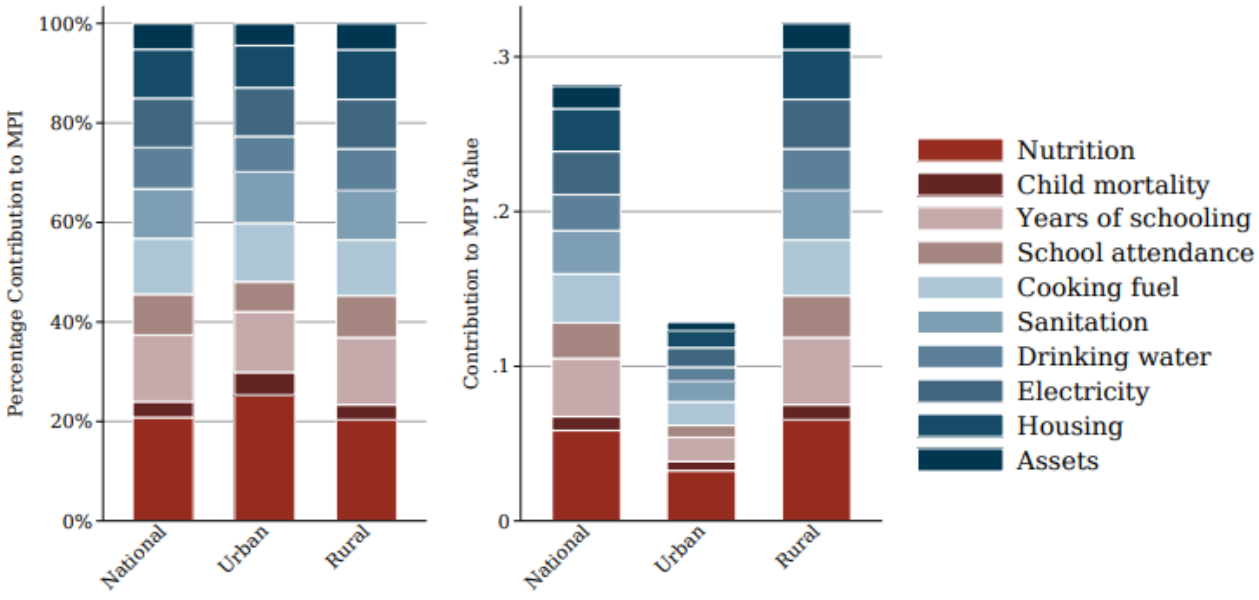


Table 2. Global MPI in Uganda by Subnational Region

Region	MPI	*H*	*A*	Vulnerable	Severe Poverty	Population Share
Acholi	0.359	71.9%	49.9%	19.2%	34.7%	5.3%
Ankole	0.281	58.2%	48.3%	27.4%	23.0%	8.1%
Bugisu	0.297	62.9%	47.3%	27.2%	25.3%	5.1%
Bukedi	0.303	64.2%	47.2%	24.5%	27.9%	6.7%
Bunyoro	0.348	67.4%	51.6%	18.6%	35.2%	5.5%
Busoga	0.254	54.2%	46.8%	27.3%	21.5%	10.2%
Kampala	0.031	7.3%	42.2%	24.5%	1.0%	3.7%
Karamoja	0.629	96.3%	65.3%	3.5%	85.1%	2.3%
Kigezi	0.267	57.4%	46.5%	28.0%	19.5%	3.8%
Lango	0.351	70.8%	49.6%	22.3%	33.2%	6.1%
North Buganda	0.211	45.7%	46.2%	25.5%	17.2%	11.0%
South Buganda	0.153	32.9%	46.4%	25.3%	10.6%	11.7%
Teso	0.320	65.1%	49.1%	21.9%	29.2%	6.0%
Tooro	0.306	63.2%	48.4%	25.3%	27.3%	7.8%
West Nile	0.412	78.2%	52.7%	15.8%	43.8%	6.6%

Source: Alkire, Kanagaratnam and Suppa (2024b) based on DHS year 2016.

Figure 9. Mapping MPI Value by Subnational Region

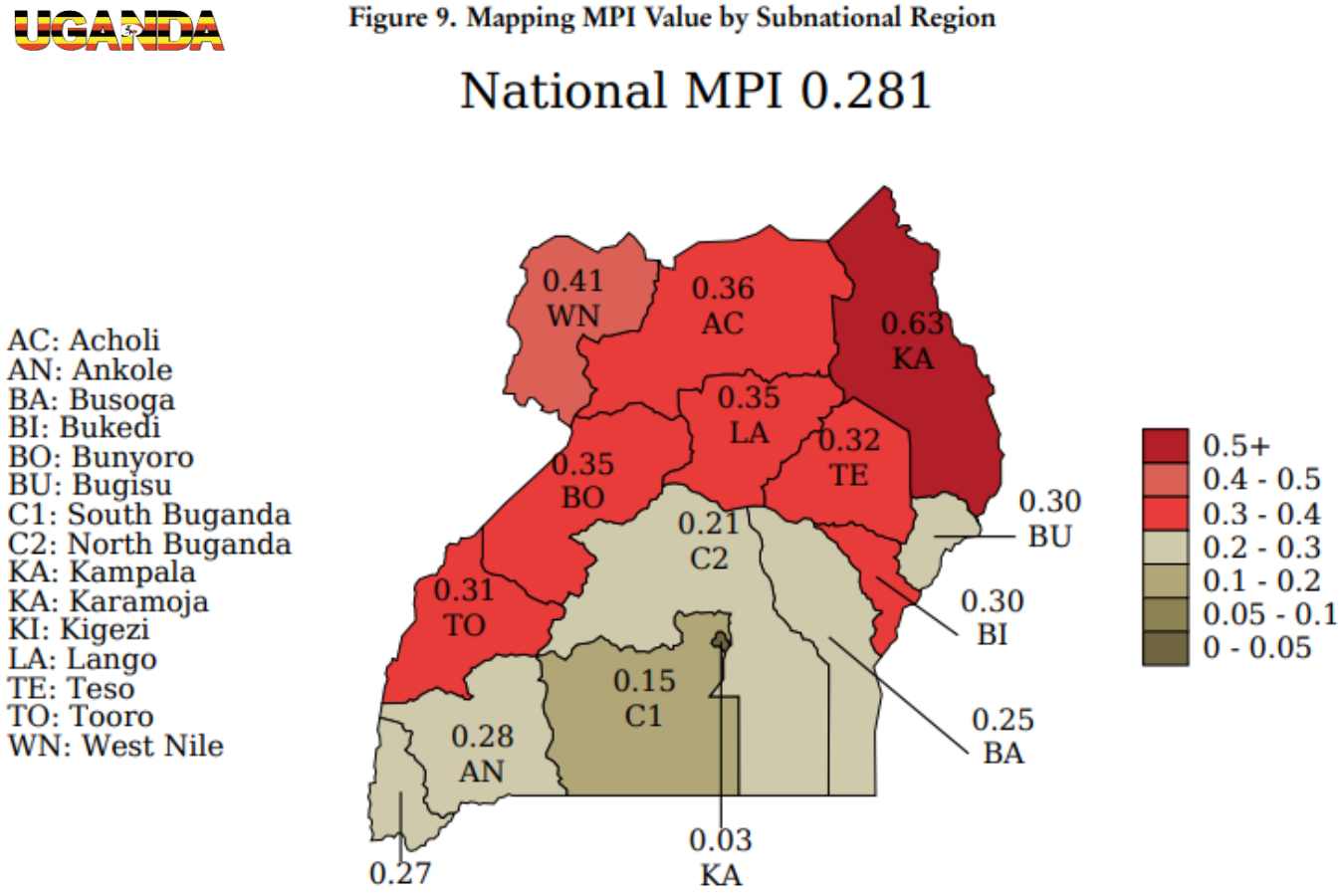
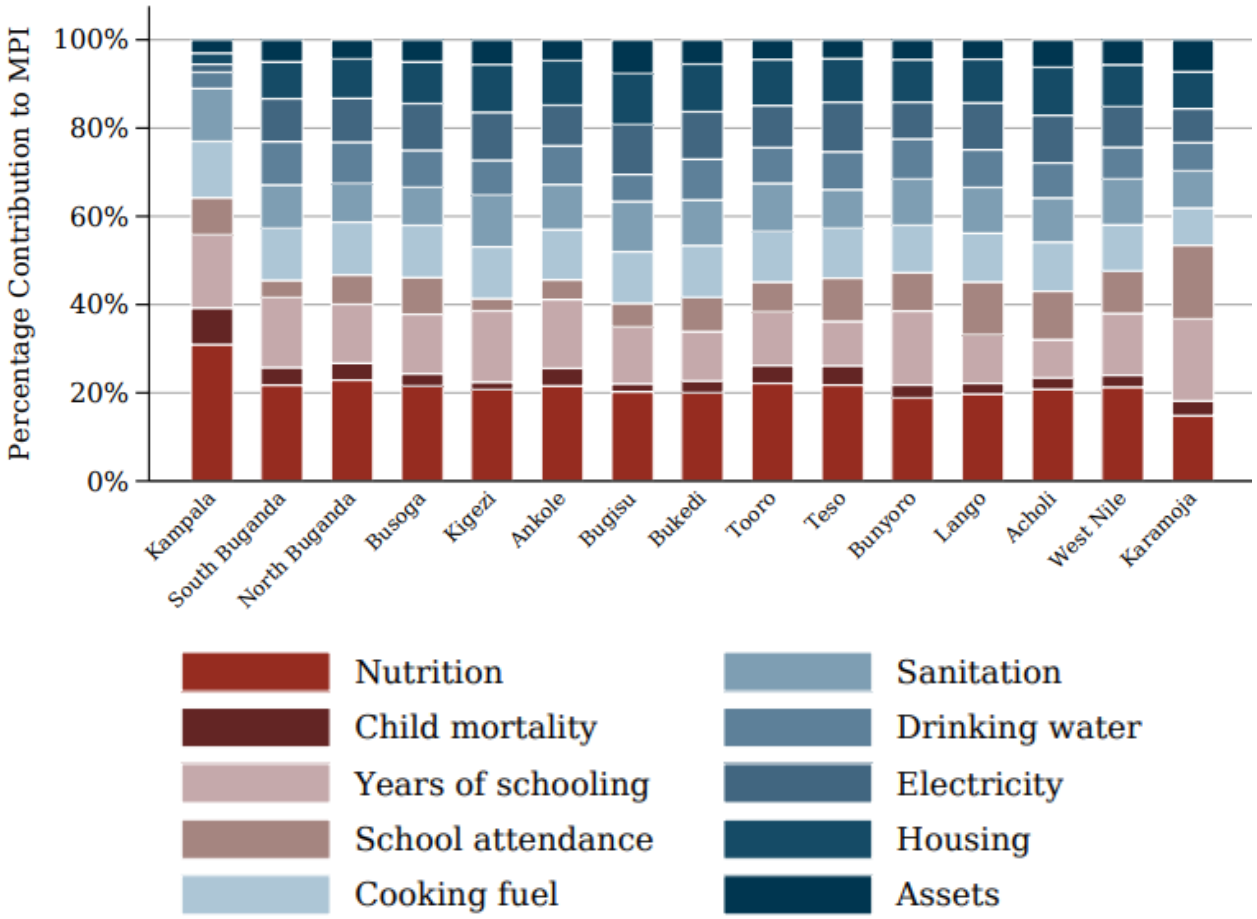
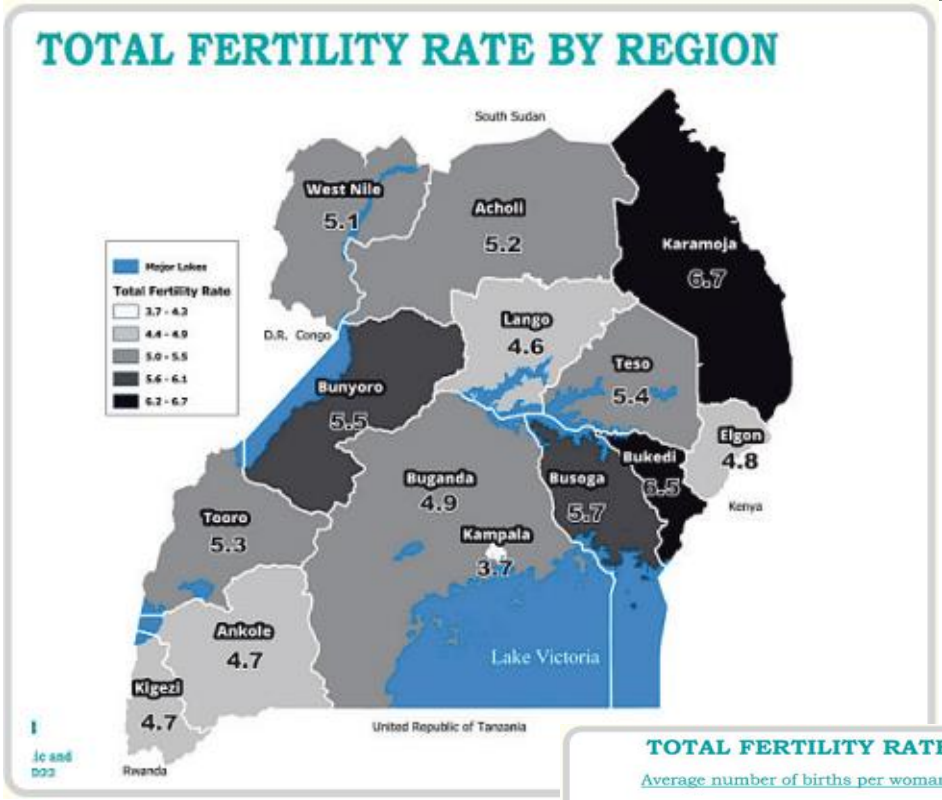
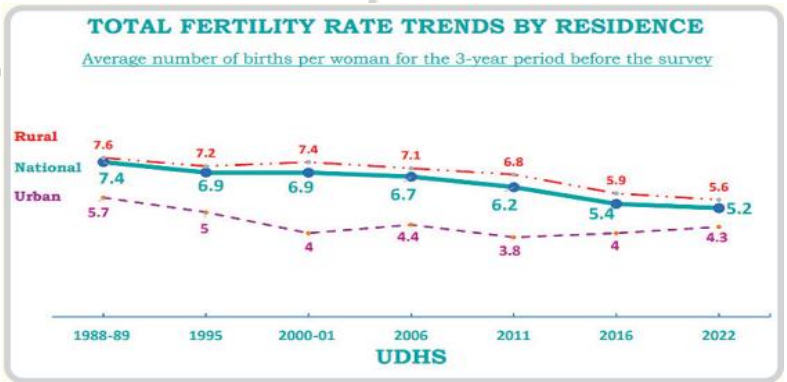


Figure 10. Indicator Contribution to Global MPI of Subnational Regions



UNICEF Uganda Country Office Annual Report 2023 – Uganda





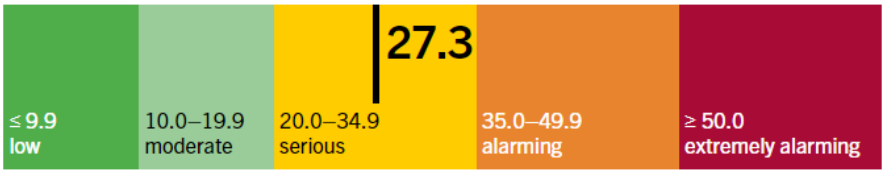
Uganda Crime Rate

Country Name	Per 100K Population
Haiti	13.01
Uganda	**8.53**
Zimbabwe	6.14
Afghanistan	4.02

UGANDA

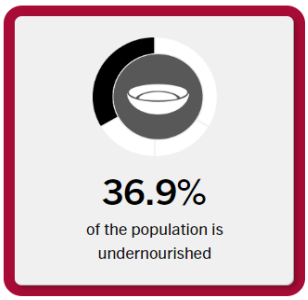
GLOBAL HUNGER INDEX

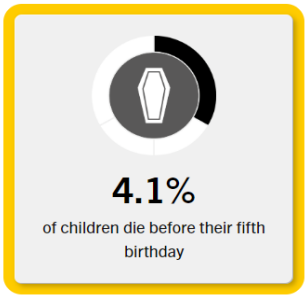
https://www.globalhungerindex.org/uganda.html

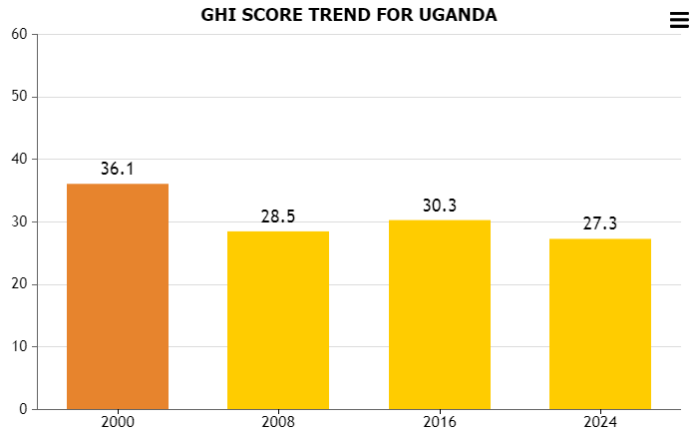


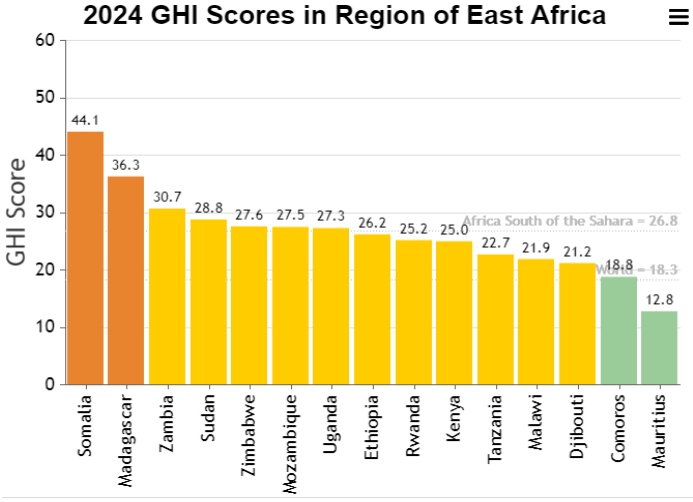
In the 2024 Global Hunger Index, Uganda ranks **105th** out of the 127 countries with sufficient data to calculate 2024 GHI scores. With a score of **27.3** in the 2024 Global Hunger Index, Uganda has a level of hunger that is ***serious.***

Uganda's GHI Score is based on the values of four component indicators:









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**
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WORLD	**216**	**220**	**73.3**				**US$17,110**

Uganda overall population calibration is MoC 90

Uganda MoC	**No. of Countries**	**Living in urban slums**	**Average Life Expectancy**	**Human Development Index**	**Happiness Index**	**Education Index**	**Per Capita Income 2023 PPP**
90	**1**	**49% - 64%**	**64.4**	**0.544**	**4.6**	**.523**	**US$2,700**

and

Uganda MoC	**Population**	**Median Age**	**Political Rights & Civil Liberties**	**Unemployment**	**Poverty**	**Crime per 100K**	**Per Capita Income 2023**
90	**50,500,000**	**16.7**	**34 not free**	**3.36%**	**41.7%**	**500**	**US$1,014**

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.

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.

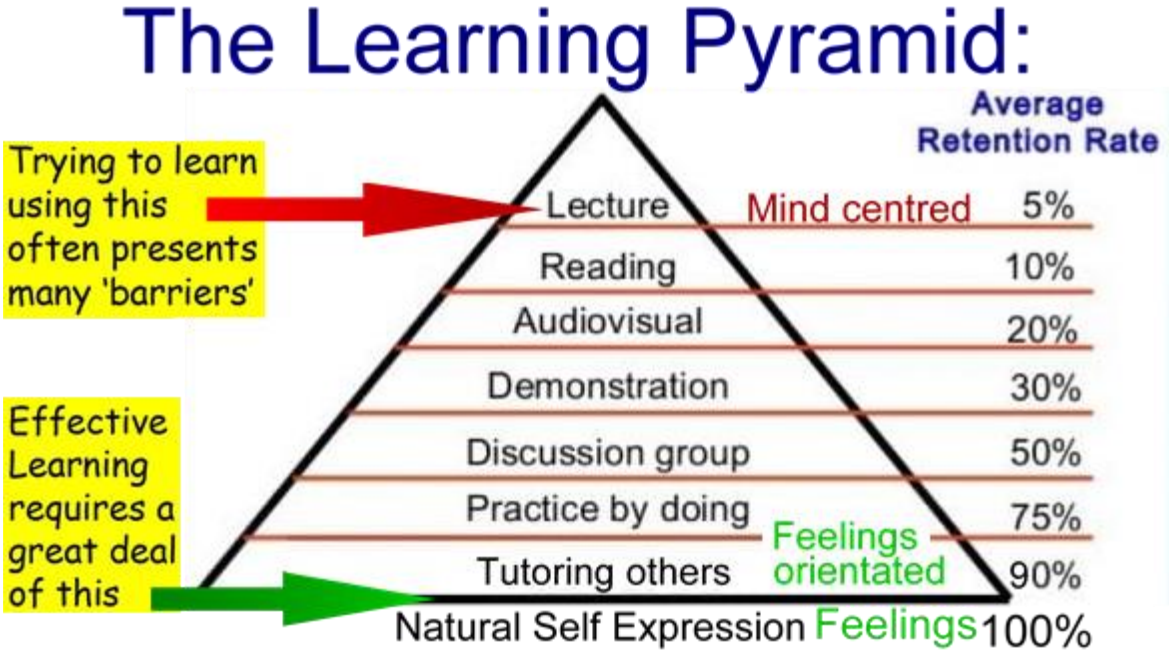
We were firstly guided, influenced to embrace living mind-centric. That is, we now believe that through our minds that we may achieve all of our goals, we can become almost everything we want, that we can become powerful and prosperous and progress to the greatest heights imaginable. We are to live suppressing 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.



Once the core subject material is introduced, students tutoring each other in small groups of around 12 people is the most superior learning process – yet seldom provided for. Practice by doing, tutoring others flows into natural self-expression, thus achieving comprehensive knowledge of any core subject – and it is permanent

learning. Our whole life is about experiences and the feelings that come from such experiences. As feelings arise we are too 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

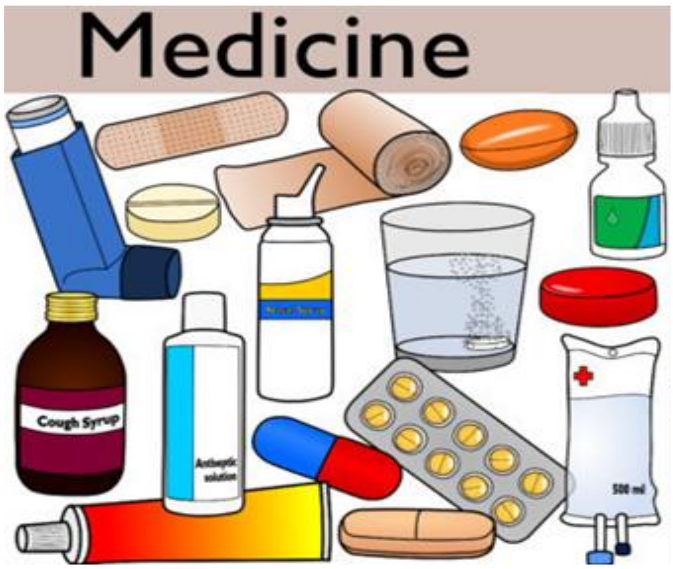
Are there really 10,000 diseases and just 500 'cures'?

"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.**

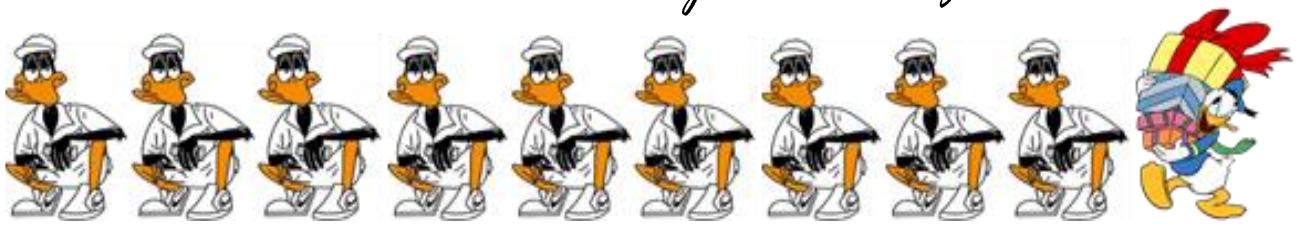


Medical sciences introduce a never ending array of names for a never ending array of ailments without comprehending the elephant in the room – our **Childhood Suppression and ongoing Repression**. ALL our discomforts, pain, illnesses and diseases are generators to have each of us express our feelings, 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.

Ten ducks in a row, but one always misleading or misled!



PREMISE of EDUCATION to SHIFT to BEING FEELINGS ORIENTATED

Another key prospect lies in curriculum reform. The current curriculum emphasises rote memorisation, which may hinder critical thinking and problem-solving skills essential for success in contemporary fields. Future reforms are expected to introduce more interactive and practical learning approaches, fostering creativity and innovation among students. Collaboration with international educational organisations could further enrich Ugandan curriculum, helping to meet global educational criteria.

Mind-Centricity to transition to Living Feelings First education!

Our mind cannot discern truth from falsehood. Further, our mind is addicted to control over its environments and others, AND it is addicted to untruth. WHEREAS our feelings are always of Truth!

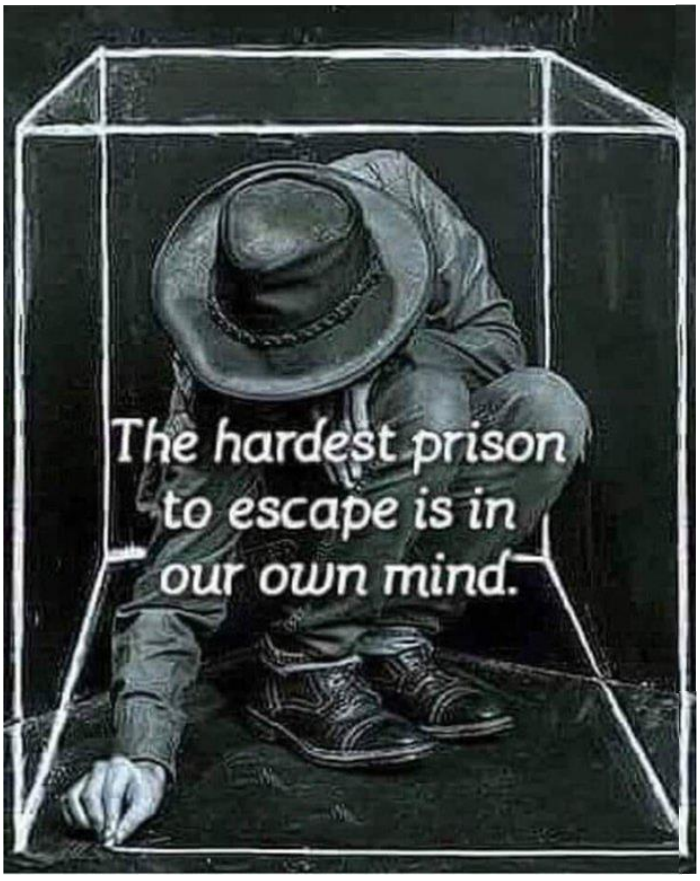
Rote and memory learning delivers:

Moreover, the role of vocational and technical education is anticipated to expand. As the labour market increasingly demands specialised skills, Uganda must ensure that its education system provides alternative pathways that equip students with practical expertise. Strengthening partnerships between educational institutions and industries can facilitate the alignment of training programs with economic needs, offering students applicable skills and enhancing their employability.

Big Picture / Micro Picture perceptiveness is to be Fostered!

In addition to these changes, ongoing assessment of educational quality and outcomes will be critical. Performance metrics, feedback mechanisms, and accountability measures can support continuous improvement in Uganda's education system. Stakeholders including government agencies, educators, and community members must collaborate to establish comprehensive strategies that address existing challenges and leverage emerging opportunities.

Overall, with strategic reforms, a focus on modern educational practices, and alignment with global standards, the future of education in Uganda holds promise for enriching learning experiences and ensuring students are well-prepared to contribute positively to their society.



Being Mind Centric is being Blind to Truth!

mind-centric

=

BLIND TO THE TRUTH

Truth is our Feelings!

Our soul-based Feelings are always in Truth!

WE ARE THE TRUTH SEEKERS

Mass Formation Psychosis

Lost and confused!

Feelings First with Mind to follow in support.

Psychic Barriers

Within and throughout any community, we have personalities at all levels on Dr David Hawkins' Map of Consciousness (MoC) scale as of a consequence of the levels of consciousness of their parents own childhood upbringing. Thus the psychic barriers throughout a family are generational. Through childhood suppression we become the level of consciousness of one or the other of our parents.

MoC scale around 100: This is survivalist living. To do nothing more than what is necessary to live. It is a continuation of how one's ancestors have lived for many generations before us. Even though being aware of modern developments and practices, one continues with beliefs and practices of hundreds and thousands of years ago. No amount of governmental money can improve our life experiences until we personally move to step away from traditions and improve our potential through personal development.

MoC scale around 200: Religions introduced over the past 2,000 years may be embraced and have raised consciousness but little is being achieved other than a neutrality in the way one may be living. Living mind-centric prevails. Humanity overall is calibrating around 220 MoC.

MoC scale around 300: Open and free feelings orientated education for all ages and aspirations. Free in cost and free from controlling agendas. Such scenarios over time bring about societal evolutionary growth and instils economic growth and enhanced standards of living. Those of higher levels need to be managers. However, feelings are not presently part of any curriculums.

MoC scale around 400: Leadership unfolds that bring about the dynamics to provide global development and prosperity.

MoC scale around 500: Until societies recognise that we are to live feelings first having our minds in support of what our feelings are drawing our attention to then very few will grow in consciousness higher than 499 MoC as at that level is the peak that our minds can grow.

Within any group of people all of these levels can exist, living side by side. At each of these levels, what is to be provided is awareness specifically to open the pathway for growth and development to aspire to higher levels of consciousness. It is always for the individual to decide if and when they will seek to embrace their further growth and development. No one can grow or develop consciousness of another.

In recent times, governments have frequently imposed fees upon students engaging in higher education only to find stagnation returning to productivity growth. A counter-productive step for their societies.

Psychic barriers are impositions imposed upon us all to retard and restrain our growth in consciousness and development for the agendas of controlling influences that are now no longer. However, it is up to each of us to recognise our way forward and that is through writings like this.

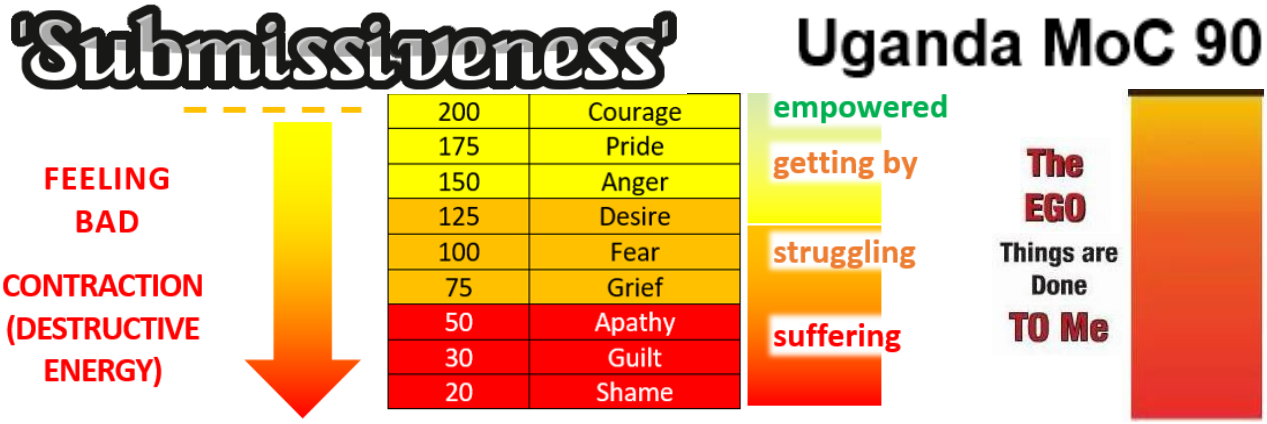
The benefits of living Feelings First will over time address ALL of the social ills throughout society and open the pathway for infinite growth in one's level of consciousness. This is our destiny!

As we 'learn by doing', artificial intelligence is not engaged in the preparation of a Pascas Paper. Further, as the Pascas Papers are 'layered', that is through multiple slow readings more becomes revealed to the reader with each re-reading. Speed reading degrades the reader's comprehension of what is contained herein.

Poland Psychic Barriers

'Submissiveness'

Things are done to me – submissiveness. Submissiveness refers to the trait of being willing to yield to the will of another person or a superior force. It is characterised by tendencies to obey or be obedient, often in a humble or unresisting manner. This may empower those whose addiction to control is suppression of others.



Map of Consciousness illustration based on the model created by Dr David R Hawkins

Raising our level of consciousness requires constant commitment. Especially on the lower levels, great effort is required to progress from one level to the next. And below courage, help from others is most often necessary.

While it can seem difficult to progress on the Map of Consciousness (MoC) the effort is always worthwhile.

The progression from one level to another can radically change and improve your entire life. All your worries and anxieties from the previous level will seem comical.

Sometimes you temporarily experience a higher level of consciousness and this is a good indicator of where you must go next. Moreover, these moments of clarity can keep us on track and committed to the process.

But be aware a lower level might cloud the memory of a higher level.

The most important thing each of us can do in life is to raise our individual level of consciousness. When we raise our own level, we do not only spread this level to those around us but also the whole world. And you might even be the catalyst for another person's progression to a higher level. Even one drop raises the level of the sea.

Furthermore, when every one of us is working to raise our individual level of consciousness the progression from one level to another will require less effort and be much faster for everyone.

Just imagine how incredibly different the world would be if everyone were at the level of acceptance. According to Hawkins, 78% of the people on Earth are still below courage.

'Submissiveness'

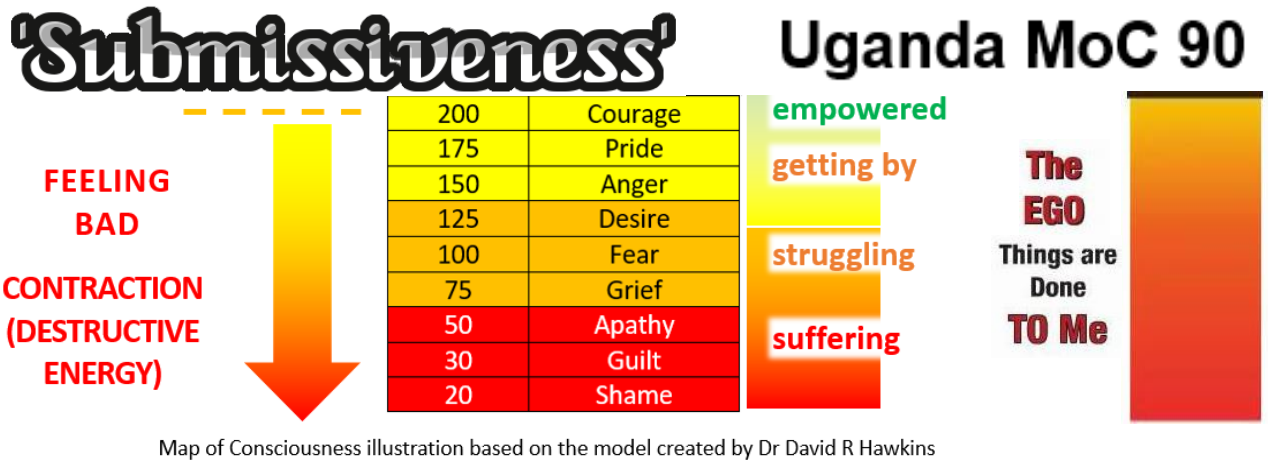
Things are Done TO Me

Suppressive Regimes thrive in environments where the populous is submissive:

Houthi Rebels thrive in Yemen	MoC of the people	160
Hamas thrive in Gaza Strip		130
Hezbollah thrive in Lebanon		130
Taliban now governing Afghanistan		85
Sudanese guerrillas in South Sudan		140
Ukraine		140
Kim Jong Un in North Korea		175

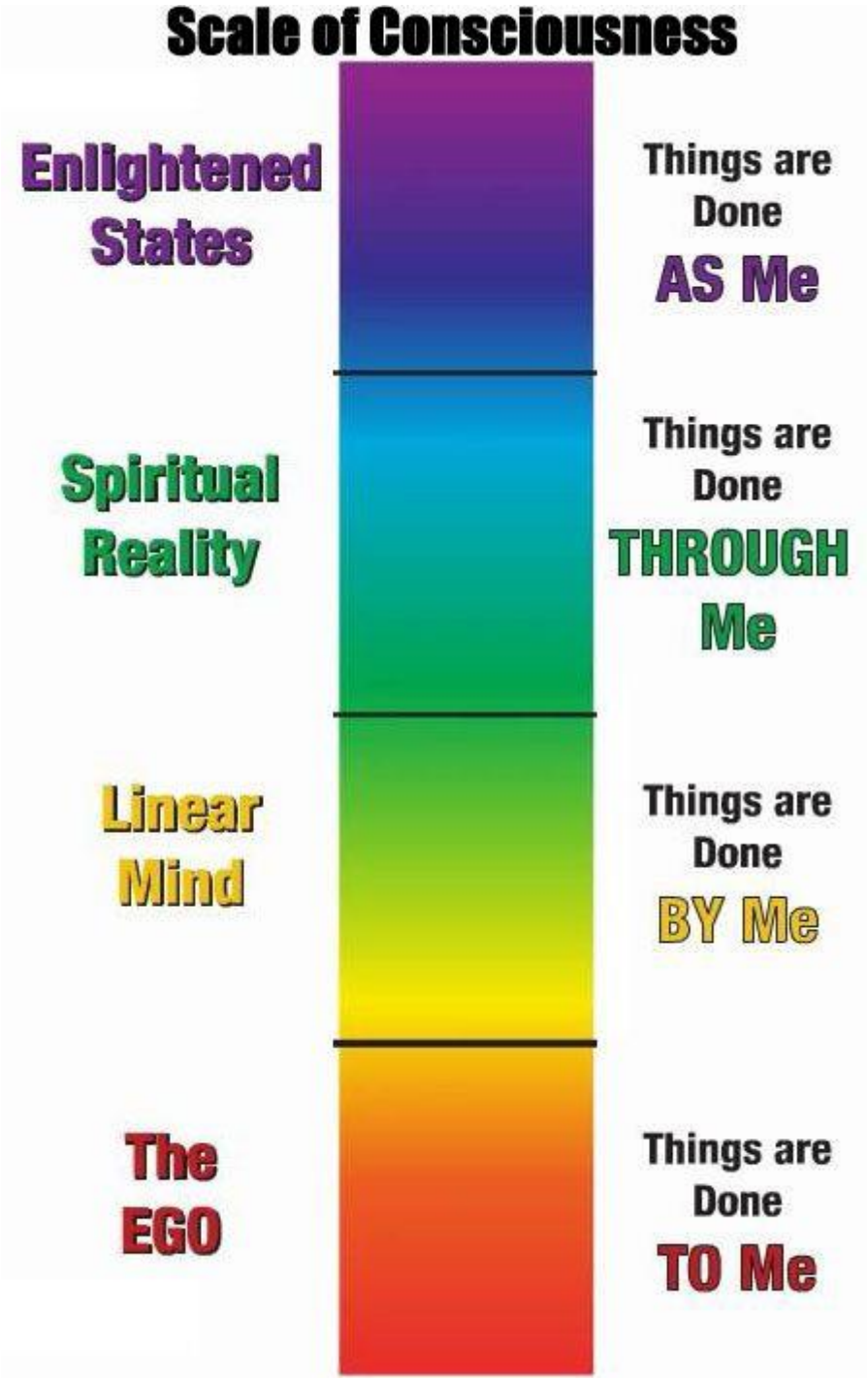
Consider other places of instability:

Syria	160	
Iran	190	
Iraq	120	
Haiti	80	
Central African Republic	80	
Angola	80	
Democratic Republic of Congo	40	etc…



Map of Consciousness illustration based on the model created by Dr David R Hawkins

Until the focus is upon assisting these and similar populations to significantly lift their personal levels of consciousness, radical and suppressive control centric leaders will continue to cause great harm as their own view on life is harmful to others. Feelings orientated open and free universal education is the gateway.



TEACHING is the Paramount Profession !

Psychic Barriers of: Traditions, Customs and Norms

Why is our heritage such a barrier to our evolutionary growth and prosperity? Why do we experience continuation of repetitive cycles of conflict, disease and food insecurity, amongst the array of difficulties?

When we are conceived our soul condition is in a perfect natural love state. As per Dr David R Hawkins' Map of Consciousness, that is a calibration near to 1,000 on his scale. By the time we are six years of age we are calibrating at the level of one or the other of our parents, should they be calibrating differently on the Map of Consciousness (MoC). In this way, the consciousness level of humanity remains stagnant!

Presently, the overall consciousness level of Earth's humanity is around MoC 220.

Psychic Barriers of Traditions, Customs and Norms

Worldwide Level of Consciousness based on the Map of Consciousness

see Power vs Force by Dr David R Hawkins	MoC
6,000 years ago	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
When Christ was taken from the cross	148
At the Last Supper	150
At the death of the last apostle	182
At the birth of Charlemagne	182
In 827 AD (at the death of Charlemagne)	190
When Abraham Lincoln took office as President	190
Lincoln was shot and killed	193
1944: birth of almost 200 Homo-Spiritus children	194
1987: At the time of the Harmonic Convergence but not necessarily related to it, consciousness of humanity jumped	207
2020: Revelations including Feeling Healing	220

Around 200,000 years ago, high level spirits influenced Earth's humanity to live mind-centric, to ignore and suppress their feelings. As women are closer to their feelings than men, they also induced men to make women subordinate to them.

As our minds are unable to discern truth from falsehood, that our minds are addicted to untruth, and that our minds are also addicted to control over our environment and others, humanity has stagnated in evolution and growth as a consequence. To understand more precisely what difficulties come to us through being mind-centric is this observation. Assumptions are generated through our minds – the error rate of an assumption is 98%, with the other 2% being flukes! When we 'think' about something, we are engaging our minds – the consequences are further errors – along the lines of 'assumptions'.

While we live mind-centric we are living against our truth, our soul-based truth, which is living against our feelings which is our soul-based truth. We are our feelings! While we are denying our feelings we

are rejecting our true parents, our Heavenly Mother and Father! We are living in a self-evolved hell while we avoid our feelings and truth.

While we avoid our truth, our soul-based feelings, we are disrupting the soul-light that circulates from our soul through our spirit body and then physical body and its return. This disruption generates all the discomforts, pains, illness and diseases that we experience during our whole physical life. The foundations of our life experiences are disrupted throughout our childhood forming years, from conception through to the age of six years – this is our Childhood Suppression. No-one missing out!

It is our Childhood Suppression that degrades our consciousness to that of our parents and carers. Thus generation after generation is a mirror of the prior generation.

From the table above we can see that from the time of the last living Apostle of the Creator Daughter and Son, Mary Magdalene and Jesus, all the way through to the second half of the twentieth century, until the late 1980s, Earth's humanity has stagnated at around 190 on the Map of Consciousness, that is almost 2,000 years of no progress in consciousness worldwide! Recently, technology has made great progress in developments – we now can annihilate each other by pushing buttons! This we can do in multiple ways!

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%

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**

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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**

This simple chart is the collation of many separate worldwide assessments of the levels of factors relating to life experiences and quality of life of the citizens of each country and territory worldwide.

The Map of Consciousness (MoC) was developed by Dr David R Hawkins and published in his book, Power vs Force was first published in 1995 after twenty years of investigation.

MoC 100 is the level of consciousness relating to the world's humanity living before the time of Jesus of Nazareth and Mary Magdalene 2,000 years ago.

MoC 190 is the level of consciousness prevailing since the life of Jesus and Mary until the late 1900s.

MoC 220 is the level of consciousness of humanity around 2020 as a change in Ages is unfolding.

The higher the level of consciousness, then the higher the level of truth prevailing and love.

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!

Let us look at the effects of level of consciousness:

MoC 100	income is around	US$8,000	
MoC 200	income is around	US$16,000	
MoC 300	income is around	US$32,000	
MoC 400	income is around	US$64,000	Note the doubling of incomes!

MoC 100	life expectancy	67 years	
MoC 200	life expectancy	72 years	
MoC 300	life expectancy	77 years	
MoC 400	life expectancy	82 years	Note 5 years increment with each 100 points!

MoC 100	happiness index	4.5	
MoC 200	happiness index	5.0	
MoC 300	happiness index	6.1	
MoC 400	happiness index	7.1	Note .0.5 added, then 1.1, then .1.0
MoC 100	education index	.500	
MoC 200	education index	.610	
MoC 300	education index	.740	
MoC 400	education index	.890	Note .110 added, then .130, then .150!

There are a number of additional worldwide surveys all leading towards the following understandings:

Open and free feelings orientated education is leading towards humanity progressing into the 400s MoC but not beyond 499 MoC.

While we focus upon living mind-centric then we cannot progress beyond MoC 499!

By aspiring to live feelings first having our mind follow in support of our feelings, and then embracing our Feeling Healing, also by longing for and receiving Divine Love, the Love of our Heavenly Mother and Father, then we are soul healing, our progression on the Map of Consciousness chart is infinite!

Those of us who heal ourselves of what we personally have taken on of the Rebellion and Default, we then have NO NEED to experience physical discomfort, pain, illness or disease. Thus we are addressing the underlying of all our physical ailments, all 10,000 variations identified by medical science to which they have no comprehension as to how a 'cure' may be achieved! Now you do know!

As we grow in truth and love, express our feelings both good and bad, and long to know the truth behind what our feelings are drawing our attention to, then we are Feeling Healing and growing in truth and love.

As you have seen from the above chart, as we heal and grow in truth and love our quality and standard of living and life grows, step by step.

How simple could life be? We do not need the burdens of wealth and assets. We are truth seekers and that is to be found through our feelings. Our own soul based feelings are always in truth, we are each fully self-contained. All is within. All we need do is to recognise that our feelings are to lead us in our growth and development of love.

WE ARE **Truth Seekers**

WORLDWIDE relationship of MoC calibration with Life Experiences							
MoC	**No. of Countries+ Territories**	**Average MoC**	**Average Life Expectancy**	**Human Development Index**	**Happiness Index**	**Education Index**	**Per Capita Income 2021**
500+	**NONE**		**Living Mind-Centric imposes a ceiling of 499 MoC on humanity!**				
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**
100s	**59**	**147**	**68.8**	**0.623**	**4.8**	**.551**	**US$9,799**
Below 100	**14**	**74**	**65.3**	**0.565**	**4.4**	**.501**	**US$6,377**
WORLD	**216**	**220**	**73.3**				**US$17,110**

WORLDWIDE relationship of MoC calibration with Life Experiences Median Age of Population & Urban Slum Population						
MoC	**No. of Countries+ Territories**	**Average MoC**	**Average Life Expectancy**	**Medium Age of Population 2021**	**Urban Population Living in Slums 2020**	**Per Capita Income 2021**
400s	**22**	**405**	**82.2**	**41.0**	**4.9%**	**US$63,032**
300s	**71**	**343**	**77.2**	**34.7**	**17.4%**	**US$30,154**
200s	**50**	**251**	**72.7**	**28.3**	**28.5%**	**US$16,560**
High 100s	**38**	**174**	**70.5**	**25.7**	**33.8%**	**US$12,516**
Low 100s	**21**	**119**	**67.1**	**22.3**	**43.7%**	**US$7,081**
Below 100	**14**	**74**	**65.3**	**20.5**	**56.7%**	**US$6,377**
WORLD	**216**	**220**	**73.3**	**30.7**	**> one billion 24.2%**	**US$17,110**

As average life expectancy grows, the median age of the population grows at a marginally faster rate, as does the growth in per capita income – at a higher rate. Education is the driver. The more open and freer a feelings orientated education system is, the higher the level of consciousness of the community and consequently all other social issues and ills are marginally and progressively mitigated. As or 2020; 56.2% of the global population now lives in cities.

There are many global surveys of numerous social observations and measures. Each of these, in their own way, reflect the Map of Consciousness scale. Conditions are better when the MoC is higher!

What is incredibly important to observe is that while we live mind-centric we do not progress beyond 499 on the Map of Consciousness. Our mind is a glass ceiling to our consciousness development and life experience. We remain retarded and subservient to hidden control, both in the visible and invisible.

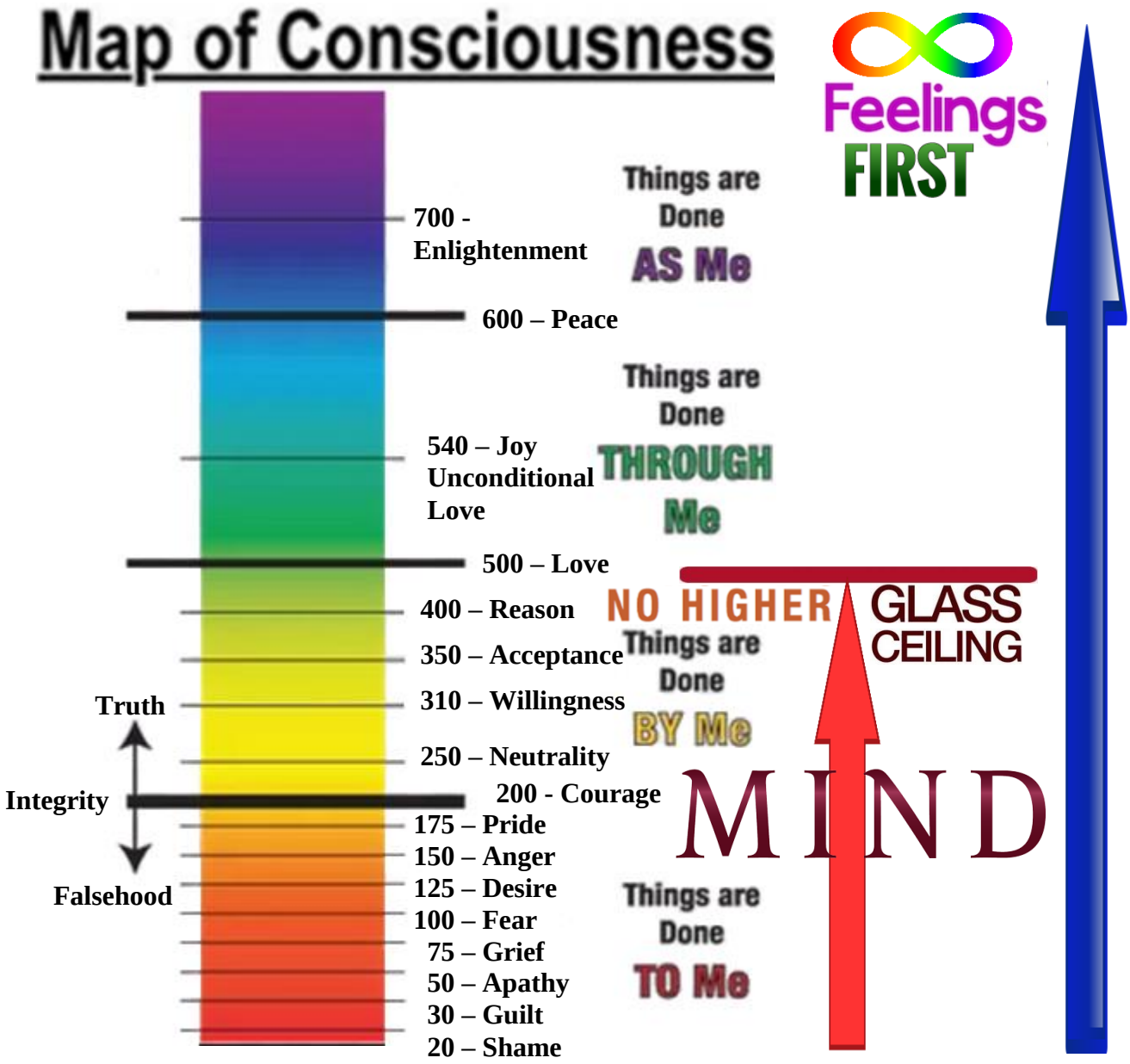
Living Mind dominated is claustrophobic and suppressive!

The Mind presents a treacherous glass ceiling!

WORLDWIDE relationship of MoC calibration with Life Experiences Pupil-Teacher ratio, Nurses Midwives per 1,000, Doctors per 1,000							
MoC	No. of Countries+ Territories	Average MoC	Average Life Expectancy	Pupil-Teacher ratio primary	Nurses Midwives per 1,000	Doctors per 1,000 people	Per Capita Income 2021
400s	22	405	82.2	13	11.3	3.9	US$63,032
300s	71	343	77.2	18	5.6	2.7	US$30,154
200s	50	251	72.7	23	3.7	1.4	US$16,560
High 100s	38	174	70.5	28	3.1	1.5	US$12,516
Low 100s	21	119	67.1	32	1.8	0.8	US$7,081
Below 100	14	74	65.3	41	1.5	0.6	US$6,377
WORLD	216	220	73.3	23	3.8	1.7	US$17,110

WORLDWIDE relationship of MoC calibration with Life Experiences General Overview							
MoC	No. of Countries+ Territories	Average MoC	Average Life Expectancy	Medium Age of Population 2021	WORLD POPULATION 2021	% worldwide population	Per Capita Income 2021
400s	22	405	82.2	41.0	687,989,800	8.8%	US$63,032
300s	71	343	77.2	34.7	4,064,565,401	51.8%	US$30,154
200s	50	251	72.7	28.3	1,069,410,500	13.6%	US$16,560
High 100s	38	174	70.5	25.7	744,280,000	9.4%	US$12,516
Low 100s	21	119	67.1	22.3	750,726,000	9.6%	US$7,081
Below 100	14	74	65.3	20.5	532,580,000	6.8%	US$6,377
WORLD	216	220	73.3	30.7	7,849,551,701	100.0%	US$17,110

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!

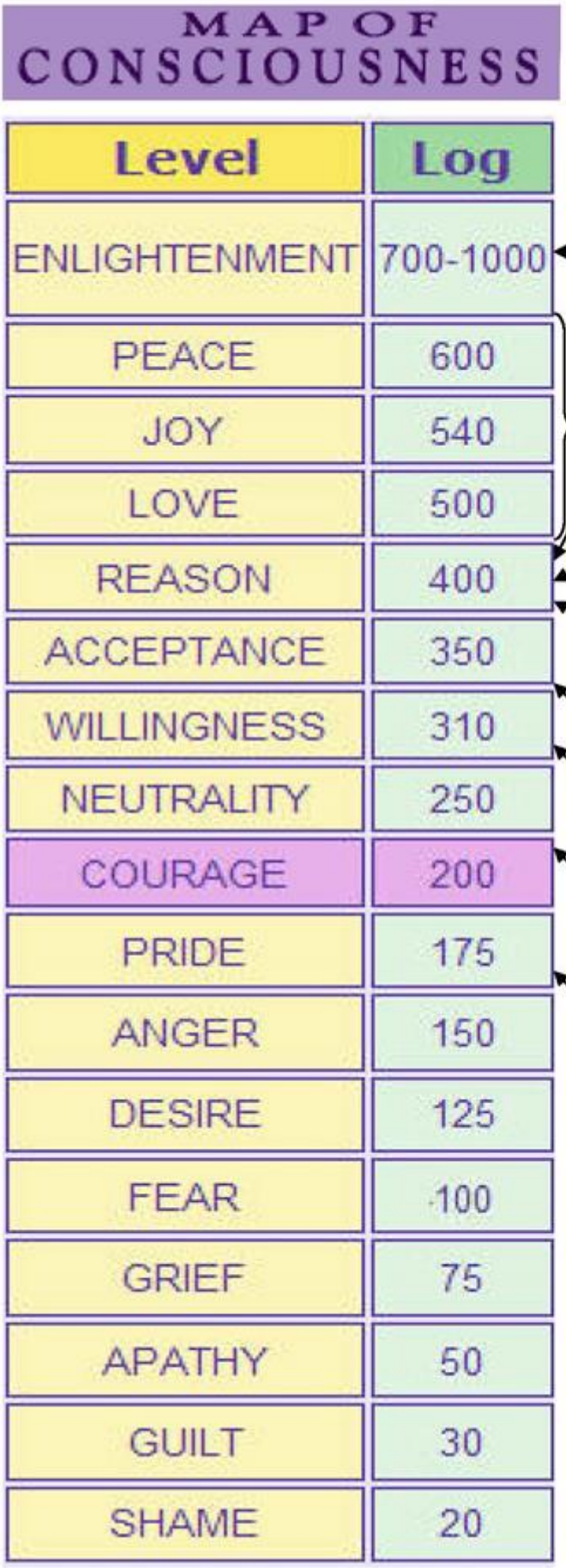


This outline of the Map of Consciousness spells out the fact that while we live Mind-Centric and ignore and suppress our Feelings we cannot pass 499 MoC. Our mind being in control, as we have all been indoctrinated to live, is a glass ceiling. Humanity cannot heal anything, cannot be spontaneous, has 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?



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

PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

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

Debate and implement resolutions without argument and delay. 470
Debate and implement resolutions in due course. 440
Debate and implement resolutions with some degree of follow up generally needed. 410

Management supervision is generally necessary.

Politics become the hope for man's salvation.

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

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

Harm of others prevails, self-interest prevails.

Totally self-reliant, not God reliant.

Fear dominates all motivation.

Suicide is possible and probable.

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

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

MAP of CONSCIOUSNESS (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

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<u>WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION</u>!

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.

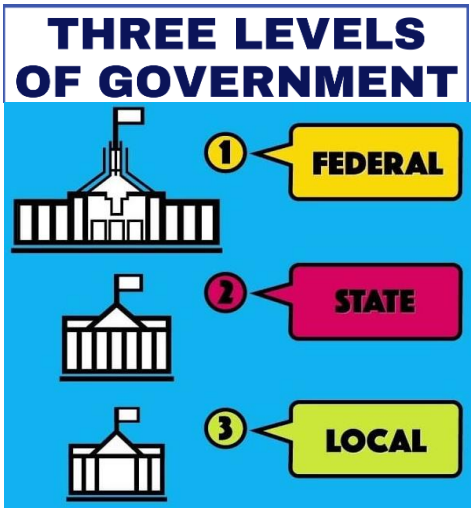
This childhood suppression way of living continues throughout our schooling years, thus we learn this is a way of life that is normal.

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.

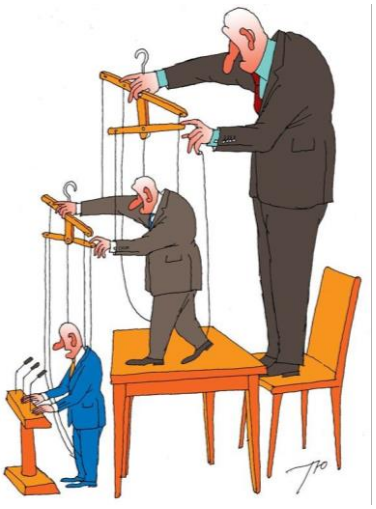
BUT THERE ARE FURTHER LAYERS OF CONTROL!



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

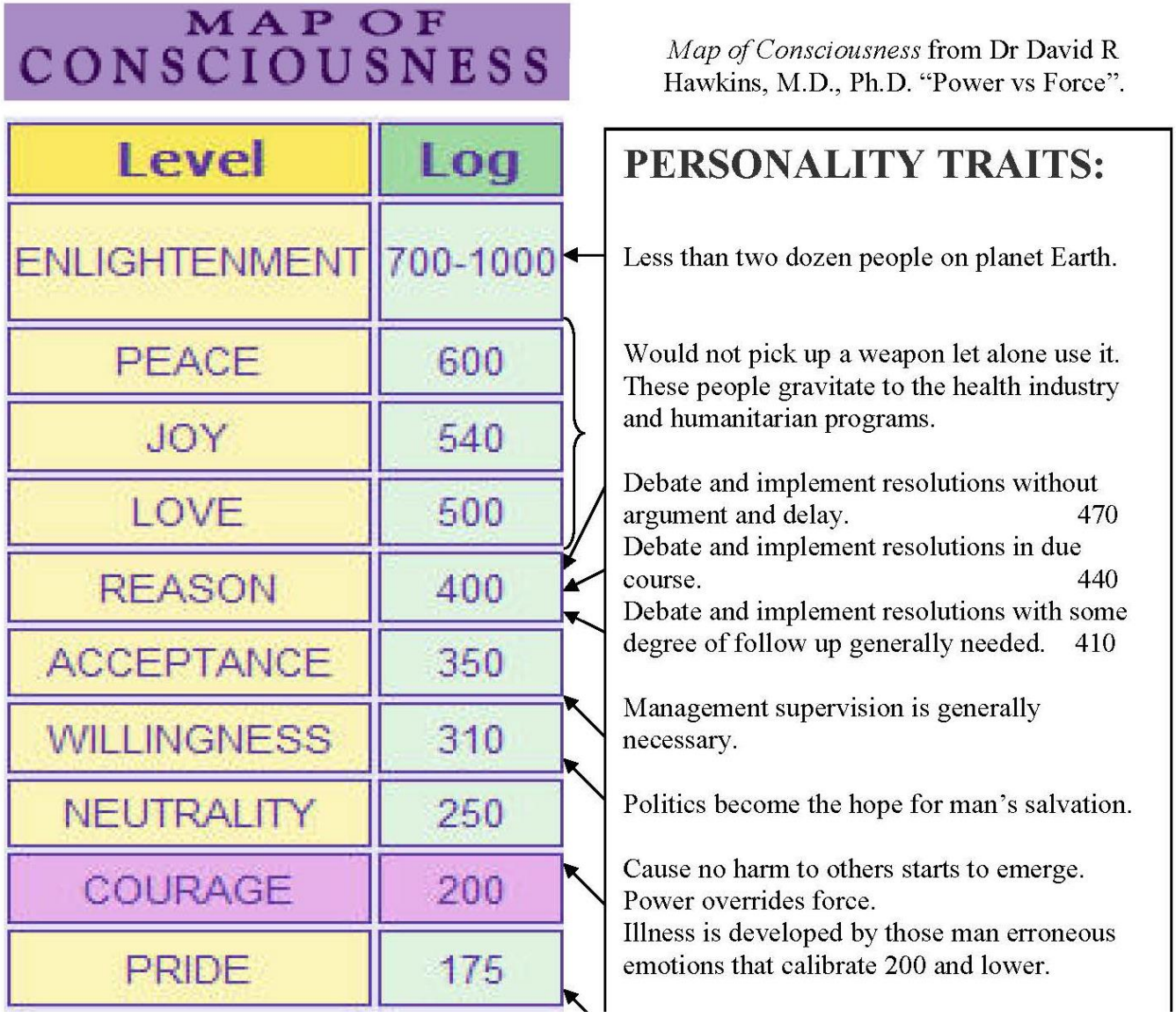
Great U-Turn for humanity now ready for Mobilisation 22 July 2023
Celestial soul state condition achieved 22 September 2024

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
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
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
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

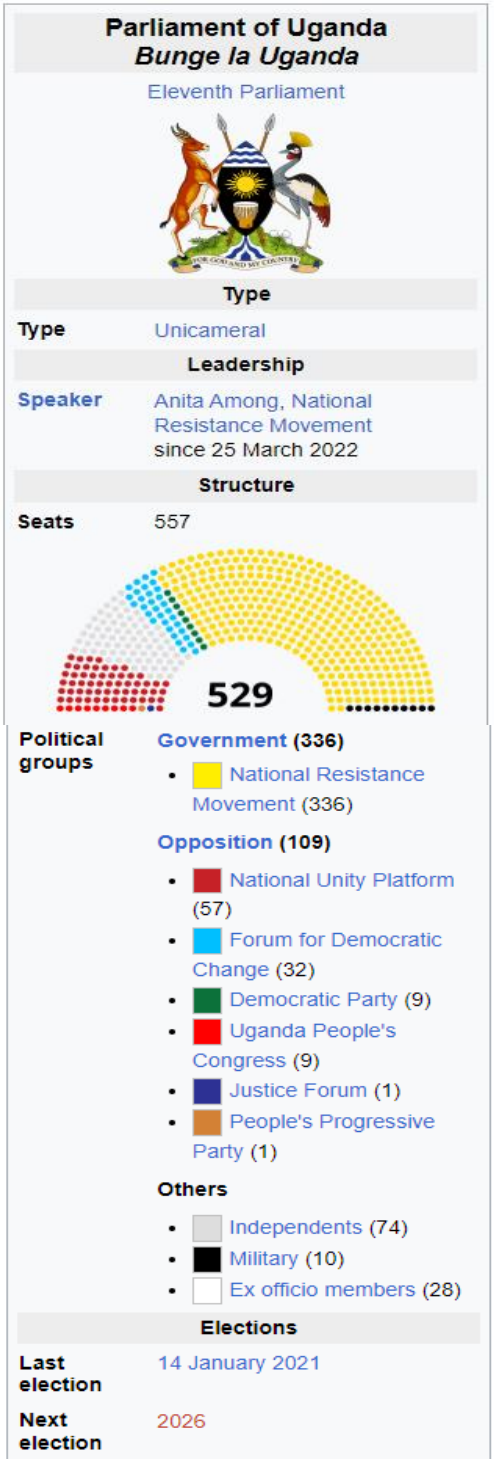
For dynamic leadership and to qualify for being considered to represent the people of any nation, candidates need to calibrate on Dr David Hawkins' Map of Consciousness at or over 400 MoC. To qualify for high political appointments, then only those calibrating 410 MoC + need to stand for such positions. 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.



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

Parliament of Uganda

The **Parliament of Uganda** is the country's unicameral legislative body. The most significant of the Ugandan parliament's functions is to pass laws that will provide good governance in the country. The government ministers are bound to answer to the people's representatives on the floor of the house. Through the various parliamentary committees, parliament scrutinises government programmes, particularly as outlined in the *State of the Nation* address by the president. The fiscal issues of the government, such as taxation and loans need the sanction of the parliament, after appropriate debate. Parliament must confirm some Presidential nominations and may force a Minister to resign by passing a motion of censure. Parliament MoC 280



President of Uganda; Yoweri Kaguta Museveni Tibuhaburwa (born 15 September 1944) is a Ugandan politician and military officer who is the ninth and current president of Uganda since 1986. As of 2024, he is the third-longest consecutively serving current non-royal national leader in the world (after Teodoro Obiang Nguema Mbasogo in Equatorial Guinea and Paul Biya in Cameroon). His government is considered autocratic. MoC 310

Born in Ntungamo, Museveni studied political science from the University of Dar es Salaam where he initiated the University Students' African Revolutionary Front.

The **vice president of Uganda** is the second-highest executive official in the Ugandan government. The vice president is appointed by the president. MoC 380

Jessica Rose Epel Alupo, commonly known as Jessica Alupo, is a Ugandan politician who is the ninth and current vice president of Uganda since 2021. She is also an educator, and former military officer. She previously served in the cabinet of Uganda as minister of education between 2011 and 2016. She is also an elected member of parliament as Katakwi District's women's representative.

Soul Partners

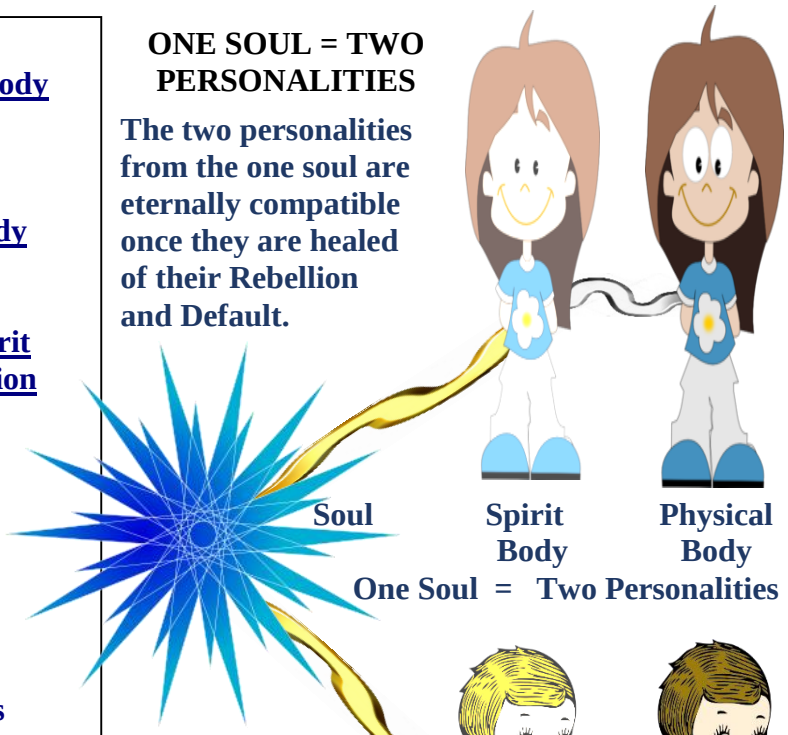
Physical / material body
Brain

Spirit / etheric body
Mind

Soul + Spirit Combination
Senses
Desires
Memory
Passions
Intention
Free Will
Emotions
Creativity
Awareness
Personality
Aspirations
Intelligence
Consciousness
The Real You is your Soul!
Our Soul orchestrates everything!

ONE SOUL = TWO PERSONALITIES

The two personalities from the one soul are eternally compatible once they are healed of their Rebellion and Default.



One Soul = Two Personalities

The capabilities and potentialities of every individual personality is only limited by their childhood suppression and repression. Once we heal, then our self-expression will reveal our true selves.

I am my SOUL!

I am not my body!

I am not my mind!

Soul Partner

Many long for and seek their soulmate / soul partner which they will find only upon completing their Feeling Healing. And should they have embraced Divine Love, becoming of a Celestial soul condition. Our soul is duplex. One soul expresses two personalities – one being female and the other male – always. There is no homosexuality on a soul level, only on a dysfunctional personality level. When each soulmate couple have respectively healed the Rebellion and Default within them, then being compatible partners for all of eternity, embark upon their joint journey (ascension) to Paradise – the home of our Heavenly Mother and Father – the Original Soul Partners!

During 2020, this account was made of soul partners of a family group who had lived close together in a small rural community in mid New South Wales of Australia. They are all now in the Celestial Heavens. More or less, the diversity of experiences and journeys may be considered typical for many billions of family personalities:

Nanna Beth's soul partner lived and worked in Western Australia's gold mining industry at the same time that Beth lived in New South Wales, Australia.

Her daughter, Marie's soul partner is a native from the Middle Eastern Kingdom of Quasoria, which no longer exists, but was on an island in the Pacific that also no longer exists. He's what you would call an ancient spirit, from three pole shifts back. (A pole shift is a cyclical event that unfolds around 12,000 to 13,000 years, the last one being more than 12,000 years ago. That suggests he may have lived on Earth some 40,000 years ago. Adam and Eve materialised on Earth more than 38,000 years ago in the Middle East, on a peninsula at the eastern end of the Mediterranean Ocean.)

Kevin, born in 1937, married Marie's eldest daughter. Kathaleen, Kevin's soulmate / soul partner was born in 1901, and is from Tennessee, USA, and is black. Kevin is white, so they are 'salt and pepper'.

Bradley, Kevin's son, suicided in 1999, and early April 2018 became Celestial. Bradley's soul partner is from the region that is now Russia – but it was not when she lived.

Raymond, Nanna Beth's grandson, died aged 23. Raymond entered the 1st Celestial Heaven in May 2018. His soulmate / soul partner had been in the Celestials for about twenty years and she was in the third Celestial Heaven sphere then. She is from northern Europe.

Benjamin John, Marie's grandson, miscarried at twelve weeks and was spirit born. His soul partner is also spirit born and they are now in the 2nd Celestial Heaven, both having had lives in the spirit Mansion Worlds that replicated living as if they were on physical Earth.

Physical incarnation (individualisation) is complete with the first heartbeat, around 16 days after conception. Reincarnation is impossible. Annually, 130 million physical births take place, 45 – 50 million abortions as well as 45 – 50 million miscarriages. Childhood deaths annually may be as high as 10 million. Thus, around 45% of all incarnations do not achieve adult life.

While we remain living within the Rebellion and Default, we are rebelling against our soul; and consequently, against our soul partner. If we were able to find our soul partner, let alone recognise him or her, we would more than likely be repulsed by each other. Upon completion of our Spiritual Healing, usually we become connected with our soul partner, and then it is so for eternity.

AN UPDATE on JOHN'S FAMILY MEMBERS who are from WEST WYALONG, NSW!

30 September 2023

James: As I was reading through the list of your (John's) family, an 'update' came into my mind... (clarifying comments added by John)

Nanna Beth, John's grandmother, her soul-mate (soul partner) and soul-group have chosen to remain in their current important third Celestial Heaven sphere positions for the next Age. (That is, the coming Avonal Age of the next 1,000 years.)

All the Celestials (1st, 2nd and 3rd Celestial Heavens sphere) are currently in the process of being asked what they want to do: some suggesting what they'd like to do, others choosing their assignment from what exists, some appointed to specific positions by higher authorities.

All of your family (John's family) accept your son will remain and work in time from the third Celestial sphere throughout the next Age. (Our son, Benjamin John, miscarried at 12 weeks of gestation and was subsequently spirit born in the 1st spirit Mansion World. His soul partner was also spirit born.)

Your son has moved on with his soul-group and soul-mate higher into Nebadon (our local universe containing 3,840,101 inhabited worlds), so beyond the third Celestial Heaven sphere. They 'felt the call' to move on toward Paradise rather than remain in the lower Celestials for the next Age. (When we level the 3rd Celestial Heaven and progress higher into Nebadon, we cease to connect with Earth.)

Your mum (Marie Mum) is now in the third Celestial Heaven sphere, and remaining specifically aligned with you, that's you personally, and not so much to do with greater Pascas, so helping you in your relationship with it and with all the people you come across, and with me (James).

Marjorie has crossed over into the first Celestial Heaven sphere, settling in with her forming soul-group and having met her soul-mate who just arrived a short time after she did. It is thought her soul-group will move in time to work under your mum (John's mother, Marie Mum).

Kevin (John's brother-in-law), Raymond (John's 1st cousin) and Bradley (John's nephew and son to Kevin) are all now in the second Celestial Heaven sphere, they are all aligned under your mum (Marie Mum), so working associated with you and each other, and all Pascas wants to achieve.

Kevin died 10 August 2012, through his Feeling Healing or similar process became Celestial by completing his healing and entered the 1st Celestial Heaven sphere on 7 August 2017, he is now in the 2nd Celestial Heaven sphere – September 2023.

Bradley, Kevin's son, suicided in 1999, and early April 2018 became Celestial by entering the 1st Celestial Heaven sphere, now in the 2nd Celestial Heaven sphere – September 2023.

Raymond, Nanna Beth's grandson, died aged 23. Raymond entered the 1st Celestial Heaven in May 2018, now in the 2nd Celestial Heaven sphere – September 2023.

Marjorie, John's sister, died 26 November 2020, entered the 3rd spirit Mansion World by 23 January 2021 being the first of the three spirit healing worlds (3, 5, 7). Marge had moved into the seventh spirit Mansion World around 12 April 2023. Marjorie has now crossed over into the first Celestial Heaven sphere – September 2023. Thus within 2 years and 10 months she has achieved Celestial Heaven status.

Life After Death

We are more alive than ever – when we are dead!

The life after death is no different in the essentials than the mortal existence.
However, our capabilities are about three fold of what it is when now as we are living in the physical.
We may come to look upon our physical body as though we are living as a potato, or maybe like we are living in and through a heavy rubber suit. Even being the Michelin man may come to mind.
Our physical brain is the interface between our spirit body mind and our physicalness, thus upon death of our physical body we lose nothing! Our personality remains as we know it and life is far more fulfilling in the spirit Mansion Worlds than living on Earth. We all arrive in the 1st Mansion World.

Every mortal gain is a direct contribution to the enrichment of the first stages of the immortal survival experience. Everything we do in this life which is good contributes directly to the enhancement of the future life – as it does now throughout our physical life! Death is definitely not to be feared, because what awaits us on the other side is a much more amenable way of life, even if it is still all within the Rebellion and Default.

While we are living on Earth, we are spirits having a physical experience! Our physicalness restricts our capabilities to around one third.

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!

Truth is Freedom

Before being conceived, we each have had nothing to do with the culture or heritage of the family and its people into which we are now born.

After we pass over into our spirit lives, we each will have little or nothing further to do with the culture or heritage of our family that we lived with on Earth.

We each are one of many voices within our communities.

We are to embrace our experieinces and limitations of our family upbringing which our soul has desired for us to have. We are spirit personalities having a physical experience and this physical life here on Earth is the commencement of our incredible journey which will take us through many universes.

We are not to accept the limitations, the psychic barriers of our family, nor those of our national culture and its ethos. The people of a community, a region, a state, a nation respond to and reflect a common set of values, customs and culture, which is passed down through the generations, this is a psychic imposition or barrier that inhibits evolution, our true self expression and our growth in potential and personality.

Now, it is this time in history that, individually, we each are to free ourselves of the Rebellion and Default that has been imposed upon us by hidden controllers, both of those from within the spirit worlds and of their defacto agents here in the physical.

We now have the option to embrace and enjoy the freeing truths that our soul can and will expose to us – we are fully self-containted. We are to look within, to our feelings, and to long for, to ask for the truth that our feelings will exquisitely and amazingly reveal to each of us.

The wonders of intuitiveness and spontaneity are ours to behold, experience and enjoy – this is of our choosing. We can continue living a limiting mind-centric life or embrace living Feelings First – The New Way – with its infinte potential. The gateway is now open and the pathway is defined.

This we are to share with all of humanity as we are Freedom's voice. MoC 904

Our Spirit Friends on duty

OUT GATEWAY

ISOLATION

7 Crying Healing World

5 Crying Healing World

3 Crying Healing World

1 Mind Mansion World

2 Mind Mansion World

STOP

6 Mind Mansion World

4 Mind Mansion World

I'D TURN BACK IF I WERE YOU!

NATIONS with populations calibrating around MoC 100

The psychic barriers to consciousness growth is their traditional adherence to family norms, customs and traditions.

Even though the populations may have embraced Christianity and/or Islam to a large extent, it is mainly a façade with traditions being mainly adhered to. The people may profess to be Christian or Muslim and practice these ways of living, however the practices of generations before prevail in their living.

Consequently the overarching way of living is survivalism with little economic development throughout the nation, poverty, homelessness and deprivation prevail. Infrastructure is in disrepair, there is inadequate health services prevailing, food supply is insecure, and potable water scarce amongst all services. The national psychic barriers of traditions that have prevailed for thousands of years remain entrenched.

NATIONS with populations calibrating around MoC 200

These are nations where Christianity and/or Islam have been successful in circumventing the imposts of traditions, norms and customs of the people that prevailed more than 2,000 years ago.

From the table above, it is seen that incomes are becoming more than just survival levels and that the embryo of economic prosperity is on the horizon.

This is where the introduction of these two ways of living has contributed to a shift in consciousness, however as they are both mind-centric ways of living and controlling of their congregations, little further progress is actually unfolding for the people.

Indigenous groups can be found reflecting this progression and until THEY grasp their predicament, no amount of money is going to close the gap between their standard of living and those who have prospered through strivings to grow in truth, knowledge and wisdom through education.

NATIONS with populations calibrating above MoC 300

Open and free feelings orientated education for all has led to economic prosperity that has enabled robust infrastructure, food security, safe and secure housing, sanitation and potable water that is universal throughout nations.

Open and free education means that there is no governmental control that is suppressive, religious freedom without any domination, free in cost to students, education is free from pre-school all the way through to all ages in all the forms for people to follow their passions and expressions of personality.

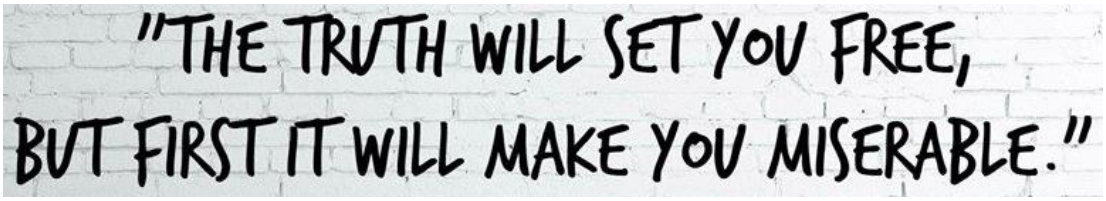
Presently education worldwide is mind-centric and dominated by the lecturer at the front of the room. We learn by doing and that includes tutoring others. We learn more effectively by tutoring others and expressing our feelings. Living feelings first is a spontaneous intuitive way of expression and living.

NATIONS with populations calibrating above MoC 500

There are none!

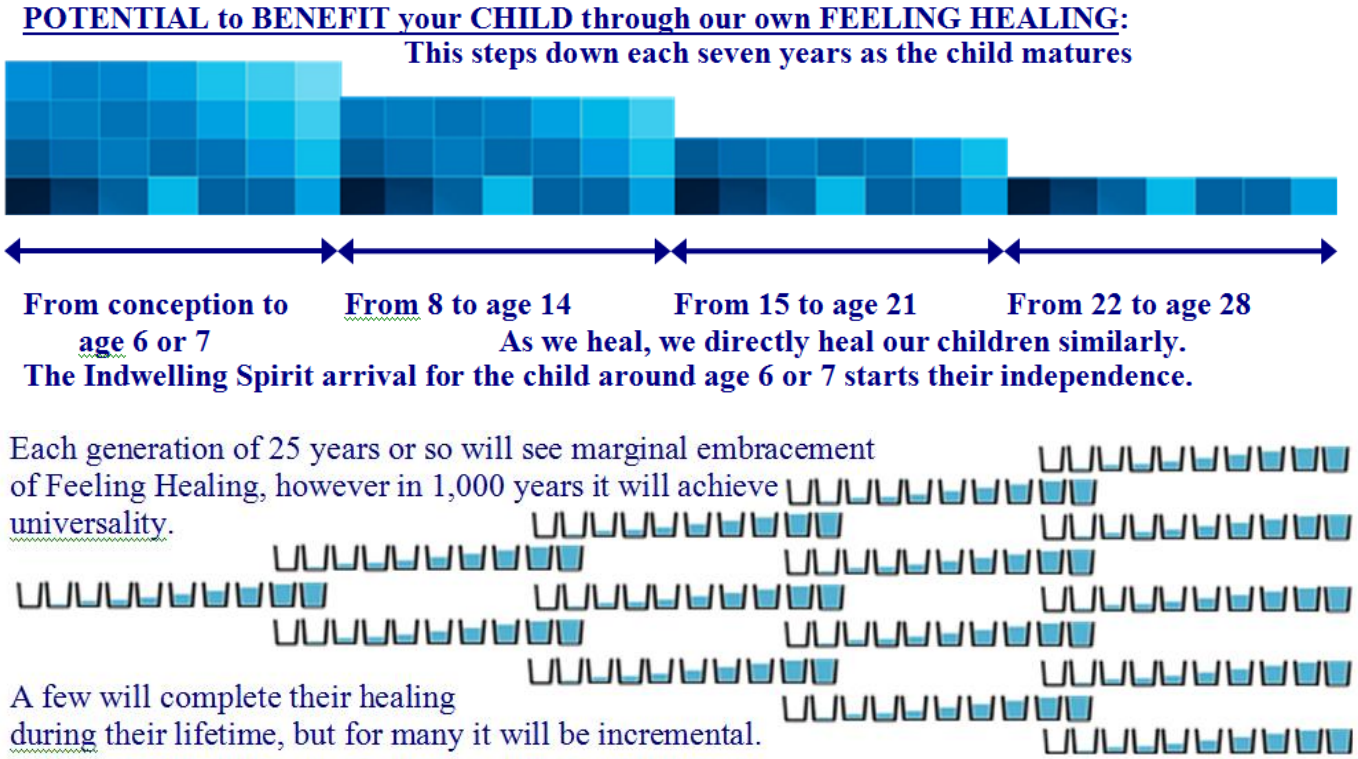
The ceiling of consciousness growth is MoC 499 when mind-centricity is the way of living. Aspiring to and then Living Feelings First opens our potential to infinity. It is the way of living that we will ALL progress to – eventually!

Psychic Barriers are Errors within Held Beliefs



What hurts is the error leaving you! Psychic barriers are errors of perceived truth that can be personal, family orientated, community held, regional and even national – as these are each addressed the dislodgment and exiting of held untruth will incur discomfort as recognition of those adopted injurious beliefs and erroneous traditions will be confrontational and disturbing. When we recognise what we have held as true is actually false is a distressful experience. We each have much to express and let go of.

As we allow our feelings to arise and then long for, ask for and seek to know what is the truth behind that which our feelings are drawing our attention to, we are to express emotionally to a companion. What has entered each of us emotionally is to be talked out of us emotionally. Sounds simply, it is not. It will take a long time, but we are to do so.



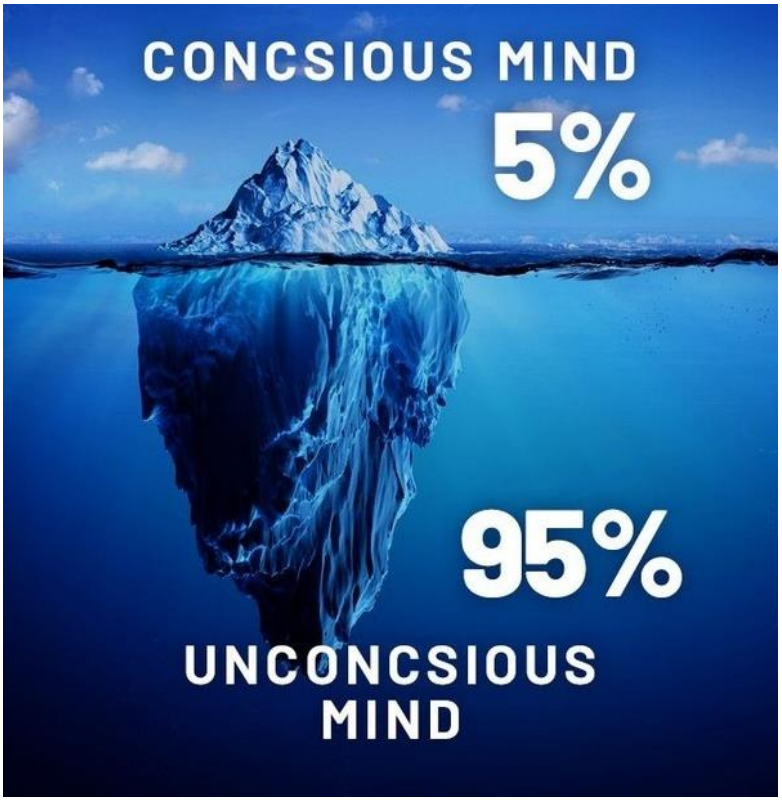
Psychic barriers are also emotional injuries experienced that are carried down through the generations. Thus we each have much to resolve, as well as the community and nation that we live within.

However, it is only now in the 2020s that we are becoming to understand that Childhood Suppression and our ongoing Repression is the underlying foundation of all our life's difficulties, and collectively, the issues that confound our nation and also worldwide.

We learn by doing! Speed reading does not open us up to the layers of learning throughout profound writings. Revelations of truth require multiple slow readings as their truths only reveal themselves as we absorb and experience what they are to reveal.

We learn by doing! Artificial intelligence platforms adopted are the end of possible growth in truth and love as such platforms lack any of the sensitivities that are required to be embraced and lived.

What are the potential effects of AI on personal autonomy and decision-making processes?
https://www.quora.com/ 15 June 2023

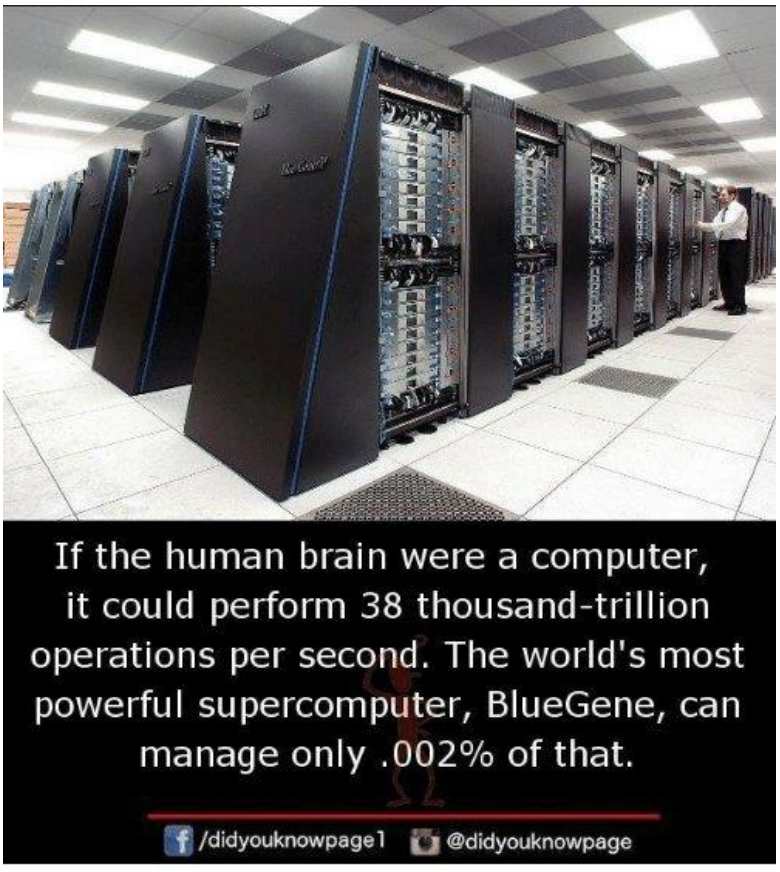


Humanity's capitulation and dependence upon technology is depriving it of its needed life experiences, subjecting itself to being cloned – everyone uniformly being programmed to become the lowest denominator of personality – zombiism and stupefied without intuition and spontaneity! Life is all about experiences and doing. We learn by doing. It is then about expressing our feelings about what we are experiencing AND longing for the truth of what we are feeling! Life is one continuous journey of LEARNING.

NO **artificial intelligence** can substitute for our personal involvement and doing.

Simple is what Life is meant to be!

Become engaged and embrace every opportunity.



The difficulty with **Artificial Intelligence** in any sort of movie is how do we put our feelings into a computer, into a mind system, when feelings are not of that sort of mind, they are of a different mind, and one we'll never be able to replicate using mind machines. And then we don't understand that even if we could upload or create a super-mind, it's a mind based on our mind, which is a rebellious mind. At least we could try and create a Celestial mind, but that's not going to happen.

A movie can help us see that everyone on Earth is so heavily involved with their minds, and that then all the mind spirits are trying to be the god of their own mind, taking themselves away from our true God of Feelings, Truth and Mind, they wanting to become only Mind devoid of feelings, or a mind that controls feelings to such a degree that we only feel good blissful feelings so we can go on living in a mind-god nirvana blissful state. All pretty sad really, when we wake up to how fucked we are, and how far we're living away from ourselves, the truth our feelings would like to show us.

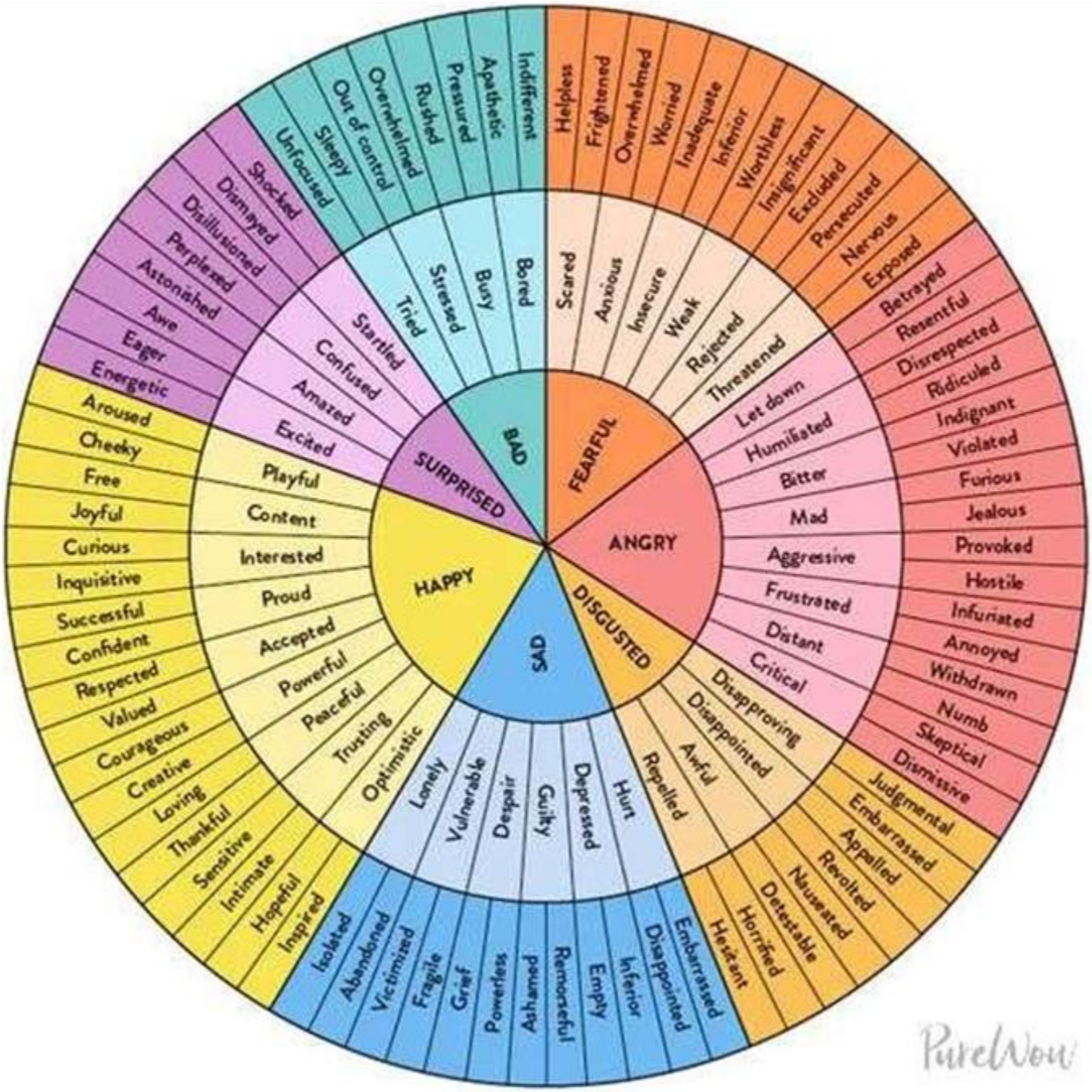
Artificial Intelligence cannot discern emotions, and consequently cannot reflect emotions.

Artificial Intelligence also cannot be intuitive, it lacks intuition, trust, foresight, and empathy. It also does not have clairvoyance, clairaudience, clairsentience, clair-empathy, and clair-cognizance.

Artificial Intelligence can only be as 'intelligent' as its source data!

A humanity that surrenders their learning opportunities to Artificial Intelligence jeopardises their very existence. Artificial Intelligence brings about the circumstances that threatens the possibilities of Truth emergence within societies.

Feeling Circle for Kids



We are free to cry and express our pain here!

Adolescent children and young adults benefit greatly through exploring their feelings.

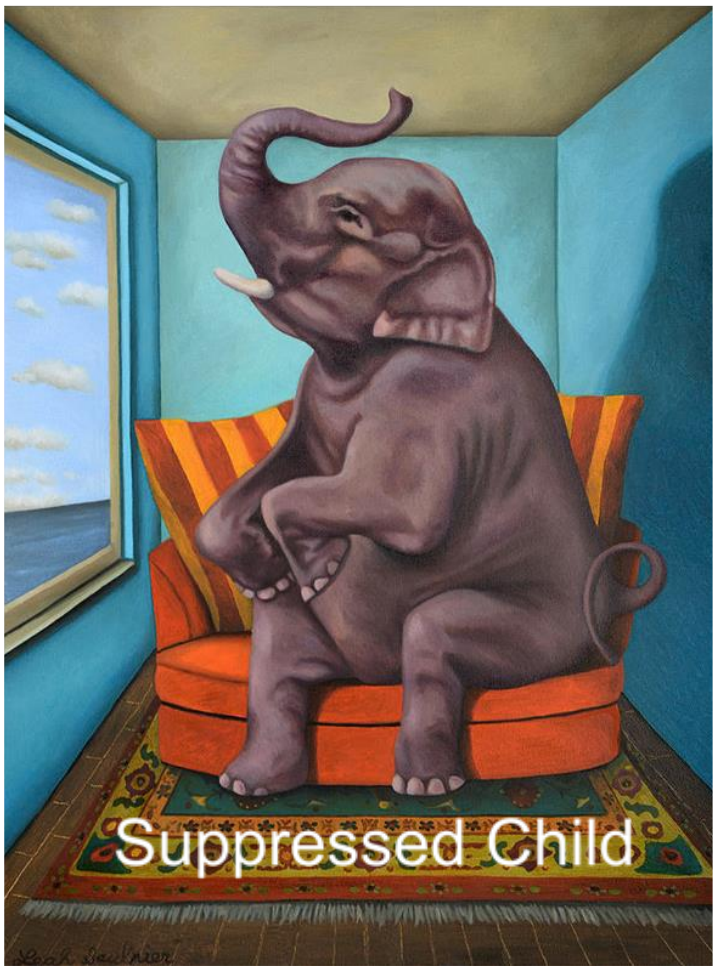
The feeling circle uses words to describe how our parents made us feel. How we were parented as children, is how we act and feel as adults. We carry the same childhood feelings through to every area of our lives until we die. We are all still living in the pain and ruins of our parents unloving parenting, and every feeling we go through will bring us to this truth. Through Feeling Healing we accept, express, and find the truth of our childhood denied and supressed feelings.

Samantha McCabe

COMMERCIAL IN CONFIDENCE

My individual "Rebellion and Default"
is my overarching virus!

We are to express our feelings,
both good and bad, emotionally!



Childhood Suppression
is the elephant in the room!

COMMERCIAL IN CONFIDENCE

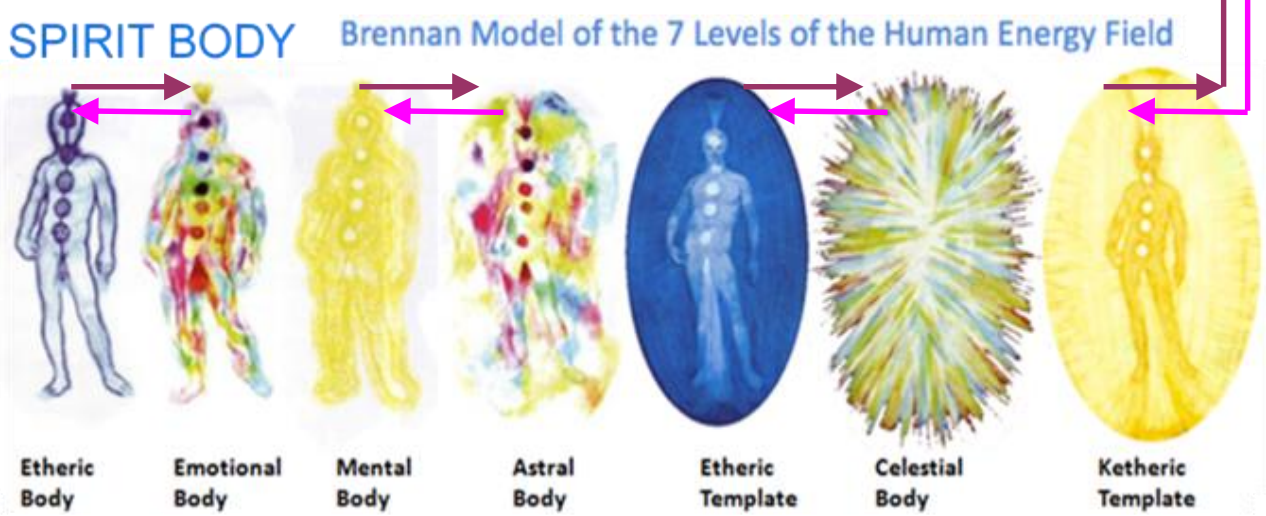
Childhood Suppression

The soul does it all. The soul is a duplex, two personalities being manifested into the physical by our soul.

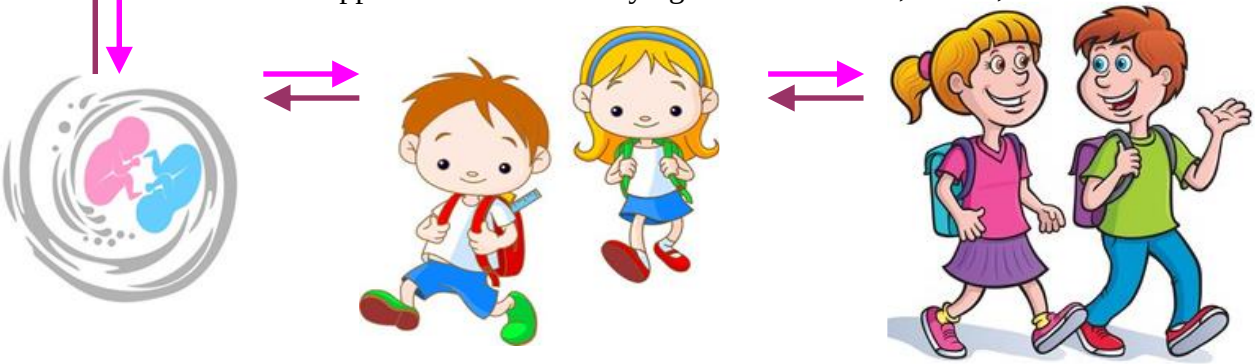
Soul light continually flows from the soul through our spirit body levels and into our physical.

Return light being the experiences of our physical existence.

Childhood suppression imposed upon us by our parents and carers causes retarded light to return to our soul bringing about imbalance, reflecting emotional injuries and errors of belief. This imbalance is the cause of all our difficulties throughout our adult life and also all of our health issues.

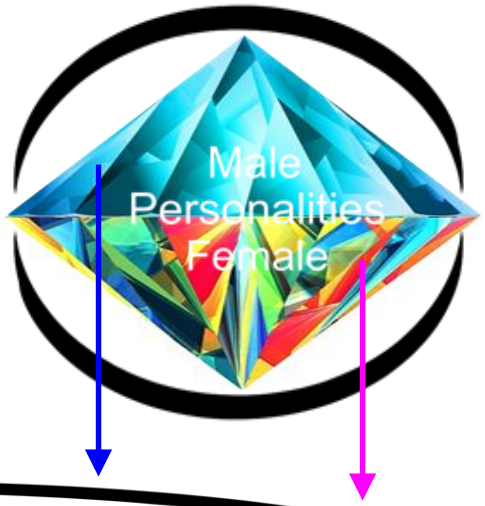


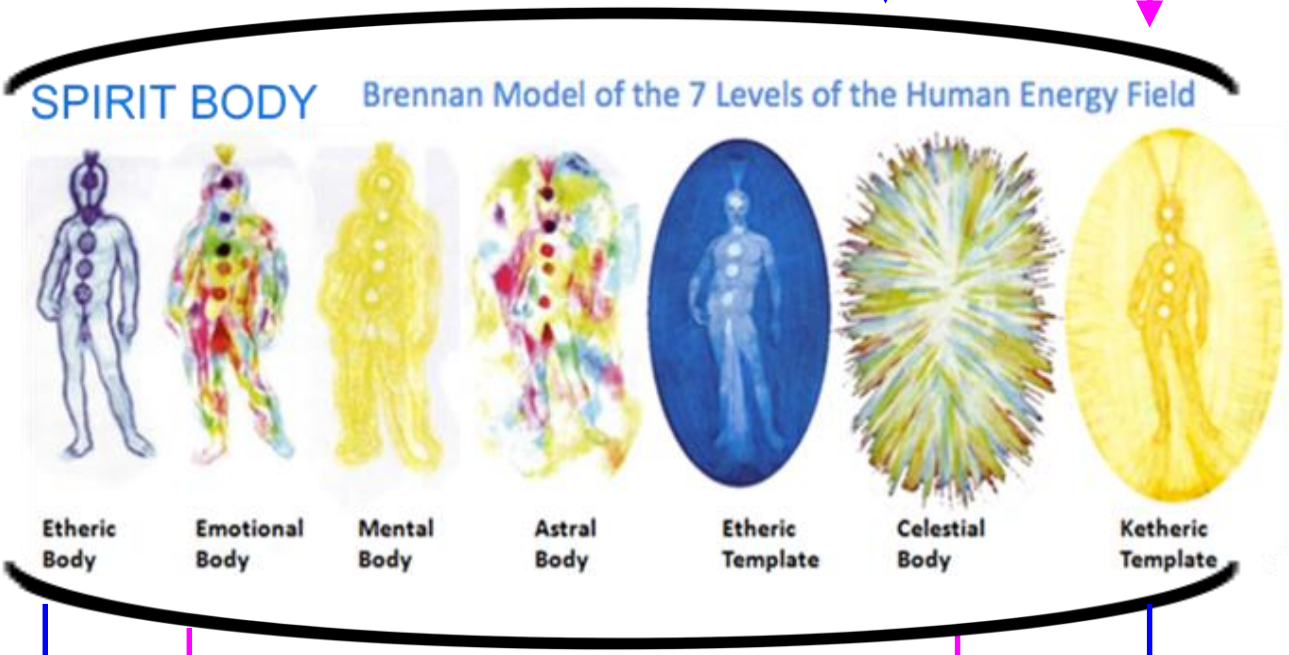
Every experience is recorded through the light returning through our spirit body and back to our soul. What emotional injuries we experience, commencing from conception, has to be expressed emotionally to heal the imbalance in soul light so that harmony and health can be achieved in our spirit and physical bodies. Childhood Suppression is the underlying cause of disease, illness, etc.

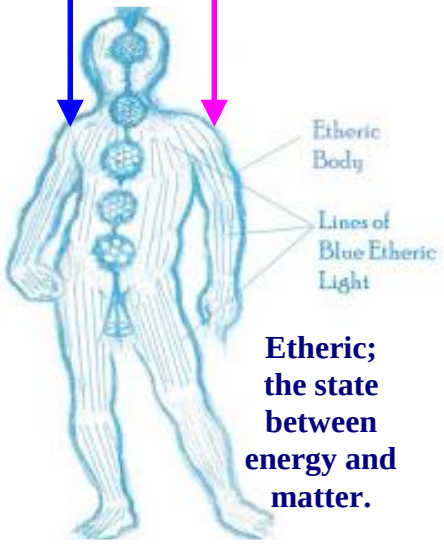


Childhood Suppression

Childhood Suppression – from conception to age six years – harmfully encrusts the soul, thus impeding light flow throughout all seven layers of the spirit body, damaging the genes within the spirit body which in turn damages the genes in the physical body, as well as setting the pattern for all of our physical health issues throughout our lives.







Etheric; the state between energy and matter.

The spirit etheric body is the template for our physical body, however, no health care system or science considers that the underlying cause of any health issues are formed through our Childhood Repression and that no physical healing occurs without expressing our childhood suppressions, being feelings both good and bad and then longing for the truth behind these injuries. Medicine may suppress the pain – it does not and cannot cure – vaccines are extreme physical suppressions!

The pain from ANY illness will not exceed the pain experienced during our Childhood Suppression!

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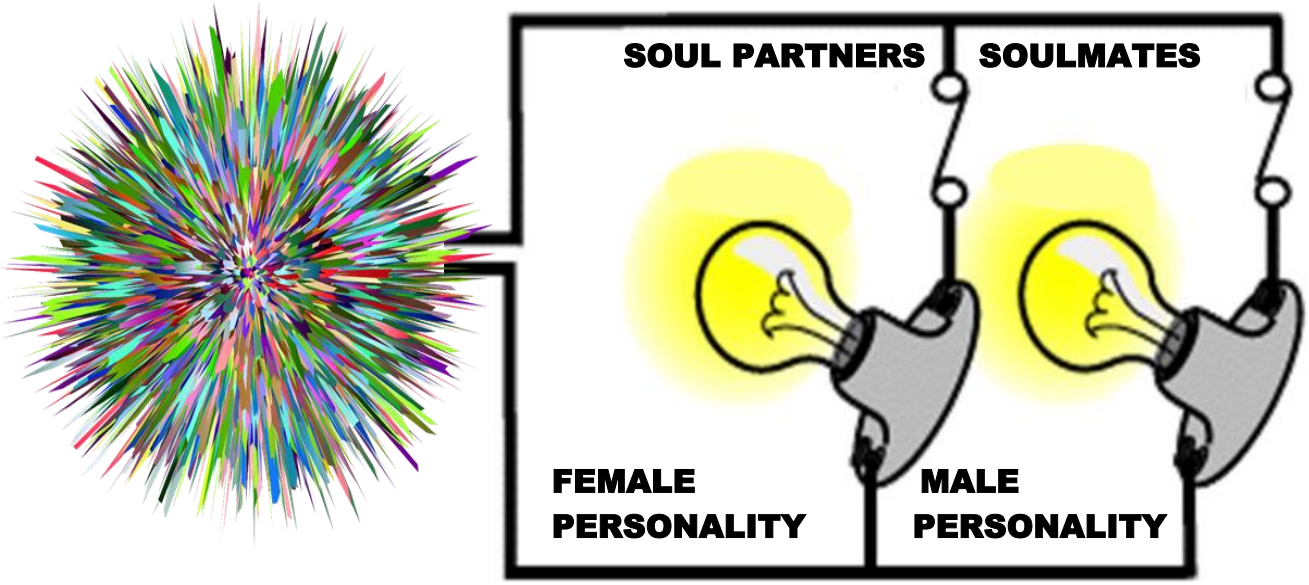
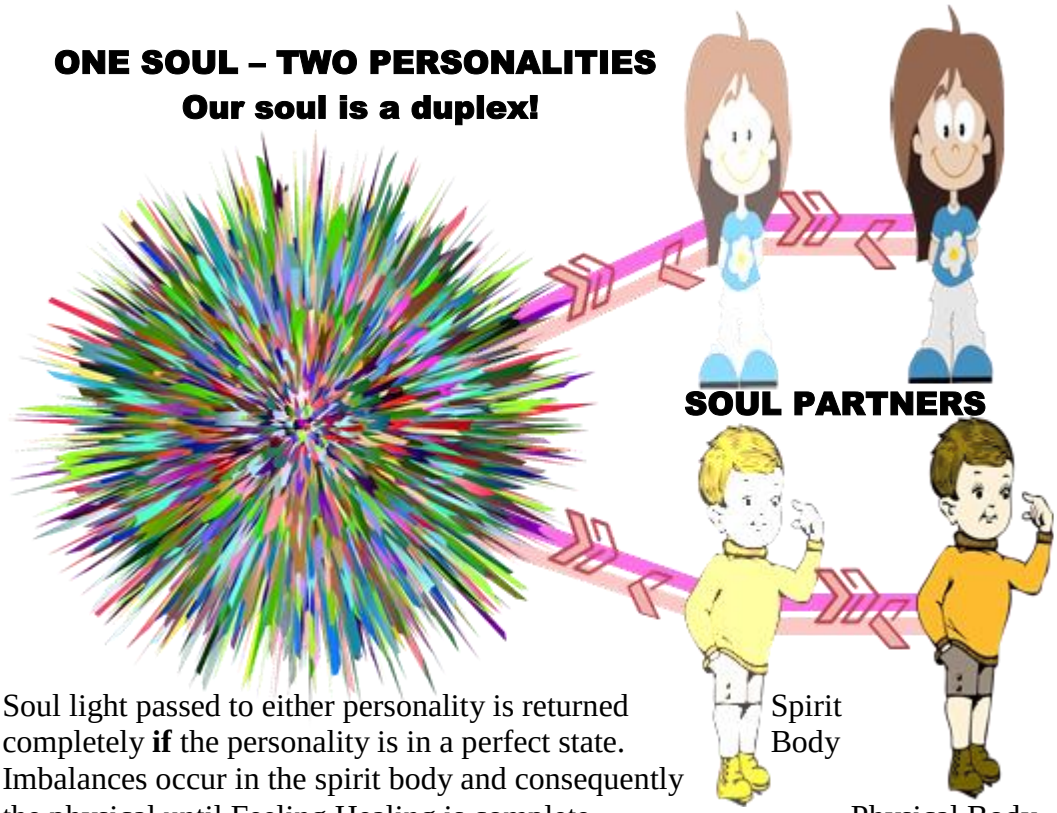
SOUL LIGHT emitted is to be BALANCED by the LIGHT RETURNED!

Two separate personalities on parallel 'circuits' having the same soul.
What impacts one personality does not impact the other personality.



ONE SOUL – TWO PERSONALITIES
Our soul is a duplex!



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.

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!

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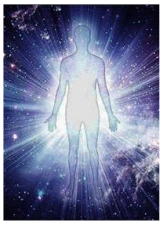
Living Feelings First growth potential is ∞

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.

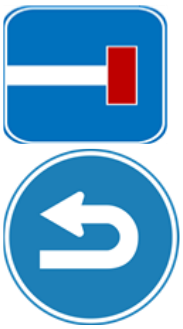
Living through our Feelings First, the New Way, and longing for truth of what they are to reveal, expressing what we feel, both good and bad, will enable us to progress through the Feeling Healing Mansion Worlds while living on Earth. With Divine Love we will be fit to enter the Celestial Heavens and 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 (Uganda) 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

UGANDA PRESENT CONDITION

Uganda MoC	No. of Countries	Living in urban slums	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income 2023 PPP
90	1	49% - 64%	64.4	0.544	4.6	.523	US$2,700

and

Uganda MoC	Population	Median Age	Political Rights & Civil Liberties	Unemployment	Poverty	Crime per 100K	Per Capita Income 2023
90	50,500,000	16.7	34 not free	3.36%	41.7%	500	US$1,014

Living conditions in Uganda:

- Relatively low cost of living relative to neighbouring countries
- Rich cultural heritage and various cultural festivals
- Good reputation for providing quality education and accessible healthcare services
- Job opportunities in the technology, tourism, healthcare, and education sectors

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**

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.

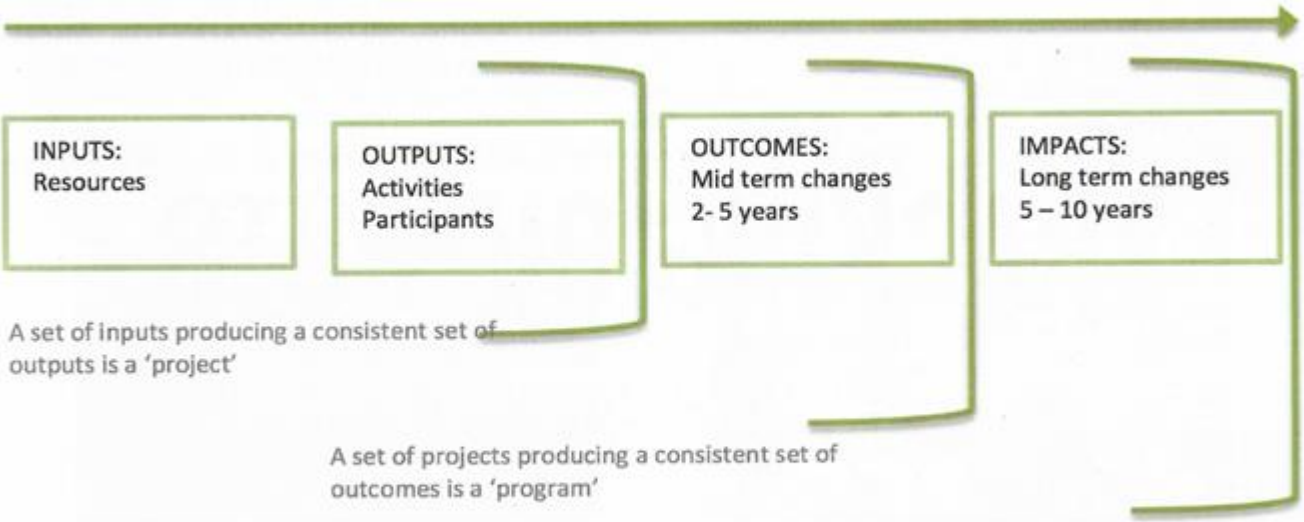
IMPACT

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

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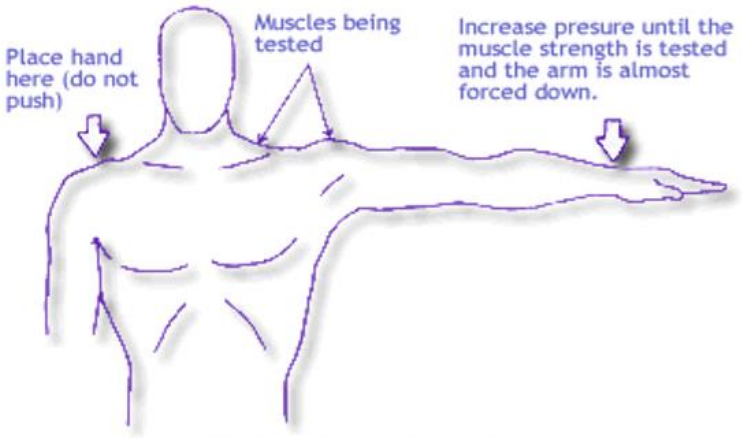
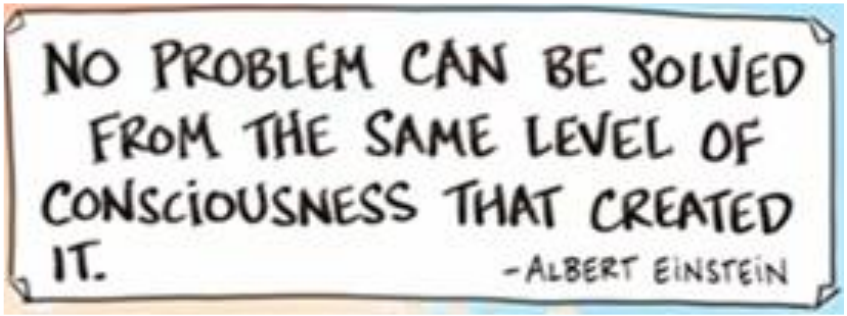
EINSTEIN'S THEORY of INSANITY

Kinesiology Muscle Testing

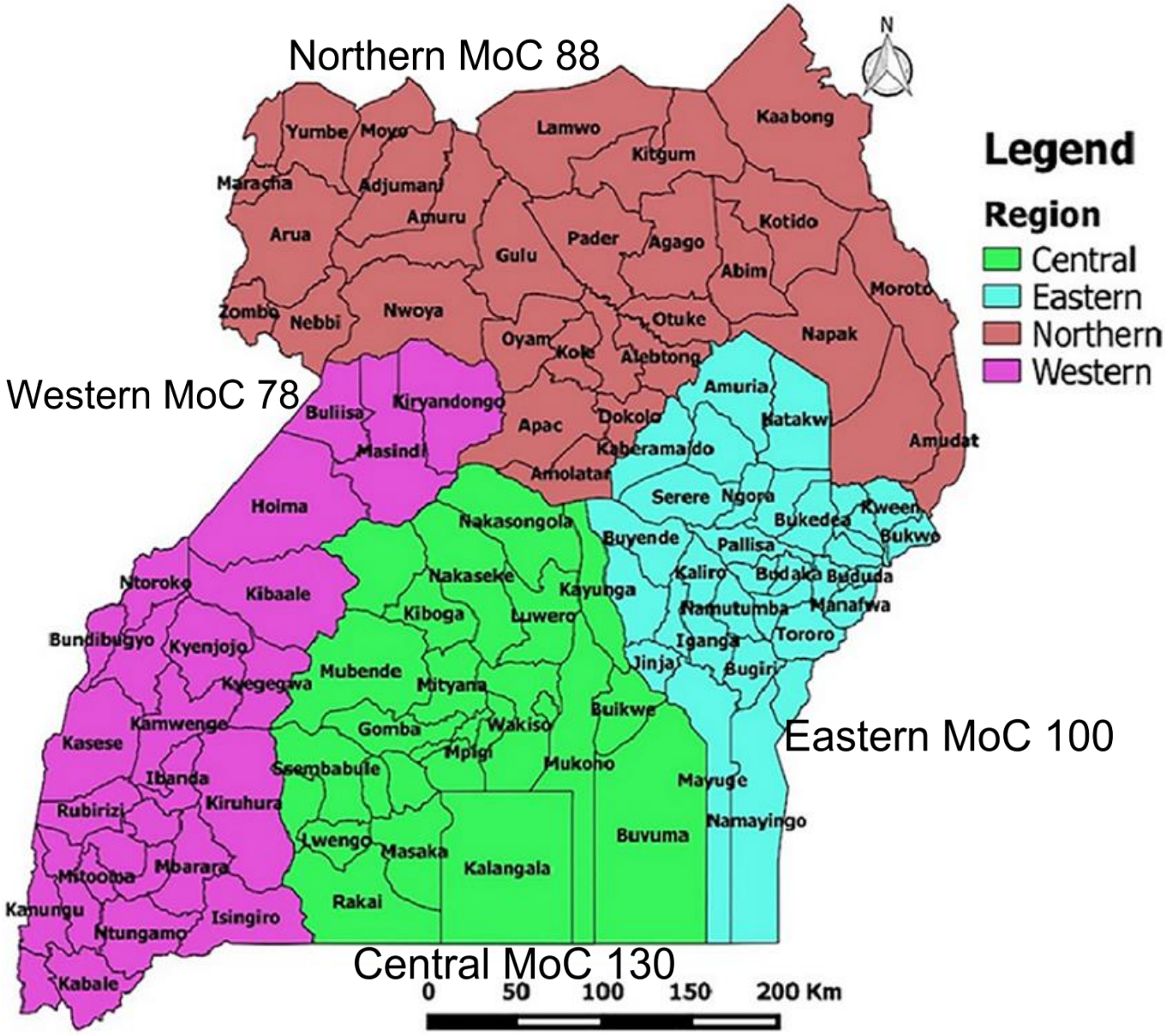


Basics of muscle testing

Through kinesiology muscle testing, we can determine what is in truth and what is not, further, we can also determine the level of truth of anything!



Uganda MoC 90



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Uganda – Republic of Uganda

https://www.citypopulation.de/en/uganda/cities/

Regions & Subregions

45,905,417 Population [2024] – *preliminary census result* Consider 50,500,000 in 2024.

The population of the regions and subregions of Uganda according to census results.

Name	Abbr.	Status	Area (km²)	Population Census 2024-05-10	Map Of Consciousness	Percent Calibrating MoC 100 | MoC 200		Population in Severe Untruth Poverty
Central (Buganda)	CEN	Reg	39,932	12,969,646	130	60%	85%	11,024,000
Kampala	KAM	City	195	1,797,722	130	50%	71%	1,277,000
Buganda	BUG	SubReg	39,737	11,171,924	125	65%	85%	9,496,000
Eastern	EAS	Reg	29,632	11,403,222	100	68%	90%	11,403,000
Bukedi	BUK	SubReg	4,504	2,372,489	100	69%	93%	2,207,000
Busoga	BUS	SubReg	9,443	4,363,295	93	66%	89%	3,883,000
Elgon	ELG	SubReg	4,035	2,205,051	105	71%	91%	2,006,000
Teso	TES	SubReg	11,650	2,462,387	98	69%	95%	2,339,000
Northern	NOR	Reg	84,406	9,955,990	88	69%	92%	9,160,000
Acholi	ACH	SubReg	28,522	2,044,355	91	70%	91%	1,860,000
Karamoja	KAR	SubReg	27,407	1,496,117	87	71%	93%	1,391,000
Lango	LAN	SubReg	12,856	2,546,118	90	66%	89%	2,266,000
West Nile	WNL	SubReg	15,621	3,869,400	95	68%	88%	3,404,000
Western	WES	Reg	49,131	11,576,559	78	59%	90%	10,419,000
Ankole	ANK	SubReg	14,293	3,608,968	75	60%	90%	3,248,000
Bunyoro	BUN	SubReg	16,580	2,792,732	79	61%	92%	2,570,000
Kigezi	KIG	SubReg	4,993	1,787,231	78	57%	89%	1,590,000
Tooro	TOO	SubReg	13,265	3,387,628	80	56%	90%	3,049,000
Uganda but say	**UGA**	**Rep**	**202,296**	**45,905,417 50,500,000**	**90**	**64%**	**84%**	**38,560,000 42,420,000**

Note: **The Map of Consciousness scale is from 1 to 1,000**

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!

COMMERCIAL IN CONFIDENCE

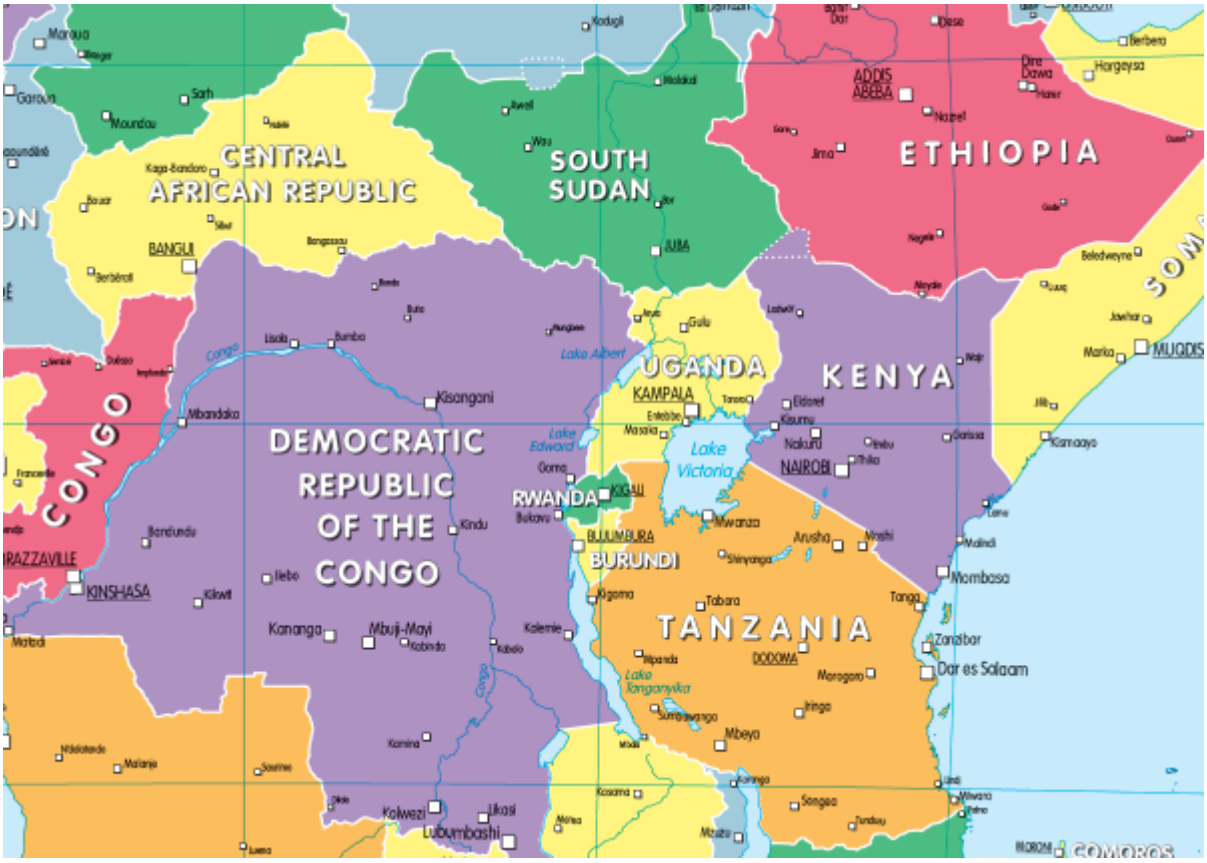
The Biggest Cities In Uganda

#	CITY NAME	POPULATION	MoC
1	**Kampala**	1,353,189	130
2	**Gulu**	146,858	115
3	**Lira**	119,323	105
4	**Mbarara**	97,500	100
5	**Jinja**	93,061	95
6	**Bwizibwera**	79,157	95
7	**Mbale**	76,493	95
8	**Apac**	67,700	100
9	**Mukono**	67,290	95
10	**Kasese**	67,269	85

LAND AREA	
Uganda	241,040 km^2
Uganda less lakes	200,520 km^2
England	130,280 km^2
Tasmania Aust	68,401 km^2
Victoria Aust	227,444 km^2

Kampala, capital of Uganda

POVERTY as defined by lack of Consciousness, being in UNTRUTH						
UGANDA and Neighbouring Nations	Consciousness (MoC)	Median Age	Population (2024)	Percent Calibrating MoC 100 | MoC 200 or below		Population in Severe Untruth Poverty
Burundi	140	17.0	14,000,000	60%	79%	11,060,000
Central African Republic	80	19.7	5,330,000	70%	87%	4,637,000
Congo, Democratic Republic	40	18.6	109,300,000	68%	90%	98,370,000
Congo, Republic of the	70	19.7	6,330,000	75%	86%	5,444,000
Equatorial Guinea	200	19.8	1,900,000	60%	84%	1,600,000
Eritrea	180	19.7	3,530,000	48%	85%	4,930,000
Ethiopia	140	17.9	132,000,000	50%	88%	101,200,000
Gabon	170	18.6	2,540,000	56%	90%	2,286,000
Kenya	180	19.7	56,400,000	60%	78%	44,000,000
Rwanda	70	19.0	14,260,000	60%	79%	11,266,000
Somalia	100	18.1	19,000,000	56%	79%	15,000,000
South Sudan	140	17.3	11,940,000	70%	90%	10,750,000
Sudan	110	19.9	50,450,000	68%	94%	47,420,000
Tanzania	200	17.7	68,800,000	53%	85%	58,480,000
Uganda	**90**	**16.7**	**50,500,000**	**64%**	**88%**	**44,440,000**
Zimbabwe	100	20.0	17,000,000	65%	85%	14,450,000
UGANDA + Neighbours	**126**	**18.7**	**563,280,000**	**61%**	**85%**	**475,000,000**



UGANDA

The road to
TRUTH and FREEDOM
is through
OPEN and FREE
Universal Feelings Orientated
EDUCATION

This is the GATEWAY

COMMERCIAL IN CONFIDENCE

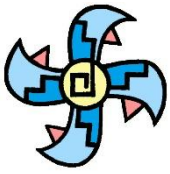
CHALDI COLLEGE – EDUCATION: Nanna Beth – 3rd Celestial Heaven and James 28 July 2017

James: John has been wondering about how to set up schools and schooling 'under a tree', in keeping with it all being opposite to what we're all used to, can you give him any suggestions or point him in the direction he should look?

Nanna Beth – 3rd Celestial Heaven: These are some ideas he can consider – just suggestions John, we won't say it has to be this or that way, as you know, it's for you to work things out. So basically, what would you like John – how would you have liked school to be?

CHALDI COLLEGE

Schooling is voluntary. It should be made to be something children want to do, not something that's forced on them.



It should be fun, as in keeping the whole focus on making them feel good about all they are doing. Not artificially praising them or praising them over their peers, but just supporting and being personal with them, allowing them to respond and find their own way.

It should not be separated into classes based on age. Classes should involve all ages, for example, the younger ones can learn and watch and be helped by the older ones, but not forcing the older ones to help the younger, all voluntary and what would naturally happen, more like in a big loving family rather than segregated because of age or whatever. Perhaps the 5, or less, to 10 in one group, 11 to 16 in another.

Teachers are to be able to deal with children of all ages, and work to allow the student to progress at the students own pace. Special or extra schooling can be provided when necessary to students that want more.

The subjects should all be practically oriented. Everything offered and so accepted voluntarily. Reading, writing and basic arithmetic, all so as to help the child deal with the real world. Other subjects like psychology – morals and ethics, love and friendship, acceptance and tolerance of ALL feelings, particularly bad ones, resolving disagreements, expressing feelings and yet not necessarily acting on them – particularly the bad ones, all based around how to respect and treat other people how you'd like to be treated. And how if you hurt by infringing upon another's will, then you will have to suffer that same amount of hurt, either now or in spirit. And about the Feeling Healing, what happens when you feel bad feelings, how to look to your feelings for their truth, so as to grow in understanding of yourself, nature, life, other people, and God – the whole spiritual aspect, including the Divine Love and Mother and Father, yet no religious indoctrination. The history, culture, place in the world. How to integrate with the modern world, computers, phones, internet, etc. Sport, play, arts, creative lessons and involvement. How to live and respect nature, the natural world, the environment, hygiene, natural health, sex, contraception, abortion and so on – about the person, the body, things to dispel myth and falseness, general science. Trades, technical work, hands on experience – building stuff, ways to use one's mind to do what one wants to do.

Duration of classes, half a day, longer when older for those wanting to learn more, homework voluntary and at the child's initiative – wanting to do it.

School is just part of life, not separate to life. Part of the family, tribe, society, not separate from it. Inclusion of other adults, parents, family members, as aides, helpers, teachers, together with professional teachers. Lots of people, and in particular older people (who also have the time), are natural teachers and should be encouraged even though they've not been specifically trained. One can only learn a certain amount being taught to be a teacher, yet in reality, very few trained teachers have any real natural feeling for it. The more the 'teacher' makes their pupil feel the pupil is the important one, and the teacher is only there to help them if they need their help, and not to stuff it down their throats whether they like it or not, is where to begin. And how a child of differing ages learns, is as varied as the children themselves. So the more 'teachers' the better, and that means the child can gravitate to the 'teacher' that best suits them, rather

than having to spend a whole year with someone you hate and you feel hates you.

University for higher learning, full on, voluntary, free, all information on any subject available with competent teachers. So the student can excel should they want to.

It all being with the focus on the person, offering them things which they can try and see if they like. Things that will help them in the world; and how to be a person living true to themselves – true to their own feelings; and how to respect another as one respects oneself.

James: Nanna Beth, John would like any comments on the Council of Elders continuing to contact people on Earth after he's croaked it.

Nanna Beth: It's as James said, there will be an increasing number of people opening up to us Celestials for all sorts of help, once they understand who we are and how we can help. So yes John, there will always be some main people on Earth we'll work with. And should it all keep needing to move along with one entity in control, such as what you're starting out with, then yes, that is how we'll engineer it. Should it break up or be broken up into many entities, then we'll be ready for and going with that. As much as we say we are in control, we mean that we are in control instead of the mind spirits. But still we are to work with humanity, in as much as humanity leads and we augment.

James: And Nanna Beth, I thought I'd ask you about the Religion of Feelings, as John is against a religion of any sort because of all that religions have done to us all, do you have any thoughts on it?

Feelings First Spirituality, New Feelings Way

Nanna Beth: It's all up to you James, what you want. Of course you're not wanting to go and instigate yet another religion in which people have to adhere to a set of rules because you know what will happen to that, **any rules allowing people and their controlling agendas to take control over others, is something to be avoided at all times**. However the notion of a 'religion', and one based on feelings, with no fixed agenda, no rules, just founded on truths, will allow people to have some sort of structure to relate to should they need that, but one in which they are entirely free to do whatever they feel based on their feelings. And with the Feeling Healing and Soul Healing being at its core, then those people intent on that will be able to work on themselves and it won't matter to them whether they are part of something or not.

As you understand, some people will like the idea, others won't like the word religion and will want to do it alone, so do whatever you feel you want to do. We don't call it anything over here other than Our Healing, yet we all had embraced the Divine Love before we began our Healing, however potentially that won't be so for a lot of people on Earth, and to say that people have to embrace the Divine Love to do their Healing would cancel out a large amount of people and is putting a rule in place, which doesn't need to be there and would only get in the way.

So to call it a Religion and yet to make it as free as you are intending James, is something for you to decide for yourself, which really just gets down to using the word religion. And I know it appeals to you because it is a religion that is not a religion, yet more a true religion of truth than any of the existing religions are, so you're showing up those religions for the untruth that they are.

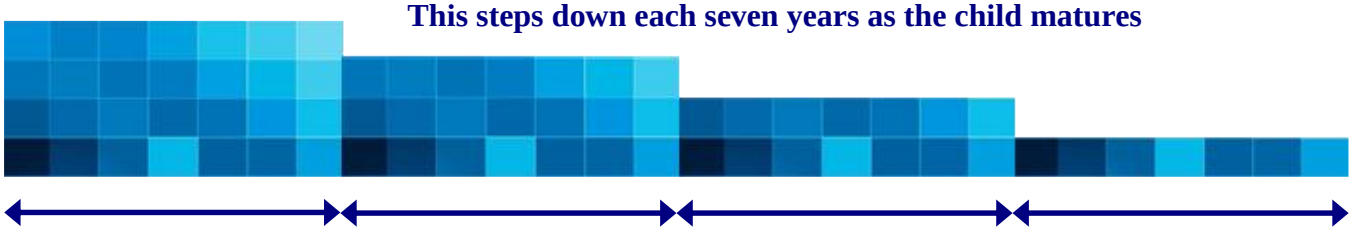
Anyway, it's what you want to do James, it's not for us to say one way or the other. And you will do what you want to do, you'll hear people's complaints or if they like the idea, weigh it all up, and still do what you want to do.

James: So you don't force or coerce anyone to do anything they don't want to do. Because who wants to be treated that way – no one!

Feelings First is a way of living without any dogmas, creeds, rituals, cannon laws, hierarchy or controls of any kind.

<u>POTENTIAL to BENEFIT your CHILD through our own FEELING HEALING</u>:

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.

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.

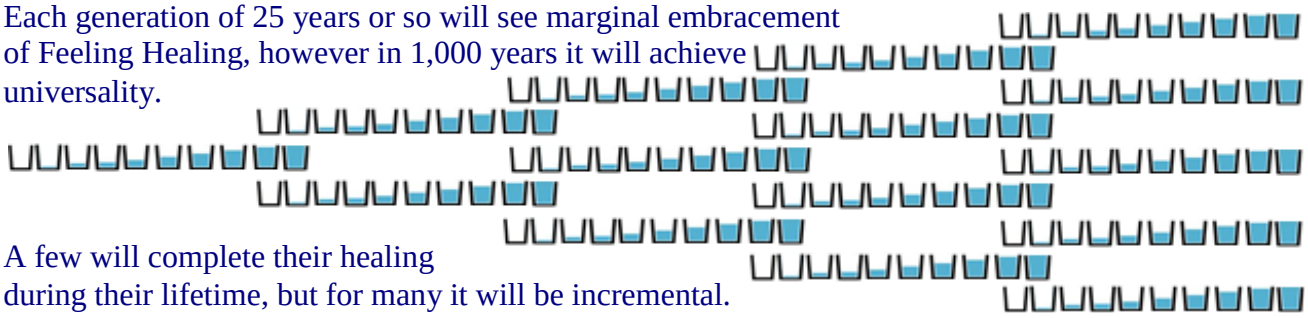
REBELLION & DEFAULT 200,000 YEARS

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.

COMMERCIAL IN CONFIDENCE

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 – 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 simple is what Life is meant to be
U-Turn for Humanity soul light and 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 guide you through the index to the topic that appeals for you!

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

MARKET OPPORTUNITY:

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

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. The teachers' professional development should be aimed at supporting the new curriculum in Uganda: Standards Based Curriculum (SBC). A priority area would be providing training on Teaching and Learning pedagogies – HOW to teach, not really WHAT to teach to complement what the Uganda government, through the Uganda Department of Education, is doing. With online teaching and learning, teachers need to be trained on various technological content knowledge (TCK) such as using Google classroom, setting up zoom link and webinars, etc..

Consider the establishment of teachers' training campuses in provinces with potential teachers also being provided with scholarships to enable them to follow their passions and complete required training. Scholarships may be extended to providing housing and costs of living. These provincial campuses may be the start of Pascas University throughout Uganda and surrounding nations.

5. 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 Uganda 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

6. Standards Based Curriculum materials – supplied but insufficient for all schools throughout the country. Textbooks for different subjects except for Maths and Science developed by JICA (Japan International Cooperation Agency), then train them as well on how to use these 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.

7. 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) schools with infrastructure, resources, (tools and equipment).

Pascas styled TVET 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".

8. 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.

9. 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.

10. Water tanks for schools and proper toilets facilities.

Water tanks and state of the art toilet facilities can be included in all schools as well as Teacher Training Colleges and TVET 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.

11. 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!

12. 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!

13. 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!

14. 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 Uganda.

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:

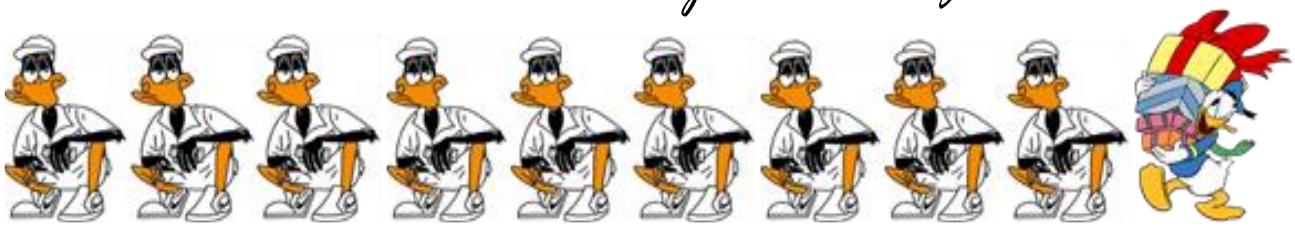
It may be appropriate to have Kampala which is Uganda's capital and largest city, with a population of around 2 million people, as the nation's administration of this agenda and the establishment of the first of the Pascas Pre-school, Primary school, High school, Craft Creations, TVET College and Teacher's Training College.

Nevertheless, 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 district. 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!

Ten ducks in a row, but one always misleading or misled!



GREAT U-Turn

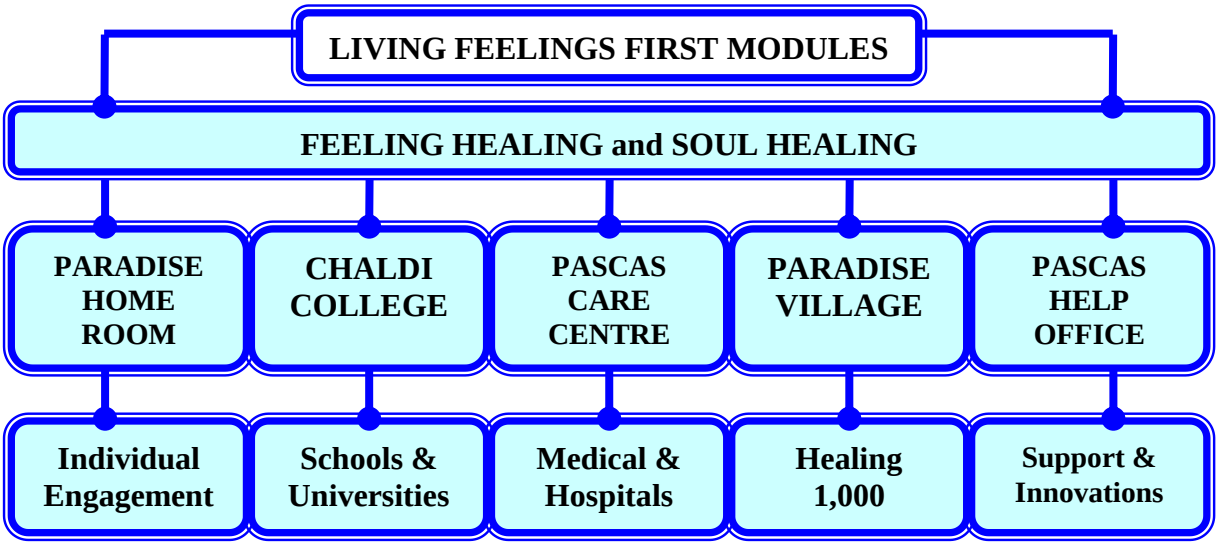
COMMERCIAL IN CONFIDENCE

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

Uganda MoC	No. of Countries	Living in urban slums	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income PPP 2023
90	1	49% - 64%	64.4	0.544	4.6	.523	US$2,700

and

Uganda MoC	Population	Median Age	Political Rights & Civil Liberties	Unemployment	Poverty	Crime per 100K	Per Capita Income 2023
90	50,500,000	16.7	34 not free	3.36%	41.7%	500	US$1,014



UGANDA

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

COMMERCIAL IN CONFIDENCE

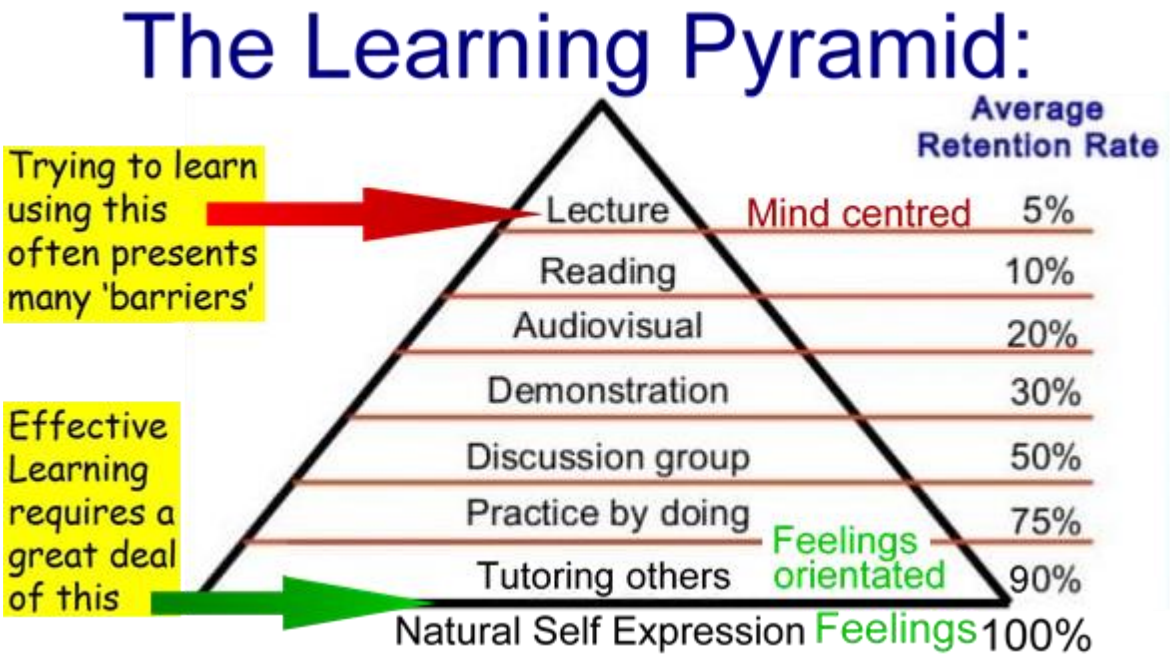
Chaldi Child Care Centre

&

Kindergarten

SAFE SANCTUARIES

It takes a Community to Protect a Child



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.

COMMERCIAL IN CONFIDENCE

FEELINGS
must be
FELT

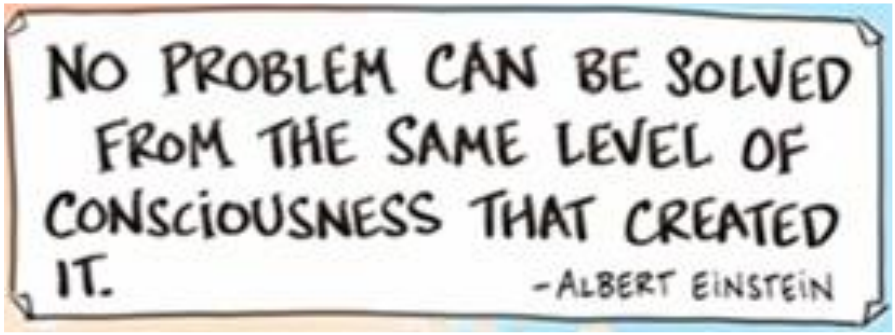
Express
Your Feelings
happy
angry
afraid
sad
lonely
bored
excited

BE FEELINGS
EXPRESSIVE!

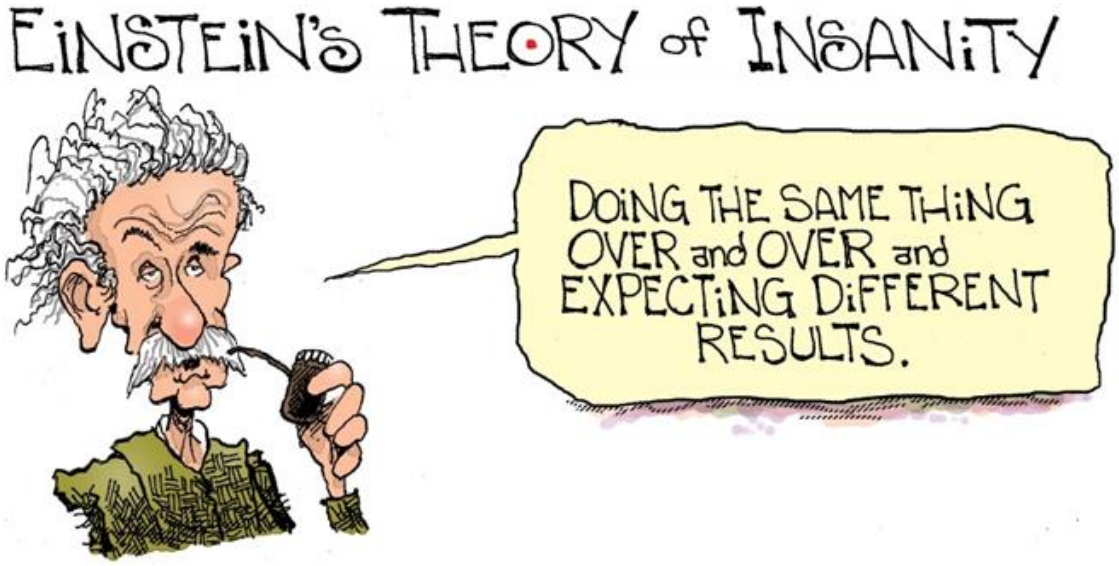
It's all about
Experiences
&
FEELINGS

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!



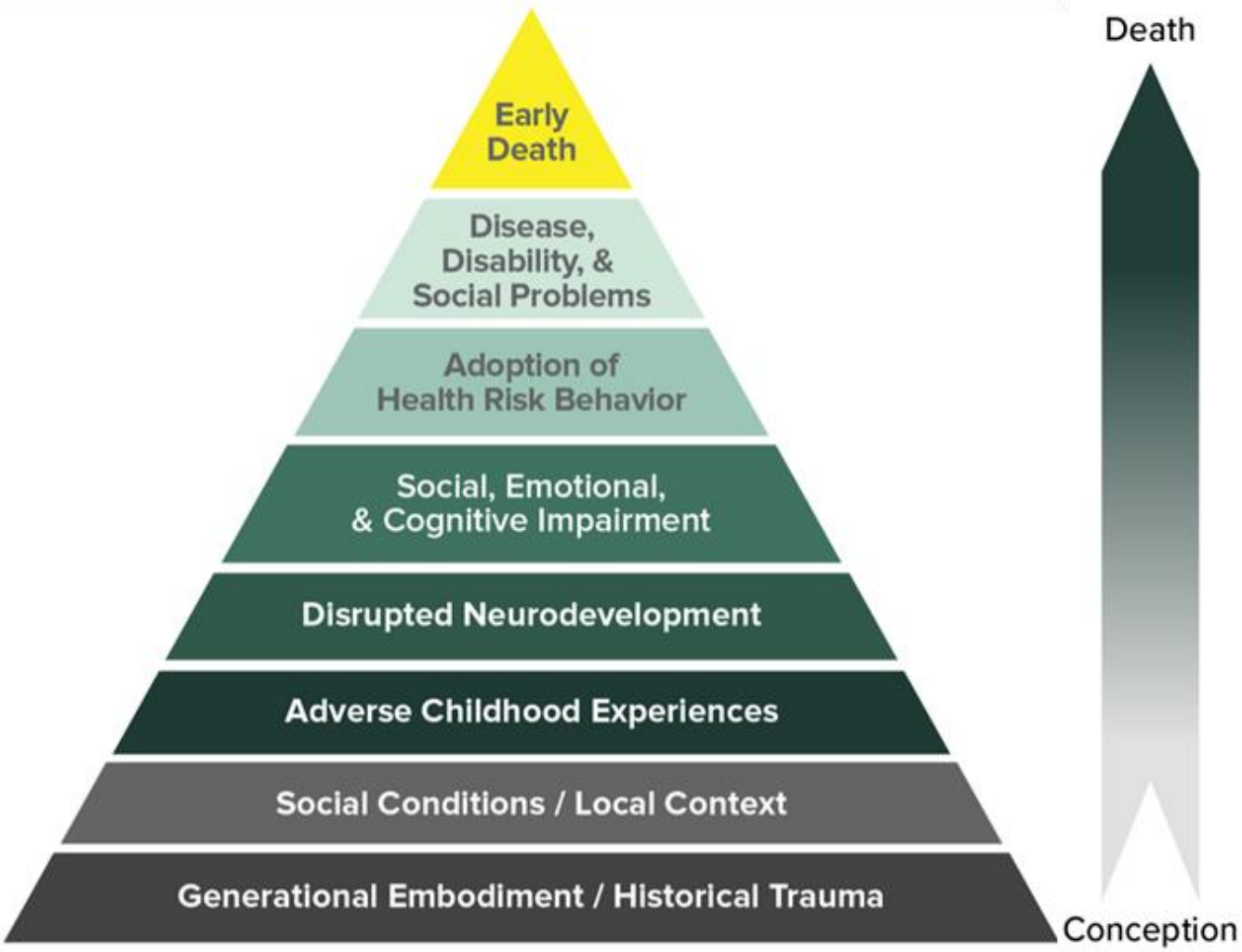
Kinesiology Muscle Testing
for the level of truth



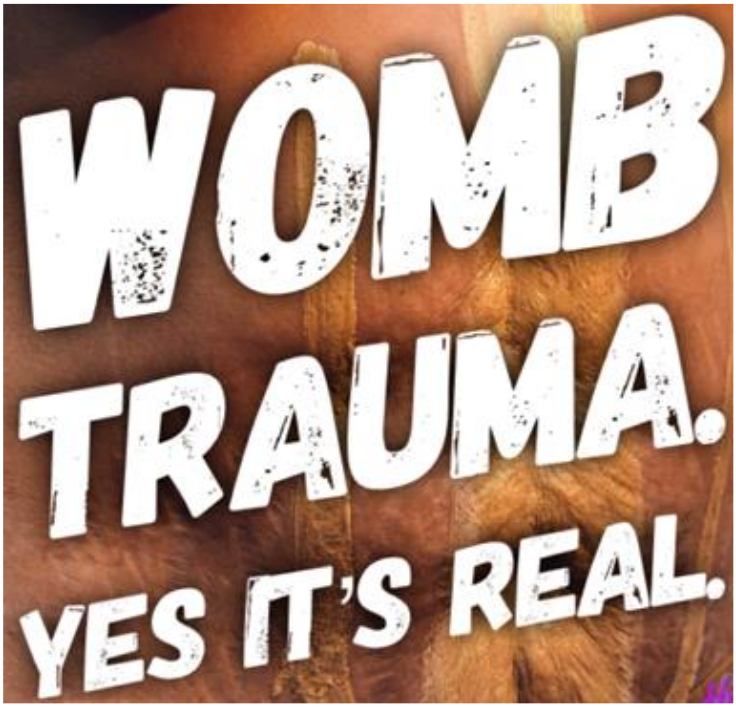
http://www.pascashealth.com/index.php/library.html

Library Download – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address. info@pascashealth.com



Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



We Are TRUTHSEEKERS

WE ARE TRUTH SEEKERS

WE ARE THE TRUTH SEEKERS

COMMERCIAL IN CONFIDENCE

PASCAS UNIVERSITY

HIGHER EDUCATION SUBJECT GROUPINGS:

ANIMALS AND LAND

ARCHITECTURE, BUILDING AND CONSTRUCTION

ARTS, HUMANITIES AND LANGUAGES

CREATIVE ARTS, DESIGN AND MEDIA

ECONOMICS, COMMERCE, BUSINESS AND MANAGEMENT

EDUCATION AND TEACHING

ENGINEERING

HEALTH SCIENCES (ACADEMIC)

HEALTH SCIENCES (PROFESSIONAL)

HOSPITALITY, TOURISM AND EVENT MANAGEMENT

INFORMATION TECHNOLOGY AND COMPUTER SCIENCE

INTERNATIONAL RELATIONS AND DEVELOPMENT STUDIES

LAW AND CRIMINOLOGY

MARINE, ENVIRONMENT AND RENEWABLE ENERGY

MEDICINE

MULTIMEDIA MOVIES AND MUSIC

NURSING, MIDWIFERY AND PARAMEDICINE

PSYCHOLOGY

SCIENCE

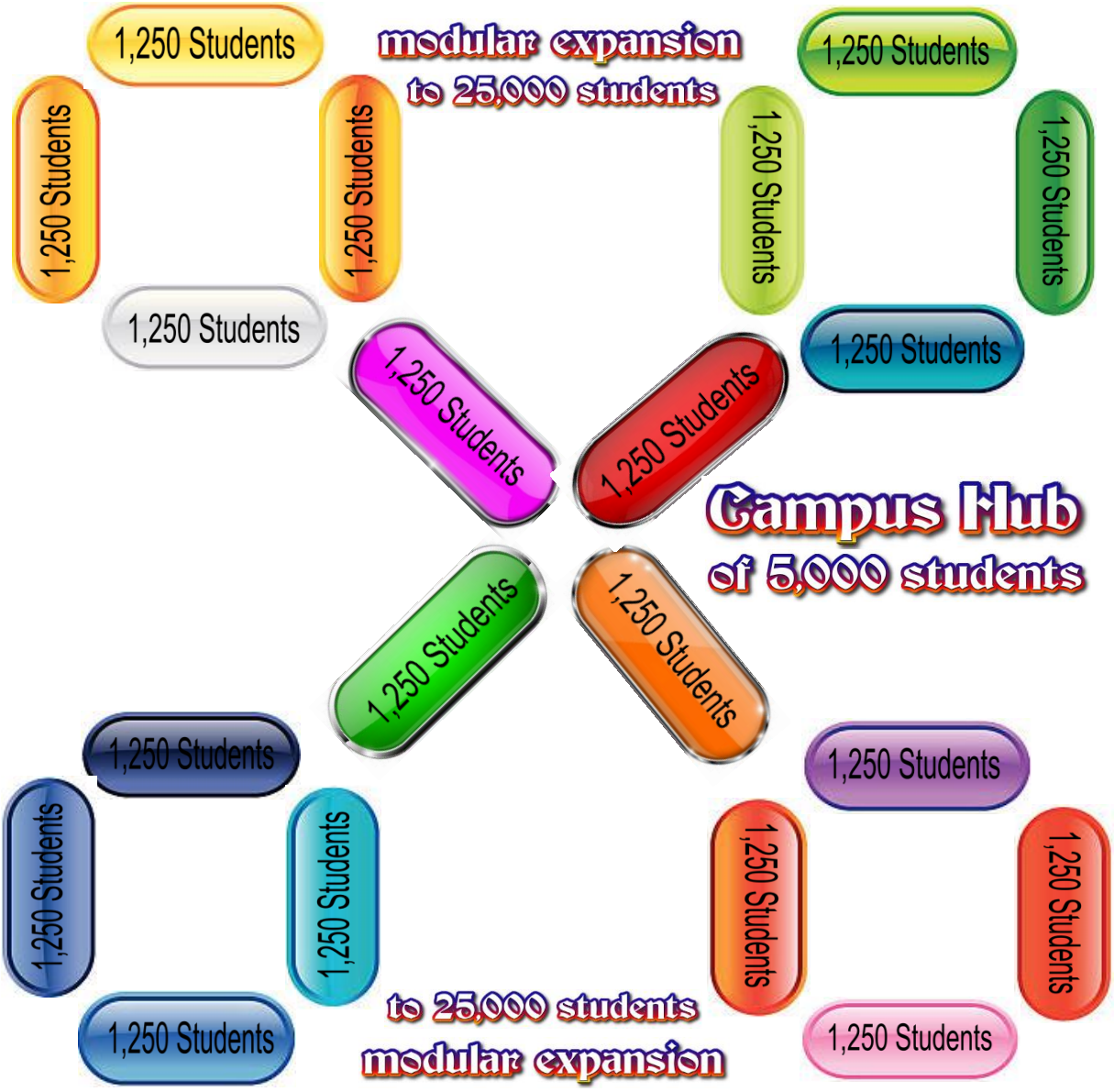
SOCIAL WORK AND COUNSELLING

SPORTS AND EXERCISE SCIENCE

COMMERCIAL IN CONFIDENCE

PASCAS UNIVERSITY

Campus Hub



CHALDI TAFE COLLEGE

Technical and Further Education

Building and construction

Child care

Sports and fitness

Technology, information and networking

Nursing and health

Creative

Agriculture and horticulture

Automotive

Business, justice and management

Community services

Hospitality and cookery

Beauty and hairdressing

By location

Online courses

Apprenticeships

TAFE at School

COMMERCIAL IN CONFIDENCE

Craft Creations

Fiber art

Oil painting

Magic

Papermaking

Patchwork

Taxidermy

Creative writing

Metalworking

Web design

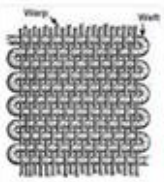
Cardmaking

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

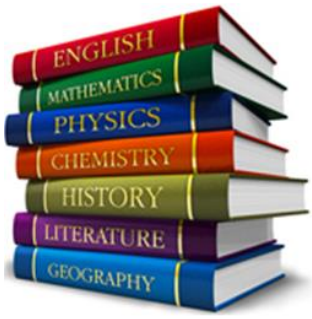
COMMERCIAL IN CONFIDENCE

CHALDI COLLEGE

Primary thru to High

"Feelings First"

Children Tutoring Each Other!



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Tutoring

kids teaching kids

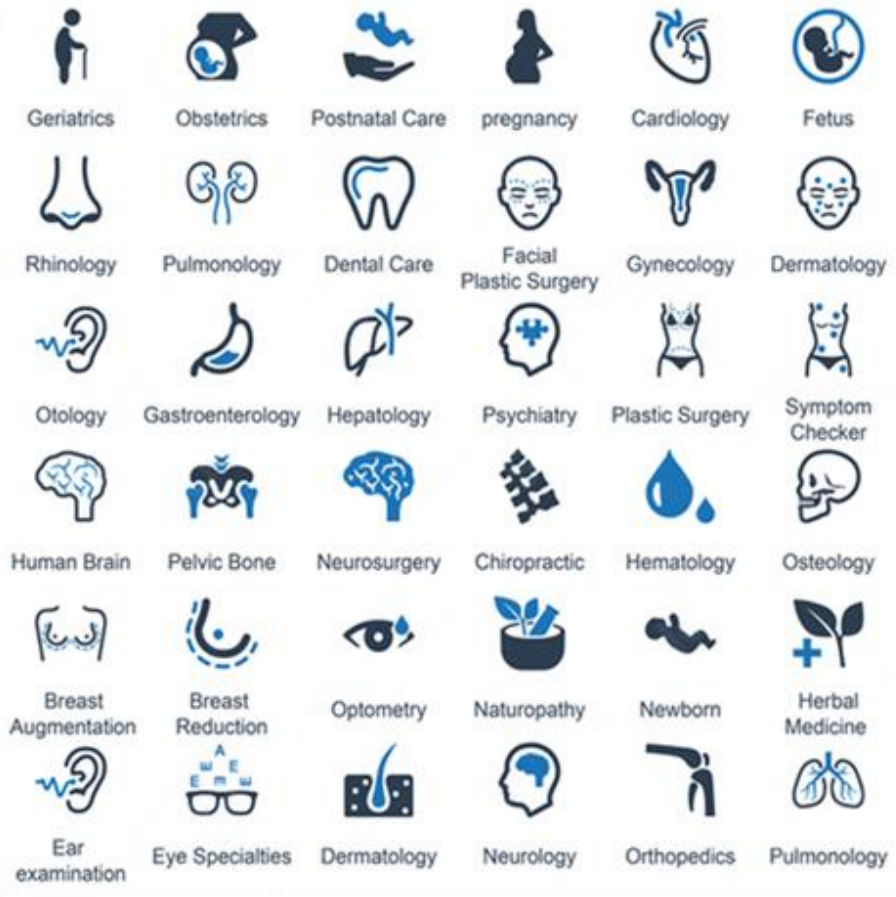
Natural Self Expression!

COMMERCIAL IN CONFIDENCE

Pascas Care Hospital

Pascas Care Medical Clinic

Medical Specialties



Pascas Care
MEDICAL CENTRE

COMMERCIAL IN CONFIDENCE

PASCAS REGIONAL CENTRES:

UNIVERSITY

SCHOOL

TECHNICAL

TAFE

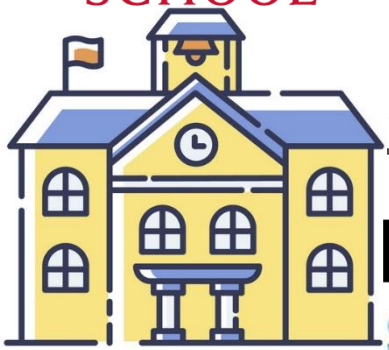
Craft Creations

MOVIE STUDIOS

Journey of Humanity

Community

THE VILLAGE PARADISE



AFFORDABLE HOUSING

Homelessness

SOCIALHOUSING

Centre

Early Learning Centre

NEW BIOSPHERE AGRICULTURE

Innovations
and much more!

Diagnostics Centre

HOSPITAL

Dental Care

X-RAY

MEDICAL CENTRE

OPERATION THEATRE

WE ARE ALL BEING PLAYED

DIVIDE & CONQUER: IF THEY KEEP US FIGHTING WITH EACH OTHER, WE WILL NEVER FIGHT THE TRUE ENEMY... **THE ESTABLISHMENT**!

DIVIDE AND CONQUER MECHANISMS:

Skin Colour / Tone Bigotry
Class & Social Structures
Borders & National Cultures
Militarism is all Wrong
Language Divides
Societal Customs & Practices
Financial Enslavement
Debasement of Education
Professional Snobbery
Sexual Preference Bigotry
Assumptions Err 98% of the time
Political Division
Mind-Centrism Stagnation
Religious Bigotry
Mind Control Addiction
Mind Untruth Addiction
Institutional Controls
Leadership Propaganda & Lies
Parental / Teacher / Religion / Employer / Government Suppressions
Potable Water Security
Food Security
Safe Shelter Security
Universal suppression of all peoples by covert controllers
Living Mind Centric is prohibiting spontaneity & freedom
Living Feelings First is living in truth & freedom !
Women Liberating
Childhood Suppression to end

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.

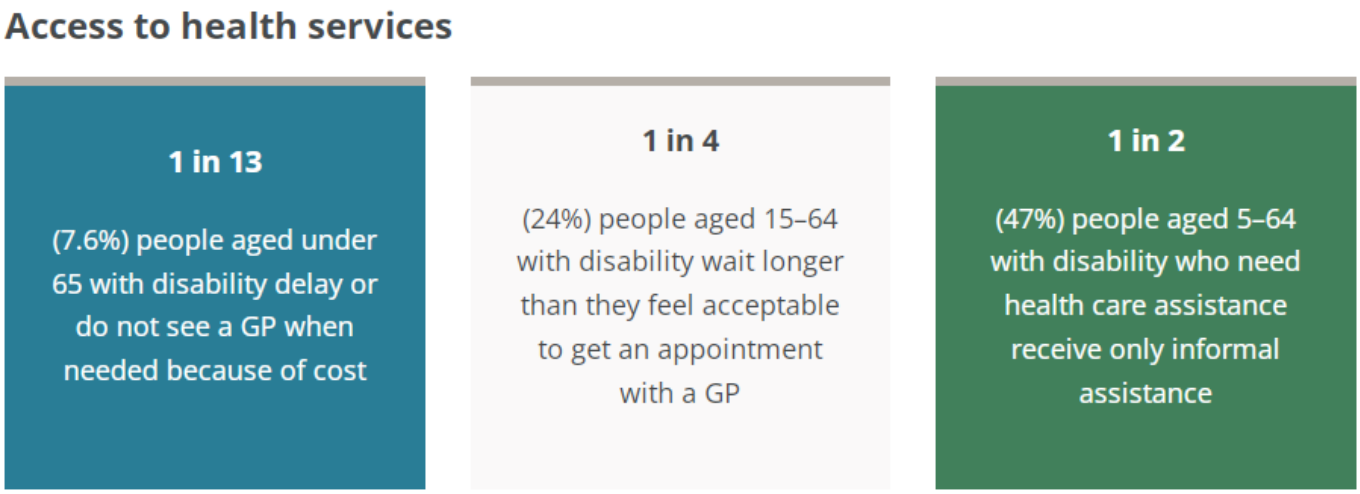
New Feelings Way: learning how to live true to ourselves by living true to our feelings.

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.

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

COMMERCIAL IN CONFIDENCE

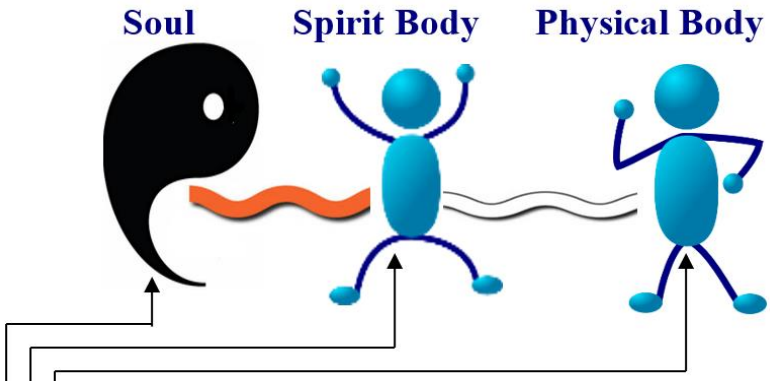
The term "medically disabled" refers to **disability based solely on impairment(s) which are considered to be so medically severe as to prevent a person from doing any substantial gainful activity**.

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



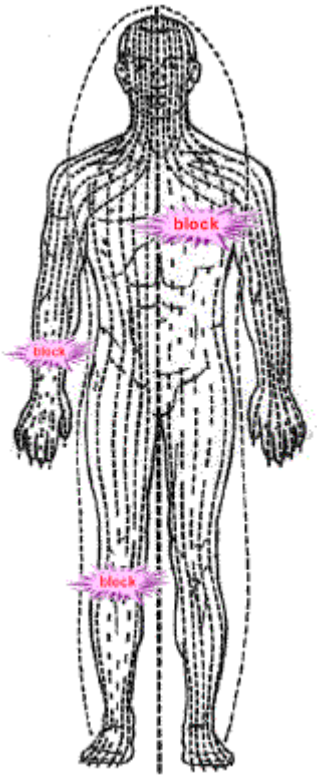
ALLOPATHIC – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven. Symptoms are suppressed – no healing!

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

COMMERCIAL IN CONFIDENCE

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.

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COMMERCIAL IN CONFIDENCE

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.

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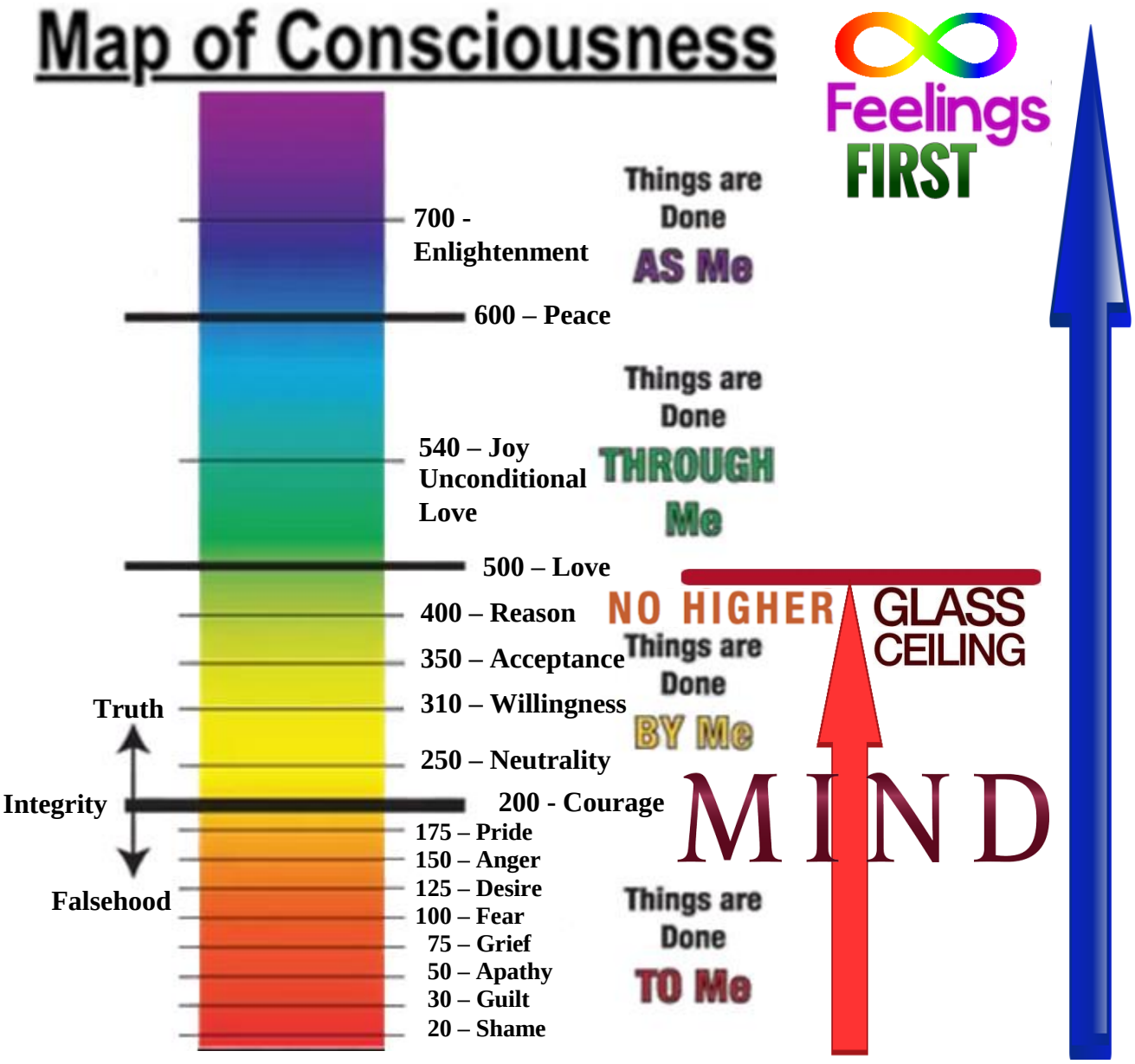

This outline of the Map of Consciousness spells out the fact that while we live Mind-Centric and ignore and suppress our Feelings we cannot pass 499 MoC. Our mind being in control, as we have all been indoctrinated to live, is a glass ceiling. Humanity cannot heal anything, cannot be spontaneous, has 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?

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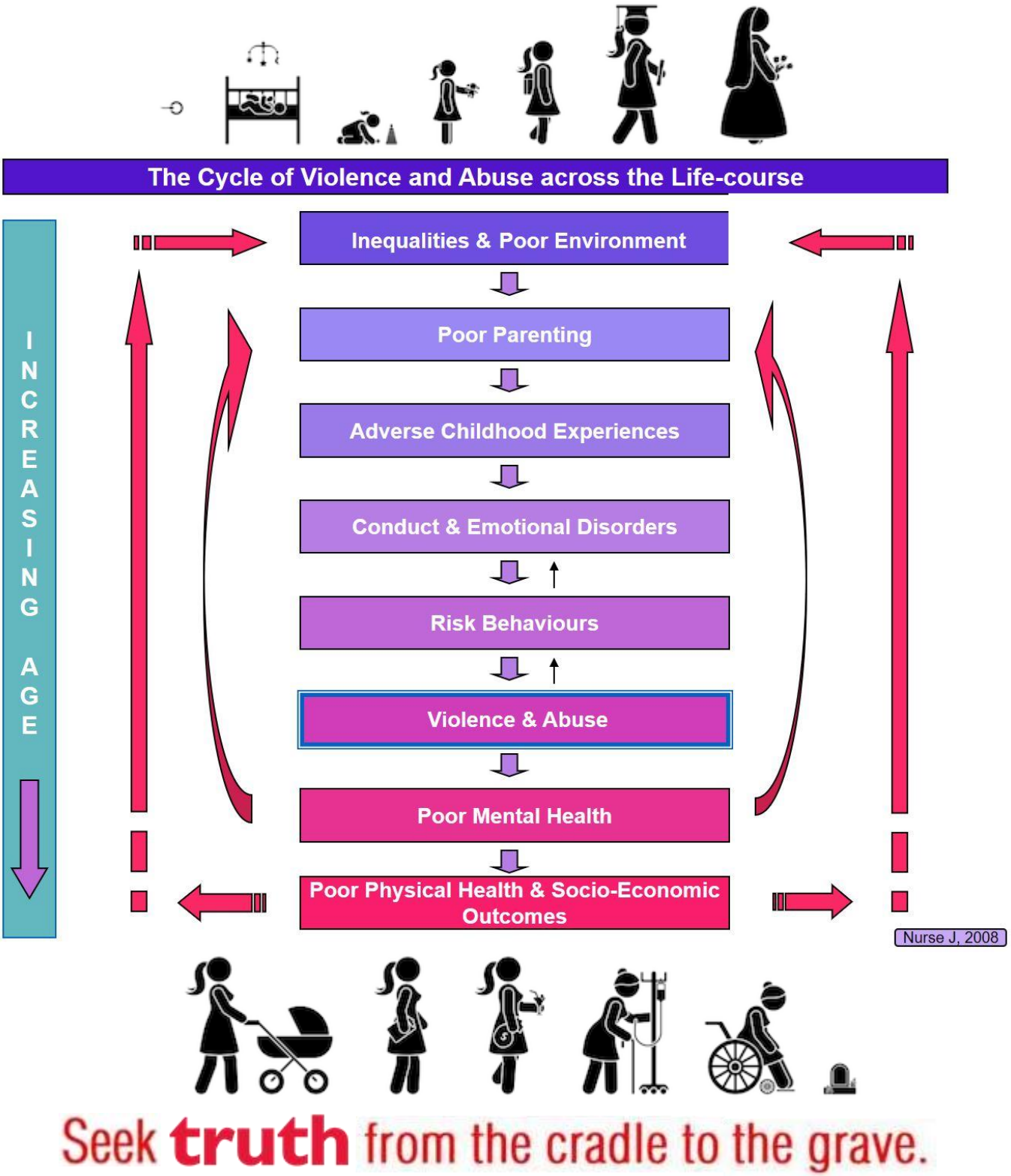
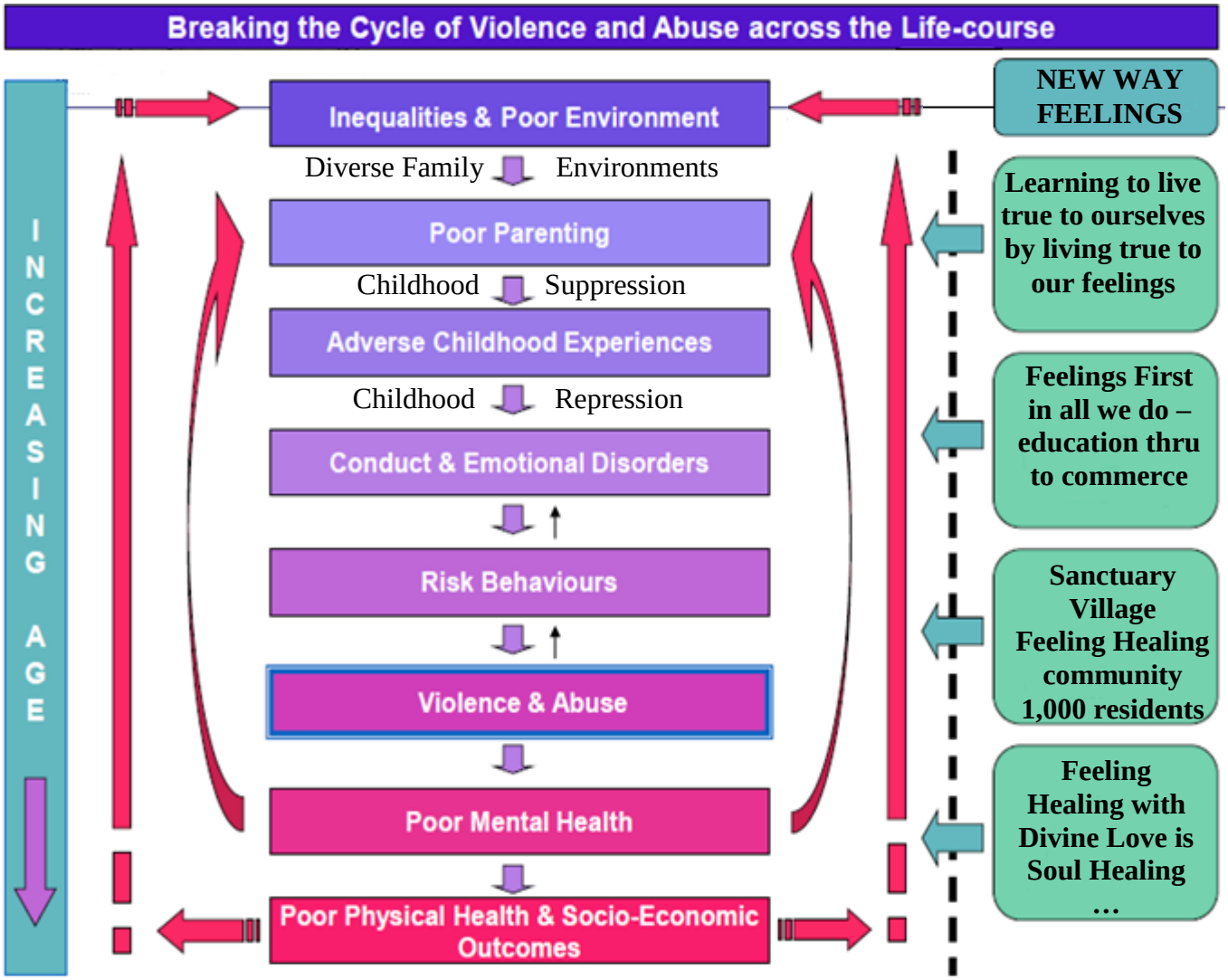
LIFE IS FOR LEARNING

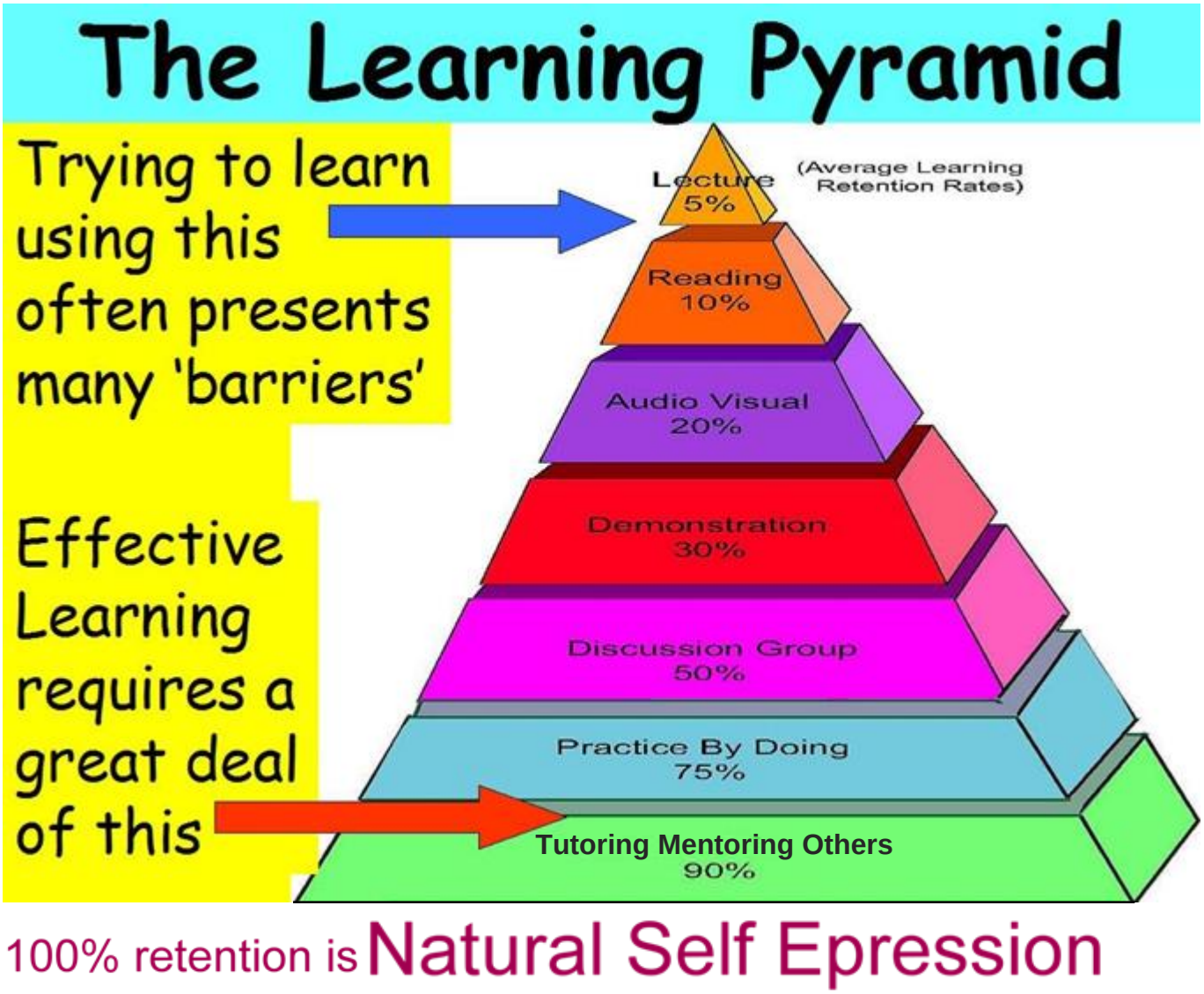


Seek **truth** from the cradle to the grave.

COMMERCIAL IN CONFIDENCE



Childhood Suppression is the underlying cause of all physical illness and social issues seen throughout society.



Correlation of Levels of Consciousness – Soul Condition – and Society Problems				
Level of Consciousness	**Rate of Unemployment**	**Rate of Poverty**	**Happiness Rate "Life is OK"**	**Rate of Criminality**
600 +	0%	0.0%	100%	0.0%
500 - 600	0%	0.0%	98%	0.5%
400 - 500	2%	0.5%	79%	2.0%
300 - 400	7%	1.0%	70%	5.0%
200 - 300	8%	1.5%	60%	9.0%
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

From our head to our toes, what our feelings say goes!

Feelings, good and bad, are to be expressed.

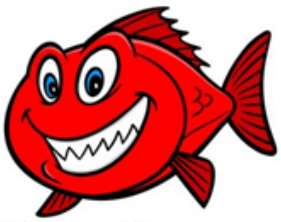
Talk it Out!

Heartfelt feelings are our truth.

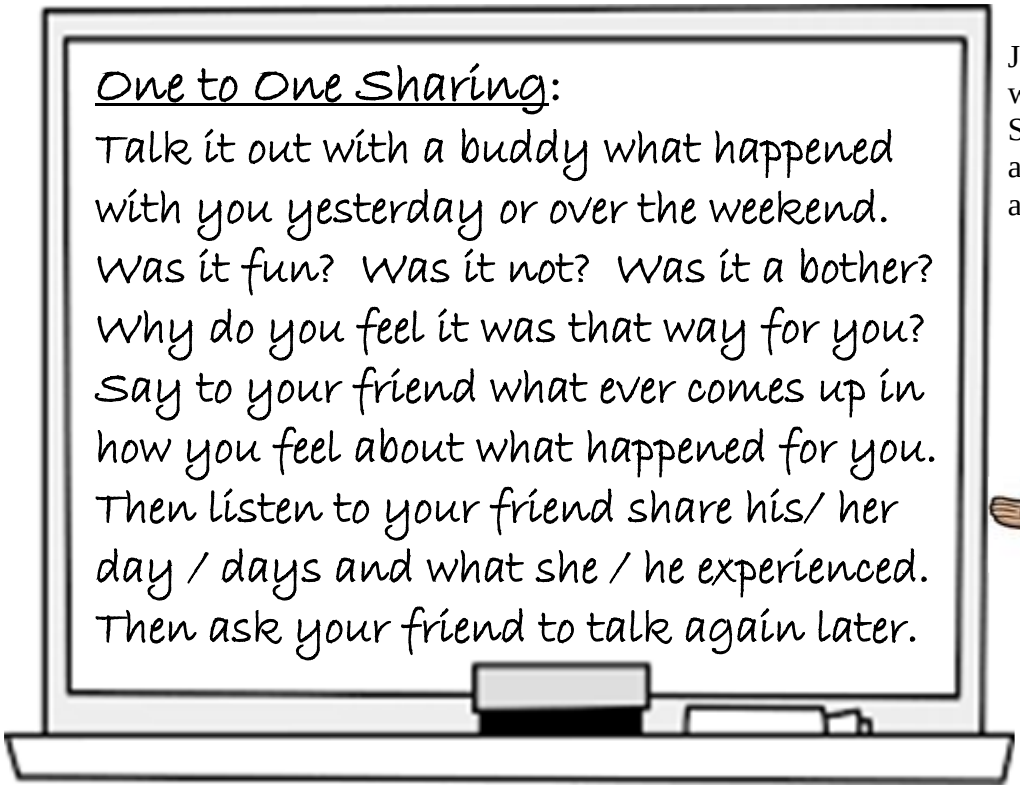
LONG to KNOW ABOUT what you are FEELING!
Long to understand the truth behind
what your feelings are pressing upon you.

Ask to know the truth about that which you feel.
It is knowing the truth of that
which you feel that sets you free!

Always be true to your feelings
because they are your truth
and truth is love and our way home!



Express your feelings to those who matter to you.
Suppressed feelings bring about pain and illness.
Talk it out to a friend!



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

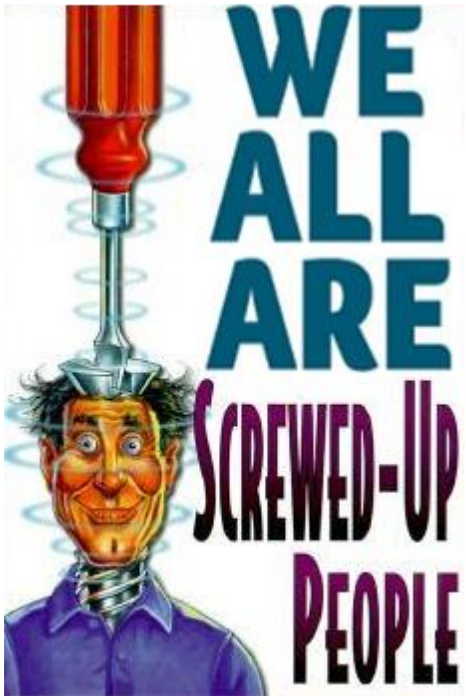
COMMERCIAL IN CONFIDENCE

MIND IN CONTROL
This is how it is!
FEELINGS FRIED

Great U-Turn

Feelings
in Control
This is how it is to be!
Mind in Support

Consider asking yourself this question: Who hurt me when I was a child?



THE SCRATCH

"All that we need to know is within us all. We need to long for the truth behind that which our feelings are bringing our attention to. Behind each feeling there will be another and even more truth of ourselves to be embraced. We have been misled for aeons and now we can excel and blossom as we are intended to do so. Our potential is infinite."

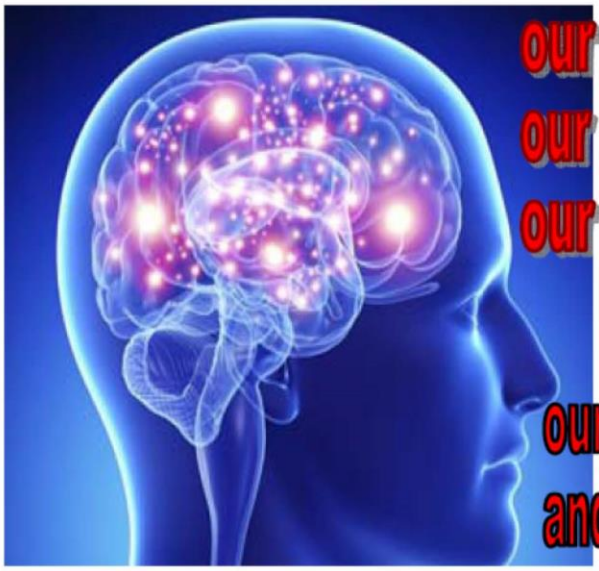
John the Typist

It is time for us all to bring our mind into balance with our feelings and open our pathway to the potential within each of us. Few recognise the difficulties that being mind-centric cause each of us. We literally worship our minds while suppressing our feelings and our true personality. We act upon assumptions that are around 98% of the time just wrong. We may start a conversation with "I think" meaning it is an assumption rising from our minds and then have a meaningless discussion!

We are truth seekers. Our life is about experiences and the feelings that arise from each such experience. Our physical existence is the commencement of our journey through our local system, local constellation, then out through our local universe and then all the way to Paradise, the home of our Heavenly Mother and Father. We each will excel in our own way and time.

Now is the greatest time in the history of humanity for it has now been revealed to us by higher level spirit personalities as to how we are to live, should we so choose to. And through these revelations we can now start to address appropriately and progressively all that ails society.

This is what Pascas Foundation brings to all the peoples of the world – revelations of **TRUTH!**



our MIND is a CONTROL ADDICT!
our MIND is addicted to UNTRUTH!
our MIND cannot discern TRUTH!

our MIND is within our SPIRIT BODY
and orchestrates our physical BRAIN.

ASSUMPTIONS are the product of our MIND!

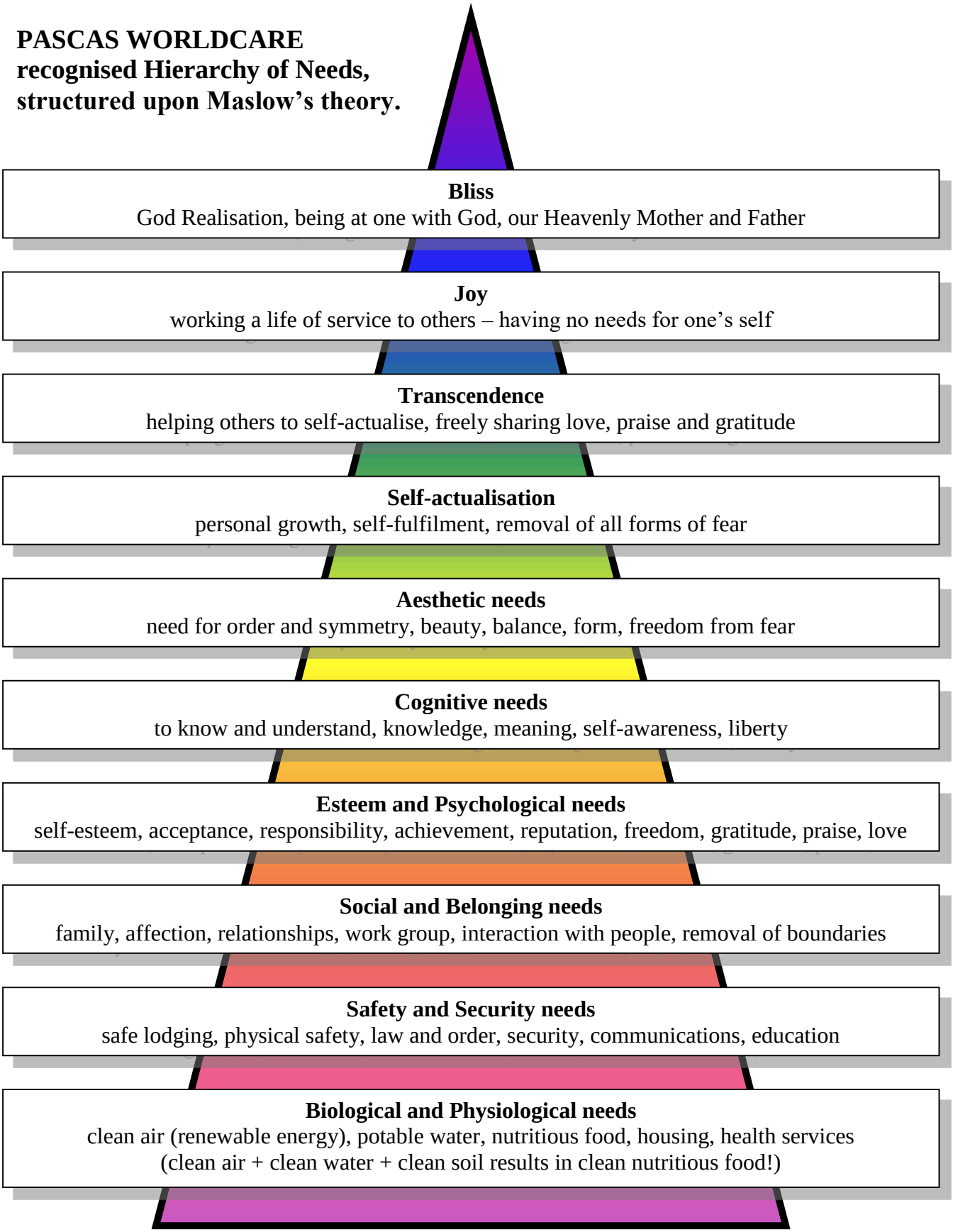
HEALING ends MIND-CONTROL!

our SOUL is our TRUTH!
our FEELINGS are our TRUTH!
FEELINGS FIRST, mind to follow!

all we need is WITHIN.
our MIND suppresses FEELINGS.

SUSTAINABLE DEVELOPMENT GOALS

PASCAS WORLDCARE
recognised Hierarchy of Needs,
structured upon Maslow's theory.



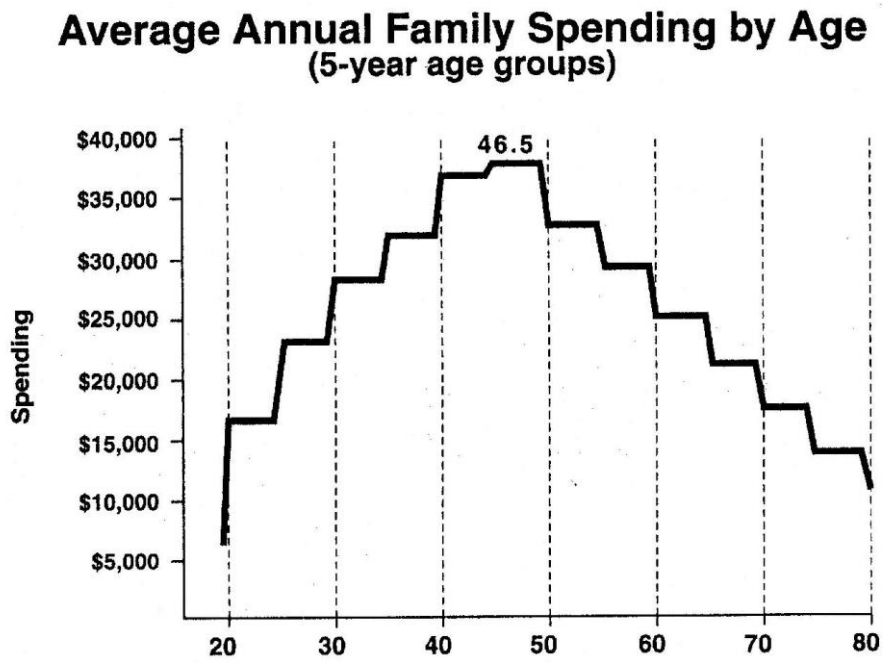
COMMERCIAL IN CONFIDENCE

MARKETING CONCEPT:

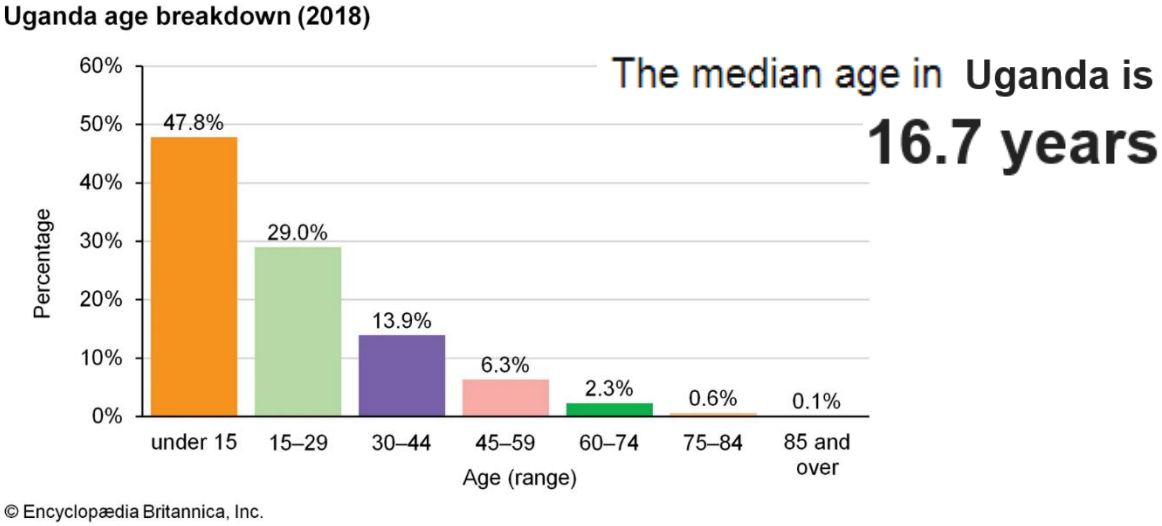
Career paths focused upon herein:
Education and Teaching
Nursing, Health and Medical
Agriculture and Food Security

Accounting and Finance
Administration / Reception / Secretarial
Advertising / Grapic Design / Events
Airlines / Aviation / Aerospace / Defense
Architecture
Automotive
Banking
Bilingual
Business Planning
Care Giving and Child Care
Cleaning and Housekeeping
Construction / Building / Installation
Counseling
Courier / Delivery / Transport / Drivers
Customer Service and Call Center
Electrical and Electronics Trades
Engineering
Environmental
Executive and Management
Facilities / Maintenance / Repair
Factory and Manufacturing
Fashion and Apparel
Fitness / Hair / Beauty
Food / Hospitality / Tourism / Catering
Fundraising and Non Profit
Gardening / Farming / Fishing
Government and Defence
Health and Medical
Human Resources
Import and Export
Independent Jobs
Information Technology
Insurance
Law Enforcement / Security / Fire
Legal
Marketing
Media / Broadcasting / Arts / Entertainment
Oil / Gas / Energy / Mining
Pet Care
Pharmaceutical and Biotechnology
Photography
Public Relations
Publishing and Printing
Purchasing and Inventory
Quality Control and Compliance
Real Estate
Recreation and Sports
Sales Retail and Wholesale
Science and Technical Services
Teaching / Education
Telecommunication

BUYER TRENDS – Patterns within societies:



Uganda
median age is
16.7 years



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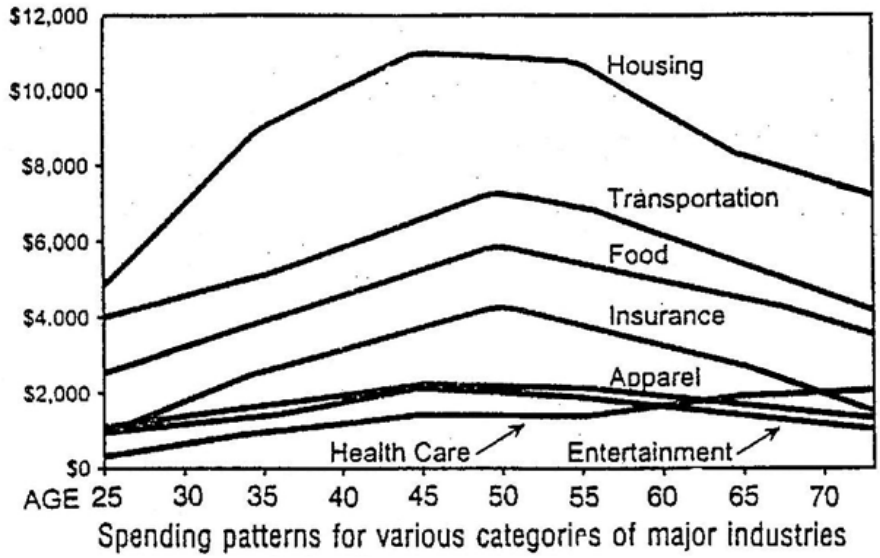
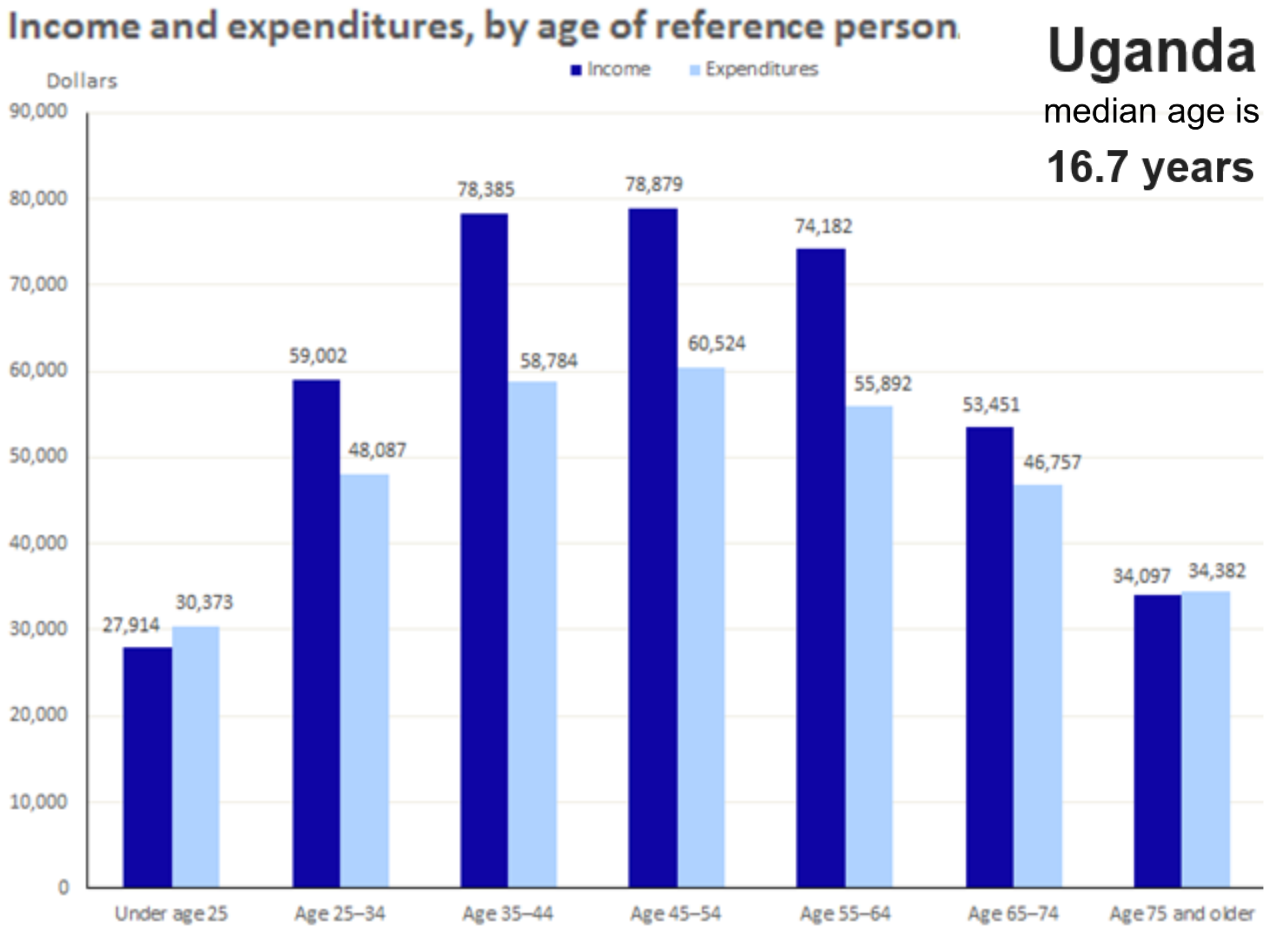
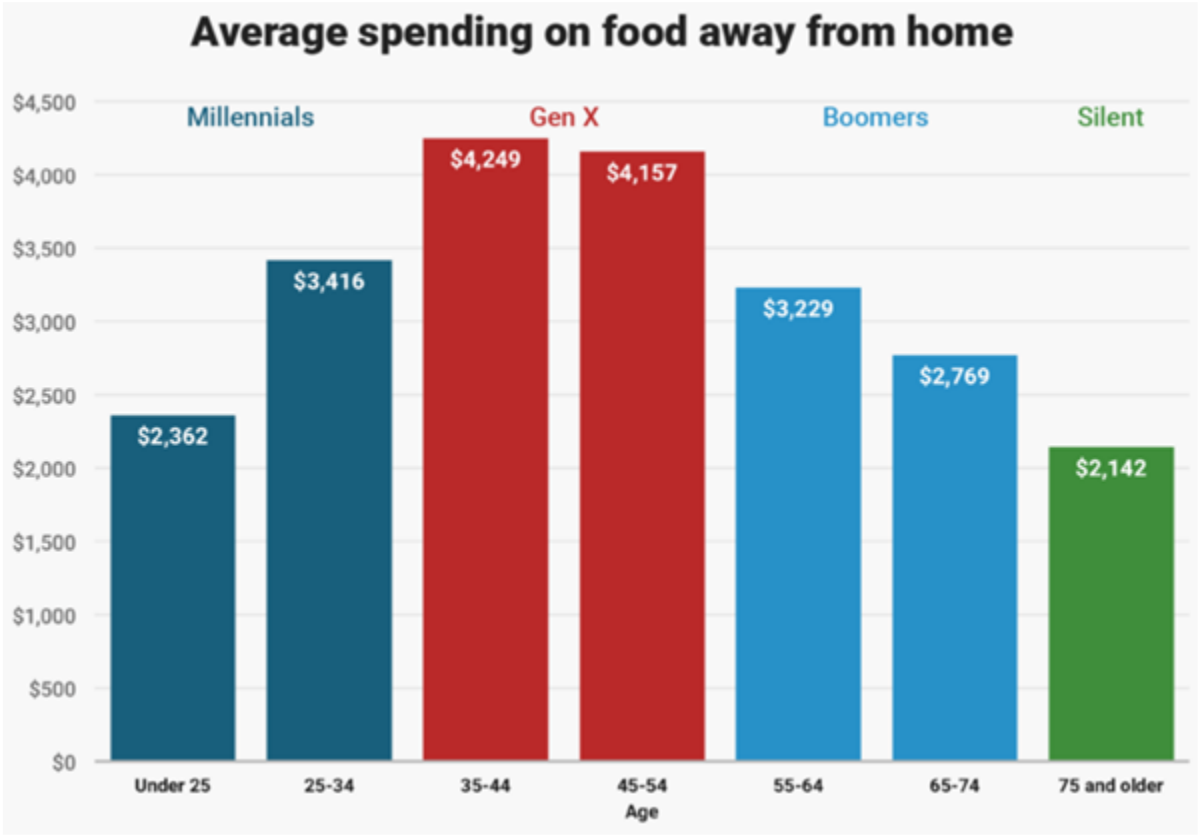
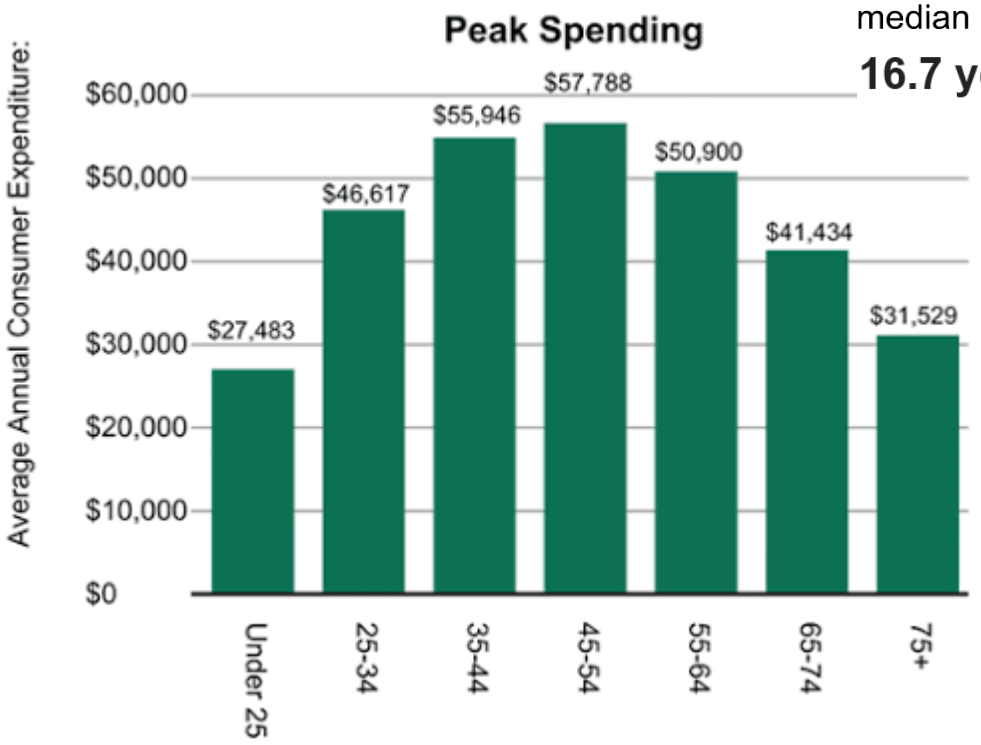


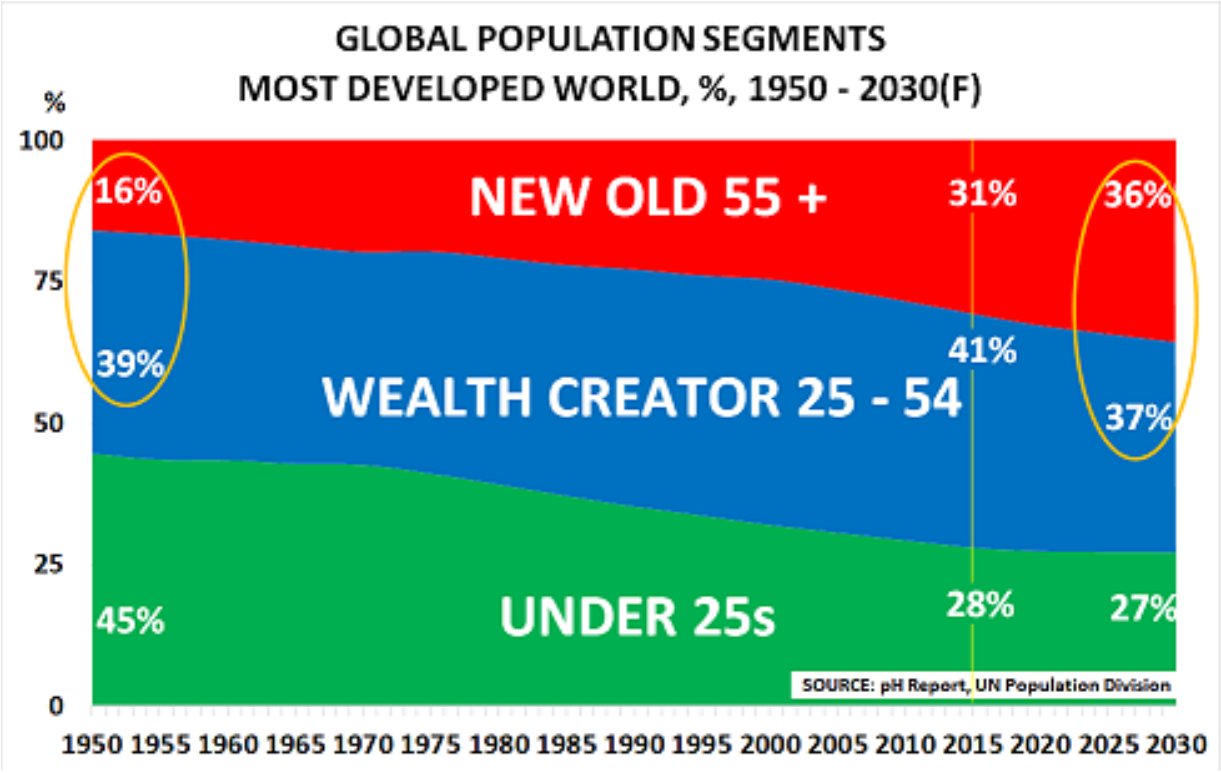

Income and expenditures, by age of reference person
Uganda
median age is
16.7 years
Dollars
Income
Expenditures
90,000
80,000
70,000
60,000
50,000
40,000
30,000
20,000
10,000
0
27,914
30,373
59,002
48,087
78,385
58,784
78,879
60,524
74,182
55,892
53,451
46,757
34,097
34,382
Under age 25
Age 25–34
Age 35–44
Age 45–54
Age 55–64
Age 65–74
Age 75 and older


Average spending on food away from home
Millennials
Gen X
Boomers
Silent
$4,500
$4,000
$3,500
$3,000
$2,500
$2,000
$1,500
$1,000
$500
$0
$2,362
$3,416
$4,249
$4,157
$3,229
$2,769
$2,142
Under 25
25-34
35-44
45-54
55-64
65-74
75 and older
Age

These observations being relevant within every society:
This is not Uganda – but a developed economies profile as indicative.

Uganda
median age is
16.7 years



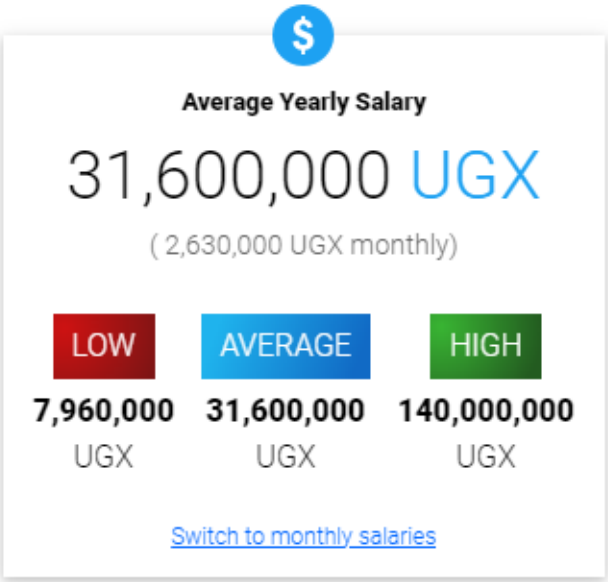


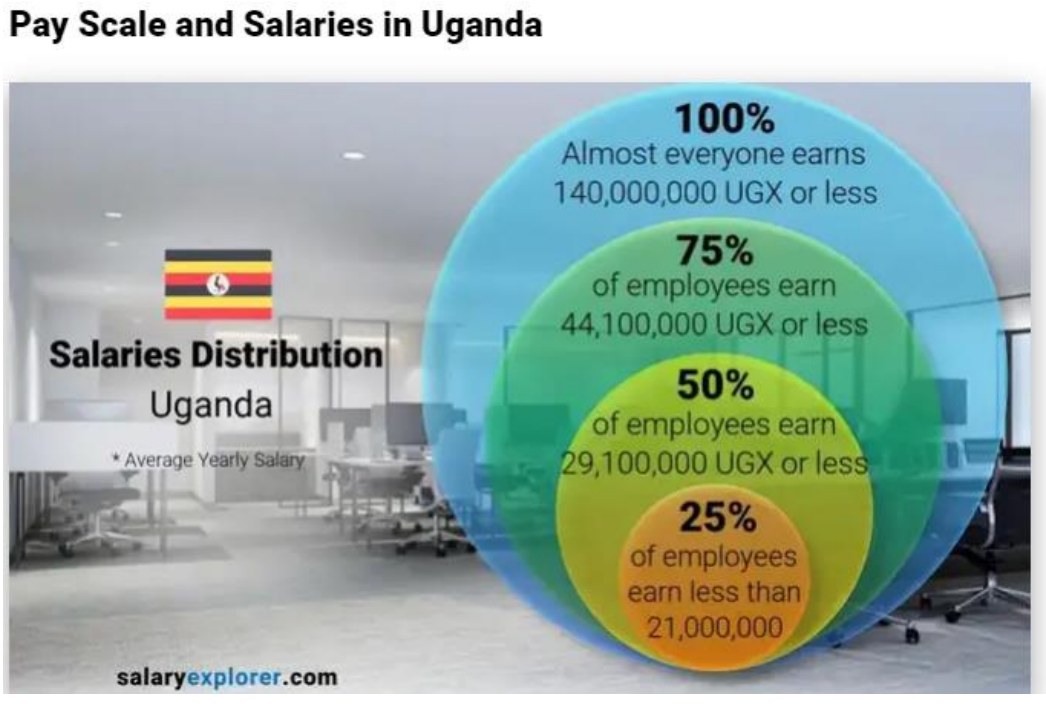
UGANDA SALARY EXPLORER

A person working in **Uganda** typically earns around **31,600,000 UGX (USD 8,800)**. Salaries range from **7,960,000 UGX (USD 2,200)** (lowest average) to **140,000,000 UGX (USD 39,000)** (highest average, actual maximum salary is higher).

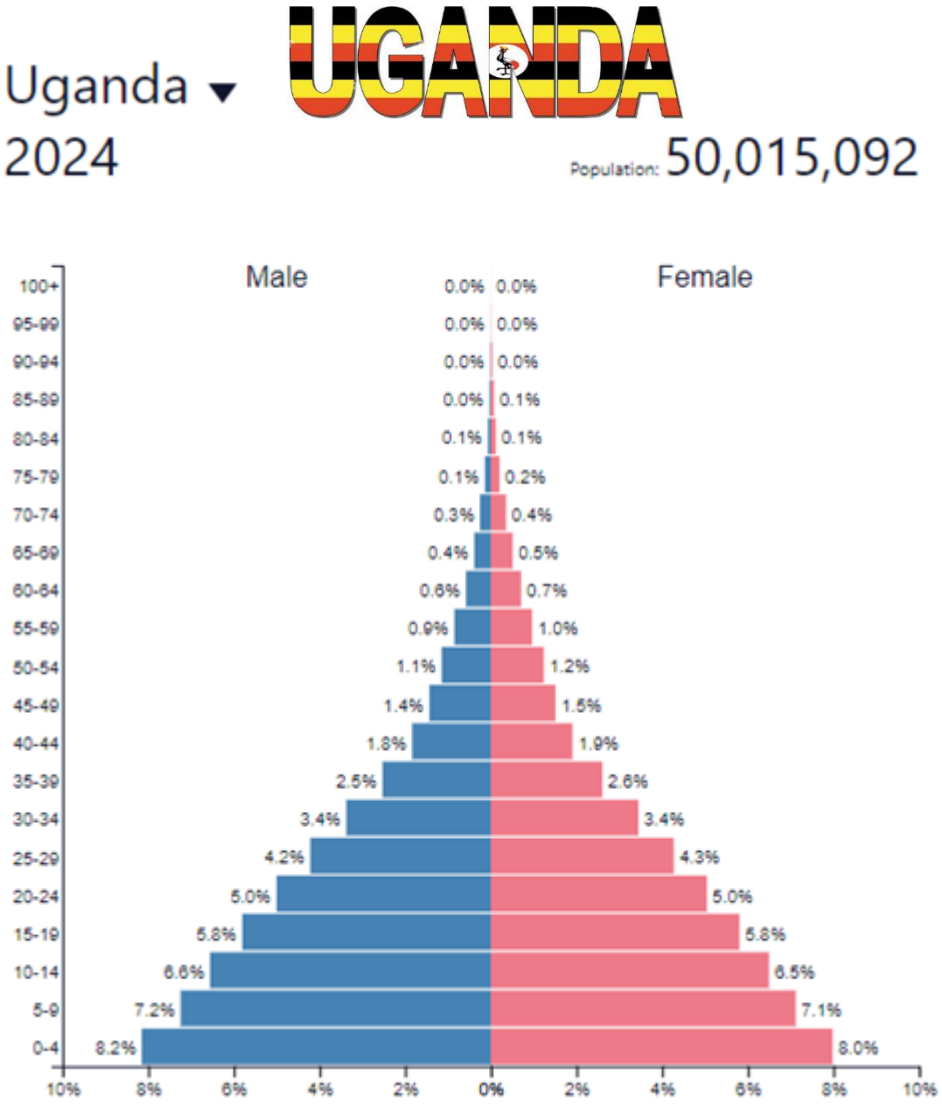
Salary Variance

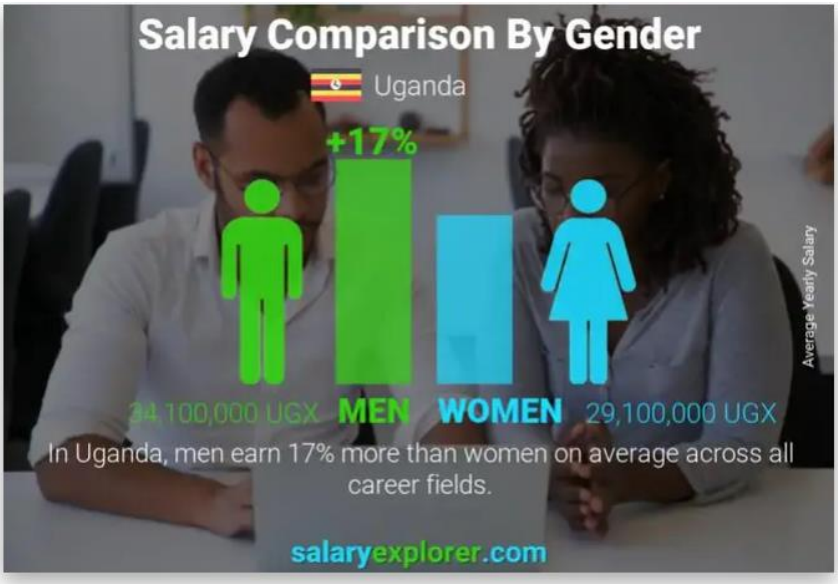
This is the average salary including housing, transport, and other benefits. Salaries in Uganda vary drastically between different careers.





The percentage of the male population is 49.6%, compared to 50.4% of the female population.





Average Salary in Uganda

https://www.timecamp.com/average-salary/uganda/

1. Average Wages

The concept of average wages in a country serves as an indicator of the economic health and the living standards within that country. When discussing the average salary in Uganda, it is essential to consider the wide variations in income that exist across different sectors, regions, and levels of professional experience. As of the latest available figures, the average salary in Uganda typically falls at a lower spectrum when compared with global standards. Despite this, there has been a progressive increase over the years due to economic development and the gradual transformation of the employment landscape.

In Uganda, the average monthly salary can greatly vary depending on the aforementioned factors. However, estimates suggest that the average monthly salary hovers around UGX 1,000,000 (US$261) to UGX 2,500,000 (US$653). It is important to note that this figure can be deceiving as a significant portion of the working population in Uganda earns considerably less than this amount, particularly those employed in informal sectors or in rural areas where wage structures are not well defined.

The government institutions and formal private sector often offer higher salaries compared with the informal work, which is common in Uganda. Moreover, skilled professionals and those working for international organisations or corporations may receive significantly higher earnings than the national average, skewing the overall perception of the average salary in Uganda.

When analysing wage data, it's crucial to consider the median income as well, which narrows down the middle point of income distribution and sometimes provides a more accurate picture of what most people earn. In many cases, the median salary will be lower than the average salary due to the influence of high earners on the calculation of the average.

Understanding the disparities within the average monthly salary and median income is vital for evaluating the standard of living and economic opportunities available to different segments of the Ugandan population. For expatriates and foreign workers, the average salary in Uganda might be different, often reflecting the rates dictated by international markets and allowances provided to compensate for living abroad.

Overall, while the average wages in Uganda have shown signs of improvement, there remains a considerable challenge in ensuring that economic growth translates into equitable wage increases for all sections of the workforce. This drive for increased average earnings is critical in uplifting the livelihoods of many Ugandans and fostering a more inclusive economy.

2. Factors that Influence Salaries in Uganda

In Uganda, as in any other country, salaries are influenced by a variety of factors. Understanding these can provide insight into the dynamics of the job market and the economic forces at play. Here's an overview of the factors that typically impact earnings in Uganda:

- **Educational Attainment:** Generally, individuals with higher education levels tend to earn more. Uganda is no exception; workers with diplomas, degrees, or higher qualifications often have access to better-paying jobs.
- **Experience and Skills:** Experience level is another significant determinant of income. Professionals with several years of experience or specialised skill sets are likely to command higher salaries.
- **Industry and Sector:** Salaries vary greatly across different industries. Sectors such as telecommunications, finance, and international NGOs often offer higher wages than agriculture or local small-scale businesses.
- **Location:** The cost of living and prevailing wage rates differ between urban and rural areas. People working in cities like Kampala usually have higher salaries in comparison to those in rural zones.
- **Supply and Demand for Labour:** Sectors with a high demand for labour but a short supply of skilled workers may offer higher wages in order to attract the needed talent.
- **Government Policies:** The government regulation and tax policies can also affect salary scales. Minimum wage legislation and labour laws contribute to the determination of wage floors in certain sectors.
- **Gender:** Unfortunately, gender disparities can also influence salaries, with women often earning less than men for similar roles, a topic that is discussed in more detail in the "Gender Wage Gap" section.
- **Company Size and Profitability:** Larger companies or those with higher profitability margins might pay their employees more than smaller enterprises or less profitable ones.
- **Trade Unions:** The presence and strength of trade unions can influence wages as well. In sectors where unions are strong, collective bargaining often leads to better wages and working conditions for employees.
- **Inflation:** Economic inflation can impact salaries, as companies may increase wages to help employees cope with the rising cost of living, though this is not always the case.
- **Foreign Investment:** In sectors with substantial foreign investment, wages may be driven up as they often adhere to international salary standards.

The interplay of these factors results in a dynamic and complex salary landscape in Uganda. Different groups of workers will be affected in varying degrees by each of these factors, leading to the wage disparities seen across the employment spectrum. As the country continues to develop, it's possible that new factors will emerge and existing ones will evolve, further influencing the salary structures in Uganda.

3. Minimal Wages (Monthly and Hourly)

The concept of a minimum wage is designed to protect workers from unduly low earnings, ensuring they can afford basic living necessities. In Uganda, the situation regarding minimum wages is somewhat unique. As of the latest updates, there's no universally applicable statutory minimum wage that has been enforced across all sectors. The last fixed minimum wage in Uganda was set in 1984 and has not been revised since then. It stands at a nominal amount of UGX 6,000 per month (US$1.67).

Despite this, there are efforts and discussions ongoing to revise and establish a more realistic minimum wage. Certain sectors, especially those that are unionised or that have collective bargaining agreements, may stipulate their own minimum wage standards that are higher than the outdated legal rate. For example, private security guards and teachers in private institutions sometimes have specific minimum wage agreements in place.

In absence of a well-defined minimum wage law, there's a significant discrepancy in what is considered acceptable as the lowest salary. Workers in informal sectors and rural areas can earn much less than those in urban areas and formal employment.

Given the lack of a standardised hourly minimum wage, it is equally challenging to establish an average hourly rate for Ugandan workers. Those in casual labour are often paid on a daily or piecework basis, making it hard to calculate a consistent hourly wage. For formal employment, if one were to consider the

nominal monthly minimum wage of UGX 6,000 (US$1.67) and assume a standard working schedule of 40 hours per week, the hourly wage would be absurdly low, reflecting the need for updated minimum wage legislation.

It is essential to note that the cost of living in Uganda varies significantly between urban and rural areas. This means that the livelihoods of those earning minimal wages are challenged, particularly in cities where the cost of living is higher.

The national debate on minimum wage continues to be a contentious issue, with various stakeholders, including government bodies, employers, and workers' representatives, providing differing views. The establishment of a fair and economically sustainable minimum wage is seen as crucial by labour advocates to provide workers with a dignified standard of living and to stimulate domestic consumption, which in turn could aid economic growth.

Until a new minimum wage is set, many workers in Uganda must rely on their negotiating power, the intervention of trade unions, and the goodwill of employers to receive wages that meet their basic needs.

4. Gender Wage Gap

In Uganda, as in many other parts of the world, the gender wage gap remains a critical issue that underscores the economic disparities between men and women. This gap refers to the difference in average earnings between male and female workers, often expressed as a percentage of men's earnings for comparison.

Several factors contribute to the gender wage gap in Uganda, including occupational segregation, educational level differences, work experience, and societal norms that influence the gender roles. Additionally, women often find themselves in part-time or informal employment, which typically offers lower wages and less job security than formal, full-time positions.

Women in Uganda also tend to have more family and household responsibilities, which can limit the time and opportunities they have to engage in paid work or to pursue higher-paid positions. Moreover, sectors dominated by women workers, such as education, healthcare, and hospitality, usually pay less than those fields where men are more prevalent, like construction, manufacturing, and transportation.

- **Lack of Access to Higher-Paying Roles:** Women are often underrepresented in senior management roles and in STEM (Science, Technology, Engineering and Mathematics) fields, where salaries are generally higher.
- **Gender Discrimination:** Biases in hiring, promotion, and salary decisions can further widen the wage gap. Even with similar qualifications and experience, women may be offered lower starting salaries or passed over for promotions.
- **Lower Negotiation Rates:** Research suggests that women are less likely to negotiate their salaries, which can result in lower lifetime earnings.
- **Legislative and Policy Gaps:** Inadequate legal frameworks and policies to address equal pay for work of equal value and to combat gender discrimination in the workplace can perpetuate the wage gap.

The gender wage gap is not only a matter of social justice but also has broader economic implications. Reducing the wage gap could help to improve the overall economic status of women, increase household incomes, and contribute to poverty reduction.

Efforts to mitigate the gender wage gap in Uganda include promoting women's education and skills development, ensuring better access to childcare, encouraging women to enter traditionally male-dominated fields, and advocating for stronger legal protections and policies that promote gender equality in the workplace.

Monitoring and reporting on gender pay disparities, along with fostering a cultural shift towards equitable treatment, form an essential part of addressing the gender wage gap. While progress has been made, there remains a significant journey ahead for Uganda in achieving income equality between men and women.

5. Highest Paying Occupations

In Uganda's evolving job market, certain professions stand out for offering the highest salaries. These occupations are typically associated with high levels of skill, education, and experience. Here is a list of some of the highest paying occupations in Uganda:

- **Medical Professionals:** Specialised doctors such as surgeons, anaesthesiologists, and obstetricians are among the top earners in the healthcare sector. Their critical roles in saving lives and improving health outcomes place them in high demand.
- **Executive Management:** Chief Executive Officers (CEOs) and other top management positions in major corporations command high salaries due to their significant responsibilities in driving company success.
- **Aviation Professionals:** Commercial pilots and aviation engineers earn high wages, reflecting the extensive training required and the complexities involved in aircraft operation and safety.
- **Engineering Professionals:** Engineers, especially those in petroleum, chemical, and mining sectors, receive substantial compensation, often due to the technical nature of their job and the significance of their industry to the economy.
- **IT and Telecommunications Experts:** With the digital transformation, IT managers, software developers, and telecommunications engineers are increasingly valuable and well-compensated for their expertise in a connected world.
- **Banking and Finance Experts:** Skilled professionals in banking, investment, and insurance, such as investment bankers and financial managers, are well-paid, reflecting the importance of their roles in managing capital and risk.
- **Legal Professionals:** Experienced lawyers and legal consultants, particularly those specialising in corporate law, intellectual property, and international law, are among the high earners in the legal field.
- **Real Estate Managers:** Professionals in property development and real estate investment typically earn high incomes due to the lucrative nature of the real estate market.
- **Education Administrators:** While educators in general may not be the highest earners, individuals in leadership positions at esteemed institutions can command higher salaries.
- **Oil and Gas Sector Professionals:** The discovery of oil reserves has led to increased demand for skilled workers in the energy sector, making this one of the more high-paying fields in Uganda.

These occupations are highly sought after, often require advanced degrees or specialised training, and are key drivers of economic development in Uganda. It's important to note that these high-paying jobs are also accompanied by increased responsibilities and longer working hours.

The availability of such high-paying occupations continues to draw many young Ugandans towards related fields of study. However, these opportunities are concentrated in urban areas, particularly Kampala, and are often limited to those with the necessary qualifications and connections.

6. Annual Average Wage Growth

Understanding the annual average wage growth in Uganda provides insights into the country's economic progress and the evolving purchasing power of its workforce. The growth in average wages can be an indicator of a variety of economic factors including productivity increases, market demand for labour, inflation rates, and overall economic health.

- **Inflation Adjustment:** When discussing wage growth, it's important to differentiate between nominal wage growth and real wage growth. The former does not account for inflation, while the latter is adjusted for changes in the purchasing power of money. Real wage growth gives a more accurate picture of changes in living standards.
- **Economic Development:** As Uganda continues to develop economically, with investments in infrastructure and the growth of sectors like telecommunications and finance, the demand for skilled labour increases, which can lead to higher average wages.
- **Government Policies:** Fiscal policies, including minimum wage discussions and tax reforms, can affect wage growth. Constructive government interventions aimed at economic development often contribute positively to wage growth.
- **Private Sector Growth:** The expansion of the private sector and the entry of multinational companies into the Ugandan market can result in competitive salary offers, driving up the average wage.
- **Productivity Increases:** Productivity improvements within industries can lead to wage growth as businesses are able to generate more revenue per employee. This is particularly notable in the agricultural sector where modernisation can directly influence earnings.
- **Labour Market Tightness:** In areas where there is a shortage of skilled workers, employers may offer higher wages to attract the necessary talent, contributing to average wage growth.
- **Global Economic Trends:** External economic conditions, such as global commodity prices and foreign investment levels, can also influence average wages in Uganda, especially in export-focused industries.

Wage growth in Uganda has varied significantly depending on the economic climate and the sector in question. Some periods have seen stagnation or even a decline in real wages due to economic downturns, political instability, or severe weather events affecting agriculture-based income. Conversely, periods of stability and investment have typically been associated with wage growth.

The service industry and some professional fields, such as IT and finance, have generally experienced more consistent wage growth due to their rapid development and increasing importance in the Ugandan economy. However, uniform wage growth across all sectors and for all workers remains a challenge, with disparities persisting between urban and rural areas, and formal and informal employment.

For long-term sustainable wage growth, there is consensus among economists and policymakers that Uganda needs to focus on value addition in key sectors, diversify its economy to reduce reliance on a few commodities, invest in human capital development through education and skills training, and create an enabling environment for businesses to thrive.

7. Compensation Costs (per hours worked)

Understanding compensation costs per hour worked provides insight into labour costs for employers and the economic value of labour for workers. In Uganda, calculating compensation costs per hour is complex due to a variety of factors including the significant informal sector, lack of standardised working hours in some jobs, and the absence of comprehensive data on wage distribution across different industries. However, we can gain a general understanding of compensation costs by looking at a few key aspects:

- **Wage Levels:** Wages in Uganda vary widely depending on industry, location, and skill level. As mentioned earlier, while certain skilled professions may offer higher wages, the majority of the workforce earns lower wages, particularly in agriculture and informal sectors.
- **Non-wage Benefits:** Compensation also includes non-wage benefits such as healthcare, transport allowances, and housing, which can constitute a significant portion of total compensation in formal employment.
- **Working Hours:** Legal working hours in Uganda are generally capped at 48 hours per week, but actual hours worked can differ, especially in the informal sector where working conditions are less regulated.

- **Overtime Pay:** Overtime compensation varies by employer and is typically governed by employment contracts or collective bargaining agreements in formal sectors. This can significantly impact overall compensation costs.
- **Employer Contributions:** Employers in Uganda are required to make contributions to social security and workers' compensation funds, which add to the total cost of compensation per hour worked.

For formal employment, compensation costs per hour can be derived by considering the total monthly salary and any additional benefits, then dividing by the total number of hours worked in a month. For example, if an employee earns a total of UGX 1,500,000 (US$417) per month, with no additional benefits, and works the standard 48 hours per week, the compensation cost per hour would be approximately UGX 7,812.5 (US$2.17) (assuming 4.33 weeks in a month).

It's also important to note that compensation costs in Uganda are influenced by:

- **Market Forces:** Supply and demand for particular skills in the labour market can drive compensation costs up or down.
- **Economic Policy:** Government policies related to taxation, labour laws, and minimum wage legislation can impact employer labour costs.

Comparatively, Uganda's compensation costs are lower than those of many other countries, reflecting the nation's lower cost of living and different economic structure. Nevertheless, for Uganda to remain competitive and attractive to investors while ensuring fair labour standards, it is essential to establish balanced compensation costs that support both business growth and worker welfare.

8. Comparison with Other Countries

When comparing average salaries in Uganda with those in other countries, it is important to consider factors such as the cost of living, economic development, and purchasing power parity. This gives a more nuanced understanding of how wages in Uganda stack up against those in neighbouring African countries, as well as in more developed economies around the world.

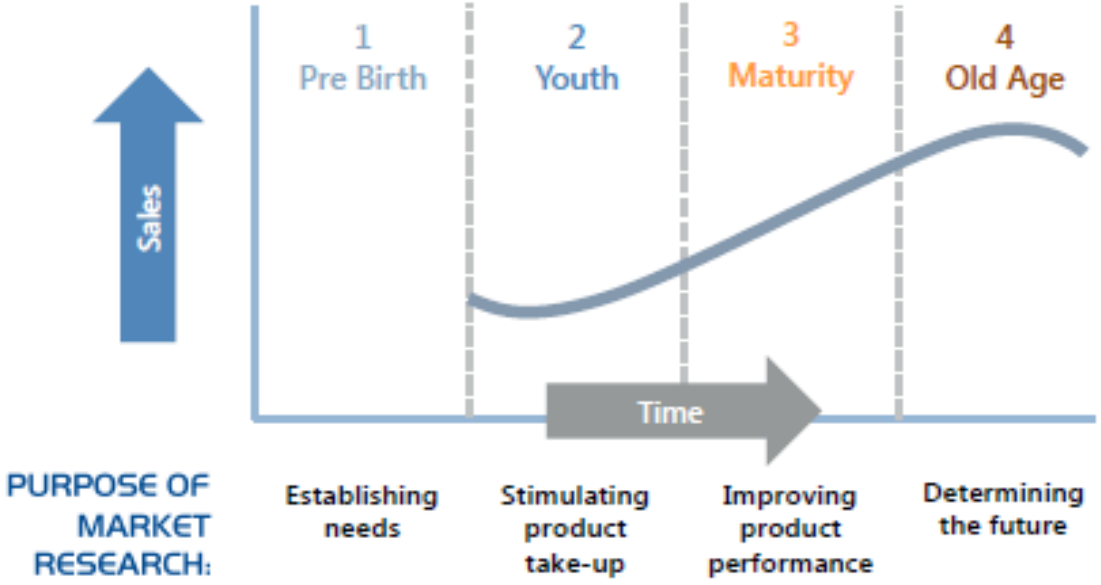
In general, average salaries in Uganda are lower than in most Western countries, which reflects the broader global economic disparities. However, even within the continent of Africa, there are significant differences in average wages. For example, countries such as South Africa and Egypt typically have higher average incomes compared to Uganda.

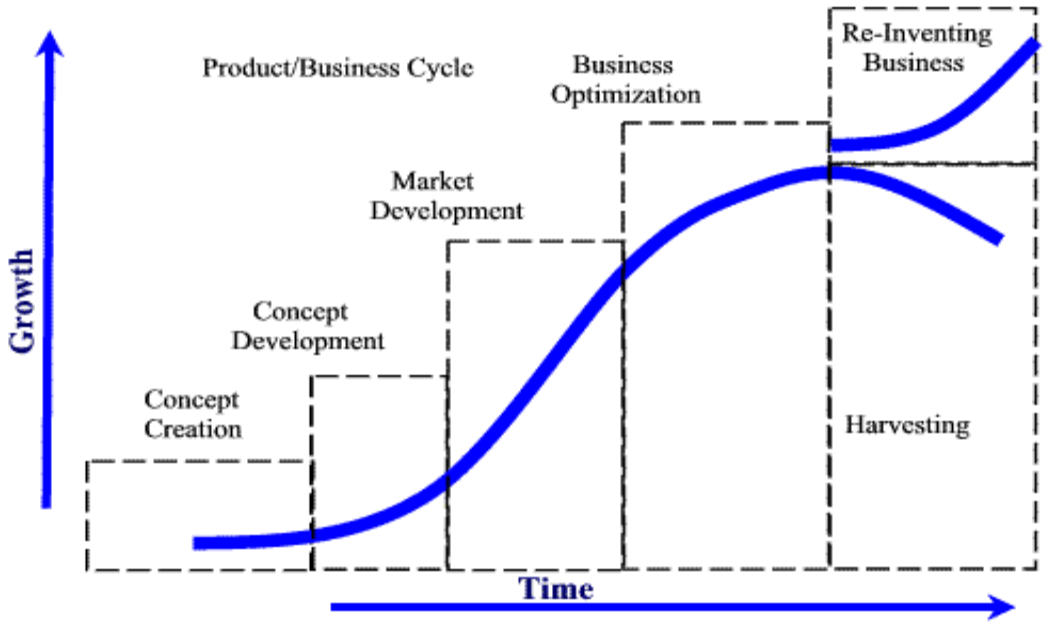
Let's look at a simplified comparison of average monthly salaries across a few selected countries:

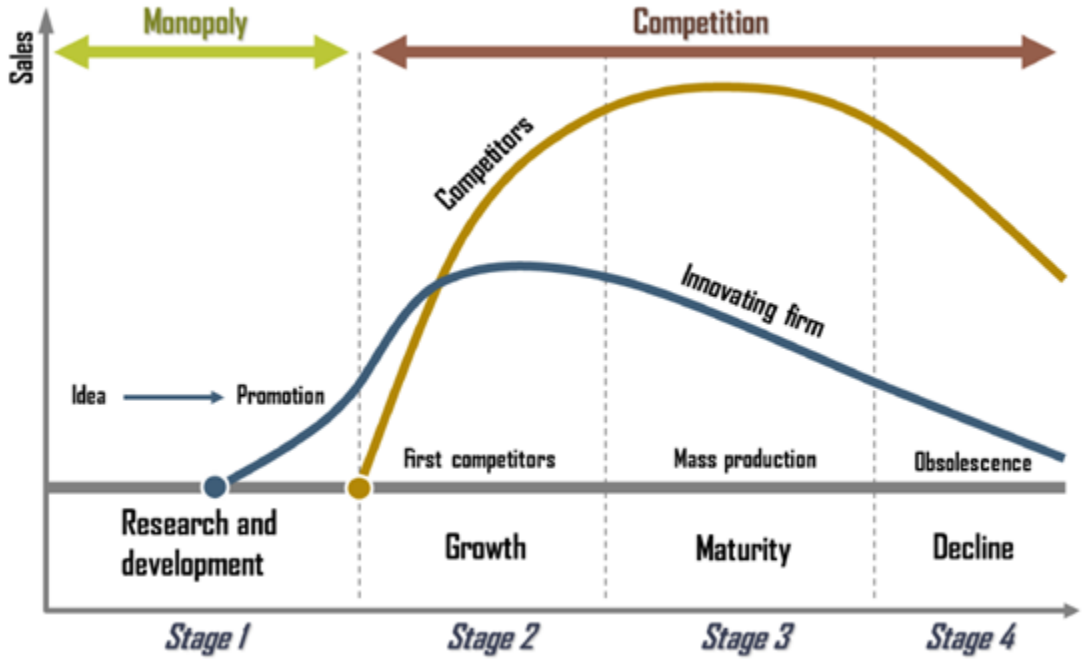
Country	Average Monthly Salary (USD)	Cost of Living Index*
Uganda	Approximately 270-675*	29.1
Kenya	Approximately 350-750	30.2
Tanzania	Approximately 200-650	23.8
South Africa	Approximately 1200-2500	34.5
United Kingdom	Approximately 3000-4500	62.0
United States	Approximately 3000-6000	70.8

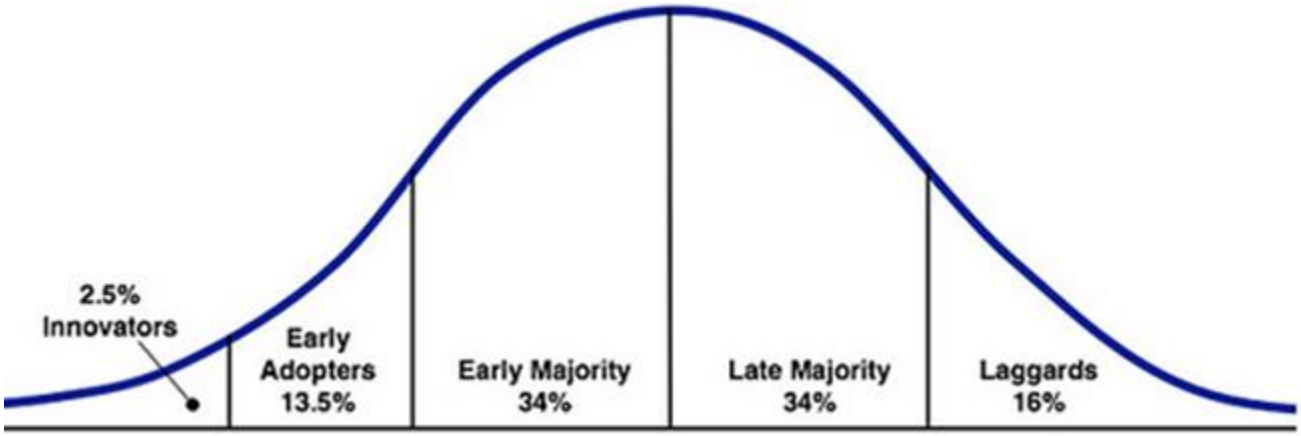
**Cost of Living Index is a theoretical price index that measures the relative cost of living over time or regions. It is an aggregate figure that includes various goods and services such as transportation, groceries, rent, and dining out. The index is relative to New York City, which means that for New York City, the index should be 100(%).*

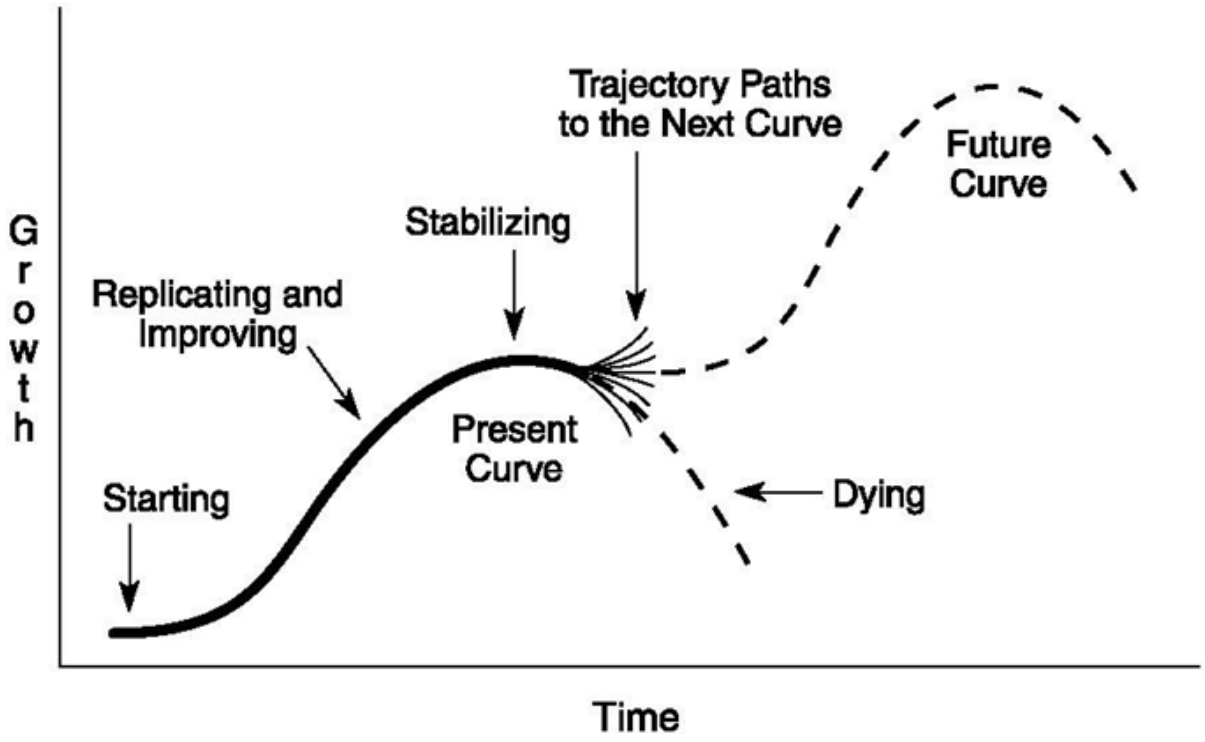
PRODUCT CYCLE – services:



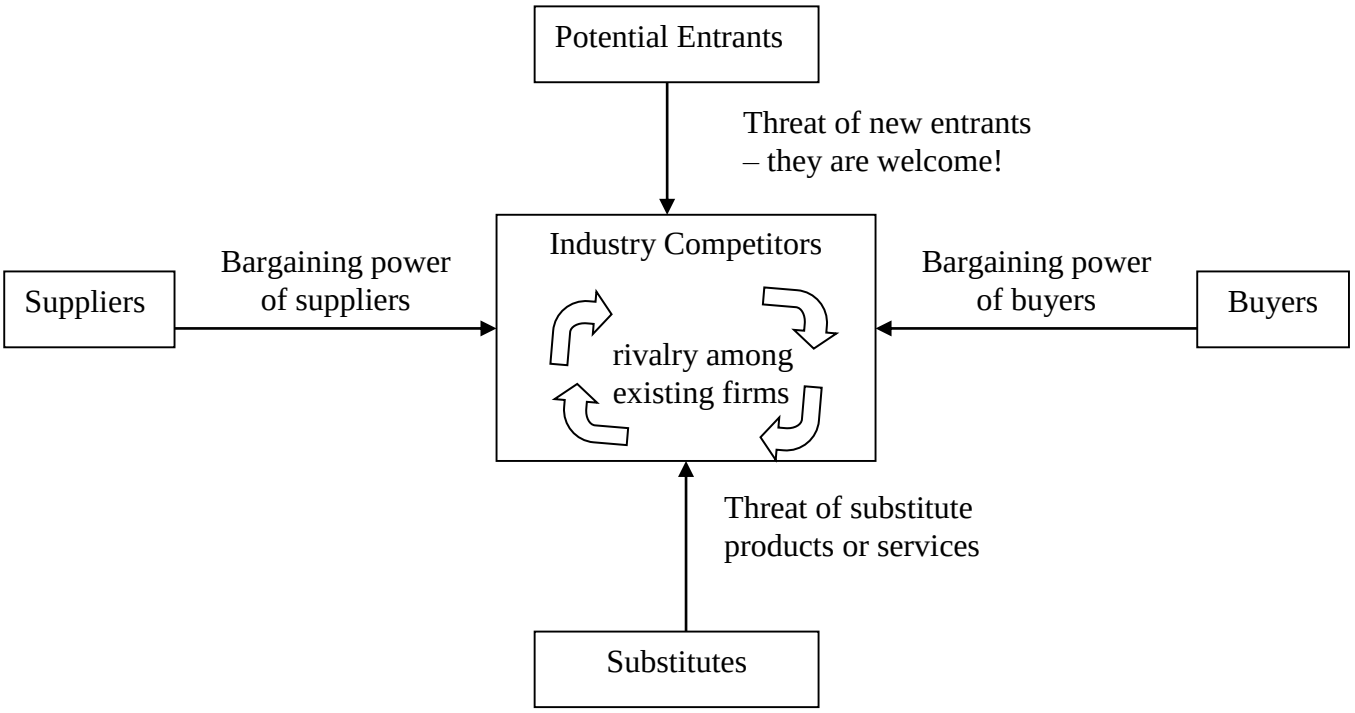



Monopoly
Competition
Sales
Competitors
Innovating firm
Idea
Promotion
First competitors
Mass production
Obsolescence
Research and development
Growth
Maturity
Decline
Stage 1
Stage 2
Stage 3
Stage 4


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 70,000 pages being about 20 million words. The core writings have been restricted to being through James Padgett and then James Moncrief and that is to avoid confusion. The most important writings are those of James Moncrief.

6. INFORMATION AVAILABLE FOR THE BUYER ABOUT THE SUPPLIER

The supplier are high level spirits – there are many of them identified throughout the writings. The core revelations all come from personalities that are of a higher level of consciousness and truth than those who imposed the Rebellion and Default upon us.

THE THREAT OF NEW ENTRANTS OR SUBSTITUTES –

There are already many systems that purport to heal through emotional clearance systems. None go far enough. None go deeper enough – there are many, many layers. But most significantly, none guide us to long to know the truth that our feelings are and will show us, reveal to us.

COMPETITIVE RIVALRY –

1. NUMEROUS OR EQUALLY BALANCED COMPETITORS

There are no others that have been provided with the Truths that are now being shared to all freely. Further, no others have recognised the importance of these revelations to the education and health sectors. And further, no others have been provided with the financial resources to global introduce to all of humanity this way of living which is ever so freeing and will lead to significant evolutionary growth in consciousness levels. Today, in 2024, 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.

<u>FOUNDATION'S PROGRAM</u>:

VISION STATEMENT:

"To build an inspiring high quality, international standard university having multiple campuses throughout Uganda 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 1914 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 Uganda people to shine in the Uganda 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 Uganda.	Look to the needs of each of the 4 regions / 135 districts plus Kampala of Uganda, 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 Uganda 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 (Uganda) 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 Uganda.
- 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 district throughout Uganda.
√ 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 Uganda landscape.	Gain in the field expertise within the Uganda landscape through operatives within the education and health sectors within Uganda.
Opportunities open to our Foundation:	Will be grasped by us as follows:
Greater development of the education and health sectors.	Opening up for more opportunities to enter other sectors within Uganda.
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 facilities within the education and health sectors throughout Uganda.
- Subsidising consumer costs through scholarships for higher education.
- Subsidising patient's costs through subsidising running costs of health services being provided.
- Engaging with local landowner and leaders of communities for support.
- Creating local employment while expanding the availability of needed services in education and health.
- Adhering to governmental regulations.
- Remaining non-political – 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:

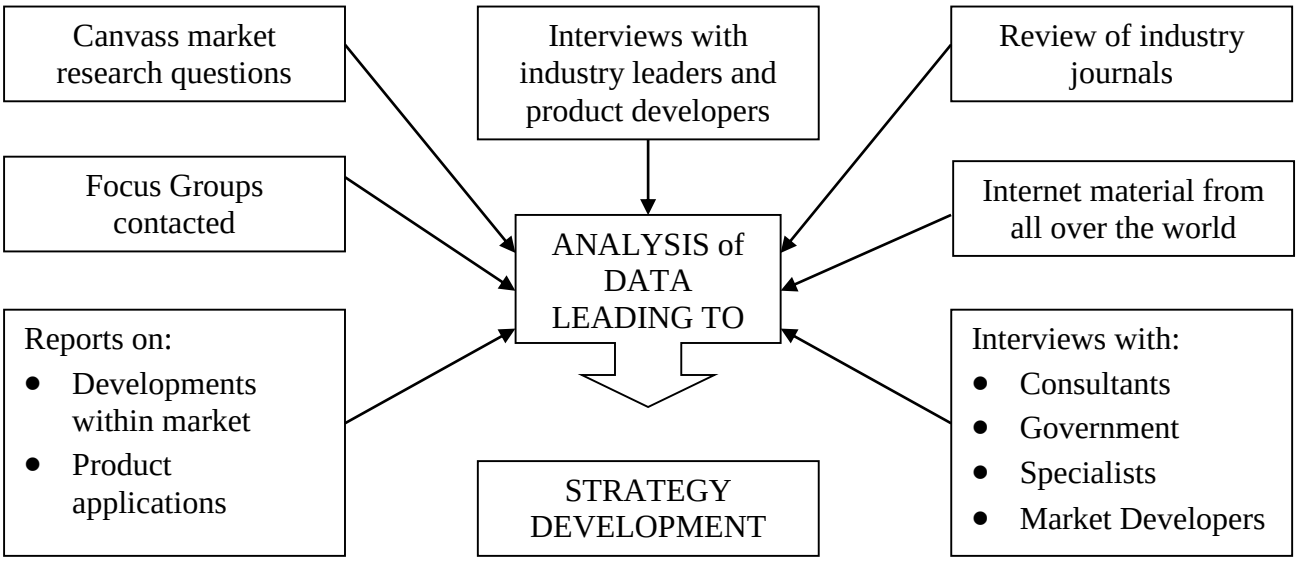
MARKET PLANNING PROCESS	
PREPLANNING REQUIREMENTS ▼	• Identify markets for products and services. • Determine Foundation's goals and expectations. • Establish objectives.
SITUATION ANALYSIS ▼	• Identify education and health needs. • Analyse what is already established and delivering. • Identify markets, 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 Uganda needs and motivation.
√ Student, teacher, lecturer, doctor, nurse, allied health and administration – how does 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.

MARKET SEGMENT to INTRODUCE the FOUNDATIONS OPPORTUNITIES:

PHILOSOPHY

To see Uganda's 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 in Uganda, Pascas Foundation (Uganda 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 (Uganda) Ltd is the entire nation, 50.5 million 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 (Uganda) Ltd.

MARKETING

The marketing activities to promote the long term plans and projects of Pascas Foundation (Uganda) 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

SCHOOL IS FUN!

<u>INTERNET MARKETING</u>: **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?

Corporate Innovation
Pinpoint fast-growing private companies to understand viable business models, products and technologies

Corporate Strategy
See fast-growing markets and industries before anyone else to inform executives on strategic decisions

Competitive Intel / Market Research
Assess the health of start-ups competing in your industry to advise your build, buy, or partner strategy.

Corporate Development and M&A (mergers and acquisitions)
Monitor the health and growth potential of possible acquisition targets as part of due diligence process

Corporate Venture Capital
Identify the start-ups with the highest growth potential to satisfy your corporate investment philosophy

COMMERCIAL IN CONFIDENCE

CHILDHOOD TRAUMA

Throughout our forming years, from conception to around age six, we are immersed in the unloving guidance and care of those who feel they are loving. The accumulation of injuries, errors, hurt, are all of an ongoing harming nature being disturbing frozen energy that manifests aspects through the rest of our life. The suppression and ongoing repression of our natural self-expression during our formative years is the foundation of all our suffering throughout our life.

Suppression and ongoing repression of our natural self-expression underlies our quality of life, it is the predictor of our level of employment, poverty or otherwise, our physical health, generator of our illnesses, our quality of relationships and all aspects of our everyday living, good and bad.

We can free ourselves of living life like a retard, yes, that is about how we emerge from our early childhood. We, as parents, are yet to discover how to bring up children. First we are to liberate ourselves from keeping suppressed our childhood repression, and this we now can do through Feeling Healing.

"The real KEY to our Healing is longing for the Truth, and that is the truth that will come from our feelings. If you don't want the truth of what you are feeling, then you can forget it. You can express your feelings all day like a kettle letting off steam, however if you're not seriously wanting, and longing hard, and praying with all your will to God to help you uncover and see the TRUTH that your feelings are to show you, then you can forget it. The expressing and releasing ARE just as important, however a little less than longing for the truth."

James Moncrief 28 May 2018

Children are now to embrace and express their feelings in all that they do and experience.

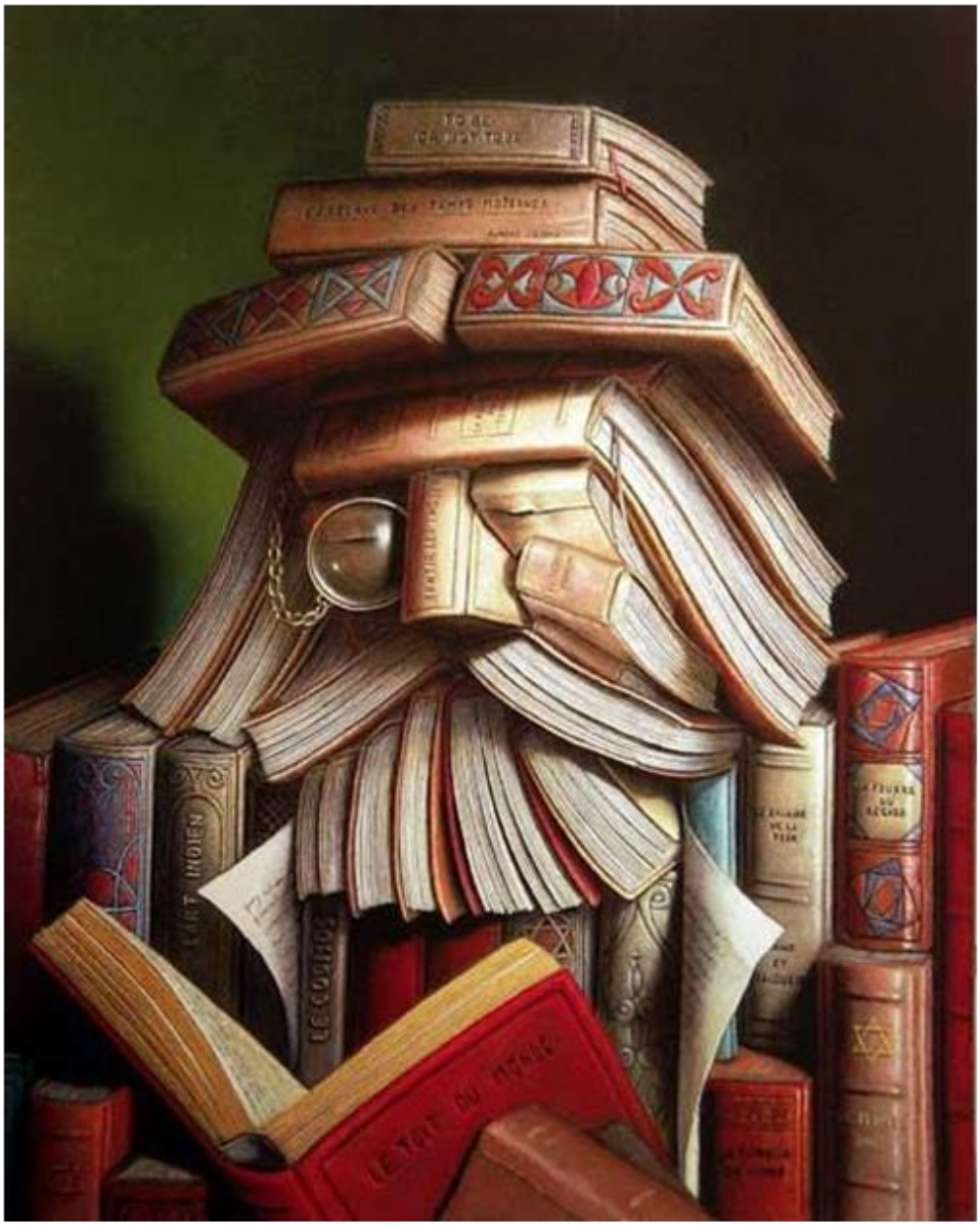
It is our feelings that are our guiding light of love and truth. Truth is love.

Why?

May we ask why we have not understood this before?

The Universal Contract governing the Rebellion and Default had to work its course. Cracks in it are now being worked to end the Rebellion and Default.

Education is to reveal itself through our feelings. Our soul based feelings are always in truth. And truth is love! We are fully self-contained. Our feelings are to lead our mind in all that we do, not live how we have been previously taught. It is that simple!



REEFWOOD CRAFTWORKS

Tables

American Beech Dining

Chess Dining

Ti Tree Table
with Bark Picture

Ancient River Gum , SilverAsh,
Flame She Oak

Chairs

China Chair

Regency

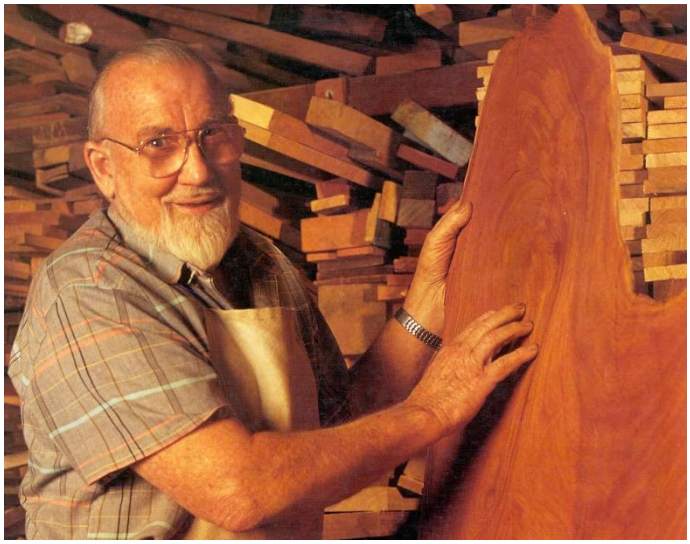
1920

Regency2

Lloyd Wright

Cedar Dining

REEFWOOD CRAFTWORKS



Value adding Natural Resources!

COMMERCIAL IN CONFIDENCE

ECOFIBRE INDUSTRIES

Harvest

Baled Stalk

Fibre Mill

Processing

Bast Fibre

Hurd

Hemp yarn

Food samples

Value adding Natural Resources!

HYDROPONICS

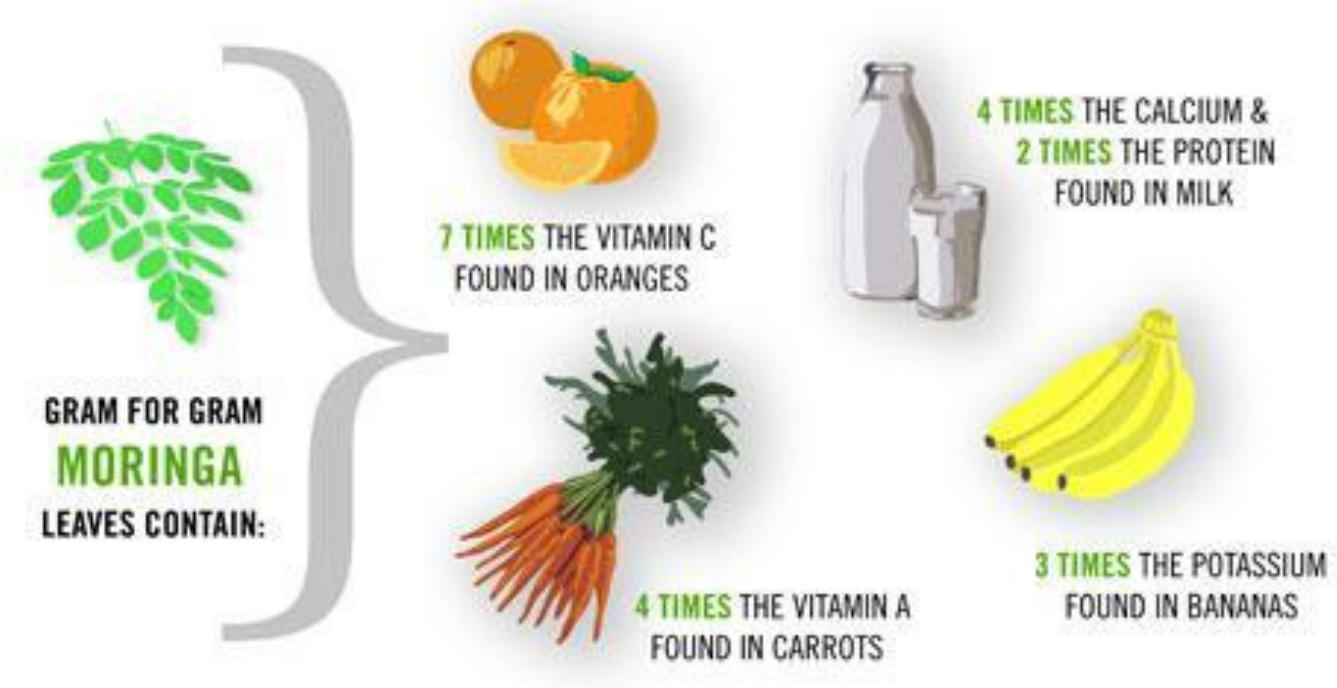
Fruit and Vegetables	Traditional hydroponics - average per sq mt.	Rotating Growing System Hydroponics - average per sq mt	Percentage Increase Up To	Increases in kilos per sq mt.
Strawberries	5 - 8 kilos	123 kilos	1792%	117 kilos
Ice Berg Lettuce	72 kilos	619 kilos	760%	547 kilos
Tomatoes	45 kilos	250 kilos	456%	205 kilos

Value adding Natural Resources!

COMMERCIAL IN CONFIDENCE

NEW BIOSPHERE AGRICULTURE

MORINGA

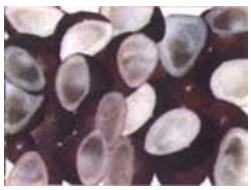


Fresh drumstick fruit	Drumstick powder	Moringa oil
Moringa seed	Moringa seeds(PKM1and PKM2)	Moringa leaf powder
Moringa leaf	Moringa pickle Moringa tea powder	Moringa fruit powder
Moringa seed kernel	Moringa cake powder	Moringa root
Moringa soup powder	Moringa Juice powder	Moringa capsule

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!

COMMERCIAL IN CONFIDENCE

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!

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!

Pascas Food Basket

Eat the Colors of the Rainbow

Fresh is Best!

When and where as required!

Pacific Basin Food Basket

COMMERCIAL IN CONFIDENCE

Cooperatives for the Local People

Cooperative arrangements within communities may be focused upon small area enterprises through to whole of nation endeavours to bring to the global markets high volumes of quality goods derived through value adding processes applied to natural resources and regional produce from the land, river and sea, encapsulating all elements of farming and animal produce.

Microfinance typically engages a cooperative of around five women when financing home enterprises. A cooperative is particularly useful when local fishermen bring their catches together at canneries for preparation to market their fish to foreign markets.

The introduction of 'Craft Creations' is to enliven the community's recognition of their high quality traditional skills and then enable their customary craftware to be globally marketed through a cooperative of their own making.

This is all about cooperatives to bring to the fore traditional and innate skills that fulfil needs for people around the globe, not just the local village. A cooperative may embrace several nations.

Natural resources that may be used in producing high quality goods in large volumes include:

Forrest logs processed into high quality furniture in volume for large distribution chains.
Timber offcuts for high strength laminated beams and reconstituted timber products.
Local building systems utilising local resources for durable housing – local market solutions.
Hydroponics particularly for produce that is not native to the area and its climate.
Aquaculture in rivers, estuaries and sea to mitigate depletion of ocean resources.
Traditional home produce being increased in volume to provide famine relief worldwide.
Hemp production to be on scale to enable volumes sufficient for manufacturing processing.
Cocoa, coffee, moringa, sandalwood, tea, vanilla, plus others, cropping to be of commercial scale, cooperatively run. All farming and animal produce come into the equation for cooperatives.

What is available within a region and what may be introduced can now be thoroughly appraised and reviewed scientifically through local endeavours and with the support of research organisations such as CSIRO of Australia, increasing commercial options and products.

Nothing beats the insight and wisdom of the locals. Their FEELINGS, as well as our own, are to be embraced. Our feelings are the greatest guide as to how and what we are to embrace.

Education at all levels for all ages is our never ending journey. How it has been in ages gone by is not how it will continue. Dynamic change is unfolding and for those who embrace change, our futures are enticing, for those who don't they will have difficulties. We are to embrace and value add our natural resources, we are not to rape and pillage our environment, the forests are to remain, the rivers clean and our oceans are to restock with fish.

Now is the time for nation building, now we are to embrace self-sufficiency without the need for foreign goods and services. We have all we need within us and within our environment, so let us build the way forward for all within our community and show the world how it is to be.

Value adding Natural Resources!

COMMERCIAL IN CONFIDENCE

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.

COMMERCIAL IN CONFIDENCE

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

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 1500 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 30 million dollars). The rest is made up by donations to the private non-profit organisation, some of which come from billionaire Italian patrons.

The Philosophy of 'Bello'

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 percent 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—$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 $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."***

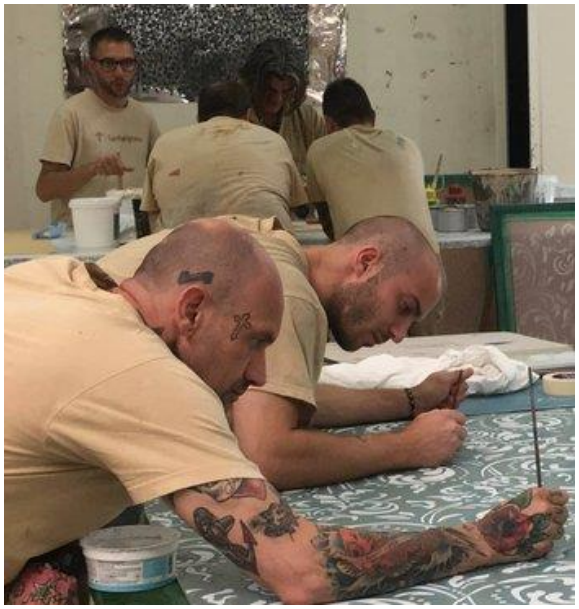
Desperate to find help for his drug problem, Raimo had to search beyond the U.S. He came to Italy when his Italian grandparents suggested San Patrignano as a final option. (While the program is technically open to foreigners, entry can be tricky for Americans to obtain. Among other things, it requires 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.*

COMMERCIAL IN CONFIDENCE

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 $140; similar items destined for Chanel will retail for $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.

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 $140; similar items destined for Chanel will retail for $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 EQUALIZER

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 $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.

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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 $30,000 a year–close to the $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.

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PASCAS VILLAGE
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UGANDA

Local Farmers engaged in permaculture

Kindly go to www.pascashealth.com, then Library Download page, scroll a long way down to Corporate Alliances and click on to open:

Pascas Village Sanctuary Paradise.pdf

The Healing Power of "Bello" – Beautiful – is to be mirrored within every Sanctuary Paradise Village with accommodation being available for those from all walks of life – veterans, homeless, troubling adolescents, domestic violence victims, any and all who ultimately are to benefit from Feeling Healing. The population of women, men and children to be no more than 1,000.

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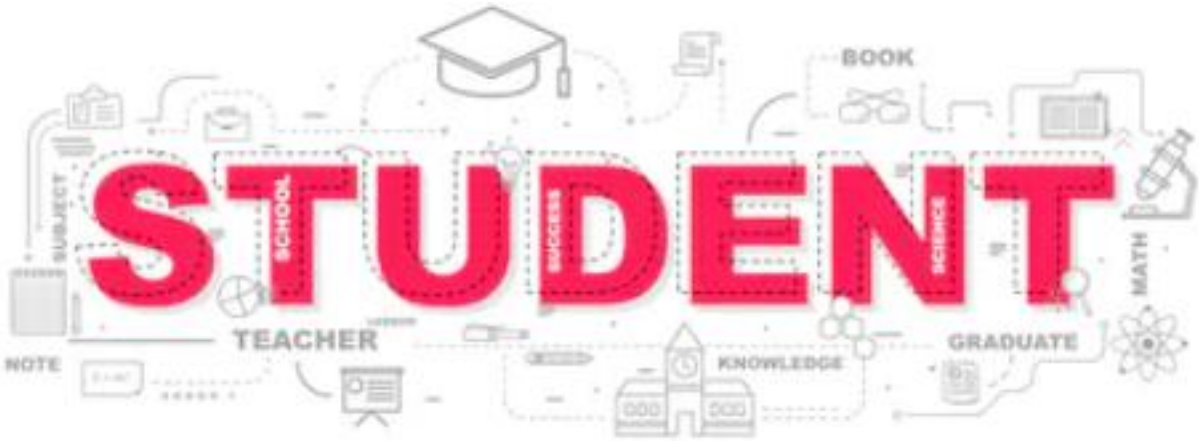

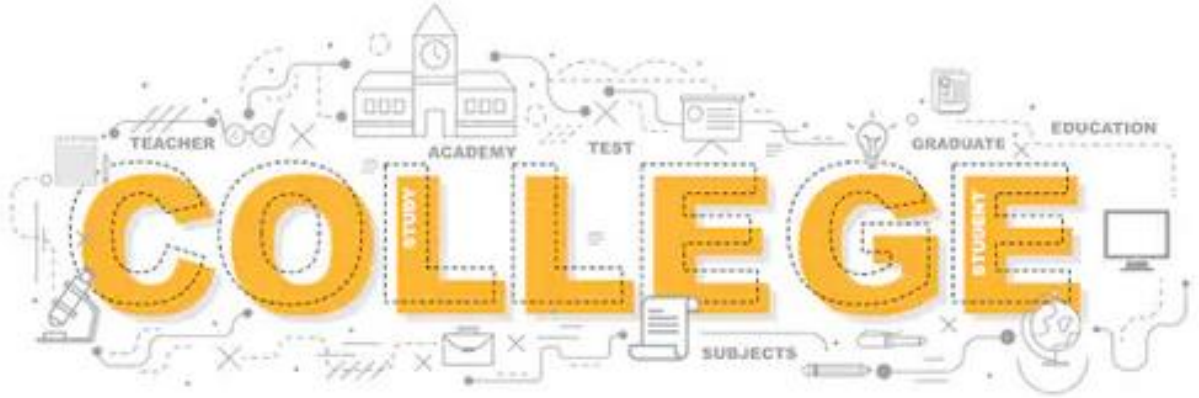

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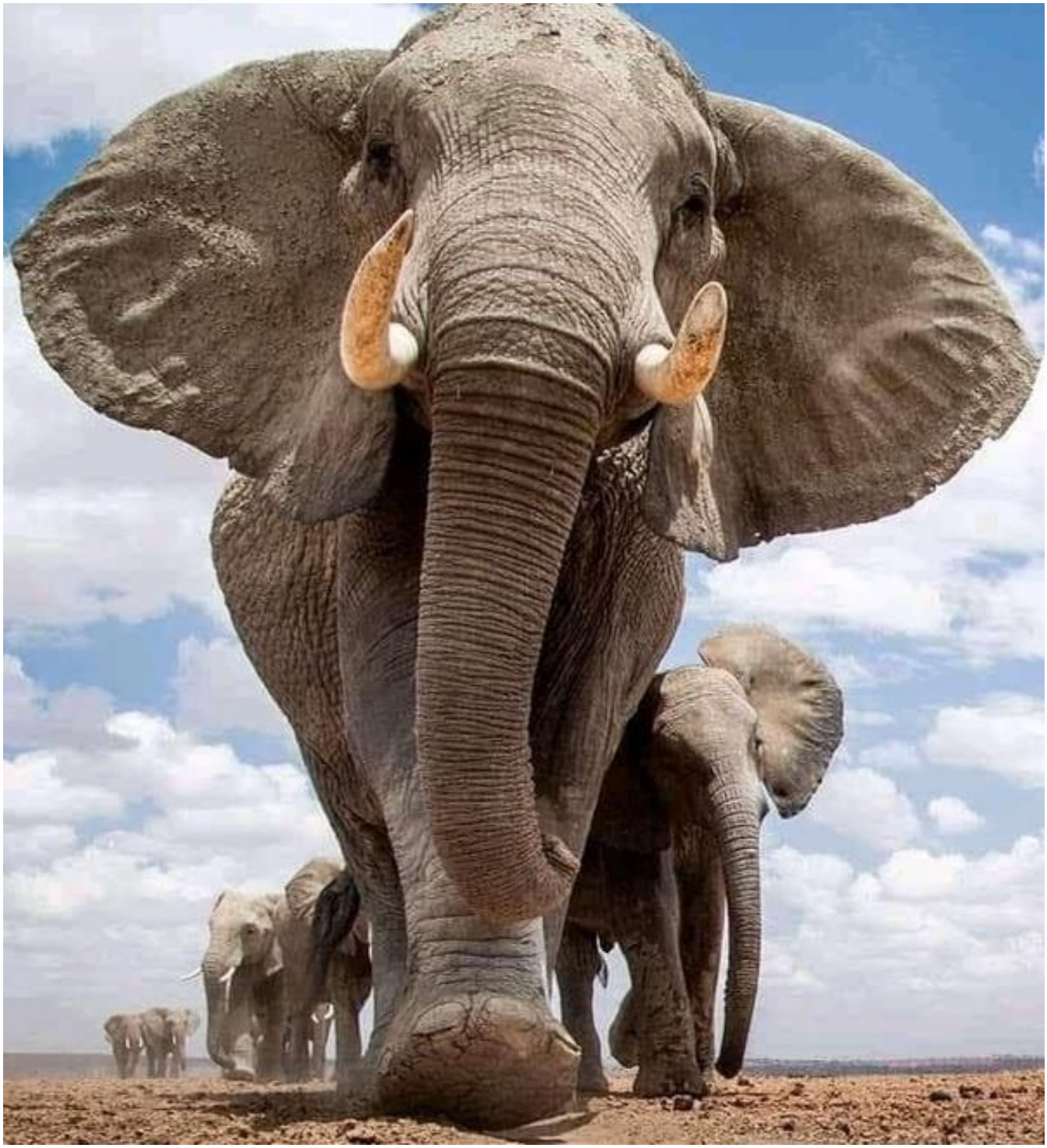

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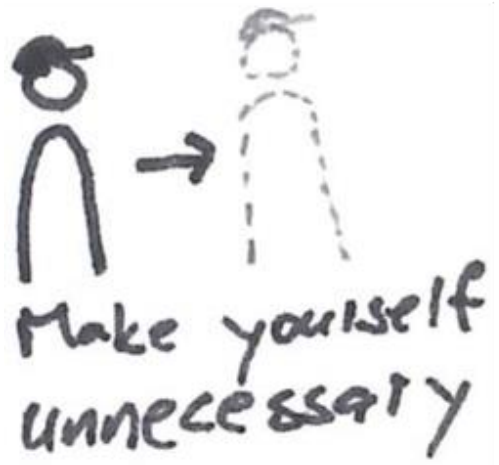
"THE" profession is: TEACHING

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



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