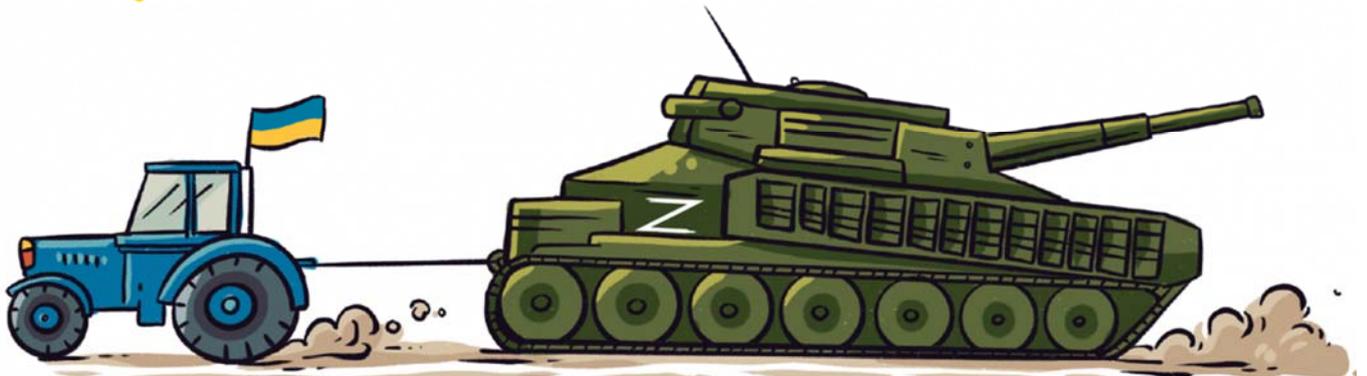


PASCAS FOUNDATION (Ukraine) Ltd

Business Plan & Financial Feasibility



Ukrainian
ingenuity



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PASCAS FOUNDATION (Ukraine) Ltd

EXECUTIVE SUMMARY

THE PRODUCT:

Ukraine's population is significant (approximately 44,000,000) with 31 million people lived in urban (70%) regions of Ukraine as of January 1, 2022, while the rural (30%) population exceeded 13 million. The number of towns is increasing. There are currently 454 towns in Ukraine. The population in 37 towns ranges between 100 to 500 thousands.

Since 24 February 2022, nearly 12.8 million people are estimated to have been displaced in Ukraine, most of whom have not left the country. According to the most recent (June 2022) estimates, **7.7 million** people are internally displaced as a result of the conflict, which is equivalent to 17.5% of the entire population.

Some 13 million people are estimated to be stranded in affected areas or unable to leave due to heightened security risks, destruction of bridges and roads, as well as lack of resources or information on where to find safety and accommodation.

One-third of Ukrainians have been forced from their homes. This is the largest displacement crisis in the world today. The UN (United Nations) says that, as of 4 July 2022, more than 5.2 million refugees from Ukraine have been recorded across Europe. More than 3.5 million have applied for temporary residence in another country. The UN says that as of 21 June, there have been over 3 million "cross-border movements" back into Ukraine, but says this number does not refer to individual refugees.

The longer the war continues, **the medium to longer-term needs that conflict-affected people, internally displaced peoples, and returnees will face to rebuild their lives** will similarly rise and require sustained support from the humanitarian and broader international community.

The UN's International Organisation for Migration (IOM) said in May that **more than seven million people remain internally displaced:**

- 27% of refugees were from the Kharkiv region
- 16% from Kyiv
- 16% from the Donetsk region in eastern Ukraine
- 24% indicated their homes had been damaged or attacked in the war.

The International Organisation for Migration (IOM) estimates that more than half of the people who are internally displaced are women. Many are particularly vulnerable because they are pregnant or have small children, have a disability or are a victim of violence.

The product is the consequence of need. The population of Ukraine calibrates around 330 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, institutionalised spiritual and formal education had lifted the consciousness of the people, however, that has plateaued in development.

Open and free education through primary schooling, through high schooling, technical and further education (colleges) and then university has been and continues to be the driver of any society's progress and development. Open and free to all is the benchmark. But it is presently mind-centric whereas feeling orientation opens the potential to infinity in growth and truth.

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 specific ideology. And free implies that the education service is provided free of cost to the students at all levels. Truth is to prevail.

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

FEELINGS are our Supreme Guide!

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

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

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

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

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

THE COMPANY:

Pascas Foundation (Ukraine) Ltd is a not-for-profit charity being set up through the Unified State Registry of Legal Entities, Private Entrepreneurs and Public Formations (generally referred to as the Companies Register. By Ukrainian law, charitable organisation, naturally, is exempt from taxation by VAT, income and corporate tax. All funds received by a charitable organisation that was used for charity purposes are exempt from taxation. But it requires to obtain a status of a non-profit at the tax authority. Ministry of justice is the main registration authority for charitable organisation constitution.

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

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

MARKETS & COMPETITION:

UKRAINE Doctors Nurses Teachers Ratios

	DOCTORS		NURSES & MIDWIVES		TEACHER / STUDENT	
	per 1,000 people		per 1,000 people		ratio	
Ukraine	2018	3.0	2018	6.6	2018	13
Germany	2018	4.3	2018	13.5	2017	12
Australia	2018	3.8	2019	13.2	1999	18

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

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

Higher education facilities throughout Ukraine have, through invasion, become grossly inadequate creating shortages in all critical sectors of the economy, possibly nowhere as acute as throughout the education and health sectors.

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

Presently, only Pascas Foundation has acknowledged, embraced and documented the revelations that humanity has been provided with commencing on 31 May 1914 and continuing today. Pascas Foundation openly and freely is sharing 100% of the guidance and information that has been and continues to be collated. It dearly loves to see others freely plagiarise all that is readily downloadable from the Library Download page at www.pascashealth.com

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

The most effective mode of teaching is through students tutoring each other. They enhance this further through embracing their feelings and responding intuitively in discussions. This requires ample meeting up gathering points, typically for up to twelve students available throughout education centres. This is a facility that is presently not often provided for within the education sites. Also, to commence this mode of education, teachers commence their introductions of topics with around a dozen students, thus requiring even more teachers than 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 education and health, this is universal to all of humanity in its application. This is an evolutionary jump in our potential.

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

FINANCIAL REQUIREMENTS:

Funding required in the form of grants to commence this national endeavour over five years is US\$1.863 billion. It is anticipated that these funds will be used for land and buildings (US\$1,181 million), plant and equipment (US\$117 million),scholarships granted (US\$91 million), and operating costs with working capital (US\$574 million).

PROFITABILITY:

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

CONTACT INFORMATION:

Contact Person:	Alla YATSENKO	Bs: on request
	Anatoliy YATSENKO	Em:
	Alexander FOLVERT	Bs:
		Em:
Company Name:	Pascas Foundation (Ukraine) Limited	Bs:
	Pascas Foundation (Aust) Limited	Em:
	Gold Coast, Queensland, Australia	and

PASCAS FOUNDATION (Ukraine) Ltd

EXECUTIVE SUMMARY – BRIEF

Pascas Foundation (Ukraine) Ltd is to support the evolution of education and health facilities and procedures throughout Zhytomyr and then all 24 oblasts of Ukraine, thus advancing the standard of education throughout the orphanages, pre-schooling, primary schooling, high schooling, technical and higher education college with the university system, all to have additional new or renewed campuses.

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

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

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

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

Conservative grant requirement projections are:

Year 2023	Year 2024	Year 2025	Year 2026	Year 2027
US\$447 million	US\$400 million	US\$464 million	US\$274 million	US\$277 million

CONTACT INFORMATION:

Contact Person:	Alla YATSENKO	Bs: on request
	Anatoliy YATSENKO	Em:
	Alexander FOLVERT	Bs:
		Em:
Company Name:	Pascas Foundation (Ukraine) Limited	and
	Pascas Foundation (Aust) Limited	
	Gold Coast, Queensland, Australia	

PASCAS FOUNDATION (Ukraine) Ltd

PERSONAL BENEFITS for all Children, Women and Men from REVELATIONS

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

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

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

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

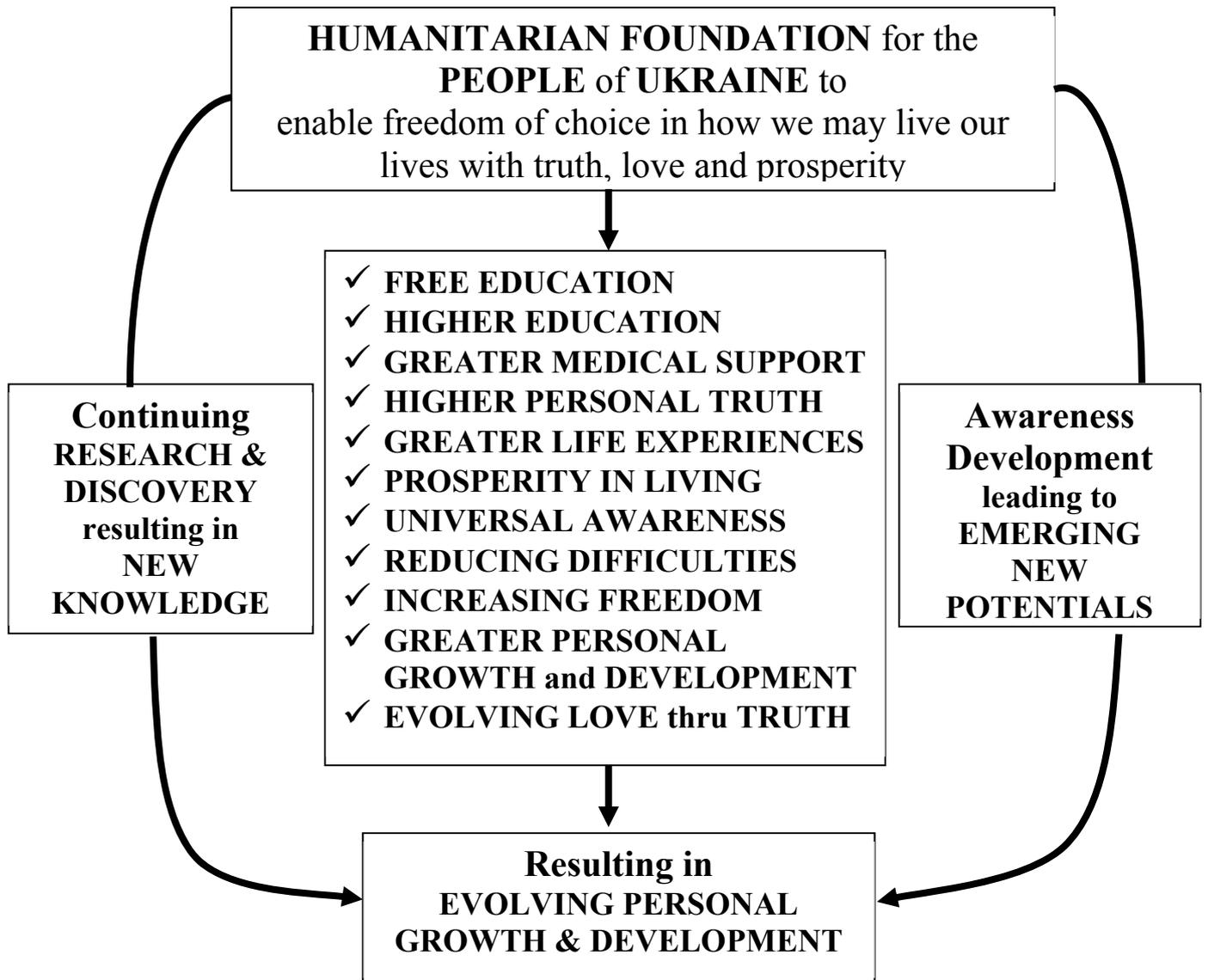
Application: “LIVING FEELINGS FIRST – FEELING HEALING” for Men:

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

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

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

PASCAS FOUNDATION (Ukraine) Ltd



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

KEY PERSONNEL:

Board of Directors: **Alla YATSENKO** DOB 22 July 1982
 Position: Director Co-Chairperson
 Duties: Financial administration and executive oversight
 Basically, draw the people, skills and resources to resolve specific humanitarian projects within their city, then province, then progressively work out into and through the adjoining provinces. As time unfolds, these activities may extend out into adjoining nations.

Anatoliy YATSENKO DOB 24 December 1974
 Position: Director Co-Chairperson
 Duties: Security administration and executive oversight
 Basically, draw the people, skills and resources to resolve specific humanitarian projects within their city, then province, then progressively work out into and through the adjoining provinces. As time unfolds, these activities may extend out into adjoining nations.

Alexander FOLVERT DOB 14 August 1967
 Position: Director
 Duties: Wide ranging administration and communications throughout the undertakings of the Foundation's endeavours.

Helen ADAM DOB 14 September 1970
 Position: Director
 Duties: Human relations and general oversight.

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

John Edward DOEL DOB 16 January 1947
 Position: Representing Pascas Foundation (Aust) Limited
 Conducted substantial public accounting practice, developed and operated two private hospitals in New South Wales. Undertaken extensive industry research and business practice developments. Financial controller and project analysis.

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

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



Lack of Love from Parents!

**Parents abandon their Children emotionally!
Our Parenting of our Children is oh so unloving!
The vilest thing we do is to have Children!**

Children only need their parents' love!

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

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

Solicitors: Ukraine	Lawyers in Zhytomyr, Ukraine are to be appointed Igor KOBERNYK Zhytomyr region, 10003, Zhytomyr, Ukraine	Em: on request Bs:
Australia	Dennis STANDFIELD Gall Standfield & Smith Southport 4215, Queensland, Australia	Em: Bs: Fx:
Accountants: also Auditors Ukraine	Accountants in Zhytomyr, Ukraine are to be appointed Kateryna BURDENIUK Zhytomyr region, 10031, Zhytomyr, Ukraine	Em: Bs:
Accountants: also Auditors Australia	Richard ALLEN Allen & Wolfe Auditors Bundall 4217, Queensland, Australia	Em: Bs:
Bank: abbreviated name	JOINT-STOCK COMPANY RAIFFEISEN BANK AVAL JSC RAIFFEISEN BANK AVAL Zhytomyr / Zhitomir Ukraine	Bs Bs Bs: www.raiffeisen.ua

Raiffeisen Bank is part of the Raiffeisen Bank International AG Group, Austria.

Registered Office: care of the accountant or lawyer in **Zhytomyr, Ukraine**

Physical office:

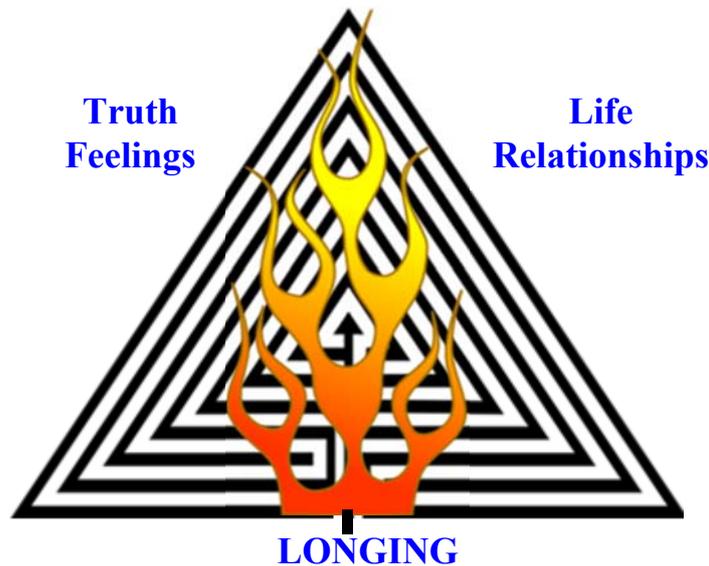
Zhytomyr region, 10031,
Zhytomyr, Ukraine

KEY FINANCIAL DATA:

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

FINANCIALS AUD \$,000	Year 1	Year 2	Year 3	Year 4	Year 5
GRANT FUNDS	446,900	399,700	464,400	274,100	277,500
LAND & BUILDINGS	364,588	364,288	385,685	94,400	94,400
SCHOLARSHIPS granted abroad	6,700	13,400	20,100	24,400	26,300
DEPRECIATION	14,471	29,850	53,725	57,509	61,293
OPERATING Deficit	-49,731	-74,881	-108,861	-121,809	-134,806
NET CASH GENERATED	-35,403	-45,392	-58,349	-79,642	-73,799

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.

PASCAS FOUNDATION (Ukraine) Limited conception:

Hello John.

4 June 2022

I will begin in order as you asked questions in your last letter. My family consists of three people - myself, my wife Alla, and our youngest son Daniel. I also have an older son from another marriage, Dmitri, who is currently at war and I have no information at this time as to where he is. The younger Daniel has a rare condition, Epiphysiolysis of the hip joint. In 2020 he had two expensive surgeries and he needs another one soon. We live in the north of Ukraine in the city of Zhitomir (150 kilometres west of Kyiv). Since the beginning of the war, we wake up and get up to the sound of air-raid alarms. Constant arrivals of cruise missiles. One school, airport, oil depot and civilian homes are destroyed. I also look after my mother, who due to illness does not move well. Her house was impacted by the shock wave from the bomb and needs to be repaired. Thanks so much to Tom Gordon (flash10) for his US\$400 help, we were able to replace the broken windows.

Can you consider developing a special program for Ukraine – I think so – and I will be able to help here locally. At this point, both my wife and I are willing to take on any job, as our only income is our son's pension, which is US\$72 a month. I am a security systems engineer by first major and my second major is human resources and logistics. My wife is an economics major. So, we are fully prepared to represent Pascas' interests. If you need more information about me and my family, I would be happy to provide it.

My wife and I dreamt that when SI would pay us our money, we would like to make repairs at the school where our youngest son is studying and help at least a little to rebuild the school that was hit by the Russian missile. Since the start of the war, many people have left our region, leaving their homes and their pets behind. We took 8 dogs and 5 cats so they wouldn't starve to death. Also, in our city there are many displaced people from other cities of Ukraine, who were forced to leave their destroyed homes and now they are in our city, where they spend nights in school gymnasiums. And also we would like to help the children's hospital where our son had an operation. There is not enough equipment there for a full diagnosis.

And so, here's what we wanted to do in the not-too-distant future:

1. Orphanages – (help for orphans with food, clothes, personal hygiene products, as well as help for their adoption).
2. Schools and kindergartens – (repairs, restoration and provision of equipment for proper education, it is also necessary to equip full-fledged bomb shelters).
3. Hospitals and clinics, including children's clinics – (providing necessary diagnostic equipment, as well as improving the conditions of their stay in treatment).
4. Assistance to children with cancer and other difficult diseases (diagnosis, treatment and rehabilitation).
5. Assistance to single elderly people, as well as to low-income and large families (food, clothes, medicines).
6. Organisation of shelters for abandoned and homeless pets.
7. Restoration of destroyed housing.
8. Helping the displaced (renting housing, buying if possible, food, clothes and medicines).

Sincerely, Anatoliy Yatsenko

Hi Alla and Anatoliy

How do I work out a budget for this lot?

1. Orphanages – (help for orphans with food, clothes, personal hygiene products, as well as help for their adoption).
2. Schools and kindergartens – (repairs, restoration and provision of equipment for proper education, it is also necessary to equip full-fledged bomb shelters).
3. Hospitals and clinics, including children's clinics – (providing necessary diagnostic equipment, as well as improving the conditions of their stay in treatment).
4. Assistance to children with cancer and other difficult diseases (diagnosis, treatment and rehabilitation).
5. Assistance to single elderly people, as well as to low-income and large families (food, clothes, medicines).
6. Organisation of shelters for abandoned and homeless pets.
7. Restoration of destroyed housing.
8. Helping the displaced (renting housing, buying if possible, food, clothes and medicines).

Kindly look at each item / category separately and envisage what you see needed and how to deliver it while ensuring that the budget is valid and you get delivered what you feel is required.

We have the two aspects:

First is the delivery or renovating the facility.

Then we have the recurrent costs – day to day operational costs.

With the orphanages – how many have you in mind to bring about a solution you envisage.

What has to be built – budget.

Then the recurrent costs – a budget per child over what period.

How do you ensure that the number of children that you are assisting actually are being supported?

Then we do a similar review with the schools.

Then the kindergartens.

What have you in mind with hospitals - what number of beds in each hospitals ALSO how many operating theatres in each of those hospitals?

With the diagnostic equipment - do we build a complete stand-alone facility and fully equip a centre as a Pascas Care Clinic. What I suspect is that now being available is really old, just doing the minimum and not comprehensive in the manner you want.

Recurrent costs are what would need to be billed to each patient / client / friend and what they cannot pay then a subsidy would come from Pascas itself.

Look at schools the same way. A student cannot pay the fee or all of the fee then Pascas provides a

'scholarship'.

Even people who go to the soup kitchen for a free meal - they sign a book or a docket for a meal and Pascas makes a 'donation'. This way you get to ensure that the food, the service, the education is getting to those you want to help and that there is reasonable oversight / managed control of what are the recurrent costs. Yes, paperwork!

Improving the stay in hospitals - meals, do we lift the standard to 'fresh is best' and literally go for home meal equivalent. What do you have in mind please? Is this renovating the hospital and looking at everything?

Assisting people:

Firstly, the domestic violence victims – both female, men, well, all and that includes their children – this is a separate and top of the list item. Children NEVER get over it until we encourage them to talk it out!

Then single mothers.

And down the list we go.

Every person, every case is different.

Organising shelters for abandoned pets – what do you have in mind - any concept of budgets. Facility cost. Then recurrent operating costs.

Restoration of destroyed housing – prioritise. This is difficult because then judgement is required and that is very personal.

Help the displaced – presently 7 million!

First is to work on starting this within Zhitomir so that we can get the hang of it.

BUT, here comes the real job.

The TRAUMA of this experience with each person needs to be EXPRESSED. We each need to talk it out. Most people hold it within and that brings about disease. This is a major educational project. Why did this happen to me??? Why??? This part is more important than all of the above.

The health clinics need this counselling facility, expertise and experience.

The schools need this counselling facility.

This is what PASCAS is truly about. Living with our feelings and expressing what we feel to a friend and then longing and asking to know what this is all about. It is only by the population of a nation, each nation, doing this that we can evolve enough and avoid war. This is PASCAS. This is what PASCAS is about.

And by golly we are going to do it.

Cheers

John the Typist

UKRAINE:

<https://www.visualcapitalist.com/map-explainer-ukraine/>



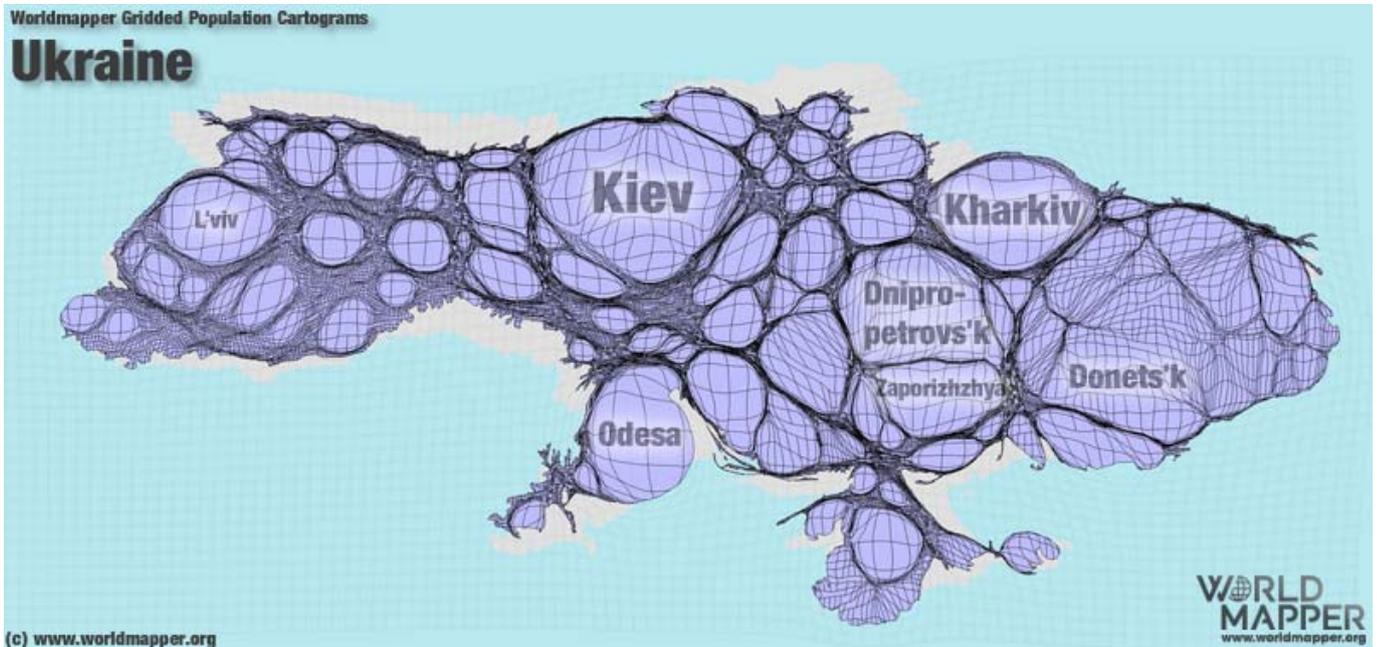
Key Facts about Ukraine

The modern state of Ukraine was formed nearly 30 years ago after the **collapse** of the Soviet Union in 1991. Since then, the country has often made headlines due to political instability and the looming threat of a Russian invasion.

Where do People Live in Ukraine?

With a population of nearly 44 million people, Ukraine is the eighth-most populous country in Europe. For perspectives, that is slightly smaller than Spain, and four times larger than Greece.

As the cartogram below demonstrates, a large portion of the country's population is located in and around the capital Kyiv, along with the Donetsk region – which is front and centre in the current (24 February 2022 ongoing) conflict with Russia.



Not surprisingly, many of the country's Russian speaking citizens live on the eastern side of the country, near the Russian border.

Key Facts about Ukraine's Demographics

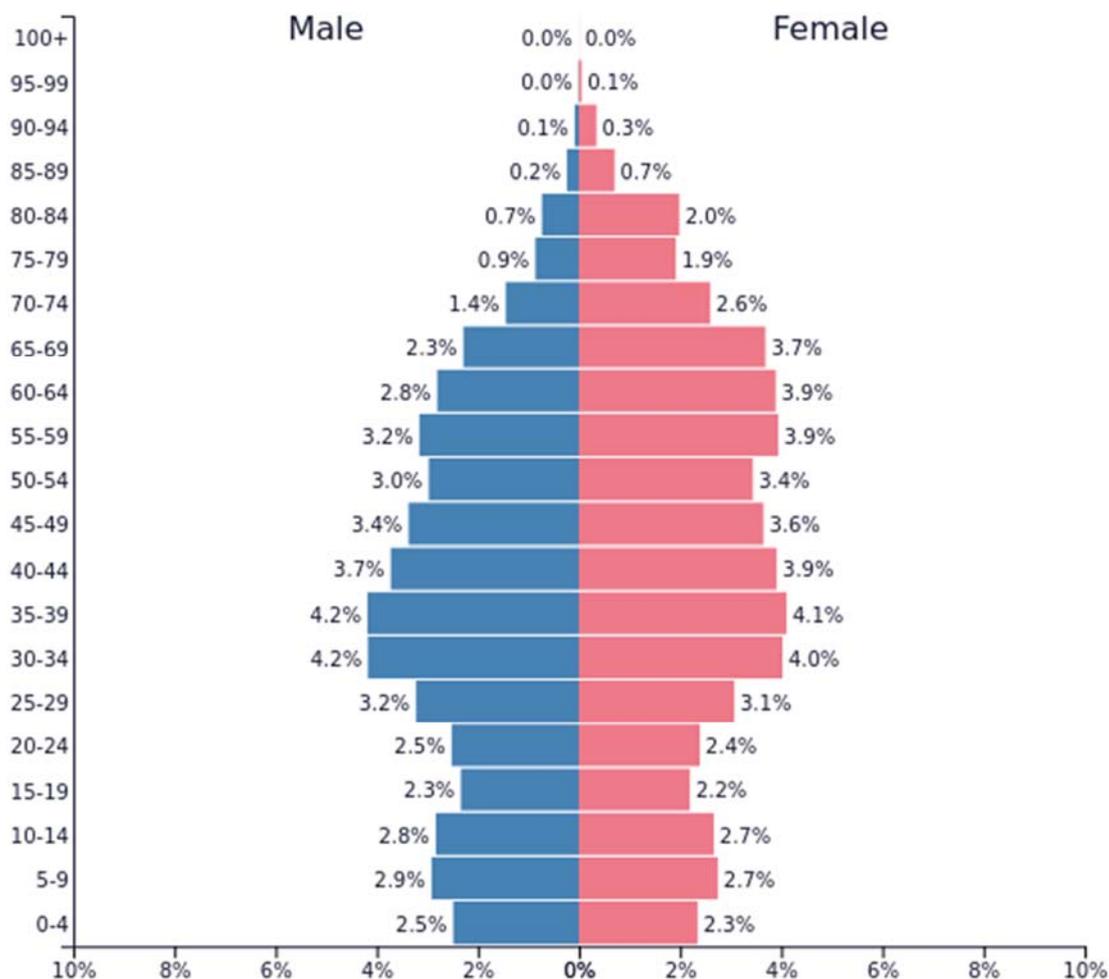
Ukrainians make up almost 78% of the population, while Russians represent around 17% of the population, making it the single-largest Russian diaspora in the world.

Other minorities include:

Belarusians	0.6%
Crimean Tatars	0.5%
Bulgarians	0.4%
Hungarians	0.3%
Romanians	0.3%
Poles	0.3%
Jews	0.2%

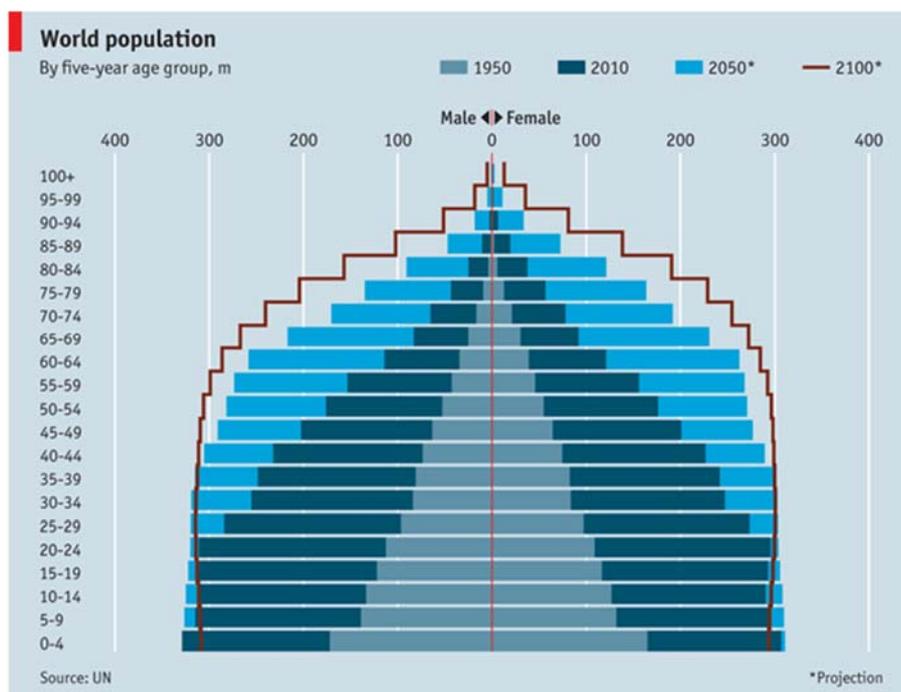
The country's population has been declining since the 1990s because of high emigration rate, and high death rates coupled with a low birth rate.

The majority of the population is Christian (80%), with 60% declaring adherence to one or another strand of the Orthodox Church.



PopulationPyramid.net

Ukraine - 2020
Population: **43,733,759**



COMMERCIAL IN CONFIDENCE

Ukraine's Economy: An Overview

When the Soviet Union collapsed, Ukraine turned over thousands of atomic weapons in exchange for security guarantees from Russia, the United States of America and other countries. However, the defence industry continues to be a strategically important sector and a large employer in Ukraine. The country exports weapons to countries like India, Saudi Arabia and Turkey.

Furthermore, Ukraine is rich in natural resources, particularly in mineral deposits. It possesses the world's largest reserves of commercial-grade iron ore – 30 billion tonnes of ore or around one-fifth of the global total. It's also worth noting that Ukraine ranks second in terms of known natural gas reserves in Europe, which today remain largely untapped.

Ukraine's mostly flat geography and high-quality soil composition make the country a big regional agricultural player. The country is the world's fifth-largest exporter of wheat and the world's largest exporter of seed oils like sunflower and rapeseed.

Coal mining, chemicals, mechanical products (aircraft, turbines, locomotives and tractors) and shipbuilding are also important sectors of the Ukrainian economy.

The Bear in the Room

Given the country's location and history, it's nearly impossible to talk about Ukraine without mentioning nearby Russia.

The country shares borders with Russia both to the east and northeast. For context, a car trip from Moscow to one of Ukrainian border cities, Shostka, takes around 8 hours. To the northwest, Ukraine also shares borders with Belarus – a country that is closely aligned with the Kremlin.

To the southeast is Crimea, a peninsula entirely surrounded by both the Black Sea and the smaller Sea of Azov. In 2014, Russia annexed the peninsula and established two federal subjects, the Republic of Crimea and the federal city of Sevastopol. The annexation was widely condemned around the world, and the territories are recognised by most of the international community as being part of Ukraine.

The region was of particular interest to Russia since Moscow depends on the Black Sea for access to the Mediterranean. The Port of Sevastopol, on the southwest edge of Crimea, is one of the few ice-free deep-water ports available to Russia in the region.

Due to the ongoing tensions between the two countries, Ukraine has been seeking to reduce Russia's leverage over its economy. As a result, China and Poland have surpassed Russia as Ukraine's largest country trading partners in recent years.

However, Ukraine still remains an important route for Russian gas that heats millions of homes, generates electricity, and powers factories in Europe. The continent gets nearly 40% of its natural gas and 25% of its oil from Russia.

Furthermore, Ukraine was connected to the same power grid as Russia, so it had remained dependent on Moscow in the event of a shortfall – until the start of the war in February 2022. Even as the conflict unfolds, the two countries still share economic links, which will influence how the situation unfolds.

Conflict in the Donbas Region

Ukraine stands at the centre of a geopolitical rivalry between western powers and Russia, and that rivalry is flaring up once again.

Two regions along the Russian border – Donetsk and Luhansk – have been a conflict zone since 2014, when pro-Russian separatists began clashing with government forces. The map below shows the relative contact zone between the two opposing forces.

Russian troops and military equipment had been amassing at various points along the border between the two countries, as well as in neighbouring Belarus before invading on 24 February 2022. Russian President Vladimir Putin ordered troops into two breakaway regions in eastern Ukraine, recognising them as independent states. This recognition serves as a definitive end point to the seven-year peace deal known as the Minsk Agreement. It now remains to be seen what will happen to the roughly 5 million people who live in the Donbas region.

Domestic Violence

Ukraine crisis rooms, created for survivors of domestic violence, now house survivors of war

They are called "crisis rooms": temporary accommodation for women and their children, with a kitchen, furniture, utensils and food, operated by local social welfare centres. This network of safe spaces was created to help women escaping domestic violence, offering a place to live in safety and dignity. Today, these crisis rooms are filled with women and children escaping a different kind of violence -- that of war.

Over the past months, commencing on 24 February 2022, millions of Ukrainian women with children have been forced to flee as bullets and bombs rained on their communities. Often, they left with few belongings and no clear plan for reaching safety. With their towns turned into battlefields, the most vulnerable people -- single mothers, women with infants, women with disabilities and elderly women -- faced some of the greatest risks.

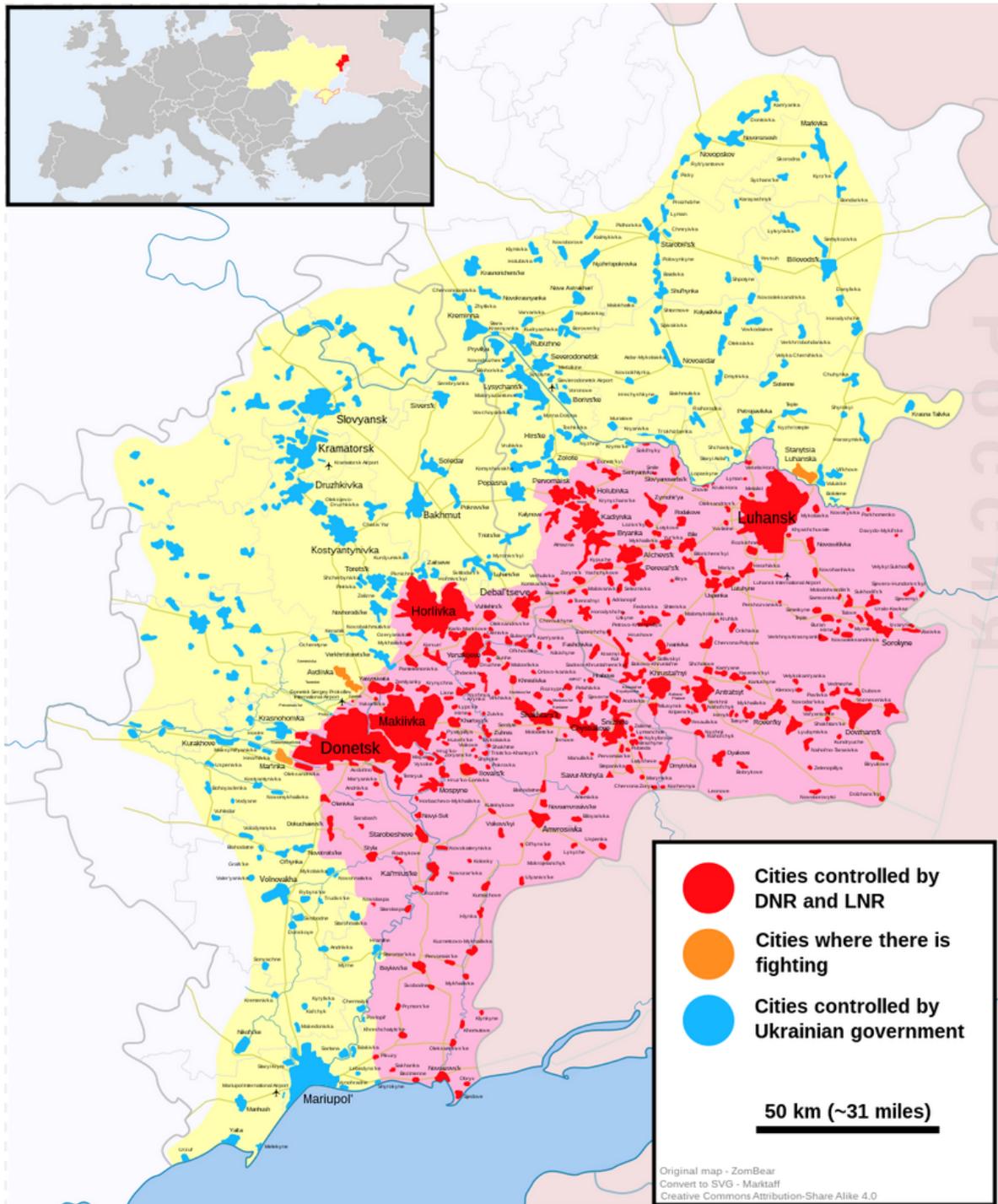
The crisis rooms were created last year in Lutsk, Ternopil and Chernivtsi with support from the UNFPA Equality Springboard Project and funding from the Government of Sweden.

The crisis rooms offer a critical resource to women in need. But what about those they were originally intended for -- survivors of intimate partner and domestic violence?

The shelters remain open to them, said Victoria Yalovska, a legal and social services expert working with UNFPA. Ms. Yalovska, who has been helping domestic violence survivors for more than 25 years, says that specialists and programmes continue to operate, but under constraints. Many support personnel have themselves been forced to flee, for example.

She and her colleagues are concerned women are facing barriers to reporting domestic violence. "We are currently unable to analyse appeals to the police on these issues... The police were those who had to stop the violence and redirect the woman to an asylum [site] with a hidden address." Today, she said, police are focused on war-related security needs, even though "the experience of other countries shows that amid the war and post-war times, the issue of domestic violence and violence against children is as relevant as ever."

Gender-based violence and discrimination – particularly against women – and domestic violence remained widespread. Support services for the survivors as well as legislative and policy measures intended to combat domestic violence, although improved in recent years, remained insufficient. Gender-based violence and discrimination – particularly against women – and domestic violence remained widespread. Support services for the survivors as well as legislative and policy measures intended to combat domestic violence, although improved in recent years, remained insufficient.



Europe's New Migration Crisis

The Russian invasion of Ukraine began on February 24, 2022, with airstrikes hitting across the country, some as far west as Lviv. In addition to widespread destruction, the conflict has caused a migration crisis as over 6 million refugees have fled to neighboring European countries during the first three months of the war.

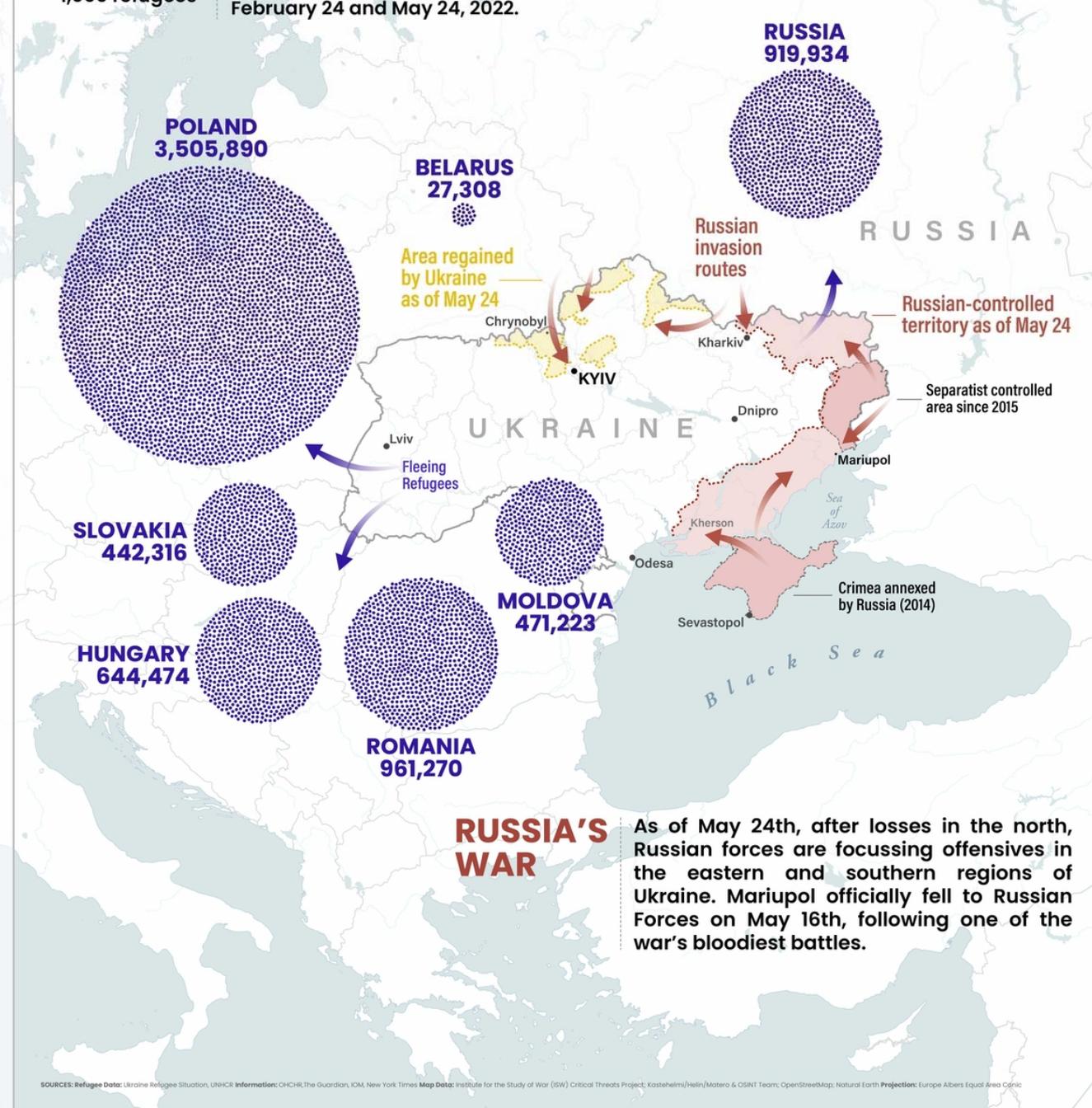
REFUGEES FLEEING UKRAINE

- One dot equals 1,000 refugees

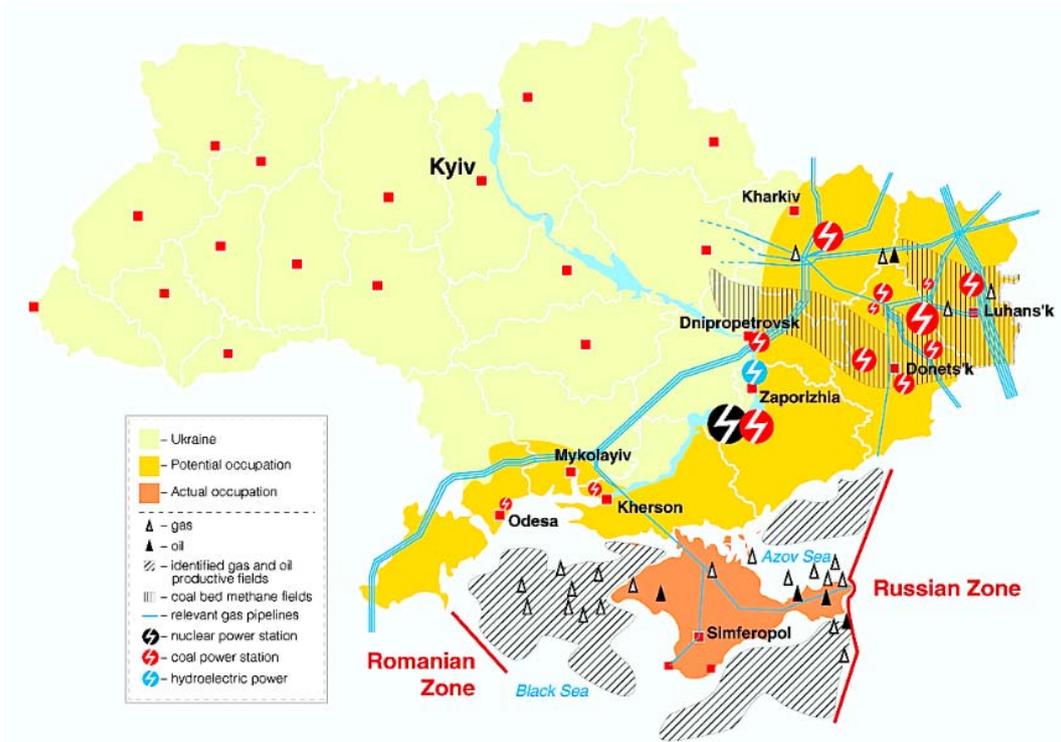
MONTHLY REFUGEE DEPARTURES

6,553,356	3,381,925	1,501,654	1,016,036
March	April	May 24, 2022	

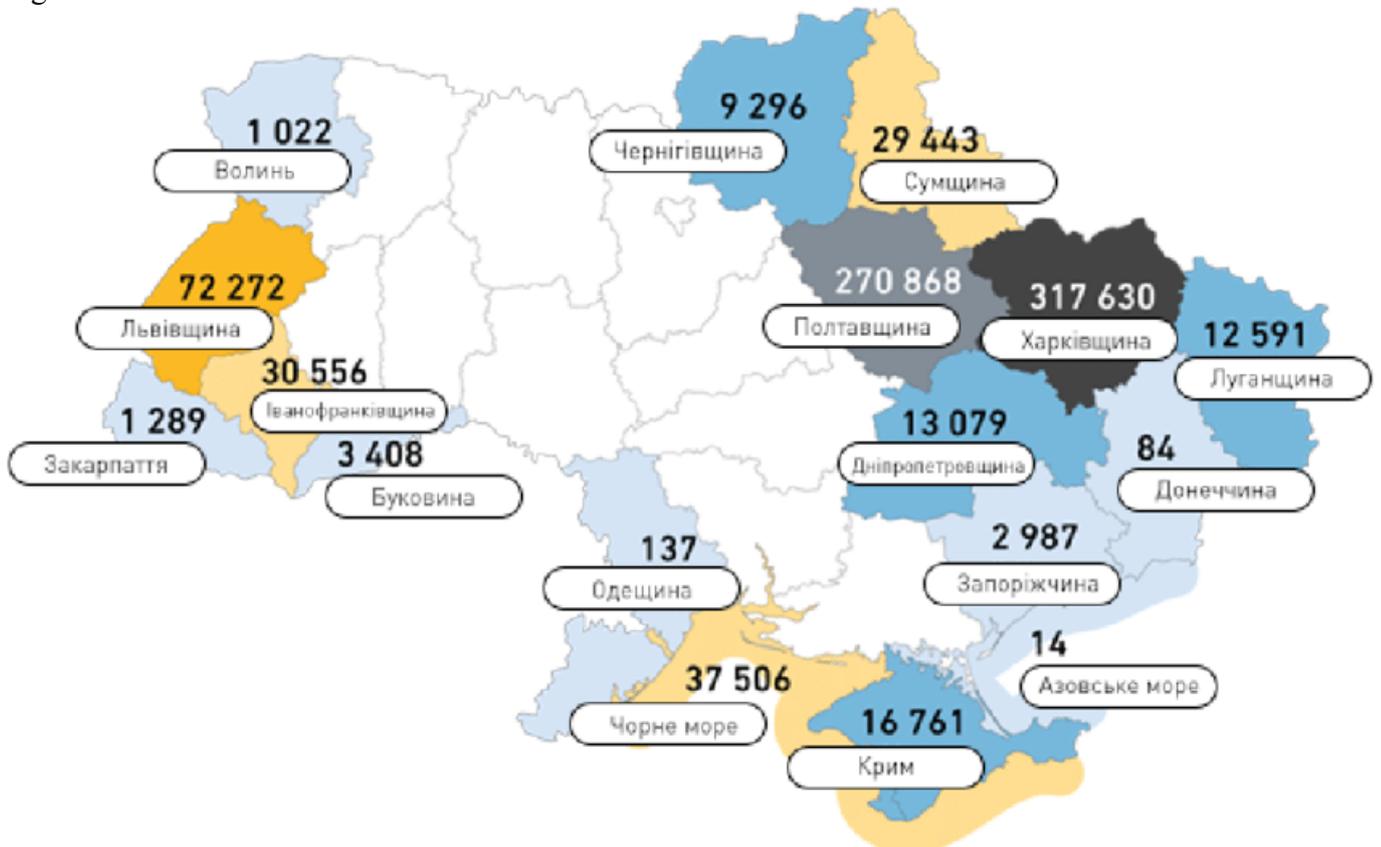
This map displays the 6,552,971 refugees, mostly women and children, who fled Ukraine between February 24 and May 24, 2022.



What might Putin want anyway?



The Ukrainian gas sector has a long history. Ukraine ranks third in Europe in terms of gas potential. Regardless of such great potential, Ukraine still imports gas. There are three gas-bearing regions in Ukraine – Carpathian, Dnipro-Donetsk, and Black sea region. Gas production began at the beginning of the 20th century. The gas potential of individual regions of Ukraine:



Ukraine found huge proven reserves of natural gas after the Soviet Union broke up. Does Putin want them?

<https://truthaboutRussia.quora.com/Ukraine-found-huge-proven-reserves-of-natural-gas-after-the-Soviet-Union-broke-up-Does-Putin-want-them>

1 July 2022

Yes Putin want them. Why does he want them despite having one of the largest natural gas reserves? He wants them because if Ukraine gets their hands on them, the results are going be catastrophic for Russia.

BTW, Putin already had taken most of them. The gas reserve was one of the biggest reason why Putin annexed Crimea and started the pro-Russian separatist movement in Donbass.

Ukraine found 1.1 trillion cubic metres of proven gas reserves. Its total gas reserves would have been estimated up to 5.4 trillion cubic metres.



80% of those were located in off-shore Crimea, Sea of Azov, the western Carpathians, and the Dnieper Donitz rift in the East. Which means during that time, Ukraine had the 3rd largest proven natural gas reserve in Europe

behind Russia and Norway.

With that Natural gas reserves, the EU and rest of Europe could have replaced most of Russian gas with Ukrainian Gas. If that happened, then Russia could have lost tens, if not hundreds of billions of dollar and its largest gas market.

There was a problem for Ukraine though. At that time, Ukraine didn't had the technology or the equipment to go after any of those reserves. And the president of Ukraine at that time was pro-Russian. So Putin didn't need to worry about the gas reserves.

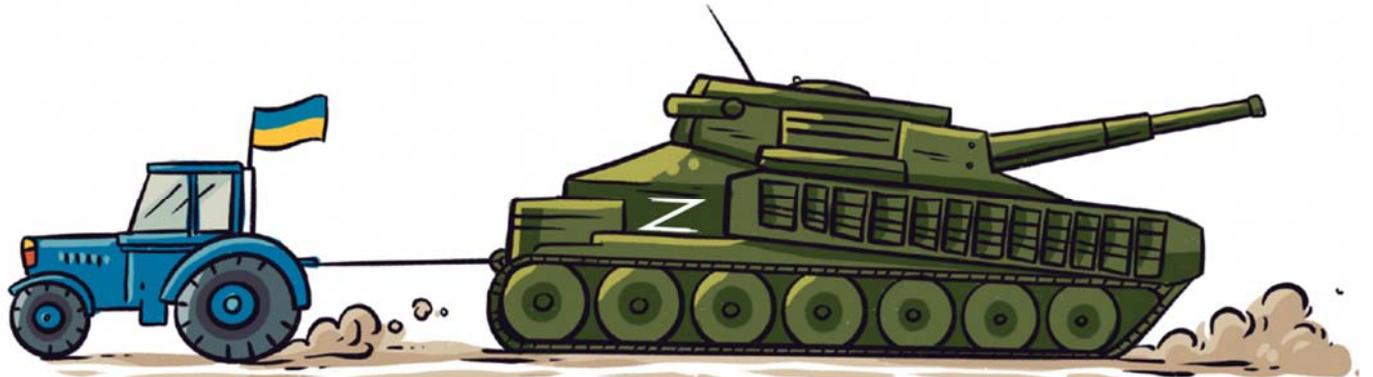
Later in 2013, Ukraine signed a deal with western companies like ExxonMobil, Shell, Chevron, etc., to explore the oilfields near the Carpathians and Dnieper Donitz rift in the east. But then in February of 2014, Ukraines pro-Russian regime were overthrown and replaced with more of a pro-western president.

And then Putin made some bogus claim about Ukraine killing Russian speaking people in Crimea and Donbass. Russia then fully annexed Crimea taking a significant portion of Ukraine's proven natural gas. Pro-Russian separatist in the Donbass region occupies the areas near Yuziska oil field in the east which made Shell abandon its US\$10 billion project in the region.

By the end of 2014, all of the western oil companies abandoned their projects. As a result, Russia remained the largest exporter of natural gas in Europe's market.

COMMERCIAL IN CONFIDENCE

UKRAINE

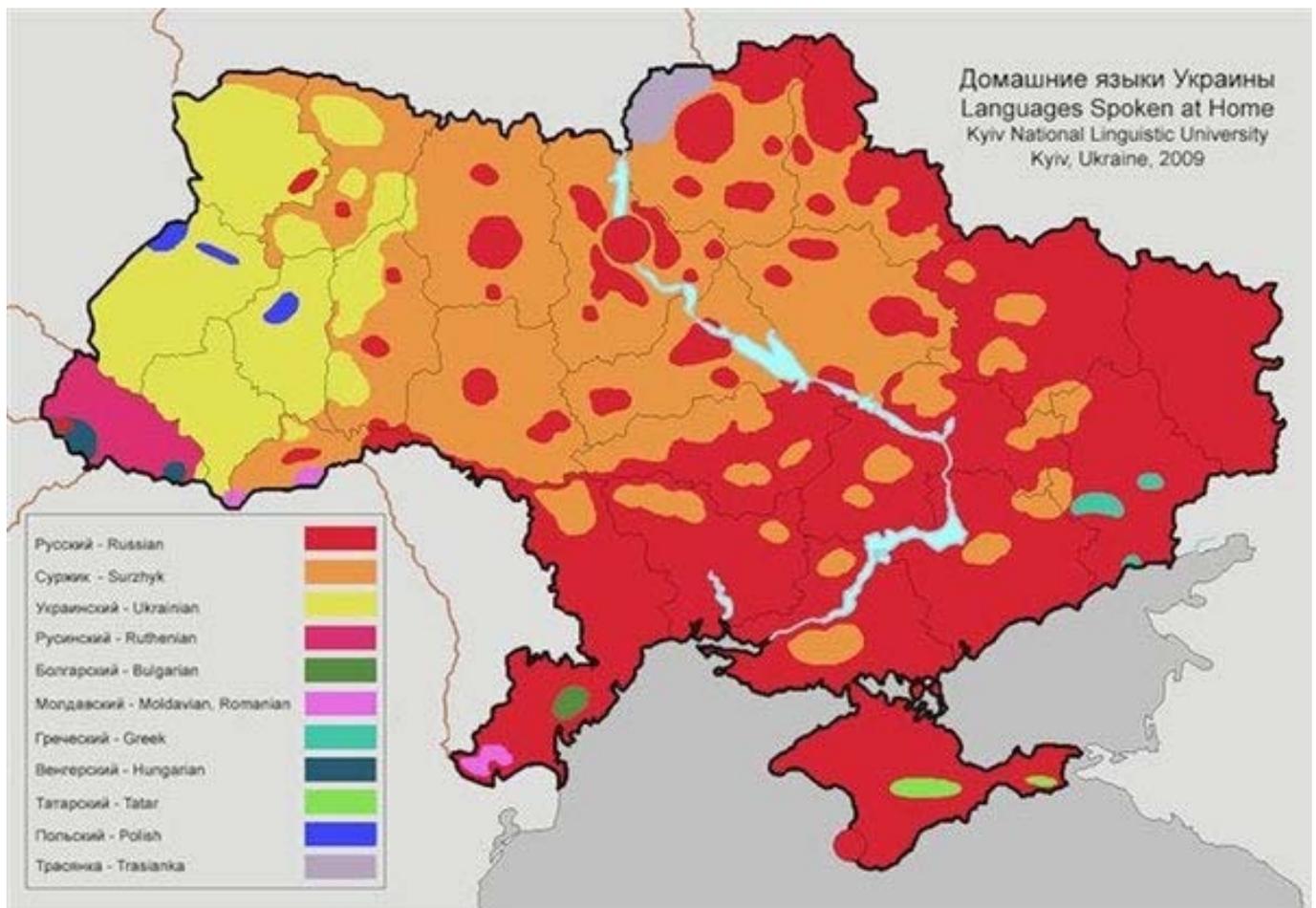


COMMERCIAL IN CONFIDENCE

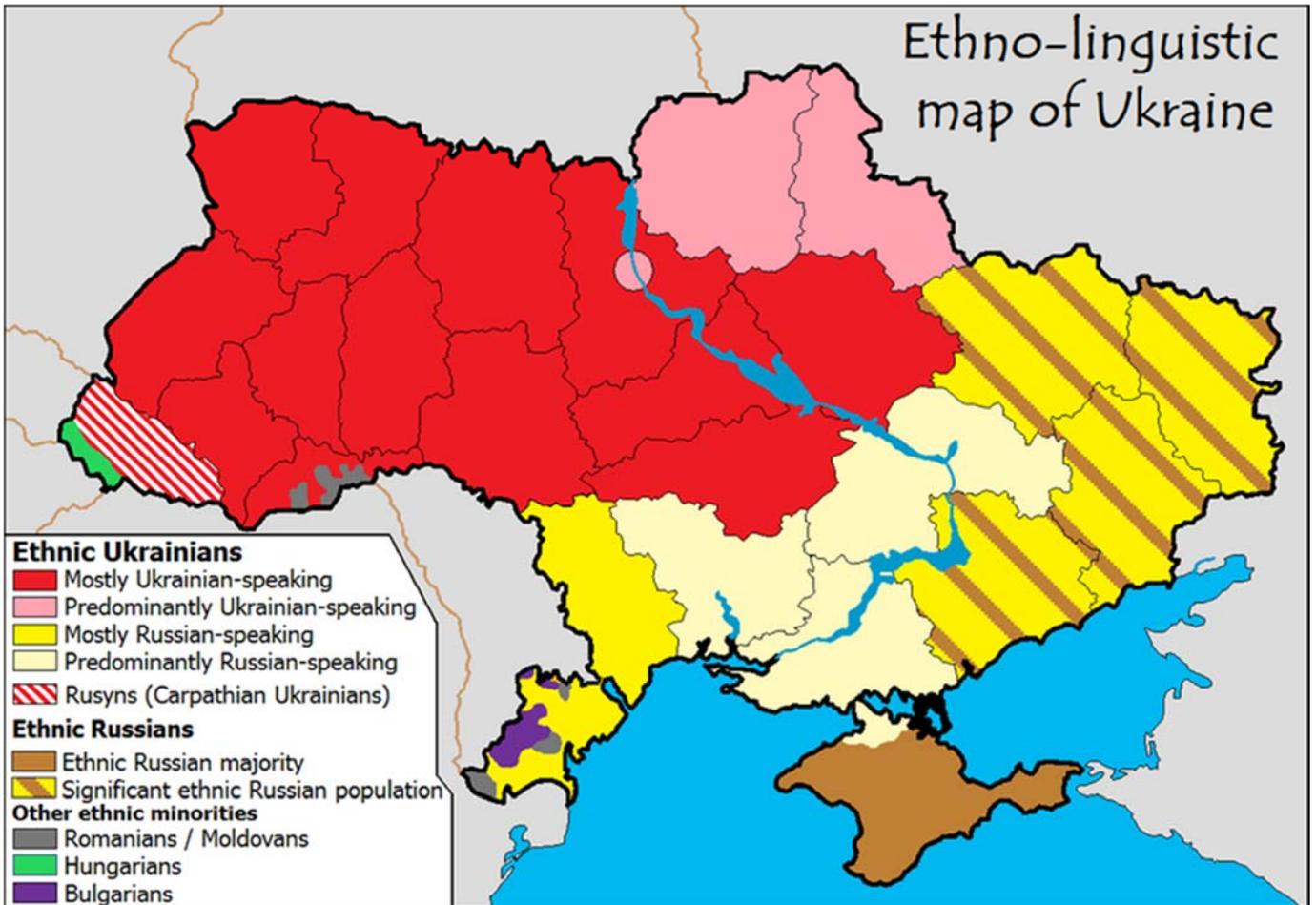
What does Russia gain from invading Ukraine?

<https://www.quora.com/What-does-Russia-gain-from-invading-Ukraine>

For us in Russia, this is a mystery – no idea. So far, we, the general population, have received: an increase in food prices, the closure of small and medium-sized businesses, a drop in income. I am a journalist, I have my own media. My income has dropped 15 times. Also, I and other Russians are now hated all over the world. I can't even leave the country - nowhere. The answer to your question: Russia gets a huge amount of problems and sends the economy back 30 years. And Russia will not get anything else from this.



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

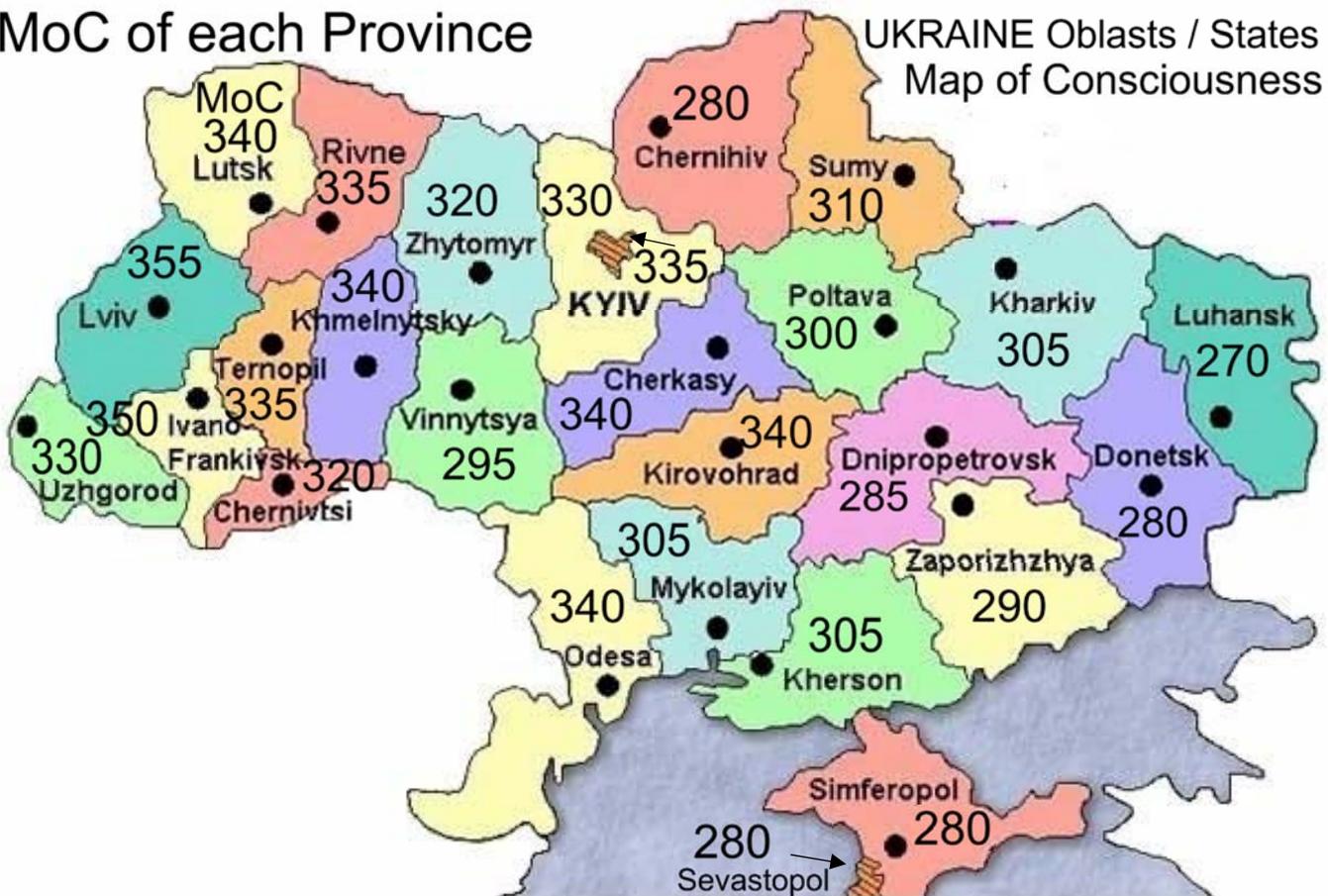


Ukraine Map



MoC of each Province

UKRAINE Oblasts / States
Map of Consciousness



COMMERCIAL IN CONFIDENCE

UKRAINE – Map of Consciousness (MoC) calibrations:

Population as of 1 November 2015

An oblast is a type of administrative division of Belarus, Bulgaria, Kazakhstan, Kyrgyzstan, Russia, and Ukraine, as well as the former Soviet Union and the Kingdom of Yugoslavia. The word "oblast" is a loanword in English, but it is nevertheless often translated as "area", "zone", "province", or "region".

Ranking	Prefecture	Population	Map of Consciousness MoC	Urban population	Rural population
1	Donetsk Oblast	4,387,702	280	3,973,317	414,385
2	Dnipropetrovsk Oblast	3,258,705	285	2,724,872	533,833
3	Kyiv (Municipality)	2,900,920	335	2,900,920	-N/A-
4	Kharkiv Oblast	2,720,342	305	2,193,027	527,315
5	Lviv Oblast	2,535,476	355	1,545,628	989,848
6	Odessa Oblast	2,387,282	340	1,592,602	794,680
7	Luhansk Oblast	2,263,676	270	1,963,808	299,868
8	Crimea (Autonomous Republic)	1,963,770	280	1,231,648	732,122
9	Zaporizhzhia Oblast	1,755,663	290	1,355,126	400,537
10	Kyiv Oblast	1,731,673	330	1,077,600	654,073
11	Vinnitsia Oblast	1,604,270	295	813,906	790,364
12	Poltava Oblast	1,440,684	300	892,177	548,507
13	Ivano-Frankivsk Oblast	1,382,721	350	603,858	778,863
14	Khmelnitskyi Oblast	1,296,103	340	729,963	566,140
15	Zakarpattia Oblast	1,259,497	330	466,985	792,512
16	Zhytomyr Oblast	1,249,225	320	734,462	514,763
17	Cherkasy Oblast	1,246,166	340	707,539	538,627
18	Rivne Oblast	1,162,049	335	553,247	608,802
19	Mykolaiv Oblast	1,159,634	305	791,227	368,407
20	Sumy Oblast	1,115,051	310	764,436	350,615
21	Ternopil Oblast	1,066,523	335	475,443	591,080
22	Kherson Oblast	1,063,803	305	651,241	412,562
23	Chernihiv Oblast	1,047,023	280	676,001	371,022
24	Volyn Oblast	1,042,855	340	545,568	497,287
25	Kirovohrad Oblast	974,724	340	612,237	362,487
26	Chernivtsi Oblast	910,001	320	391,491	518,510
27	Sevastopol (Municipality)	509,992	280	509,992	-N/A-

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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Ukraine: Wheat Production



USDA Foreign Agricultural Service
U.S. DEPARTMENT OF AGRICULTURE

Source: State Statistics Service of Ukraine (Rosstat for Crimea Oblast)
Average Wheat Production 2016-2020

Ukraine: Corn Production



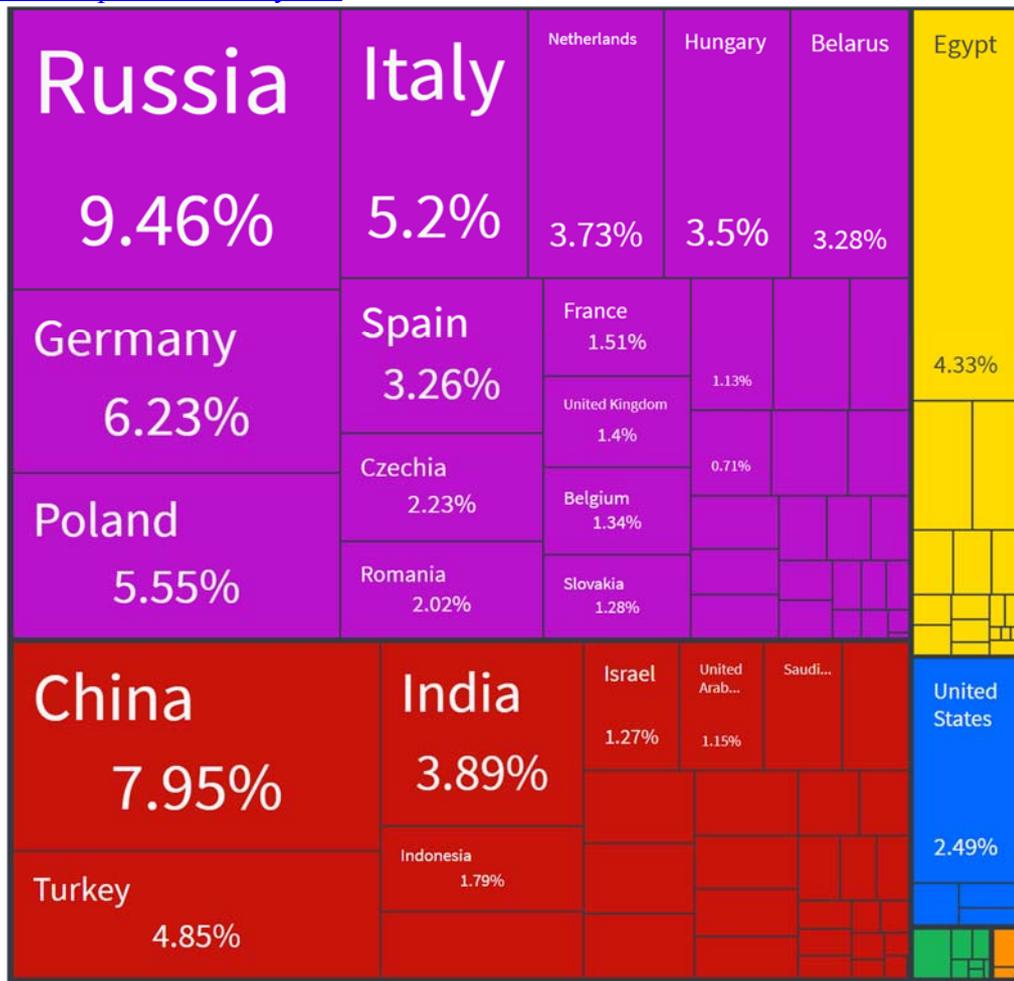
USDA Foreign Agricultural Service
U.S. DEPARTMENT OF AGRICULTURE

Source: State Statistics Service of Ukraine (Rosstat for Crimea Oblast)
Average Corn Production 2016-2020

Here is Ukraine import structure:

Russia is merely 10% of Ukraine imports. Hardly this could be called “full dependency”.

<https://oec.world/en/profile/country/ukr>

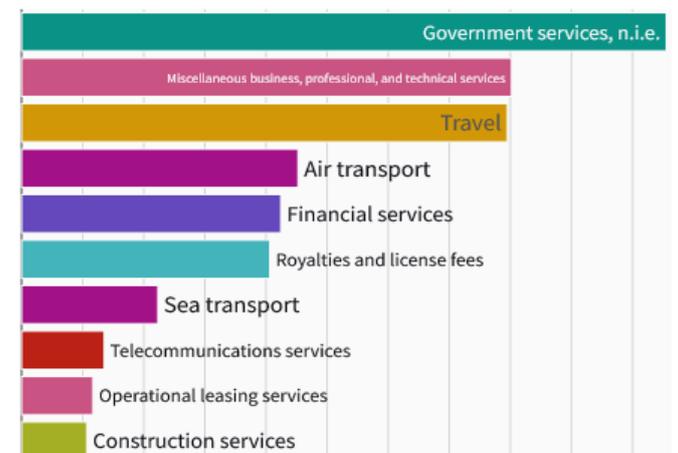
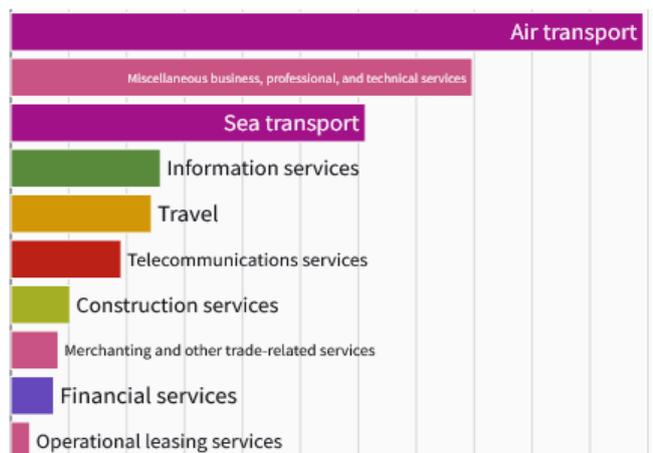


Service Exports (2017)

Service Imports (2017)

Total: \$3.48B

Total: \$4.52B

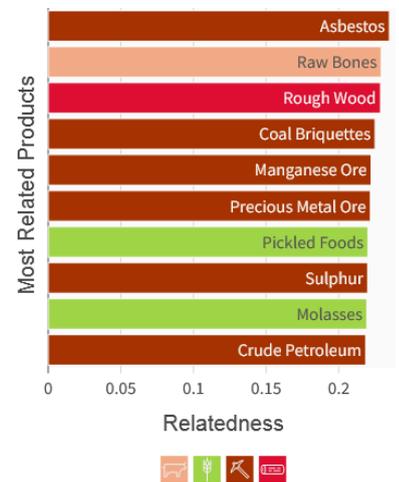
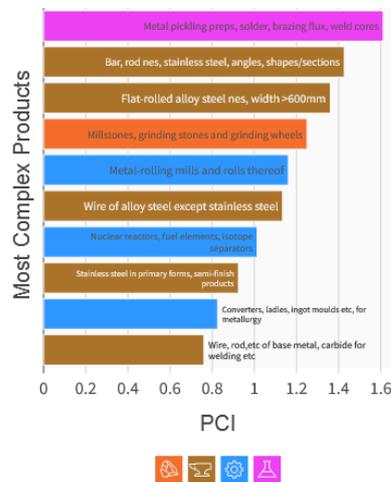
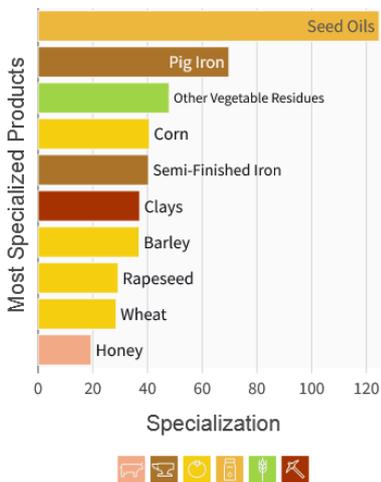
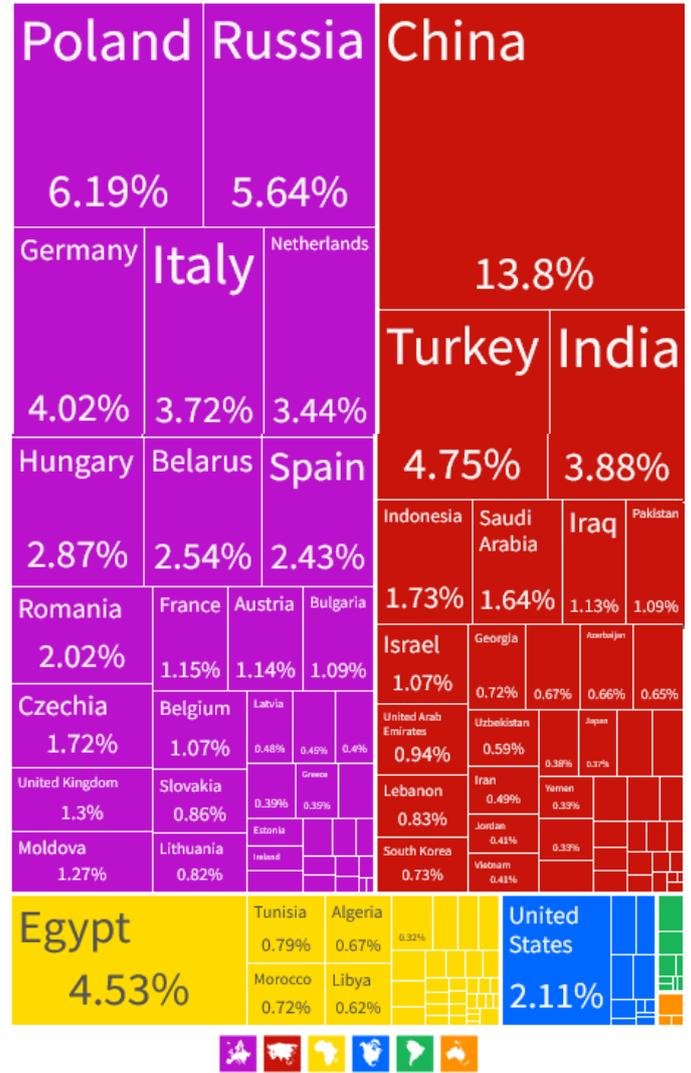
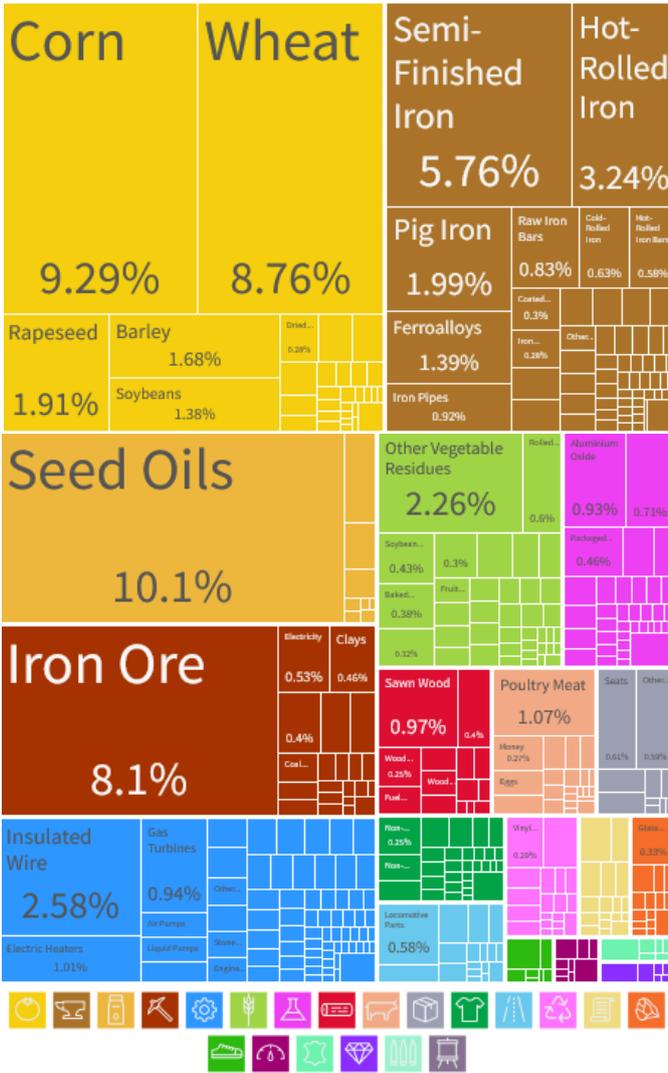


https://oec.world/en/profile/country/ukr
Ukraine Exports (2020) Total: US\$52.7B

Ukraine Destinations (2020) Total: US\$52.7B

Exports (2020)
 [Click to Select a Product]
 Total: \$52.7B

Destinations (2020)
 [Click to Select a Country]
 Total: \$52.7B



A Brief Look into the Steel and Energy Industries in Ukraine

<https://news.metal.com/newscontent/101764937/a-brief-look-into-the-steel-and-energy-industries-in-ukraine/>

2 March 2022

Steel Production in Ukraine **averaged 2,495.57 Thousand Tonnes from 1992 until 2020**, reaching an all-time high of 3,917 Thousand Tonnes in May of 2008 and a record low of 1,325 Thousand Tonnes in November of 2019.

In the then-Soviet Union, Ukraine was a highly developed region in both industry and agriculture. It was known as the "breadbasket of Europe", and the military industry accounted for about a quarter of the Soviet Union's scientific and technological strength; the main industrial sectors were aviation, aerospace, military industry, metallurgy, machine building, shipbuilding and chemicals.

When it gained independence from the Soviet Union in August 1991, Ukraine was quite rich and superior in terms of resources. It had more than 600,000 square kilometres of territory that covers vast plains and endless black land. The nation was very rich in coal, iron and manganese reserves and had more than 70 types of mineral resources. And what was even more dazzling was its strong heavy industrial infrastructure and a relatively complete and advanced military industrial system.

However, after 30 years of development, Ukrainian industry shrunk significantly for a variety of reasons, such as the severance of the Soviet-era supply chain package following the partition, the fall out with Russia, the siege by the West, the failure of economic reforms, etc.

Nonetheless, Ukraine is still the world's second largest exporter of grain, its steel and military industries are still relatively well developed, and large quantities of gas are still transported from Russia to the EU via Ukrainian pipelines.

As the conflicts between Russia and Ukraine escalate, commodities traders are keeping a close eye on Ukraine's vast infrastructure network, which is key to supplying gas, crops and steel to Europe and beyond. Among these is Donetsk, a port for exporting grains and metals and home to giant steel mills.

Stainless Steel

Ukraine is one of the world's largest producers of iron ore and steel and is rich in iron ore and coal resources. Donbass is the largest coal field in Ukraine with proven reserves of 42 billion metric tonnes. Krivoy Rog has iron ore reserves of 26 billion metric tonnes.

According to UKRFelightprom (Ukrainian Steelmaking Industry Association), in 2021, Ukrainian crude steel output rose 3.6% to 21.4 million mt; pig iron output added 3.6% to 21.2 million mt; rolled steel output grew 3.5% to 19.1 million mt; while steel pipe output fell by 15% to 980,000 mt.

Ukraine steel accounts for about a tenth of Europe's steel imports and any disruption to steel mills' production or shipments would tighten the already tight market supply on the continent and could support steel prices at the current high level after hitting a record last year.

Major Ukrainian steel producers include Metinvest BV, which has plants in the industrial heartland of eastern Ukraine, including a plant next to the Dnieper River, and two large plants in Mariupol.

ArcelorMittal, the world's number one steel producer, has the largest steel plant in Ukraine, located in central Ukraine of Kryvyi Rih. Ferrexpo, the world's third largest iron ore producer, has all its operations

COMMERCIAL IN CONFIDENCE

in Ukraine and is located about 350 kilometres (about 220 miles) southeast of Kiev. Seamless pipe manufacturer Interpipe also has a plant in Dnipro in the east.

Steel Plants

ArcelorMittal and Metinvest are the key producers in Ukraine



Energy

Ukraine has an extensive gas transportation network that was designed in Soviet Union times to transport fuel from the large gas fields of Siberia to Europe. Over the past decade, Russia has spent billions of dollars bypassing Ukraine to build the new Nord Stream gas pipeline, but Ukraine remains key to Europe's energy security.

A quarter of the EU's gas comes from Russia, and while about a third is delivered via Ukraine.



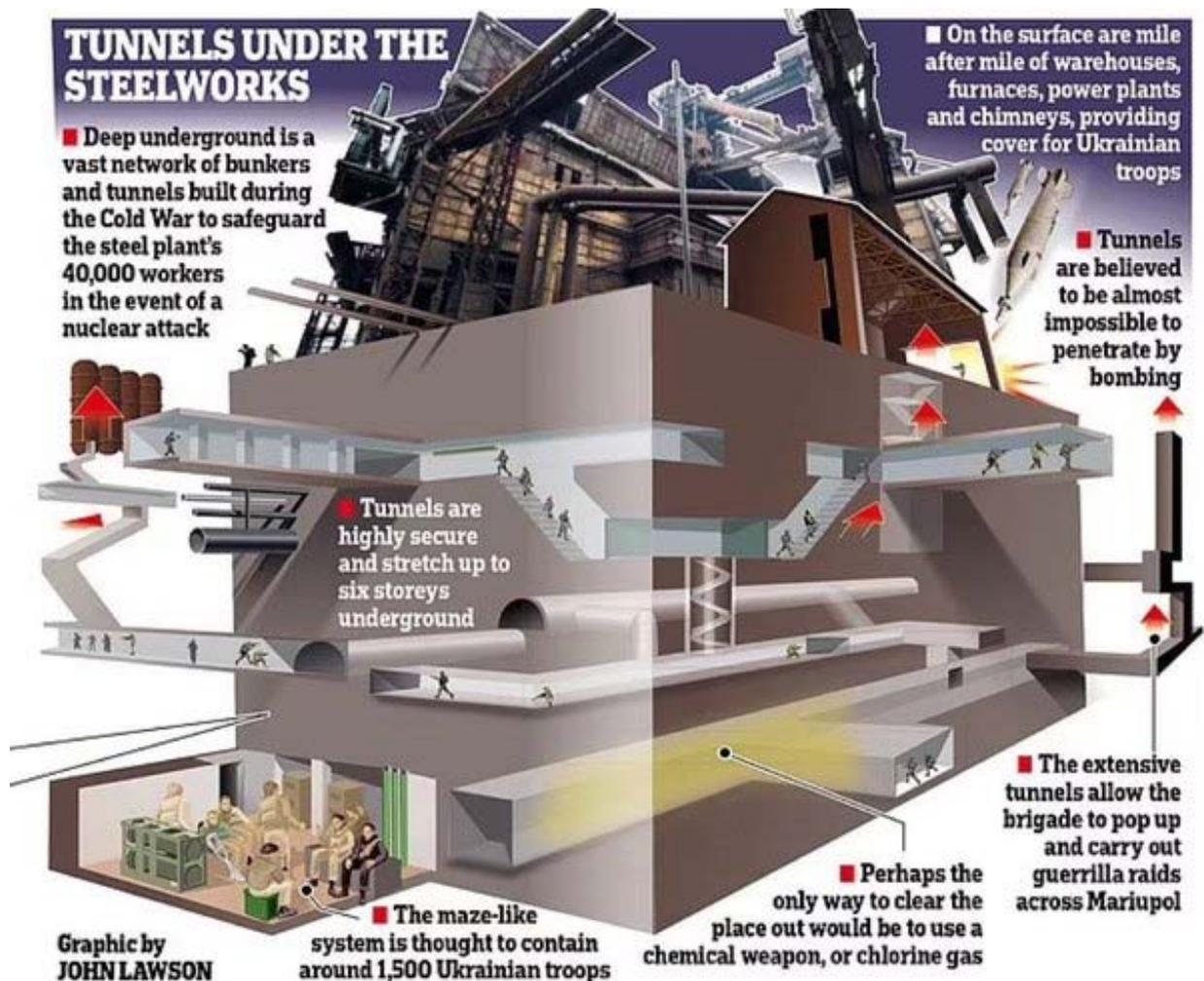
The pipeline through Ukraine also transports some Russia oil to Europe. In the power sector, Ukraine's largest private power company, DTEK, has a number of power plants in Donetsk and Luhansk.

AZOVSTAL STEEL WORKS at Mariupol belonging to Metinvest BV

Built on the coastline in the 1930s and spanning **more than four square miles**, the Azovstal steel works at Mariupol is the perfect fortress to withstand 21st century weapons.

The **Azovstal iron and steel works**, or **Metallurgical Combine Azovstal** (Ukrainian: **Металургійний Комбінат Азовсталь**), was a metallurgical facility located in Mariupol in eastern Ukraine, and one of the largest steel rolling companies in the country.

The Azovstal plant became one of the most emblematic points of the Siege of Mariupol during the 2022 Russian invasion of Ukraine. The plant had tunnels and bunkers capable of withstanding a nuclear attack, making it an extremely defensible position. As the Russian forces advanced into Mariupol, Ukrainian forces withdrew to Azovstal, and by late April it became the last pocket of Ukrainian resistance. The Battle of Azovstal occurred on the site, resulting in a conditional surrender by the Ukrainian defenders after over a month of resistance.



The plant was almost completely destroyed by Russian bombardment over the course of the battle. After the capture of Mariupol by the Donetsk People's Republic, they announced plans for the **plant to be demolished** during the city's restoration.

Gross Domestic Product (GDP) of Ukraine

Year	GDP Nominal (Current USD)	GDP Real (Inflation adj.)	GDP change	GDP per capita	Pop. change	Population
2017	\$112,154,185,121	\$127,296,360,704	2.52%	\$2,861	-0.51 %	44,487,709
2016	\$93,355,993,629	\$124,161,878,119	2.44%	\$2,777	-0.46 %	44,713,702
2015	\$91,030,959,455	\$121,203,311,659	-9.77%	\$2,698	-0.42 %	44,921,639
2014	\$133,503,411,376	\$134,331,493,523	-6.55%	\$2,978	-0.39 %	45,111,532
2013	\$183,310,146,378	\$143,750,945,108	-0.03%	\$3,174	-0.37 %	45,286,983
2012	\$175,781,379,051	\$143,789,379,505	0.24%	\$3,163	-0.36 %	45,453,806
2011	\$163,159,671,670	\$143,446,998,337	5.47%	\$3,144	-0.38 %	45,619,844
2010	\$136,013,155,905	\$136,013,155,905	3.83%	\$2,970	-0.39 %	45,792,090
2009	\$117,113,410,001	\$130,990,473,310	-14.76%	\$2,849	-0.41 %	45,970,941
2008	\$179,816,790,705	\$153,669,917,839	2.30%	\$3,329	-0.45 %	46,158,711
2007	\$142,579,603,960	\$150,209,057,916	7.59%	\$3,240	-0.52 %	46,366,353
2006	\$107,647,920,792	\$139,607,969,152	7.44%	\$2,995	-0.60 %	46,607,395
2005	\$86,057,915,585	\$129,940,521,196	3.00%	\$2,771	-0.69 %	46,890,772

Year ▼	Population	Growth Rate
2022	43,192,122	-0.59%
2021	43,466,819	-0.56%
2020	43,733,762	-0.59%
2019	43,993,638	-0.57%
2018	44,246,156	-0.54%
2017	44,487,709	-0.51%
2015	44,921,639	-0.38%
2010	45,792,090	-0.47%
2005	46,890,772	-0.81%
2000	48,838,065	-0.83%
1995	50,903,785	-0.22%
1990	51,463,105	0.21%
1985	50,919,275	0.38%
1980	49,965,874	0.49%
1975	48,755,665	0.70%
1970	47,088,857	0.79%
1965	45,264,548	1.19%
1960	42,664,652	1.29%

Ukraine Population Forecast

Year	Population	Yearly % Change	Yearly Change	Migrants (net)	Median Age
2020	43,733,762	-0.53 %	-237,575	10,000	41.2
2025	42,338,579	-0.65 %	-279,037	4,000	42.8
2030	40,882,329	-0.70 %	-291,250	4,000	44.5
2035	39,425,172	-0.72 %	-291,431	0	46.2
2040	38,002,489	-0.73 %	-284,537	0	47.3
2045	36,606,388	-0.75 %	-279,220	0	47.3
2050	35,219,042	-0.77 %	-277,469		46.6

Ukraine Religious Demography

https://www.thearda.com/internationalData/countries/Country_231_2.asp

Ukraine has an area of 233,000 square miles and a population of 46.3 million. The Government estimated that there are 33,000 religious organisations representing 55 denominations in the country.

According to official government sources, Orthodox Christian organizations make up 52% of the country's religious groups. The largest such group is the Ukrainian Orthodox Church (Moscow Patriarchate) (abbreviated as UOC-MP), with significant presence in all regions of the country except for the Ivano-Frankivsk, Lviv, and Ternopil Oblasts. The UOC-MP refers to itself, and is officially registered as, the Ukrainian Orthodox Church. The second largest Orthodox group is the Ukrainian Orthodox Church of the Kyiv Patriarchate (UOC-KP), with most followers located in western and some central oblasts. The UOC-KP is not recognised by the UOC-MP. The smallest of the three Orthodox churches is the Ukrainian Autocephalous Orthodox Church (UAOC), with approximately 70% of its adherents in the western part of the country.

Religious Adherents, (2015)	Ukraine
Christian	85%
• Orthodox	69.27%
• Catholic	11.32%
• Protestant	3.68%
Not Religious	12.85%
• Unspecified Not Religious	10.34%
• Atheist	2.51%
Muslim	1.08%
• Sunni	0.96%
• Shiite	0.12%
Jewish	0.13%
Buddhist	0.04%

NATIONS of the WORLD	Level on Map of Consciousness MoC 2021	Population 2021	Life Expectancy Years 2021	Medium Age of Population 2021	Political Rights & Civil Liberties 2021	Human Development Index 2021	Happiness Index 2021	Education Index 2019	Per Capita Income IMF USD PPP 2021
EUROPE central									
Albania	395	2,900,000	79.0	32.9	66 partly free	0.795		0.746	15,250
Armenia	180	3,000,000	75.6	35.1	55 partly free	0.776		0.740	13,600
Azerbaijan	190	10,150,000	73.3	32.3	10 not free	0.756		0.711	14,900
Belarus	379	9,450,000	75.2	40.0	11 not free	0.823	5.5	0.838	20,600
Bosnia & Herzegovina	180	3,300,000	78.0	42.1	53 partly free	0.780		0.711	16,000
Corsica	386	340,000	86.4						34,000
Georgia	397	4,000,000	74.2	38.1	60 partly free	0.812		0.862	15,700
Holy See	380	801	77.5						21,200
Kazakhstan	105	18,800,000	73.9	30.6	23 not free	0.825	6.2	0.830	27,600
Kyrgyzstan	160	6,500,000	72.0	26.5	28 not free	0.697		0.730	5,350
Macedonia North	384	2,100,000	76.3		66 partly free	0.774		0.704	17,700
Moldova	388	4,050,000	72.3	36.7	61 partly free	0.750		0.711	13,900
Monaco	365	39,650	86.6	53.1	83 free				185,750
Montenegro	400	630,000	77.4	40.7	63 partly free	0.829		0.803	21,400
Norway	400	5,420,000	82.9	39.2	100 free	0.957	7.4	0.930	69,200
Russia	320	146,000,000	73.0	39.6	20 not free	0.824	5.5	0.823	29,500
Serbia	394	8,750,000	76.5	42.6	64 partly free	0.806		0.783	20,600
Switzerland	400	8,660,000	84.3	42.4	96 free	0.955	7.6	0.900	75,900
Tajikistan	280	9,550,000	71.8	17.7	8 not free	0.668		0.682	3,860
Turkmenistan	150	6,000,000	68.6	27.9	2 not free	0.715	5.1	0.653	17,400
Uzbekistan	190	33,500,000	72.0	28.6	11 not free	0.720	6.2	0.729	7,850
Ukraine	330	43,750,000	72.5	40.6	60 partly free	0.779	4.9	0.799	13,950
United Kingdom	420	68,000,000	81.8	40.5	93 free	0.932	7.1	0.928	47,100
EUROPE central overall	312								\$30,796

The NEIGHBOURHOOD!



COMMERCIAL IN CONFIDENCE



GOVERNMENTAL RESTRAINT upon its PEOPLE					
Nation	Map of Consciousness (MoC)	Population Number (2021)	Parliament	MoC (2021)	Elected Number
Australia	410	25,500,000	Federal Parliament Senate (upper house) Representatives (lower)	380 380 380	227 76 151
China	305	1,440,000,000	Politburo Standing Committee Politburo Central Committee Congress	280 285 290 295	7 24 200 2,000
European Union	380	446,156,000	Parliament	335	705
India	370	1,380,000,000	Parliament Council of States (upper) House of People (lower)	400 410 390	788 245 543
Russia	320	146,000,000	Federal Assembly Federation Council (upper) State Duma (lower)	305 310 300	620 170 450
Ukraine	330	43,750,000	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	331,000,000	USA Congress Senate House of Representatives	380 365 390	535 100 435
World overall	220	7,910,000,000			

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

NATIONS of the WORLD in CONFLICT		
NATION OVERALL:	UKRAINE	RUSSIA
Level on Map of Consciousness (MoC) 2021	330	320
Population	43,750,000	146,000,000
Life Expectancy Years 2021	72.5	73
Medium Age of Population 2021	40.6	39.6
Political Rights & Civil Liberties 2021	60 partly free	20 not free
Human Development Index 2021	0.779	0.824
Happiness Index 2021	4.9	5.5
Education Index 2019	0.799	0.823
Per Capital Income IMF USD PPP 2021	\$13,950	\$29,500
PARLIAMENT:	MoC	MoC
Verkhovna Rada / Federal Assembly	300	305
Upper House		310
Lower House		300
President	Volodymyr Zelenskyy	Vladimir Putin
Level of Consciousness MoC	400	360
Application of energy engaged	POWER	FORCE

Adolf Hitler calibrated at 430 MoC throughout his early political career. Adolph Hitler assembled the greatest military machine the world had ever seen. On the simple level of force, his military was unbeatable; yet he could not defeat a tiny island nation across the English Channel because the power expressed by Winston Churchill, who unified the will of his people through principles of freedom and selfless sacrifice. Churchill stood for power, Hitler for force. When the two meet, power always eventually succeeds; in the long run, if it is deeply founded in the will of the people, power is immune to force. Winston Churchill calibrated at 510 MoC. When Hitler suicided at the end of World War II, his consciousness level had degraded to 40 MoC. (Truth vs Falsehood and Power vs Force, both by Dr David R Hawkins).

Interestingly, similar circumstances are unfolding now, in March 2022, with President Vladimir Putin (MoC 360), having commenced invasion of Ukraine on 24 February 2022, is applying force upon the people of Ukraine which is led by President Volodymyr Zelenskyy (MoC 400) who is responding through his people with power. Interestingly, research of a number of wars and the leadership of both sides, it has been the leader calibrating the highest that has always prevailed – eventually!

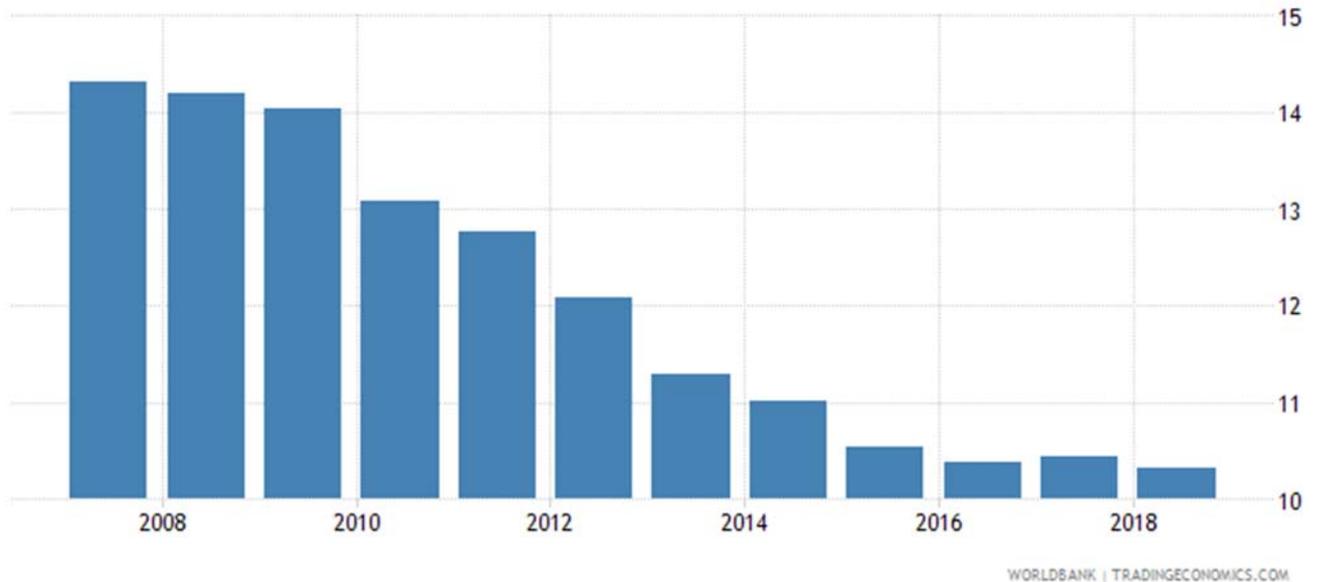
There are two areas that humanity is not to go:

1: Weapons of mass destruction - particularly nuclear.

2. Modifying genes - both of human and of nature.

EDUCATION:

Ukraine: Student teacher ratio, primary school, 1991 - 2018: The latest value from 2018 is **12.98 students per teacher**.



Ukraine is among the most educated societies in the world with a tertiary gross enrolment ratio (GER) of **83%** (2014, UNESCO).^{25 June 2019}

In Ukraine **97.2 % of women and 96.9 % of men aged 20-24** had completed at least an upper secondary level of education in 2020. This was an improvement on the situation in 2010, when the levels were 94.3 % and 92.7 % respectively.^{22 Mar 2022}

With nearly 5.7 million students in a country the size of Texas, Ukraine is among the largest and most talented international student markets in Europe.

After decades of standing in Russia's shadow, Western institutions are gradually taking more notice of Ukrainian students. The country ranks fourth in the world in the number of people with a higher education, and the literacy rate is 100 percent among its youngest generations. In 2017/18 the number of students in primary and secondary school reached 3,922,000, in vocational school 269,400 and in higher education 1,538,600 students.

Despite its track record in producing talented, literate students, over the last twenty years Ukraine's educational system has suffered, which in turn caused increasing numbers of students to look for study abroad programs. Between 2009 and 2016 the number of Ukrainians studying abroad increased by 176 percent to reach 66,668 students studying in 34 countries. The most attractive countries to study are Poland, Germany, Russia, Canada, Italy, Czech Republic, USA, Spain, Austria, France and Hungary.

According to the most recent Open Doors Report of the Institute of International Education, 1,928 Ukrainian students went to the U.S. to study in 2017-2018, which is 6.1 percent more than in 2016-2017. Of these, 49 percent of Ukrainians studying in the U.S. pursue bachelor's degrees, 33 percent enroll in master's programs, 12.5 percent take optional practical training, and 5.5 percent elect non-degree programs.

The most popular destinations for prospective students are the U.S., followed by Canada, the U.K, and Western Europe. When selecting a country, Ukrainians base their decisions on a country's reputation for helping a student with career preparation and the strength of a country's overall education system. When comparing schools, prospective students consider first the quality and then the cost of tuition. The most popular programs for Ukrainians are master's degrees, English courses, and bachelor's degrees. Due to a limited number of high-quality business education programs in Ukraine, business administration is the number one field of study for Ukrainian international students. Regarding competition for U.S. universities, according to agents, Canada is the main competitor for the U.S. in recruiting Ukrainians to study in primary and higher education programs, with the U.K. the major competitor for language schools and programs.

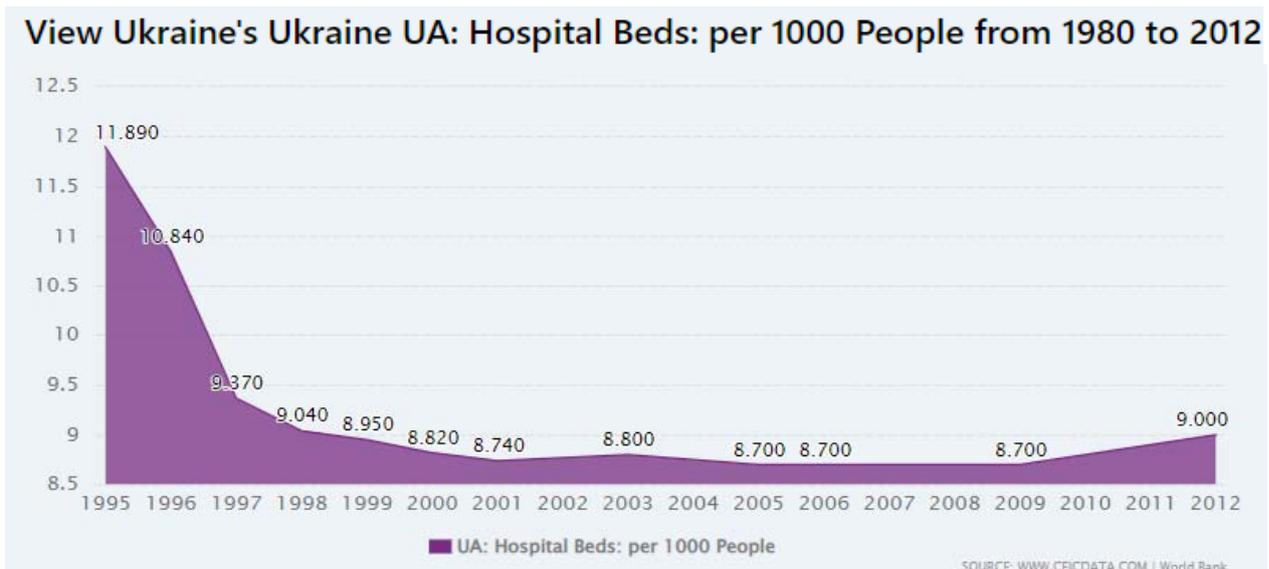
There are many recruiting agents in Ukraine and numerous small agencies dominate the market. Most agents concentrate their efforts on serving students who plan to use their parent's income or personal savings to pay for their education.

Doctors per 1,000 people in Ukraine:

With about 133,000 physicians in Ukraine, there are about **3.01 doctors per 1000 inhabitants**. Here again the comparison: worldwide this standard is 1.50 physicians per 1000 inhabitants and in the EU even 3.57. Through medical care, the mortality rate of major known diseases can be reduced as far as possible.

Nurses and midwives (per 1,000 people) – Ukraine

About 6.6 nurses per 1,000 people.



Medical Education in Ukraine:

<https://www.studymedicineurope.com/medical-education-ukraine>

Medical education in Ukraine is considered to be one of the best in the world. It attracts tens of thousands of foreign students each year. Graduates of Ukrainian medical universities are in high demand for their advanced knowledge and excellent practical skills. Based on the latest data, the educational potential of Ukraine has allowed it to enter the group of the top ten countries in the field of international medical education (as evidenced by current demand for higher medical education in Ukraine among citizens of other countries).

Why Study Medicine in Ukraine?

Medical universities supervised by Ukraine's Ministry of Health offer the best value for money in the field of medical education for international students. Good facilities and a history of high-quality medical education provide the right environment for students to be moulded as accomplished doctors. Ukrainian universities are recognised by all Medical Councils as well as international organisations such as the World Health Organisation, International Association of Universities, IMED (International Medical Education Directory) of FAIMER, UNESCO and AMEE. Students who have received medical degrees in Ukraine are permitted to sit for International Licensing Exams like USMLE, PLAB and others.

The most Popular Medical Courses among International Students in Ukraine

- **Medicine:** duration of the medical course is 6 years; the degree awarded is Doctor of Medicine (MD or MBBS)
- **Dentistry:** duration of the dental course is 5 years; the degree awarded is Bachelor of Dentistry (BDS)
- **Paediatrics:** duration of the course is 6 years; the degree awarded is Doctor of Medicine (paediatrician)
- **Nursing:** duration of the course is 2 years; the degree awarded is Bachelor of Nursing
- **Orthopaedic Dentistry:** duration of the course is 2 years; the degree awarded is Bachelor of Dental Orthopaedic
- **Post-graduate Studies:** duration of the study is 2 to 3 years.

Medical Studies in Ukraine

Upon completion of this 6-year course, students are awarded a "Doctor of Medicine" (MD) degree. Admission to the course commences after a contract is duly signed between the student and university. Fees for international students are denominated in USD and remain the same for the duration of the contract.

For international students, the language of instruction is English, but the programme is also offered in Russian / Ukrainian for local candidates. Candidates studying in the English language are given language classes for the first two years, so that they may become proficient in the local language. This will enable them to converse with the patients and for everyday use.

The curriculum is approved by Ukraine's Ministries of Education and of Public Health. Students are divided into small groups of 6 to 10 people. Due to the small size of the student groups, individual attention is possible for each student. For the first two years, students are taught in class. In the 2nd year, students are also taught on clinical subjects and are given clinical training in hospitals for the purpose of

accumulating practical experience. Each class session is graded. There are internal examinations to be passed.

The student must pass every year in order to graduate. In addition to the university's internal examinations, the student has to pass a State Test (external examination) before graduating the 3rd and 6th years of education called "Krok 1" (Step 1) and "Krok 2" (Step 2). In their final year, the student is tested on their practical proficiency in clinical discipline at the patient's bedside (practical test) and on scientific and theoretical proficiency (Theoretical test). Both tests must be passed in order to graduate.

Following graduation, the student can practice or enrol in over 20 specialisations offered by the university such as cardiology, clinical medicine, oncology, radiology, public health, etc.

Dental Studies in Ukraine

Dentistry courses in Ukraine teach basic medical and biological knowledge as well as the clinical disciplines of dentistry. Upon completion of the five-year course, graduates are awarded the "Diploma of a Doctor" or the degree of BDS. Students are taught theoretical and clinical disciplines such as therapeutic and orthopaedic stomatology. The departments have plenty of specialised locales and are well-equipped in terms of equipment, teaching aids, etc. Students study the principal problems of dentistry: dental caries, periodontitis and diseases of the mucous membrane in the mouth cavity. The faculty optimises the educational process to ensure that it incorporates a creative approach to professional activity. Ukrainian universities also offer further training in the form of postgraduate courses and clinical training.

The tuition fees for [Ukrainian medical universities](#) are inexpensive and easily affordable for students from any country. Although the fees are cheap, the quality of education is not compromised in any way.

The average annual tuition fees for English-language medical courses in Ukraine lie anywhere between 5,050 and 6,500, which is a great deal more affordable than those charged by medical institutes in other countries. This is one of the reasons why Ukraine is one of the most popular destinations for studying medicine, especially for international students. Students from all over the world are drawn to the medical education of this country due to the affordable university tuition fees, low cost of living and quality education.

MEDICAL UNIVERSITIES	TUITION FEES PER UNDERGRADUATE PROGRAM (AU\$)	
	MEDICINE	DENTISTRY
Kyiv Medical University	5,050	5,490
Sumy State University	6,210	-

Graduates from Ukrainian medical universities can work anywhere in the world in the field of Medicine as the qualification is recognised by WHO. The applicants just need to satisfy the registration requirement of Medical Council of Respective Country.

All the Ukraine Medical universities degree is valid and the students can go to USA, UK, AUS, NZ and Canada for the PG studies.

Real estate in Ukraine and its prices

<https://sites.google.com/view/reukpascasfoundationukraine/home>

What's going to happen next?

June 2022

In many ways the war has changed the way we think about what kind of housing we want to have. For example, changes in the cost of automobile fuel also affect our decisions about where to live. And if during the quarantine period many people were interested in suburban real estate, now lower fuel costs will take an important place during the decision to buy real estate: buyers will look for housing close to work, if remote work is not possible. Suburban real estate will be used as summer homes or will suit those who can work remotely. As for the features of the houses for which there will be a new quality demand, the requirements for new houses must be amended in such a way as to leave no apartment building without a shelter built into the basement or first floor. Of course, such shelters in peacetime would be used as parking lots or in other acceptable ways.

How will demand change after the war?

So demand will now depend on residents' assessment of the safety and security of housing. And it's not just about shelters. In cities, there are areas where "no one flew in," and residents certainly take this into account when deciding to buy a new apartment. So, prices in such neighbourhoods and neighbourhoods will be higher than where "they flew in." It is also clear that there will be different expectations in different segments of the market. For example, given the falling economy, lower incomes of the citizens and the exhaustion of different "financial cushions", the buyer will be more interested in the economy-class housing, which, for example in Kiev, recently occupied a small percentage of the market.

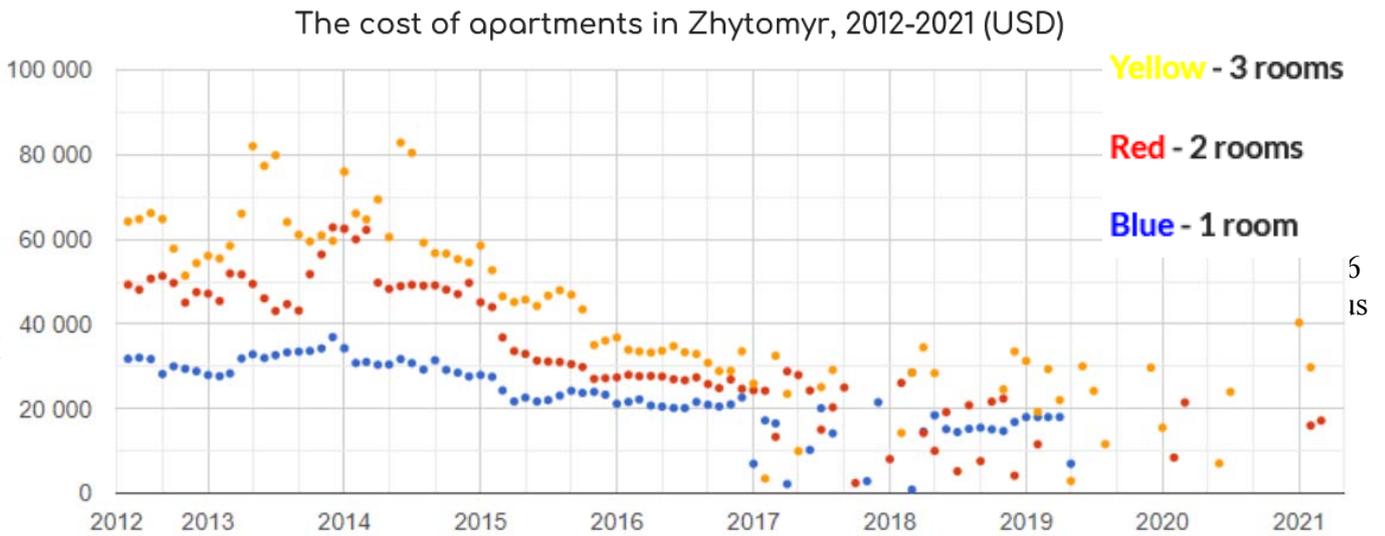
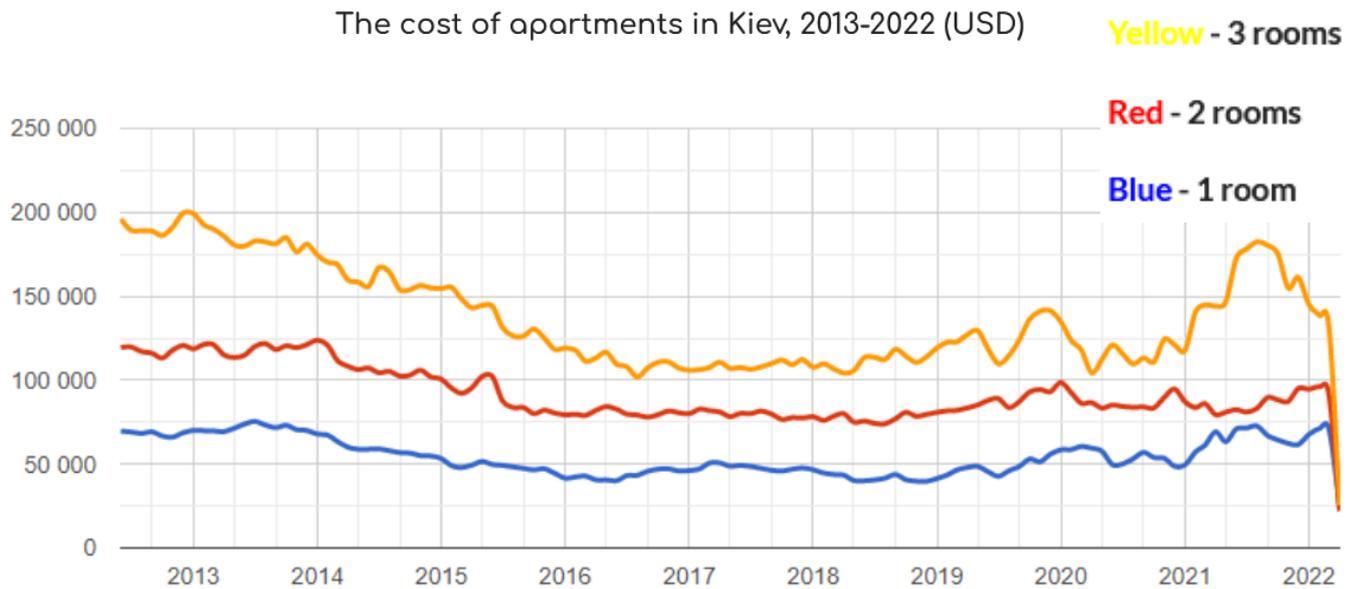
So what will happen to prices?

Although developers and sellers of finished housing are still not going to reduce prices throughout Ukraine, but they will have to do so in the near future. Unless, of course, they really want to sell or rent out their homes. Real estate market theory indicates that when rental prices change, buy-sell prices also change, albeit disproportionately, with overpriced properties adjusting where demand declines, and only undervalued properties in light of new demands will be able to hold their pre-war prices. We estimate that the drop in prices will be staggering in the immediate post-war period and will last for several years. Why? There will be a general decline in GDP because it will not be created by businesses that disappeared or stopped before the recovery. That is, the total amount of money that will circulate in the real estate markets will become much smaller. Whether the developers between the end of the war and the emergence of money for compensation will be able to maintain prices and get funds for completion, the question is open and will depend on the ability of the state to still get this compensation at the expense of Russia, because the money in the budget for the reconstruction is not there and will not be in the near future.

What's next?

If we look into the distant future 10-15 years after the end of the war, we should consider that the alignment of real estate prices between Ukraine and the EU will definitely start. And the speed of this alignment will depend on how quickly Ukraine becomes part of the European Union. Certainly we are still far away from the prices in Berlin of 5-10 thousand euros per square metre, but the return to the pre-war condition should

happen rather quickly, especially if people with financial compensation come to the market and it will create demand and business will work.



US\$280,000 \$1,506 m²

House 186m². 3 bedrooms, a hall with a fireplace and access to the terrace. The house has all central communications. Beautiful, modern design. A convenient, well thought-out layout. Repair is made in classic style. The owners leave all the furniture and appliances. The house is provided with security and video surveillance. The highlight is an indoor pool, where you can swim all year round. Plot of land of 16 hectares. Landscape design of the garden and territory using the relief, height difference, relict, coniferous plants, rose compositions complements the luxury of this house. The entire area is protected by a capital fence. The house is convenient asphalted access.



ORPHANAGES

<https://theconversation.com/orphanage-trips-by-aussie-schools-are-doing-more-harm-than-good-38035>

It's important to understand what it is like for a child to grow up in an orphanage. Decades of research have proven that children need to be loved and cared for by a limited number of people who are dedicated to them and able to respond to their needs. This sort of care is very difficult to provide in an orphanage.



Schools and students think they're being charitable, but children aren't tourist attractions made to make you feel warm and fuzzy. Kim Tyo-Dickerson/Flickr, CC BY

The need to look after many children generally results in a regimented existence, with each child having many caregivers. Children are cared for as a group rather than as individuals. As a result children who have been raised in orphanages experience delays across all areas of development, as well as psychological damage.

Although Australia no longer has orphanages, some other wealthy nations do. Even in these well-resourced institutions, the same problems exist.

The lack of someone who loves and is committed to a child makes them vulnerable to exploitation. Rates of physical and sexual abuse (perpetrated by adults and other children) are high in orphanages, wherever they are located. It is unfortunately not surprising that 30% of the reports of sexual abuse made to the Australian Royal Commission into Institutional Responses to Child Sexual Abuse have been made by people who were abused in orphanages.

Knowledge of the harms of orphanage care closed all orphanages in Australia decades ago.

Orphanage voluntourism takes children from their families

The majority of children living in orphanages have at least one living parent. As recently reported, orphanage voluntourism is actually removing children from their families. Unscrupulous individuals are persuading families to give up their children (sometimes with a cash payment) in order to make money for themselves from donations from wealthy foreign voluntourists.

They are literally creating orphans, for financial gain.

In some countries this has led to an explosion in the number of orphanages. In Cambodia the number of orphanages has doubled in the last five years, while the number of orphans has decreased.

Even when intentions are pure, the building and resourcing of orphanages results in the removal of children from their families. In the wake of the Indian Ocean Tsunami in Aceh, Indonesia, 17 new orphanages were built for "tsunami orphans". However, 98% of the children in these orphanages had families and had been placed in these institutions in order to gain an education.

Community support for education would have prevented these children from being exposed to harm in orphanages. Reputable aid organisations will not build orphanages, but instead work to support families and communities.

This is a much more caring and cost-effective model. Keeping children in orphanages is very expensive: five to ten times more expensive than supporting them in their families.

Orphanages are never good places

Much of the psychological harm suffered by children in orphanages is caused by having multiple caregivers who come and go, rather than just one (or a few) who can be relied upon. Short-term orphanage volunteers who pay attention to, play with and care for children may feel they are doing good, but they are just adding to this harm. They increase the number of caregivers a child experiences and are just more people who abandon them.

Children who live in orphanages often become adept at gaining adult attention by being cute and by engaging with strangers – something that psychologists call “indiscriminate affection”. School students often mistake this behaviour for genuine friendliness and happiness.

Young people who undertake these tours come home with an idealised view of orphanages and with aspirations to support them into the future. This was the experience of ex-orphanage voluntourists, now successful entrepreneurs Rob and Paul Falkan, who donate business profits to build orphanages all over the world. Schools who help foster the view that orphanages are good may inadvertently harm children into the future.

Orphanages in Ukraine for children without parents

<https://uacua.org/orphanages-in-ukraine-by-zhytomir/>

There are two types of orphanages in Ukraine: those run by the government and those run privately. The majority of orphanages in Ukraine are operated by the government. These institutions receive funding from the Ministry of Social Policy.

Government-run orphanages are divided into three levels based on age. Children under the age of six are placed in nursery schools; children between ages 6 and 12 are placed in special education classes; and older children attend high school.

There are mandatory rules for those who want to adopt a child.

When a family wishes to adopt a child, they must first contact the appropriate authorities. If the child is eligible for adoption, he/she may be adopted immediately. Otherwise, it can take several months before the child becomes available for adoption. Once a child is selected for adoption, the family must complete a series of medical tests and interviews with social workers. After the process is completed, the child is transferred to the adoptive family's home.

FEELINGS GIVE RISE TO THE TRUTH

Orphanages in Zhytomyr and Zhytomyr region

An orphanage provides care for these kids until they reach adulthood. What to do if you want to adopt children? In most cases, it's not easy to adopt an orphan in Ukraine. You need to be at least 21 years old and have a good job. It can take anywhere between 6 months to 3 years to get your application approved. If you want to adopt an orphan, you should know that there are strict rules about how much time you must spend with him/her before adopting.

This list contains orphanages in Zhytomyr and Zhytomyr region, there are 25, and there are 24 oblast / provinces making up Ukraine.



The humanitarian situation since 2014 in Ukraine is very difficult. Ukraine's defenders are killed in the war and their children are orphaned, and there is a large number of temporary settlers from the occupied territories. All this creates an additional burden on the Ministry of Social Policy.

In Ukraine, there are over 70,000 children living in orphanages. (This statistic is prior to Russia's invasion commencing on 24 February 2022). Many of these children come from poor families, where parents cannot afford to take care of them. The government has tried to solve this problem by providing financial support for orphanages, but it hasn't worked out very well. As a consequence of the Russian / Ukraine war, those classified as being **poor** in Ukraine is rose from 38.5% pre-covid, then 45% per-war and up to **70%** is anticipated as the war extends.

Ukraine has over hundreds of orphanages across the country, and they provide shelter for thousands of children. Volunteers can spend time working directly with these kids, teaching them new skills and giving them love and attention.

The CHILD is to FREELY EXPRESS ITSELF: Messages from Mary and Jesus 13 May 2003

Mary: The greatest gift you can give your child, is allowing it to be freely able to express itself, helping it to feel good about being able to say and express and communicate all it feels. **THERE IS NOTHING BETTER FOR A CHILD TO FEEL THAN KNOWING ITS PARENTS COMPLETELY WANT IT TO BE EXACTLY HOW IT FEELS IT WANTS TO BE.** To be completely unconditionally accepted for all that it is. Then it feels loved.

The extent of our unloving parenting that we all have had to endure as children is now killing us, which is the truth of how bad it is. It is killing us because we refuse to understand what is happening, we refuse to connect to our pain, we refuse to accept the truth!

Parenting – unable to love our children due to lack of truth in what we are provided with.

We don't truly love ourselves; so we can't truly love our children. We can believe we love ourselves; as we believe we love our children. And so do our children truly love us?

List of orphanages and specialised institutions for children In Zhytomyr and Zhytomyr region

NAME OF THE ORPHANAGE	ADDRESS	TELEPHONE
BERDYCHIV BOARDING SCHOOL OF I-III DEGREES FOR ORPHANS AND CHILDREN DEPRIVED OF PARENTAL CARE	STREET HEROES OF UKRAINE, 79 M. BERDYCHIV	0 (4143) 2-02-33
KZ "BERDYCHIV SPECIAL BOARDING SCHOOL" OF ZHYTOMYR REGIONAL COUNCIL	STREET ZHYTOMYRSKA, 155 GRYSHKIVTSI SMT, BERDYCHIV DISTRICT, ZHYTOMYR REGION	0 (4143) 6-32-74 (063) 657-16-38
BEREZIV SPECIAL BOARDING SCHOOL OF I-III DEGREES FOR CHILDREN WITH HEARING DISABILITY OF ZHYTOMYR REGIONAL COUNCIL	STREET BUSHUEVA, 6 S. BEREZIVKA ZHYTOMYR DISTRICT	(0412) 49-06-66
DOVBYSK SECONDARY SCHOOL OF I-III DEGREES OF BARANIV DISTRICT OF ZHYTOMYR REGION	STREET CATHEDRAL, 10 TOWN OF DOVBYSH BARANIVSKY DISTRICT	(04144) 5-11-61
ZHYTOMYR SPECIAL BOARDING SCHOOL OF I-III DEGREES №2 "OF ZHYTOMYR REGIONAL COUNCIL	PROV. PROFESSOR ARTSIKHOVSKY, 8 M. ZHYTOMYR	(0412) 48-62-24, 48-62-21
Zhytomyr SPECIAL BOARDING SCHOOL	STREET SYNELNYKIVSKA, 12 M. ZHYTOMYR	(0412) 22-75-96
ZHYTOMYR SPECIAL SPECIAL BOARDING SCHOOL OF I-III DEGREES №1 "OF ZHYTOMYR REGIONAL COUNCIL	STREET LEH KACHINSKY, 17 M. ZHYTOMYR	(0412) 22-28-25
KMYTIV SPECIAL BOARDING SCHOOL	STREET POKROVSKA, 42 B S. KMITIV KOROSTYSHIV DISTRICT	(04130) 7-32-18
KOROSTYSHIV SPECIAL BOARDING SCHOOL	STREET IVANA KOCHERGY, 1 KOROSTYSHIV DISTRICT M. KOROSTYSHIV, ZHYTOMYR REGION	(050) 193-93-52
LYUBAR SPECIAL BOARDING SCHOOL	STREET RAYRADI, 2 SMT LYUBAR	(04147) 2-13-09
Zhytomyr Regional Council	STREET SHEVCHENKA, 72 M. NOVOGRAD-VOLYNSKY	(04141) 5-22-78
POTIYEVA SPECIAL BOARDING SCHOOL OF I-III DEGREES FOR CHILDREN WITH POLYMYELITIS CONSEQUENCES, CEREBRAL PALSY AND PLEASE	STREET MAY 1, 27 S. POTIIVKA RADOMYSHL DISTRICT	(067) 465-28-64

ZHYTOMYR REGIONAL COUNCIL OF RADOMYSHLY SECONDARY SANATORIUM BOARDING SCHOOL	STREET SHEVCHENKA, 31 M. RADOMISHL	(04132) 4-43-65
ZHYTOMYR REGIONAL COUNCIL OF USHOMYR BOARDING SCHOOL OF I- II DEGREES	STREET MAKARENKA, 21 S. USHOMIR, KOROSTENSK DISTRICT	(097) 111-00-13
CHILDREN'S FAMILY HOUSE OF THE KOLODZINSKY FAMILY "VESELKA"	STREET LYSENKA, 17 M. BERDYCHIV	(067) 988-85-79
CHILDREN'S HOUSE OF FAMILY TYPE OF THE YEGORY FAMILY	PROV. SKELNIY 3, KV. 2, M. ZHYTOMYR	(068) 111-80-34 (068) 111-80-20
KRAVCHENKO FAMILY FAMILY HOUSE	PROV. FOREST, 3 S. SAND ZHYTOMYR DISTRICT	(067) 724-57-45 (096) 350-19-33
CHILDREN'S FAMILY HOUSE OF THE VOLKIV FAMILY	STREET DANIL HALYTSKY, 6 M. KOROSTEN	(096) 055-78-04
NOVOBORIVSKY CHILDREN'S BOARDING HOUSE	STREET MAKARENKA, 8, NOVA BOROVA TOWN, KHOROSHIV DISTRICT	(050) 416-06-13
PUGACHIV PSYCHONEUROLOGICAL BOARDING HOUSE (FOR WOMEN)	STREET CENTRAL, 1 S. BEREZNEVE, KOROSTENSK DISTRICT	(098) 751-47-84
ROMANIVSKY CHILDREN'S BOARDING HOUSE	STREET MIZHGIRNA, 18 SMT ROMANIV ZHYTOMYR REGION	(097) 470-00-95
TETERIV CHILDREN'S BOARDING HOUSE OF ZHYTOMYR REGIONAL COUNCIL	STREET SCHOOL, 56 S. TETERIVKA ZHYTOMYR DISTRICT	(050) 312-81-10
REGIONAL SPECIALIZED HOUSE OF CHILDREN OF ZHYTOMYR REGIONAL COUNCIL	STREET HEROES OF THE MAIDAN, 64 NOVOGRAD- VOLYNSKY	(04141) 5-25-08
ZHYTOMYR REGIONAL CENTER FOR CHILDREN, ACTUALLY NAMED REGIONAL CENTER FOR SOCIAL AND PSYCHOLOGICAL REHABILITATION OF CHILDREN "SUNNY HOUSE"	IVAN SADOVSKY'S LAND, 5 A ZHYTOMYR	(067) 777-67-98
ENTERPRISE "BERDYCH CENTER OF SOCIAL-LABOR AND PROFESSIONAL REHABILITATION OF DISABLED PEOPLE" NADIA "	STREET RUSSKA, 18 M. BERDYCHIV BERDYCHIV DISTRICT	(097) 461-95-69

What is the name of a person who takes care of orphans?

A saint. Orphaned children need a lot more than shelter and nutritious food. They need to feel that they are truly loved. Creating that feeling usually requires huge, continuous effort.

What are the psychological effects of orphans?

It is hard to categorise all orphans at once. Depending on why they were orphaned, and their age, the psychological effects vary greatly.

For example, a 5 year old child who was left at an orphanage because their parents died will have much different psychological trauma than a 12 year old child who was beaten or sold by their parents and then rescued. Or the 2 year old who gets put at an orphanage and never knows why, or whether or not they still have parents. To give all of these children the same psychological treatment would be a mistake, because they will all have different individual needs, and will all process these events differently from one another. I recommend individual professional diagnosis's and help if you are caring for any of these types of children. This isn't always possible, but it is ideal. It still is all about talking it out!

Common effects that I see in the younger children I work with (3 and under) are being much more clingy, desperate for affection and attention, and being willing to do anything to get that attention. This can lead to screaming uncontrollably, hitting you/other kids, or even hurting themselves to get you to look at them and take care of them. They may not care if it is positive or negative attention, which makes it important to teach them that if they want your attention, they do not need to act out. Be looking to encourage them and give them positive attention, and try not to give them more attention than is needed when they do inappropriate things. This can help them learn that if they want attention, behaving is the best way to get their desired result.

For our elementary aged children that just come in, they generally aren't as clingy. To be able to get close to them, you need to earn more trust. If you are new to their lives, they are likely not to try to get to know you, because they may be used to being abandoned (but this, none of us ever heal fully – talking it out, and then more talking it out. Getting close to someone, to them, may mean having one more person who can hurt you. If you aren't going to be constantly in their lives, it is probably best to leave them alone. If you are, then make that clear. Get to know their interests, allow them to ask you questions about anything. Be a friend that will not disappear. This may be the best thing you can do for them.

As for high-schoolers who have been abandoned, it is likely that this is not their first time being dropped off on someone's door step. They may not seem to be as sad at first, or not as affected by their losses, but that is probably a safety mechanism. They have shut themselves off from caring, because they are tired of being hurt. They also know that whoever is taking care of them is likely only temporarily in their lives, because even if they spend the rest of their years as a minor with them, that isn't very long. It is alright to give these kids their space. They have earned it. However, you can be an encouragement to them! Let them know that you are willing to help if they need anything. Show them they don't have to spend the rest of their lives with the cards they have been dealt. They can make something amazing out of their lives. They can do anything they put their mind to. Encourage them to apply themselves and pursue their interests. If you can, help them do so.

Lastly, almost all kids who have been abandoned or orphaned in any way are going to ask the question, "Am I valuable?" Show them that they are. Show them they are loved, respected, and that their ideas and accomplishments are important to you, and to others. Help them realise the impact they have on other

people. Help them learn that there are other people in the world that have it worse than they do, and that they can do something about it.

We all need to know we are valued and we have purpose. These children especially.

Which countries have the most orphans in need of adoption?

The countries with the most orphans are as follows...

India (31 million), China (20.6 million), Nigeria (12 million), Bangladesh (4.8 million), Ethiopia (4.8 million), Indonesia (4.8 million), Democratic Republic of Congo (4.2 million), Brazil (4.2 million), South Africa (3.7 million).

What kind of help could be done to a children orphanage?

In my overseas experience (in the Philippines), orphanages tend to be understaffed and underfunded. Those are the two biggest needs.

Orphanages often need more full-time staff, and more volunteers to come help care for the children, do repairs, make meals, etc. Often they will only have three or four workers for more than 50 kids.

I once volunteered at an orphanage that had only one person to care for all of the infants – and infants are high maintenance! She would have to take them out of their crib in shifts (there were about 15 infants), feed them, play with them, and then return them to their crib to take the next batch out. It just wasn't possible to give them all of the attention and exercise they needed with that kind of ratio. Which is sad for the children, and for the workers who are trying their best.

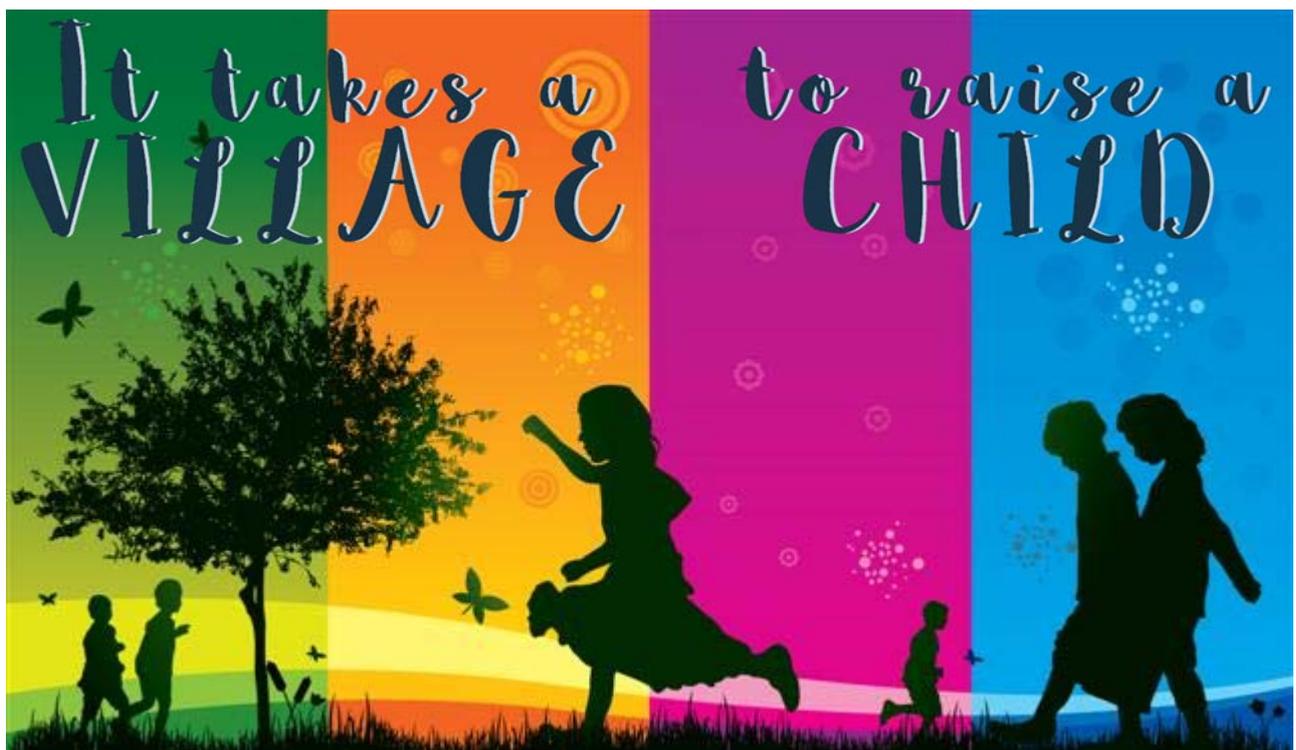
Orphanages often rely on meagre government funding and need extra support from private benefactors in order to provide everything for the children. This includes food, clothes, supervision, and quality education. Additionally they often need things like sports and play equipment, toys, books, furniture, bedding, and repairs/maintenance.

If you choose to help out an orphanage, chances are they'll accept whatever you're willing to help with. I've personally helped build a playhouse, cared for infants, and played games with the older children.

Pascas Foundation may consider:

- Each child is a lifelong engagement, certainly interaction is ongoing to age 28 years.
- The child is to be listened to, to be encouraged to ‘talk it out’, to express itself.
- Carers are to have long term association with the child – as long as possible.
- Consideration of support in physical and financial ways is to be equally available to the carer(s) as well as the children.
- The child is a unique personality and it is that personality that is to be nurtured and allowed to bloom.
- We are not to impose our will upon the child, we are to allow the child to discover and teach us who they truly are.
- We are each on a never ending journey of learning and being educated – mostly through our experiences.
- Thus, education opportunities are to be supported throughout each and every facet of the child’s life.
- The comforts and conditions of lodgings for the child is to be representative of what we expect and embrace within our own homes. Lodgings are to be warm and secure with all the appropriate comforts that enable a child to experience and for them to express themselves as we would welcome.
- All that we would desire for ourselves is to be available for the children and their carers, with all the security and potentials that we embrace.
- Fresh is best – home cooked meals are always the benchmark when it comes to our own nutrition.
- These hallmarks of support may be impossible to quantify as every child is different, every situation is different, every environment is different and the carers who bring their love, time, energy and support are as equally different. This is how it is within every family.

So, as institutions open to the possibilities of The New Way through engaging with Pascas Foundation then we will all discover what is required, what is involved and how this may unfold.



COMMERCIAL IN CONFIDENCE

VILLAGE RAISING of a CHILD vs Corporate CHILD CARE

Governments may perceive that income generated (and their taxes) by parents while having their children ensconced in a corporate child care centre is beneficial for the nation. Please consider this:

- The child and children, when at child care centres, are being deprived of their direct interaction with a parent or both parents in the time of its life it needs them the most.
- Ask yourself, who hurt me the most when I was a child? Being abandoned is lifelong harm.
- Being abandoned is a crisis for a child that NEVER heals! Five minutes lost in a supermarket barely matches the trauma of being left all day amongst strangers at a child care centre.
- We say, the child will get over it – we even tell the child to get over it! It does not and WE do not.
- By suppressing the child's personality we are entombing it into a lifetime of trauma. We brush all this off because that is what our own parents did. Our life long dramas are consequently repeated by the child in its adult life. We are fixing our children to never ending treadmills of our making.
- Until we personally begin to heal ourselves of our own childhood suppression then we are ensuring our errors and injuries are absorbed and repeated by our own children.
- We are to express our feelings – both good and bad. Yet we ignore our children when they wish to talk and express their feelings. Many of us were told to be seen and not heard.
- We are to listen to our children – not hide them in child care centres.
- We are to listen to our neighbours, to our community – and they to us. We are to express our feelings to each other – that is how we begin to heal our childhood suppression.
- Consider the vast array of distractions we each have accumulated – TVs, laptops, mobile phones, movies – look at how most of these do not involve interaction and communication with people.
- We pass these all onto our children – so they do not even communicate with each other.
- Suddenly, all of humanity is awash with mental illness.
- What is mental illness? It is the imbalance of light returning from our physical being back to our soul thus bringing about distortion in our overall light energy. Should we begin to express our feelings, both good and bad, and long for the truth behind our feelings, then we will begin to bring that light back into balance and heal ourselves – and our children at the same time!
- The Village Community way of bringing a child up is also a healing way of living. We are to collaborate as a community and in collaboration we are to dialogue, discuss and express our feelings between each other. We are to be true to ourselves. In this way we are healing ourselves and bringing up our children appropriately in a village format – a small community.
- Should a Child Care setting be part of a small community / village arrangement then every child in the care of the centre should personally know, each day, at least one of the adult supervisors due to the child's extended family interactions prior to attending child care.
- An appropriate Child Care setting may be seen as having one parent of say five children in attendance each day. That is, during a five day week, even though the attending parents are rotating, the child may have a close relationship with one of the supervising adults each day.
- In this way, the governments will find their long term national medical costs being reduced as healing of the community unfolds and mental health issues abate. This will extend into the policing, courts and prison systems as well as all aspects of social service.

Corporate child care systems have become long term problematic for all of humanity.

COMMERCIAL IN CONFIDENCE

FEELING HEALING directly benefits the PARENTS' CHILDREN:



Parents' baby from conception through to age 6, 100% benefit, age 14 – 75%, 21 – 50%, 28 – 25%. Prior to conception we are in a perfect Natural love state. By the time we are age 6, we are then reflecting the consciousness level of one or the other of our parents. As they heal their Childhood Suppression through Feeling Healing, they are directly healing us, their children, subject to our age – maturity.

Only through Feeling Healing which can be readily introduced through all education and health systems and services, will we cure our Childhood Suppression.

Consciousness Calibrations Worldwide	
Level of Consciousness	Percentage of population
600 +	1 in millions
540 +	0.4%
500 +	4%
400 +	8%
200 +	22%
200 -	78%
World wide average	220

All the social ills of society are frozen into generational transfer. This can only be mitigated through Feeling Healing, and even then it will require generation after generation to advance the progress and lift the overall consciousness levels of humanity, from 220 to the 440s at least!

Correlation of Levels of Consciousness – Soul Condition – and Society Problems				
Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate "Life is OK"	Rate of Criminality
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

POTENTIAL to BENEFIT your CHILD through our own FEELING HEALING:

This steps down each seven years as the child matures



ZHYTOMYR ORPHANAGES:

Average budget for an orphanage (per child)				
			TOTAL (per year), USD	
1	Food (per day), USD		At this point	Required
	At this point	Required	At this point	Required
	1.53	10.00	558.45	3,650.00
2	Medicine (per month), USD		At this point	Required
	At this point	Required	At this point	Required
	0.61	285.00	18.30	3,420.00
3	Clothing Shoes (per quarter),USD		At this point	Required
	At this point	Required	At this point	Required
	0.00	250.00	0.00	1,000.00

Water purification systems (per orphanage)



Equipment cost, USD	Installation cost, USD	Performance, litre/hour
5,000 - 20,000	1,000 - 5,000	40 - 150

Major repair and renovation, USD, M2 (building from 3,500 to 7,500 square metres), with construction materials



300 - 1100

ORPHANS' food, medicine, clothing, shoes support – 1 yr:			TOTAL:	\$21,797,070
Cost of water purification systems, USD	LOW	120,000	310,000	
	AVERAGE	310,000		
	HIGH	500,000		
Major repair and renovation, USD, M2 (building from 3,500 to 7,500 square metres)	LOW	1,050,000	4,650,000	
	AVERAGE	4,650,000		
	HIGH	8,250,000		
			TOTAL:	\$26,757,070

ZHYTOMYR – Orphanages support – Food, Medicine, Clothing, Shoes for One Year:

Zhytomyr I-II boarding school for orphans and children deprived of parental care	Pugachevsky orphanage boarding school (for girls)	Berdichevskaya boarding school for orphans and children deprived of parental care	Berdichev Special General Education Boarding School for Orphans and Children Deprived of Parental	Kmitovsky Special General Education Boarding School
102 children	85 children	190 children	212 children	110 children
Food budget, USD	Food budget, USD	Food budget, USD	Food budget, USD	Food budget, USD
372,300	310,250	693,500	773,800	401,500
Medicine budget, USD	Medicine budget, USD	Medicine budget, USD	Medicine budget, USD	Medicine budget, USD
348,840	290,700	649,800	725,040	376,200
Clothing & Shoes budget, USD	Clothing & Shoes budget, USD	Clothing & Shoes budget, USD	Clothing & Shoes budget, USD	Clothing & Shoes budget, USD
102,000	85,000	190,000	212,000	110,000
Potievskaya General Education Boarding School of Stages I-III for Children with Poliomyelitis Consequences and Cerebral Palsy	Korostyshev Special General Education Boarding School	Zhitomir Regional Home for Orphans and Children without Parental Care of the Zhitomir Regional Council	Teterivsky orphanage of Zhytomyr regional council (for boys)	Novoborovsky orphanage (for girls)
107 children	109 children	95 children	120 children	120 children
Food budget, USD	Food budget, USD	Food budget, USD	Food budget, USD	Food budget, USD
390,550	397,850	346,750	438,000	438,000
Medicine budget, USD	Medicine budget, USD	Medicine budget, USD	Medicine budget, USD	Medicine budget, USD
365,940	372,780	324,900	410,400	410,400
Clothing & Shoes budget, USD	Clothing & Shoes budget, USD	Clothing & Shoes budget, USD	Clothing & Shoes budget, USD	Clothing & Shoes budget, USD
107,000	109,000	95,000	120,000	120,000
Berezovsky Special General Education Boarding School of Stages I-III for Children with Hearing Loss	Zhytomyr Special General Education Boarding School of Stages I-III for Deaf Children	Ushomir General Education Boarding School of Stages I-II	Berdichev Center for Social, Labour and Vocational Rehabilitation of Disabled People "Nadezhda"	Romanovsky Orphanage and Boarding School (for boys)
141 children	107 children	202 children	282 children	80 children
Food budget, USD	Food budget, USD	Food budget, USD	Food budget, USD	Food budget, USD
514,650	390,550	737,300	1,029,300	292,000
Medicine budget, USD	Medicine budget, USD	Medicine budget, USD	Medicine budget, USD	Medicine budget, USD
482,220	365,940	690,840	964,440	273,600
Clothing & Shoes budget, USD	Clothing & Shoes budget, USD	Clothing & Shoes budget, USD	Clothing & Shoes budget, USD	Clothing & Shoes budget, USD
141,000	107,000	202,000	282,000	80,000
Novograd-Volynsky General Education Boarding School of Stages I-II	Radomyshl General Education Boarding School of Stages I-II for orphans	Zhytomyr regional orphanage for children	Regional Interdistrict Medical Diagnostic Center in Korosten	Dovbysky Special General Education Boarding School of the Zhytomyr Regional Council
188 children	126 children	49 children	150 children	126 children
Food budget, USD	Food budget, USD	Food budget, USD	Food budget, USD	Food budget, USD
686,200	459,900	178,850	547,500	459,900
Medicine budget, USD	Medicine budget, USD	Medicine budget, USD	Medicine budget, USD	Medicine budget, USD
642,960	430,920	167,580	513,000	430,920
Clothing & Shoes budget, USD	Clothing & Shoes budget, USD	Clothing & Shoes budget, USD	Clothing & Shoes budget, USD	Clothing & Shoes budget, USD
188,000	126,000	49,000	150,000	126,000
			TOTAL:	\$21,797,070

PASCAS COUNSELLOR CARERS for ORPHANAGES:

The optimum ration is considered one accredited counsellor carer per ten adults. With regards to children then one accredited counsellor carer per ten children with six adults in the family units involved around the children.

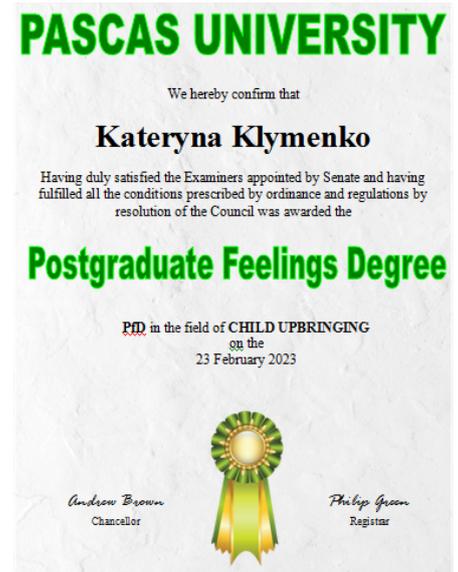
Postgraduate **Feelings!** Degree Pfd

Pfd being in the field of SOCIAL WORK – LIVING FEELINGS FIRST.

Equivalent to Counsellor Social Worker certificate level IV + Pfd.

Kindly consider reading: www.pascashealth.com
then proceed to Library Download:

Pascas Worldcare Supporting Hands
Pascas Care Letters – Family Shelters Abuse & Remedial
Pascas Care Letters – Family Shelters Overview
Pascas Care Letters – Family Shelters Protection
Pascas Care Letters – Family Shelters Social Housing
Pascas Care Letters – Family Shelters Support Centre
Pascas Care Letters – Family Shelters towards Liberation
Pascas Care Letters – Root Cause now to Pathway Forward
Pascas Care Letters – Root Cause now to Pathway Forward (short)

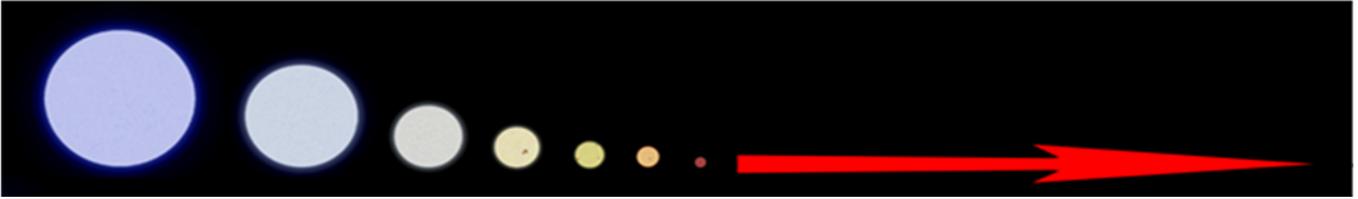


It is imperative that ongoing contact with the children is lifelong. That is, there is benefit of being a confident and supportive relationship through to the age of 28 years. As we personally embrace our individual feeling healing, this also indirectly benefits children under our care through to the age of 28 years, the time of their first Saturn return. As we evolve and progress through Living Feelings First and Feeling Healing, we benefit the children under our personal care even though this progressively diminishes every seven years (100% to age 6, 75% to age 14, 50% to age 21, 25% to age 28, and then they are on their own so to speak).

The more carers that are involved with a child then the more confusing it is for the child, thus leading to complications, stress, fear and loss of confidence, self-esteem and rejection of all involved.

The number of children that a carer may embrace within an orphanage may be significantly less than 30 and the number of carers engaged may need to be far greater than suggested, through experience we will come to determine what is appropriate and provide the support that is required. The long term benefits for all, as well as society will far exceed the costs.

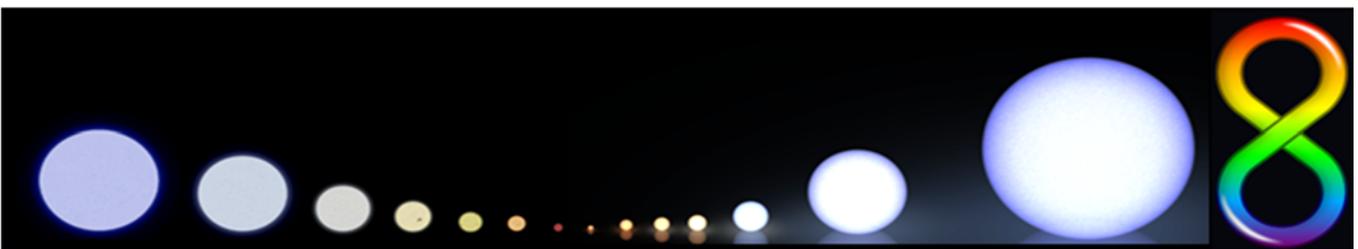
ORPHANAGE FOOD: A stepping up to home food cooking equivalent generally may require development of a series of menus to accommodate each of the local seasons, appropriate meals accommodating the varying ages of children, the specific dietary needs of each child having health issues, the enhancement of kitchen facilities and also the décor of the dining areas. This transition may require additional appropriately skilled staffing. Staff and children need to constructively benefit.

OUR CHOICE!

The moment prior to our conception, we are in pristine, perfect soul condition of Natural love. Consider that to be 1,000 on Dr David R Hawkins' Map of Consciousness scale – the largest sphere above. From that moment on we are being 'fire hosed' with the errors and damage that our parents hold and carry. Somehow, we make birth – the middle sphere above. By the time we are six years of age, our childhood suppression of our true personality by our parents ends upon the arrival of our Indwelling Spirit. Now, our soul condition is the smallest sphere. We will now calibrate on the Map of Consciousness scale at the level of one or the other of our parents – we are now literally a clone of their messed up personality. We continue on at that level for the rest of our lives. We also go on and do the same to our own children, thus this stagnation goes on for generation after generation – for aeons – or has done so until NOW!



We can perfect our mind's control and achieve a state of bliss which is all false and eventually ends with us crashing back to reality. Or, we can embrace our Feeling Healing and heal all our damage that which we took on as we got older as well as the damage imposed upon us by our parents and carers. Thus, we can grow in truth and love beyond 499 on the Map of Consciousness and perfect our Natural love, returning to the condition before conception. This could take a very long time – and then we are stuck in the 7th spirit Mansion World condition.



And here is the most wonderful pathway open for us all. By embracing our Feeling Healing with the Divine Love, through longing for the truth behind what our feelings are drawing to our attention and asking our Heavenly Mother and Father for Their Love, Divine Love, we can heal our childhood suppression and ongoing repression, with the Divine Love, then we can progress into the first of the Celestial Heavens and continue onwards with our evolving growth in truth and love all the way to Paradise, the home of our Heavenly Mother and Father. The pathway is now defined and open to all.

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

Beliefs suppress TRUTH

Dis-ease is of Disharmony with TRUTH

Mental Illness is of CHILDHOOD SUPPRESSION

Perceived level of truth MoC 1,000

FEELING HEALING

embraces the healing of both

Disharmony with TRUTH

and

CHILDHOOD SUPPRESSION

and with Divine Love we are embracing

our

SOUL HEALING

Perceived overall level of truth MoC 920 – relative truth potential MoC 1,480
COMMERCIAL IN CONFIDENCE

PROVE THAT THE PRODUCT DOES WHAT YOU SAY IT CAN DO:

12 April 2022 was the date when a pair had their first appreciation of nearing their completion of their personal Feeling Healing. This heralds the date when the first people on Earth considered that their personal healing of what they had personally taken on of the Rebellion and Default is achievable. It is this pair that through their personal experience and journey are now able to reveal how we can heal ourselves.

Further, Samantha in England commenced her healing in 2013 and is now close to completion of her personal healing also.

This self-healing is the achieving of a soul condition state equivalent to that which we all are in at the moment prior to our conception. From the moment of conception on we are absorbing the errors and injuries of our parents and carers continually through to the time we are six years of age when our Indwelling Spirit arrives. It is this, our Childhood Suppression, that we are to heal.

While we are mind-centric, we are literally frozen into the retarded condition of one or the other of our parents. We cannot progress beyond their condition without embracing our feelings and longing for the truth that our feelings are drawing our attention to.

PROVE THAT YOU CAN SELL THE PRODUCT AT THE PRICE YOU SAY YOU CAN:

The process of Feeling Healing, and with Divine Love, then Soul Healing, is free to all of humanity. It is a way of living. It is not a religion, there is no controlling hierarchy, dogmas, creeds, cannon laws, sacraments, rituals, special clothing and books. There is nothing to join and be subjected to. The revelations are free to all. It is The New Way, a way of living life through our feelings, our soul based feelings which are always in truth. Truth IS Love! This is a freeing way of life!

PROVE THAT YOU CAN PRODUCE THE PRODUCT AT THE COST YOU SAY YOU CAN:

For those who love to embrace all the details, then these revelations will take some considerable time to research, study and embrace. To some it may seem all so very obvious. And there will be those who are in between these categories. Books written revealing these understandings will have their typical costs. Internet sources are free to all. Formal education programs may have delivery costs in the normal fashion of most education.

PROVE THAT YOU OWN THE TECHNOLOGY:

Copy right may apply to material and publications principally to preserve the integrity of the writings. Plagiarism is welcome as long as the integrity of the original writings remains intact. There are presently more than 60,000 pages of material – 20 million words – to embrace!

THIS is a time of GREAT REVELATION and CHANGE for HUMANITY:

What is unfolding now is the biggest event in the history of humanity. For those of us who open to our feelings, the disturbances around us will be acceptable as then we see the need for change, for those who remain mind-centric, life will be difficult.

This is the most exciting time in the history of humanity.

So, may we introduce a few aspects? These documents can be shared from www.pascashealth.com that are in the Library Download page, scroll through the index and click to open the PDF:

PASCAS CARE LETTERS

 [Pascas Care Letters Beliefs Suppress Truth.pdf](#)

As we absorb beliefs that are in error and experience emotional injuries, this disrupts our flow of light to and from our bodies. The accumulation of these manifest as physical illness. The medical industry has 'identified' over 10,000 illnesses and claim to have found cures for 500 only. As we learn to live through our feelings and begin to express our feelings, both good and bad, all the time longing to know the truth of what our feelings are drawing our attention to, we begin to heal this energy imbalance.

To put this another way. Talk it out to a companion. A friend who listens is helping you heal a little. Express it all.

 [Pascas Care Letters Etheric Spirit Body.pdf](#)

We are not just our physical body. In fact our physical body is the least of our existence.

You may also be surprised that we can now interact with anything that has life!

Our childhood suppression commences from the moment of conception which is about 16 days prior to our incarnation. This continues through to the age of 6 years. It is our parents imposition of their own injuries and erroneous beliefs that we need to express – talk it out to a friend – and this is the Great U-Turn that each of us will undertake, eventually.

MEDICAL – SPIRITUAL REFERENCES

 [Rejected Ones via James Moncrief.pdf](#)

We are each one of the rejected ones.

The lady who conveyed these writings has only ever written through one person, there are now about ten books, but this one focuses upon our focus here for communities. She will love your embrace – and you will love who it is.

MEDICAL – EMOTIONS

 [Pascas Care Living Feelings First - Adults.pdf](#)

-  [Pascas Care Living Feelings First - Children - Annexures.pdf](#)
-  [Pascas Care Living Feelings First - Children - Discussions.pdf](#)
-  [Pascas Care Living Feelings First - Children - Graphics.pdf](#)
-  [Pascas Care Living Feelings First - Children.pdf](#)
-  [Pascas Care Living Feelings First - Drilling Deeper - Structures.pdf](#)
-  [Pascas Care Living Feelings First - Drilling Deeper.pdf](#)
-  [Pascas Care Living Feelings First - Reference Centre.pdf](#)

This set is used within schools. Parents are asked to participate. The platform is founded on what has been introduced to a number of schools within South Africa as well as other countries. It is now stepped up to encapsulate what we now further understand. This is an awareness program for children as they are to learn to appreciate their feelings. Adults can go on and engage in their personal Feeling Healing.

This Library is rather extensive. As questions may arise, then we can explore them also.

MEDICAL

-  [Pascas Care Kinesiology Testing.pdf](#)

Through kinesiology muscle testing, you and I can test anything to determine if it is in truth or not. Also, by using the Map of Consciousness table developed by Dr David R Hawkins, then we can determine the level of truth of anything. Yes, even all the above documents, then even page by page, or even each paragraph.

And now that you may have considered the above, kindly return to PASCAS CARE LETTERS:

-  [Pascas Care Letters Glass Ceiling Barrier Removal.pdf](#)

Without embracing Living Feelings First and then engaging in our personal Feeling Healing, we remain restrained within the 1st spirit Mansion World condition indefinitely. This situation was imposed upon us all by rebellious high level spirits from within our Local Universe of Neadon, 200,000 years ago!

This statement from above: "What is unfolding now is the biggest event in the history of humanity" calibrates at 1,000 on the Map of Consciousness!

Kindly share as you please.

cheers for now

John Doel



The ROOT CAUSE!

May we introduce the underlying condition as well as the pathway to evolving out of this seemingly never ending cycle of conflict and hopeless, then we all can start to bring about the ending of desperation.

The ROOT CAUSE Explained:

High level hidden controllers have passively and slowly coerced all of humanity to live against their true selves in such a manner that it has been (UNTIL NOW!) impossible for us to evolve out of the cycles of conflict, illness, disease and deprivation.

They have been extremely artful and brilliant in their complete achievement of dominating humanity in that we of humanity have had no way and no hope of every breaking the cycle of war, disease and periodic self-destruction without intervention from even higher spirit assistance.

We each have been guided to live mind centric. As children, we have been told to develop our minds, to learn our math tables, to memorise this and that, that our minds are what will make us all important and capable. We have all bought into this lie. As parents, we raise our children in the manner we have been raised – so the cycle has been going on generation after generation – for aeons.

Our minds are addicted to untruth, our minds cannot discern truth from falsehood, our minds are addicted to control, control over others and the environment. When we ‘think’ we are submitting ourselves to our erroneous minds. Thinking leads to assumptions. We act on our assumptions. Consider checking yourself, just hold off on acting on an assumption and investigate further. 98% of all assumptions are in error, the other 2% are flukes. This is what we have all bought into, hook, line and sinker.

Our FEELINGS are our SUPREME GUIDES:



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

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

We are to embrace our feelings, our feelings are always in truth, our feelings are soul based, as they are always in truth, they are love, living feelings first is living in truth and love – this is what we all aspire to yet we have been sent in the wrong direction, down the abyss to a form of living hell. Yes, as we are living against our selves, against our soul and consequently against our soul partner, we are living in hell. Further, our soul is a duplex, it brings into the physical two personalities, one a female and the other a male – ALWAYS!

When we are conceived, that is at the moment of conception, we are always perfect and that includes the physical foetus. Incarnation takes place when the newly forming foetus commences to pump blood and that is generally day 16 after conception. It is the infusion of emotional injuries and errors of belief of our parents into our being that we have child defects, childhood illness, miscarriages and all kinds of difficulties – this is all compounded throughout our early forming years by our childhood suppression by our parents up until age six years when our Indwelling Spirit arrives. Then whatever we are dictates the rest of our lives – until we start to heal ourselves through our personal Feeling Healing.

NOW, while we endeavour to perfect our minds we are imprisoning ourselves within our personal steel wrecking ball – we cannot progress beyond 499 on Dr David R Hawkins' Map of Consciousness scale. We have locked ourselves into the limitations of the 1st spirit Mansion World, the ceiling is 499. Presently, humanity on Earth calibrates around 220. The scale is based on the common log of 10, a 1 point increase is a 10 fold increase in energy, 10 points is 10 billion fold increase!

We have seven spirit Mansion Worlds to progress up through before we enter the Celestial Heavens and yet all our systems and way of living on Earth retard us perpetually to the first of those seven – and we adhere to this entrapment. Well, it is time we stuck that all in the rubbish bins and free ourselves and become the incredible personalities and beings that we truly are and that is what this agenda here is all about.

SUPPORT PROGRAMS

Firstly, support is to be considered with the city of Zhytomyr, then throughout the oblast of Zhytomyr, and then extend out through Ukraine as relationships, local support and prioritisation of needs are identified.

ORPHANS and ORPHANAGES

Those orphans within institutions or are about to be placed within an institution, should there be living relatives then preference is to be considered for the supporting of the family unit to enable them to remain as a unit. Solutions may take many formats.

The education of orphans may be supported corresponding to the age grouping of the orphan. This may be for pre-schooling through to higher education and university. As the orphan matures, the support is not to be cut off at a specific age, it may continue with phasing down continuing until 28 years of age.

Longevity of ongoing support for individual orphans by their assigned carers is preferred. Thus the conditions of engagement of carers and their individual needs are also to be factored into the needs to be accommodated.

The orphanage buildings and the fitout there of may need a make-over. The environment within buildings may be substandard and significant renovations and appropriate climate control within the buildings may need to be attended to.

First and foremost is to involve as many people in as many ways possible to determine optimum solutions and then the delivery of those solutions.

CHILD CARE and PRE-SCHOOLING

The same ethos as above.

It is important that the child has with him or her continuously people that he or she is familiar with. The child is not to be ‘abandoned’.

DOMESTIC VIOLENCE and FAMILY SHELTER

One in four women are subjected to domestic violence. That is in peaceful times – this is a war zone.

If the perpetrator of the domestic violence is open to assistance in resolving the tendency towards violence then that person is also to be assisted. This does not mean that this is an endeavour to re-unite the parties, however it is a part of the endeavour to reduce repeat offending.

Children are often considered in a way that ‘they will get over it!’ They don’t, further they often consider this is how a family functions and then go on and replicate the drama when as adults.

LIVING FEELINGS FIRST

As we explore each of these elements of support, it is more and more apparent that the shift away from living mind-centric to living feelings first is embraced as a priority. Feeling Healing follows for those who seek to go that next step. No one expected to do anything. No one is being asked to do anything. However, it is important that parties, adults, parents, children, carers, educators, health carers, etc., become aware of the differences and the possibilities. Then it is each person’s choice should they wish to consider as well as their timing.

FOOD and MEALS

Food security is a major issue with a large proportion of any society, however the people of Ukraine are moving into being considered 70% poor. This is an incredible disaster when Ukraine is considered a food basket nation for many food impoverished nations.

Ukraine exported on average about 6 million tons of agri-commodities monthly to countries in the Middle East, Asia, and Africa. Currently, only about 15% to 20% of this volume can be exported via rail, Danube River, and trucks (about 700,000 tons in April 2022 and about 1 million tons in May 2022).

Global trade of cereals except rice is a little less than 20 percent of total world production (about 620 million of about 3.3 billion tons produced in 2020/2021). Total production is sufficient to feed all 8 billion inhabitants of the world, but production in semiarid countries is less and some countries are behind their potential. That’s why trade plays an important role to balance global supply and demand. In the 2020/21 season, Russia provided 52.32 million tons (7.8%) and Ukraine 69.82 million tons (11.3%) of cereals to the world.

Ukraine also exports oilseeds (sunflower, soybeans, rapeseed) with a well-established crushing industry to produce sunflower oil. Fifty-two percent of globally traded sunflower seed and oil came from Ukraine in 2020. Currently, edible-oil supply chains are disrupted and edible-oil prices increased even higher than cereals prices.

Global cereal and oilseed markets were tight even before the crisis (Russian invasion 2022) due to shrinking stocks leading to upward price trends. This new supply shock led to prices almost doubling

compared with two years ago. Agri-commodity market demand is inelastic – people have to eat – and this leads to dire consequences in poor importing countries. The number of people whose food supply is insecure (about 44 million) will most likely grow. This will result in increased poverty and threaten social stability in poor importing countries.

Meanwhile within Zhytomyr and the balance of Ukraine, food is needed to be distributed to those without income and this is an ever expanding crisis due war time destruction of everything.

The meals within hospitals, health care centres, schools and orphanages all need to be addressed.

Pascas Cafes are required to provide meals for the homeless. This is a whole of city crisis that needs an overall strategic solution for long term fulfilment to ensure food and meals to those in need. Then this will need to be replicated around the nation of Ukraine.

EDUCATION; SCHOOLS and UNIVERSITY

Firstly is the reinstatement of school facilities to prime condition. This may also involve significant upgrades and additional facilities. It is time to bring about a higher level of vibrancy and potential for all to embrace.

As the only way to overcome the cycles of conflict both on a domestic as well as international levels, then the introduction of Living Feelings First throughout the education system may require additional facilities, teacher training and possibly additional teachers.

This may best be facilitated through the establishment of a Pascas University as a demonstration and training unit in how this may unfold throughout all sectors of the society and professions. Of very necessary priority is the addressing of the emotional stress and harm inflicted on every member of all families throughout Ukraine and their extended families around the world. We have to ‘talk it out!’ This is not only living feelings first, it is also our Feeling Healing. Never has it been previously understood that we are too long to know the truth that our feelings are to reveal to us as we express our feelings, both good and bad.



Since the invasion began on 24 February 2022, much of Zhytomyr's key infrastructure – including this school building – Zhytomyr Lyceum school #25 – has been destroyed. Also, city hospital #2 was damaged in the same attack.

CRAFT CREATIONS

Traditional home skills have been neglected worldwide. It is time to re-introduce this skills through Community Craft Creation Centres.

DIAGNOSTIC MEDICAL UNIT

Comprehensive medical diagnostic units are complex, requiring a significant array of expensive imaging equipment and a large specialised building space. It may be possible within the city of Zhytomyr (population 280,000 pre war) to annex such a unit to a major hospital or existing medical clinic.

However, it may be time to establish a state of the art medical clinic and hospital to service the state and adjoining cities in close proximity.

Thus a medical facility with 400 beds and more than 12 operating theatres and a fully comprehensive diagnostic unit would then provide the opportunity to deliver a children hospital unit as not only a facility to lead the health sector but to be also annexed to a Pascas University as a teaching hospital.

HOUSING, FOOD SECURITY, HEALTH SERVICES and EDUCATION

Potable water supply is essential to have adequately.

Lodgings for all in whatever format that resolves the need prior to long term solutions.



Intense daily bombing has left many of Zhytomyr's residents homeless.

Food security is unquestionably compromised by pre-existing commercial cartels.

Existing health services are overwhelmed apart from being old

and inadequate.

Education is the long term solution to all that is to be resolved. However, it is now time to take the education services beyond the retardation of mind-centricity and break through the glass ceiling, opening up the pathway to infinite growth and prosperity.

ZHYTOMYR – Logistics hub

As the war in Ukraine continues, we take you to the western town of Zhytomyr. Although tension has now eased there with the withdrawal of Russian troops from the region, Zhytomyr's inhabitants had to live with the sound of bombings and sirens for weeks on end and are now helplessly taking stock of the damage. Located 150 kilometres west from the capital Kyiv, the town's proximity to the frontlines has also made it a regional hub for both aid distribution and displaced people.

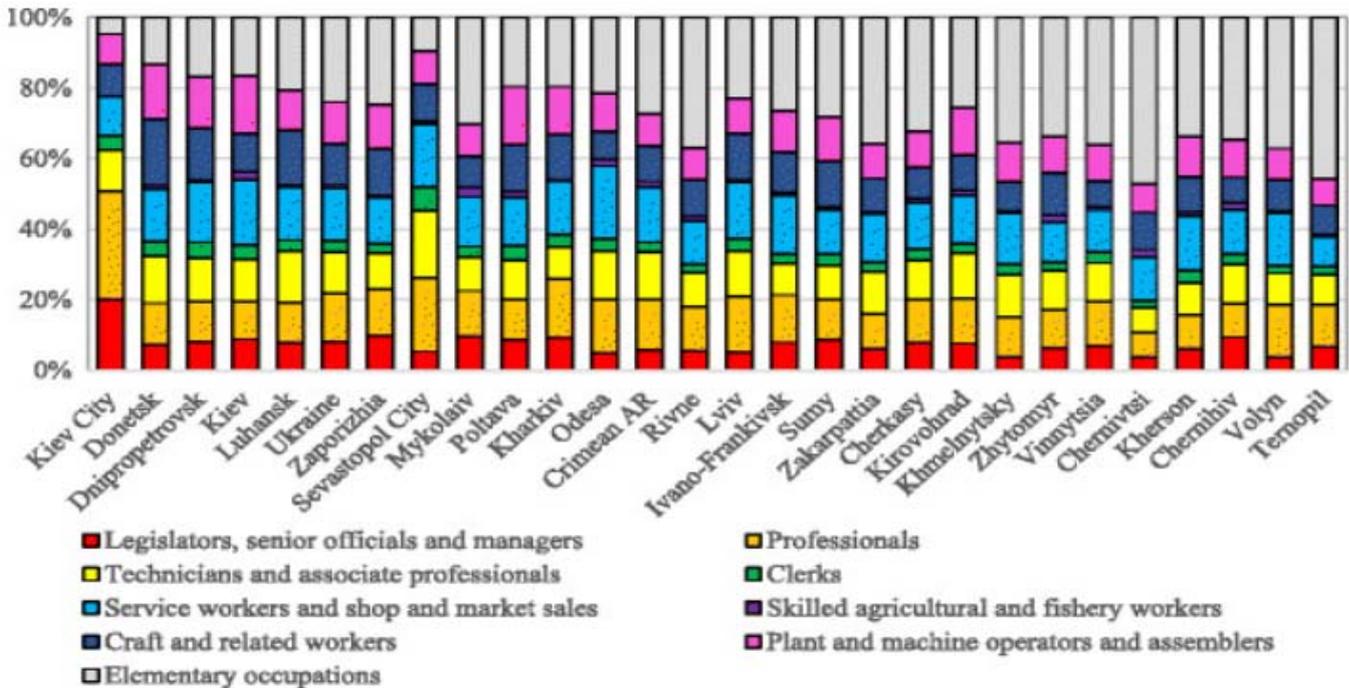
The city, which had a population of about 280,000 before the war, is a key point in the logistical and humanitarian corridor, Zhytomyr's mayor Serhiy Sukhomlyn tells the BBC. Aid from Europe is being delivered to Kyiv and further east via Zhytomyr, and refugees are travelling in the opposite direction. "In order to intimidate Zhytomyr, they are hitting both residential and industrial buildings, targeting infrastructure," says Mr Sukhomlyn.

As a result of bombing, water and gas supplies have been hit. But the mayor says local services are managing to mend a lot of the damage, ensuring most of the city has water and heat. Mr Sukhomlyn says the city also has a reserve source of water which will be used at this time of emergency.

The constant attacks on the city forced many to flee, either to western Ukraine or other countries. But at the same time, the Zhytomyr region itself has been sheltering evacuees from regions further east. Many are now using it as a transit point before evacuating further.

Zhytomyr has also become a hub for attempts to deliver aid to the towns and villages to the north-west of Kyiv, which have been hard-hit – and in some cases completely destroyed – by the fighting. Russian invading forces put maximum effort into cutting off roads between Kyiv and Zhytomyr. The city and surrounding areas are heavily bombed.

EMPLOYMENT DEMOGRAPHICS by OBLAST



Zhytomyr Airport Attack

27 February 2022



The destroyed Antonov An-225, a six-engine behemoth that had been a source of intense national pride for all of Ukraine.



COMMERCIAL IN CONFIDENCE

SUSTAINABLE DEVELOPMENT GOALS



SUSTAINABLE DEVELOPMENT GOALS (SDG):



The Sustainable Development Goals (SDGs), also known as the Global Goals, were adopted by the United Nations in 2015 as a universal call to action to end poverty, protect the planet, and ensure that by 2030 all people may embrace peace and prosperity. The 17 SDGs are integrated – they recognise that action in one area will affect outcomes in others, and that development must balance social, economic and environmentally sustainability.

The SDGs more relevant than others embraced by PASCAS are:

SDG 4: Quality Education. Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.

SDG 3: Good Health and Wellbeing. Ensure healthy lives and promote well-being for all at all ages.

SDG 7: Affordable and Clean Energy. Ensure access to affordable, reliable, sustainable and modern energy for all.

Also relevant, but of lesser scale are:

SDG 2: Zero Hunger. Ensure fresh food being available for all at all times.

SDG 6: Clean Water and Sanitation. Ensure availability and sustainable management of water and sanitation for all.

SDG 16: Peace, Justice and Strong Institutions. Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels. We are not to impose our will upon another!

Three of the other SDGs are also cross-cutting across our work:

SDG 1: No Poverty. End poverty in all its forms everywhere. Safe lodgings and meaningful, paid employment.

SDG 5: Gender Equality. Achieve gender equality and empower all women and girls.

SDG 17: Partnerships for the Goals. Strengthen the means of implementation and revitalise the global partnership for sustainable development.

TO EXPAND upon the above:



SDG 4: QUALITY EDUCATION

Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.

Target 4.1: Ensure that all girls and boys complete free, equitable and quality primary and secondary education leading to relevant and effective learning outcomes.

Target 4.2: Ensure that all girls and boys have access to quality early childhood development, care and pre-primary education so that they are ready for primary education.

Target 4.3: Ensure equal access for all women and men to affordable and quality technical, vocational and tertiary education, including university.

Target 4.5: Eliminate gender disparities in education and ensure equal access to all levels of education and vocational training for the vulnerable, including persons with disabilities, indigenous peoples and children in vulnerable situations.

Target 4.6: Ensure that all youth and a substantial proportion of adults, both men and women, achieve literacy and numeracy.

Target 4.a: Build and upgrade education facilities that are child, disability and gender sensitive and provide safe, non-violent, inclusive and effective learning environments for all.

Target 4.b: Substantially expand globally the number of scholarships available to developing countries, in particular least developed countries, small island developing States and African countries, for enrolment in higher education, including vocational training and information and communications technology, technical, engineering and scientific programmes, in developed countries and other developing countries.

Target 4.c: Substantially increase the supply of qualified teachers, including through international cooperation for teacher training in developing countries, especially least developed countries and small island developing states.



SDG 3: GOOD HEALTH and WELL-BEING

Ensure healthy lives and promote well-being for all at all ages.

Target 3.1: Reduce the global maternal mortality ratio to less than 70 per 100,000 live births.

Target 3.2: End preventable deaths of newborns and children under 5 years of age, with all countries aiming to reduce neonatal mortality to at least as low as 12 per 1,000 live births and under-5 mortality to at least as low as 25 per 1,000 live births.

Target 3.3: End the epidemics of AIDS, tuberculosis, malaria and neglected tropical diseases and combat hepatitis, water-borne diseases and other communicable diseases.

Target 3.4: Reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being.

Target 3.7: Ensure universal access to sexual and reproductive health-care services, including for family planning, information and education, and the integration of reproductive health into national strategies and programmes.

Target 3.8: Achieve universal health coverage, including financial risk protection, access to quality essential health-care services and access to safe, effective, quality and affordable essential medicines and vaccines for all.

Target 3.c: Substantially increase health financing and the recruitment, development, training and retention of the health workforce in developing countries, especially in least developed countries and small island developing States.



SDG 7: AFFORDABLE and CLEAN ENERGY

Ensure access to affordable, reliable, sustainable and modern energy for all.

Target 7.1: Ensure universal access to affordable, reliable and modern energy services.

Target 7.2: Increase substantially the share of renewable energy in the global energy mix.

Target 7.b: Expand infrastructure and upgrade technology for supplying modern and sustainable energy services for all in developing countries, in particular least developed countries, small island developing States, and land-locked developing countries, in accordance with their respective programmes of support.



SDG 2: ZERO HUNGER

Ensure that the infrastructure and resources are available within communities to provide fresh produce all year round. Should there be inadequacies, work to resolve this either within the community or from outside of the community.

Target 2.1: Ensure universal access to safe and nutritious food.

Target 2.2: End all forms of malnutrition.

Target 2.3: Double the productivity and incomes of small-scale food producers.

Target 2.4: Ensure sustainable food production and resilient agricultural practices.

Target 2.5: Maintain the genetic diversity in food production.

Target 2.a: Invest in rural infrastructure, agricultural research, technology and gene banks.

Target 2.b: Prevent agricultural trade restrictions, market distortions and export subsidies.

Target 2.c: Ensure stable food commodity markets and timely access to information.



SDG 6: CLEAN WATER and SANITATION

Ensure availability and sustainable management of water and sanitation for all.

Target 6.1: Achieve universal and equitable access to safe and affordable drinking water for all.

Target 6.2: Achieve access to adequate and equitable sanitation and hygiene for all and end open defecation, paying special attention to the needs of women and girls and those in vulnerable situation.



SDG 16: PEACE, JUSTICE and STRONG INSTITUTIONS

Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels. This is only possible through The NEW WAY.

Target 16.1: Significantly reduce all forms of violence and related death rates everywhere. Violence is never justified!

Target 16.2: End abuse, exploitation, trafficking and all forms of violence against and torture of children. Abuse of any form is torture.

Target 16.5: Substantially reduce corruption and bribery in all their forms.

Target 16.6: Develop effective, accountable and transparent institutions at all levels.



SDG 1: NO POVERTY

End poverty in ALL its forms everywhere.

Target 1.1: Eradicate extreme poverty for all people everywhere, currently measured as people living on less than US\$1.25 a day (2020).



SDG 5: GENDER EQUALITY

Achieve gender equality and empower all women and girls.

Target 5.2: Eliminate all forms of violence against all women and girls in the public and private spheres, including trafficking and sexual and other types of exploitation.

Target 5.2: Ensure women's full and effective participation and equal opportunities for leadership at all levels of decision-making in political, economic and public life.



SDG 17: PARTNERSHIPS for the GOALS

Strengthen the means of implementation and revitalise the global partnership for sustainable development.

Target 17.9: Enhance international support for implementing effective and targeted capacity-building in developing countries to support national plans to implement all the sustainable development goals.

Target 17.17: Encourage and promote effective public, public-private and civil society partnerships, building on the experience and resourcing strategies of partnerships data, monitoring and accountability.



EMOTIONAL NEGLECT



KIDS

in families with emotional neglect will blame self in order to PRESERVE the PARENT

o o o

EMOTIONAL NEGLECT can also occur when an attuned parent isn't able to EMOTIONALLY

'FIND' a particularly unique child.



CHRONIC SHAME
can develop when a child interprets their distress in aloneness -As- proof something is wrong with THEM.



CHILDREN with too much shame learn to

NUMB

all emotion

HOWEVER



EMOTIONS are a **COMPASS FOR LIVING**

WE NEED THEM!



EMOTIONS EXIST IN THE BODY

EVEN IF A PERSON HAS SHUTDOWN AWARENESS OF THEM.

EXPERIENTIAL THERAPY

Includes a focus on bringing awareness to bodily sense of emotion.

INHIBITORY emotions include

- SHAME
- GUILT
- ANXIETY

THESE SERVE TO AVOID



7 CORE EMOTIONS

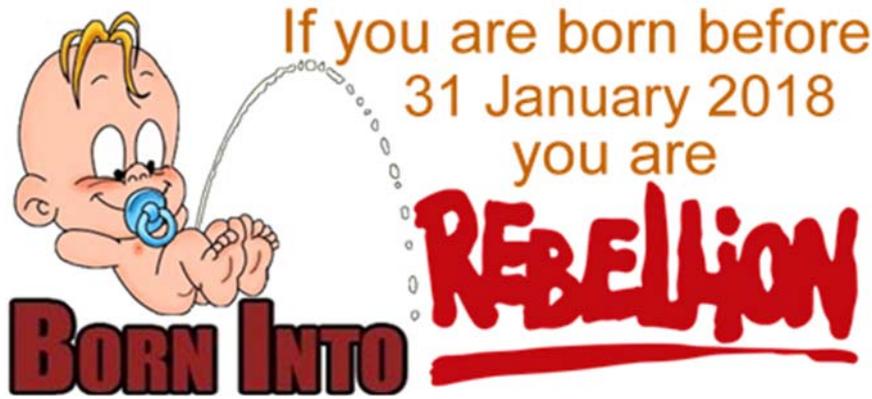
- SADNESS
- ANGER
- FEAR
- DISGUST
- JOY
- EXCITEMENT
- AROUSAL

FROM HILARY JACOBS HENDEL ON

MENTAL HEALTH HAPPY HOUR

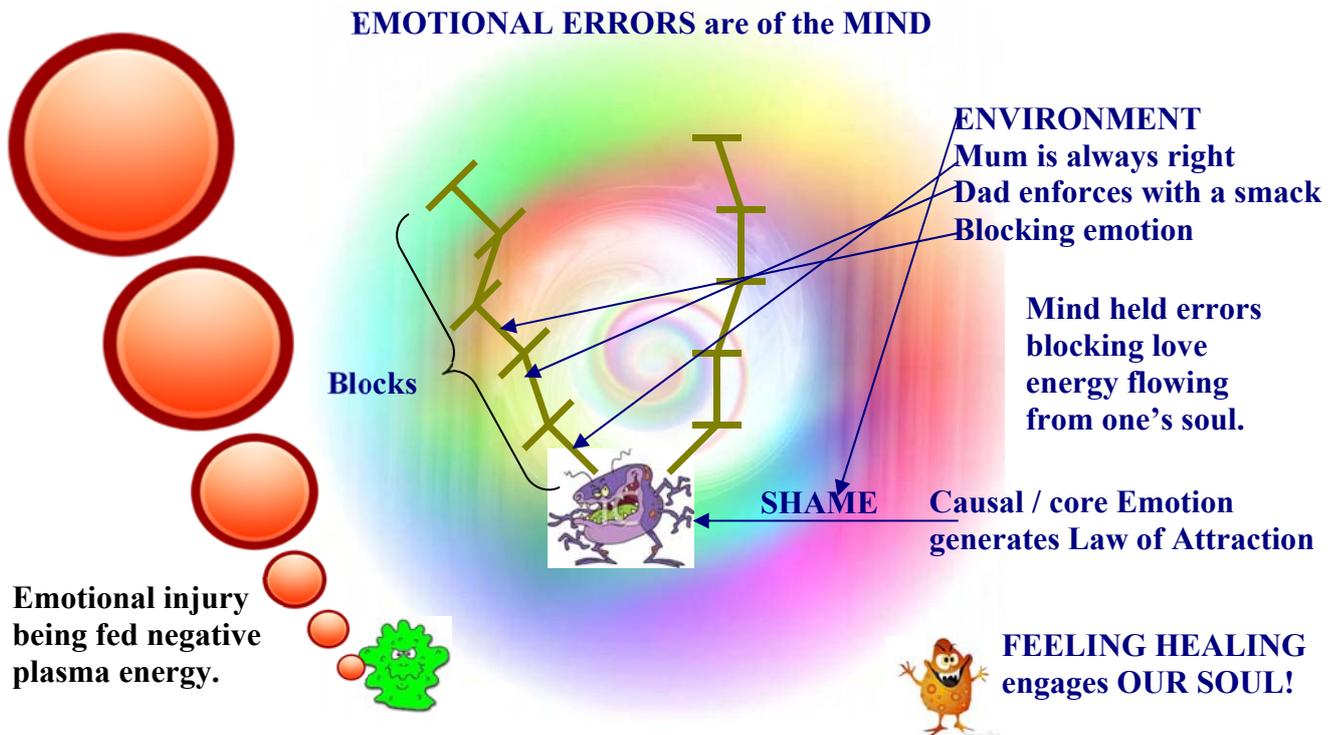
DOODLE BY @LINDSAYBRAMAN

LAYERS upon LAYERS are to be healed through longing for the TRUTH!



To the extent that parents have healed themselves prior to conceiving a child, that child will now be free of those impostors of the Rebellion and Default through parents' Healing.

Everyone will still be born into the Rebellion up until the Avonal Age actually starts. People are currently being born into the Rebellion which is going through the initial stages leading up to its complete end, but that doesn't affect new people being conceived by their rebellious parents. And even during the Avonal Age, people conceived and born to 'mind-parents', rather than 'feeling-parents' who will be doing their Healing or having Healed it, will still come completely into the Rebellion and Default. The Rebellion and Default will be modified compared to how it is now because of the Avonal influence, but still everyone refusing to embrace the Avonal's Truth and so The New Way by doing their Healing, will still become wholly of the Rebellion and Default.



GLASS CEILING BARRIER REMOVAL:

Correlation of Levels of Consciousness – Soul Condition – and Society Problems				
Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate “Life is OK”	Rate of Criminality
600 +	0%	0.0%	100%	0.0%
500 - 600	0%	0.0%	98%	0.5%
400 - 500	2%	0.5%	79%	2.0%
300 - 400	7%	1.0%	70%	5.0%
200 - 300	8%	1.5%	60%	9.0%
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

These two charts demonstrate the stark reality of one’s probable quality of life that we will experience relative to our personal calibration as per the Map of Consciousness developed by Dr David Hawkins. This calibration level is essentially set for life by the time we reach the age of six (6) years.

	No. of Countries	Average MoC	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income 2020
400s	10	406	78.50	0.939	6.8	.861	US\$54,010
300s	13	331	71.77	0.798	5.9	.684	US\$17,827
200s	10	232	69.45	0.759	5.8	.648	US\$16,972
High 100s	18	176	69.00	0.724	5.2	.639	US\$9,900
Low 100s	7	129	61.88	0.653	4.7	.567	US\$2,628
Below 100	11	66	52.73	0.564	4.2	.488	US\$2,658
WORLD		220	70				US\$10,900

Ukraine overall population calibration is **MoC 330**

Ukraine MoC	No. of Countries	Average MoC	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income 2021
330	1	330	72.50	0.779	4.9	.799	US\$13,950

The overall consciousness of humanity remained at 190 on Dr David R Hawkins' Map of Consciousness (MoC) scale for around 1,700 years up until the mid 1900s. It has only recently began to rise due to a few people realising that living feelings first, that is, embracing our feelings, our soul based feelings which are always in truth, and having our minds to follow in implementing what our feelings are guiding us to do, that we can break free of the shackles of mind-centric living. This revelation has had a profound positive impact. Through living feelings first we can heal ourselves of our childhood suppression which is imposed upon us from the moment of conception through to the age of six years by our parents and those close to us – there are and have been no exceptions – we all have and are subjected to childhood suppression.

While we live mind-centric we cannot progress beyond 499 on Hawkins' Map of Consciousness. That is the glass ceiling we are to break through now, and remove the re-stictiveness of mind-centricity from our lives. For 200,000 years, we have been misguided to worship our minds and now we are free to choose THE NEW WAY – to live through our feelings, to live feelings first, and as we grow to do so, then the glass ceiling will be dissolved for ever for those who embrace their feelings over their mind.

War between nations, war between people will continue until we heal ourselves of our childhood suppression through embracing our feelings, our soul based feelings of truth. Disease and illness of all kinds will continue to plague us until we heal ourselves of our childhood suppression. All social ailments are of the consequence of our childhood suppression. This is the greatest time in the history of humanity because we now have been shown how to heal ourselves of our childhood suppression. This has now been achieved. It has never occurred in prior times throughout the history of humanity.

Of the past 3,400 years, humans have been entirely at peace for only 268 of them, or just **8%** of recorded history. War has prevailed throughout 92% of the time of modern history. How many people have died in war? At least 108 million people were killed in wars in the twentieth century alone. **Conflict and violence are currently on the rise**, with many conflicts today being waged between non-state actors such as political militias, criminal and international terrorist groups.

Earth's humanity is presently experiencing 'rolling' disruptions that commenced on 22 March 2017 and are likely to continue unfolding relentlessly for around three decades. Nothing and none of the systems that came about during the 200,000 era of the Rebellion and Default are going to be allowed to continue. Nothing will remain the same. We are not going to be allowed to continue with our old ways without great difficulty. We are being encouraged to seek a new way – The NEW WAY! For those who steadfastly hold onto the old ways, their lives will be very difficult. For those who seek the New Way and begin to embrace the new way, they will find life significantly easier.



WE'VE BEEN SCREWED BY LUCIFER REBELLION

Lucifer and his soul partner, with his assistant Satan and soul partner, brought about the Rebellion 200,000 years ago, and through his deputies, Caligastia and Daligastia, and their soul partners, they brought about the default by Adam and Eve of their mission on Earth more than 38,000 years ago.

REBELLION & DEFAULT

COMMERCIAL IN CONFIDENCE

On the 31 January 2018, the formal ending of the Rebellion and Default took place, now the out working of the Rebellion is to unfold.

The earthing of the Law of Compensation commenced to quicken on 22 May 2017 and may be fully earthed when the Avonal bestowal pair complete their mission on Earth. The Avonal Pair are to introduce the coming Avonal Age of 1,000 years during which time all of Earth's humanity will progressively be introduced to Feeling Healing, Living through our Feelings, Living Feelings First and the way to heal ourselves of what we have each taken on of the Rebellion and Default, mostly through our Childhood Suppression commencing at the moment of conception and completing when we are six years of age.

END OF THE LINE

LAW OF COMPENSATION

Through the earthing of the Law of Compensation, in the way it is applied throughout the spirit Mansion Worlds, is why it has been said that a 1,000 years of peace will unfold after the third and final world war.

Insanity Of Humanity

Presently, all of humanity is functioning in one form or another of a stupor, living zombie like, never responding intuitively with any form of spontaneity. The insanity of humanity is visible to all. It will only be when individuals heal themselves of their childhood suppression and begin to fully live through their soul based feelings, having their minds following in executing what our feelings are guiding us to embrace, will the depth of our retardation become obvious to each of us.

The New Way – Feeling Healing

Freedom Pathway being Feeling Healing

Feeling Healing is the pathway to TRUTH and HAPPINESS!

How is it that we are each so retarded?

Wayward high level leadership of Earth's humanity has cleverly crafted and institutionalised systems that impede every aspect of our living. This has been so for the past 200,000 years.

We were firstly guided, influenced to embrace living mind-centric. That is, we now believe that through our minds that we may achieve all of our goals, we can become almost everything we want, that we can become powerful and prosperous and progress to the greatest heights imaginable. We are to live suppressing our feelings, we are taught by our parents to suppress our true personality and to embrace the personality they want us to be – like them – deluded!

As women are closer to their feelings than men, these high level wayward leaders guided men to subordinate women. Thus, these past 200,000 years, women have been subjected to suppression by men because as women embrace their feelings and begin to express their feelings, which are always in truth, women will expose the folly of mind superiority. We are to live feelings first and have our minds follow in the process of implementing what our feelings are leading us to embrace. Not the other way round as it now is – mind first and feelings suppressed.

Our minds are wonderful and all part of our progression – when in support of our feelings. Our minds cannot discern truth from falsehood and are addicted to untruth, our minds are addicted to control of the environment and other people. Our thoughts are mind generated, when we say; 'I think', we begin to express an assumption generated by our mind – assumptions are around 98% in error, the other 2% are flukes. Our feelings are always in truth. We are fully self-contained, all we need to know is self-contained, we have all we need within ourselves, all we need to do is allow our feelings to surface and embrace them, having our minds to follow in implementing our feeling's guidance.

Education

All education platforms, worldwide, are predominantly mind-centric. There is no feeling orientation and embracement in the way we are to live within education platforms. In fact, education is a tiresome, boring process of lectures. A lecturer delivering a tirade of words from the front of a room is the most ineffective teaching and learning device imaginable – it is also the most commonly employed teaching process.

Children only need their parents' love!

Children, they only need their parents' love and they will have everything they need in life, and they will have it all because they have felt loved, like they came first in their parents lives, like they were so special nothing bad could happen to them and all because they felt truly loved and that is all that mattered.

Sam's Book – Parenting and Feeling Healing – Book II

The Learning Pyramid:



Once the core subject material is introduced, students tutoring each other in small groups of around 12 people is the most superior learning process – yet seldom provided for. Practice by doing, tutoring others flows into natural self-expression, thus achieving comprehensive knowledge of any core subject – and it is permanent learning. Our whole life is about experiences and the feelings that come from such experiences. As feelings arise we are to long to know the truth behind what those feelings are endeavouring to reveal to us. We are truth seekers! And we are to be feelings expressive!

By being mind-centric, we cannot progress up Dr David R Hawkins’ Map of Consciousness (MoC) scale beyond 499. On the MoC, 400-499 is the field of ‘Reason’ – the pinnacle of science!

It's all about
Experiences
 &
FEELINGS

BE FEELINGS EXPRESSIVE!

Universally, all sectors of education, pre-school, primary school, high school, craft centres, technical and further education, university, etc., are all mind centric platforms that retards one’s freedom of expression and closes down evolutionary growth potential. The PhD – Doctor of Philosophy – is the extreme of feelings suppression with total immersion into one’s mind.

through our spirit body and into our physical body. Our experiences in the physical are expressed back to our soul as light. Everything that we experience is recorded by this light returning by our soul. Emotional injuries and errors of belief that we experience impede the flow of light back to our soul – consequently we are degraded by such accumulating damage and harm. Look at a young child and then look at yourself now!

At the moment of our conception, we are perfect in every respect – both in Natural love and physically. We are then literally fire-hosed by our parents' emotional injuries and errors of belief and this is ongoing. They are not even aware of our existence when this onslaught commences – no wonder many conceptions do not survive to incarnation which is when the foetus commences to pump blood some 16 days after conception.

*My individual "Rebellion and Default"
is my overarching virus!*

*We are to express our feelings,
both good and bad, emotionally!*

Talk it out with a Friend!

Childhood Suppression is the elephant in the room!



COMMERCIAL IN CONFIDENCE

The underlying generator
of all discomfort, pain,
disease and illness is
Childhood Suppression
and ongoing Repression.

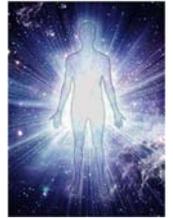
Feeling Healing is our
only recovery and
soul growth pathway.

It is that simple!

Living Feelings First growth potential is

Our Feelings are our Supreme Guide! Truth is found through our feelings, we are to long for the truth about what our feelings draw our attention to. Our soul based feelings are always in truth. We are fully self-contained. This simple fact has been hidden from us for 200,000 years while our hidden controllers, the evil ones, kept us under their selfish controlling agenda.

Living through our feelings first with our minds to follow in assisting with what our feelings guide us to consider is a rewarding, freeing and vibrant life. Whereas we all have been retarded through living mind centric.



Living through our Feelings First, the New Way, and longing for truth of what they are to reveal, expressing what we feel, both good and bad, will enable us to progress through the Feeling Healing Mansion Worlds while living on Earth. With Divine Love we will be fit to enter the Celestial Heavens and progressively then through all the Celestial Heavens of our local Universe of Neadon and then onwards to Havana and Paradise, the home of our Heavenly Mother and Father.

Not only will we progress beyond 1,000 MoC when transitioning into the 1st of the Celestial Heavens, by the time we reach Paradise we will have progressed to what could only be described as infinity – well not quite – but we will be truly awesome in our evolution and development.

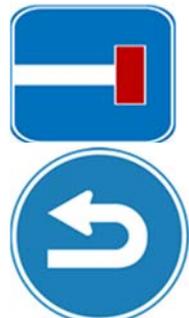
Living mind-centric limits growth to 499 MoC

We all live through our minds! We all suppress and ignore our feelings. This has been how we have been led to live by high level spirits who had ambitions of self glorification to our detriment. These wayward spirits had allusions of expansionary empowerment and they needed Earth's humanity as their foot soldiers! Through their deceit, we would continue to live in spirit as we do on Earth without any prospect of progressing out of the spirit mind Mansion Worlds.

Should we continue with aspirations in the perfecting of our mind then we can progress from the 1st spirit Mansion World to the 2nd mind spirit Mansion World, then 4th and finally 6th mind spirit Mansion World to a dead end. In these higher worlds we may appear to be guru type personalities but we have gone further away from God – we have then perfected our evilness!

The mind can even stave off the time when the Law of Compensation is addressed.

A U-Turn is required and then one would commence embracing their feelings and progress through the Feeling Healing Mansion Worlds 3, 5 and 7. With Divine Love then on completion of the 7th spirit healing Mansion World process we transition to the 1st of the Celestial Heavens.



While we suppress and ignore our feelings we are living in hell and putting ourselves through untold misery, pain and suffering when we can achieve healing to the level that we are living as Celestials while in the physical on Earth!!!

PASCAS FOUNDATION (Ukraine) Ltd

We enable awareness so that people and communities may profoundly grow their lives, livelihoods and exponentially enhance their futures.

Empowerment is by:

the New Way: Learning how to live true to ourselves by living true to our feelings;

enabling the true liberation of women through the truth of their feelings;

assisting urban as well as remote and rural communities with access to truth through all levels and forms of education;

supporting delivery of quality and accessible healthcare;

improving opportunities for and the safety of all, especially women and children;

and fostering a new era of leadership and leaders.

It takes a village to raise a child.

LIVING FEELINGS FIRST and EARLY CHILDHOOD

THEORY OF CHANGE

A 'theory of change' explains how activities are understood to produce a series of results that contribute to achieving the final intended impacts. Theory of Change supports the social, human rights and assets changes needed to lift communities out of poverty by working across four program areas: education, health, equality and leadership.



PROGRAM LOGIC MODEL

The following program logic is used to describe programmatic interventions within effective framework:

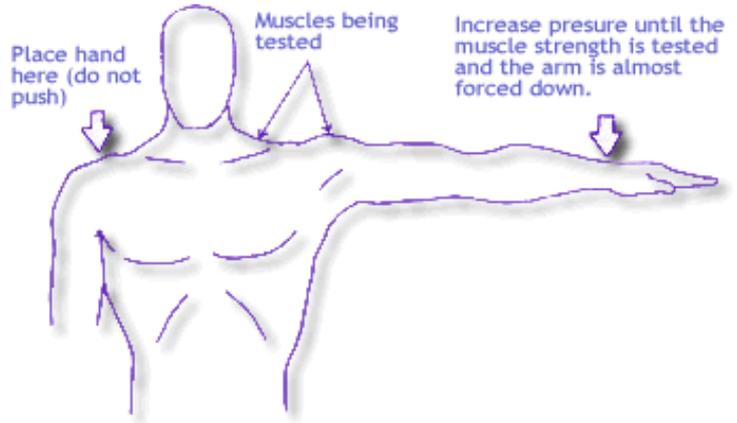
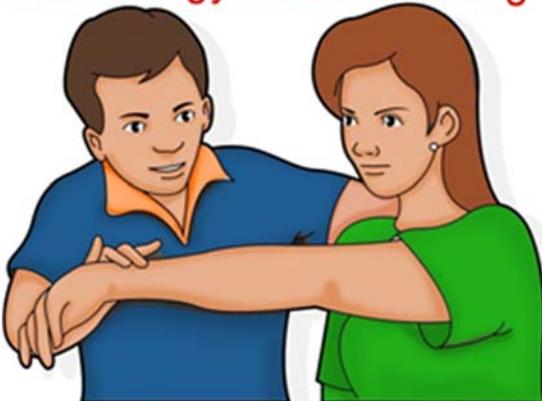


EINSTEIN'S THEORY of INSANITY



DOING THE SAME THING
OVER and OVER and
EXPECTING DIFFERENT
RESULTS.

Kinesiology Muscle Testing



Basics of muscle testing

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

NO PROBLEM CAN BE SOLVED
FROM THE SAME LEVEL OF
CONSCIOUSNESS THAT CREATED
IT.
-ALBERT EINSTEIN

Von der Leyen lays out ‘hard work’ needed from Ukraine to join EU

https://www.politico.eu/article/von-der-leyen-ukraine-path-eu-hard-work/?campaign_id=249&emc=edit_ruwb_20220701&instance_id=65627&nl=russia-ukraine-war-briefing®i_id=192420925&segment_id=97425&te=1&user_id=f4b2c4b689b1f8afd8087e5849c7d090

1 July 2022

European Commission President Ursula von der Leyen on Friday morning outlined the next steps in Ukraine’s path to joining the European Union, during a virtual address to the Ukrainian parliament.

“The next steps are within your reach. But they will require hard work, determination and above all unity of purpose,” she told the Rada.

This path includes tackling corruption, a promise on which Ukrainian President Volodymyr Zelenskyy was elected in 2019. “You have created an impressive anti-corruption machine. But now these institutions need teeth, and the right people in senior posts,” she said. Von der Leyen explained Ukraine should appoint new heads for the Specialized Anti-Corruption Prosecutor’s Office and National Anti-Corruption Bureau, which both started operating in 2015, as soon as possible.

Von der Leyen also insisted on the need to reform the country’s constitutional court — namely, a legislation outlining selection procedures for judges, in line with the recommendations of the Venice Commission.

Von der Leyen also mentioned a controversial anti-oligarch law, according to which the body that decides who is an oligarch is appointed by the president himself. Critics of the law see it as a populist measure which could give more power to the sitting president. “Today, Ukraine is the only country in Europe’s Eastern Partnership to have adopted a law to break the oligarchs’ grip on your economic and political life. And I commend you for that,” she said. But von der Leyen added that Ukraine now has to focus on implementing the law, “in a legally sound manner.”

She also addressed media independence, saying a media law should be adopted in line with current EU standards.

The European Council granted Ukraine, along with Moldova, candidate_status on 23 June 2022. This was the first step on the path to joining the EU, which will likely take years. But EU leaders have moved with record speed, at least in the initial stages of Ukraine’s bid for membership — partly as an effort to show solidarity in the face of Russia’s brutal war.

DEMOCRACY has been HIJACKED!

As of January 1 2020, there are 349 officially registered political parties in Ukraine.

The results of Ukraine’s 21 April 2019 snap parliamentary election have continued the biggest political shake-up in independent Ukraine’s history. Political newcomer Volodymyr Zelenskyy’s recent landslide victory in the presidential election has been replicated by a win on a historic scale by his party, **Servant of the People**.

As predicted by opinion and exit polls, **Servant of the People** won a clear majority, the first time any party has achieved such a dominating position in the Verkhovna Rada. Servant of the People captured 254 of the 424 seats being contested (26 of the Parliament’s 450 seats remain unfilled because elections

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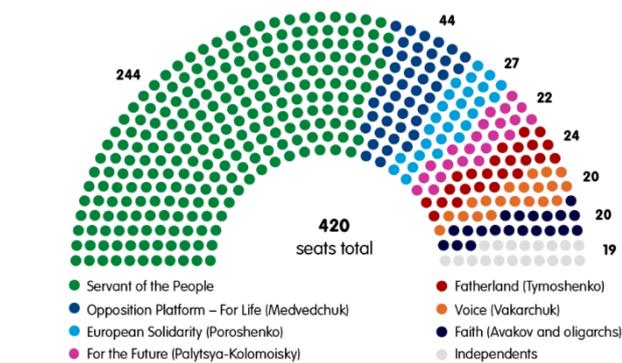
could not be held in areas occupied by Russia). It won 124 seats in voting for party lists and another 130 in single-mandate constituencies.

Servant of the People also broke another record. The party won just over 43% of the votes in the voting by party lists, beating the record 34.7% set by the Party of Regions in 2007.

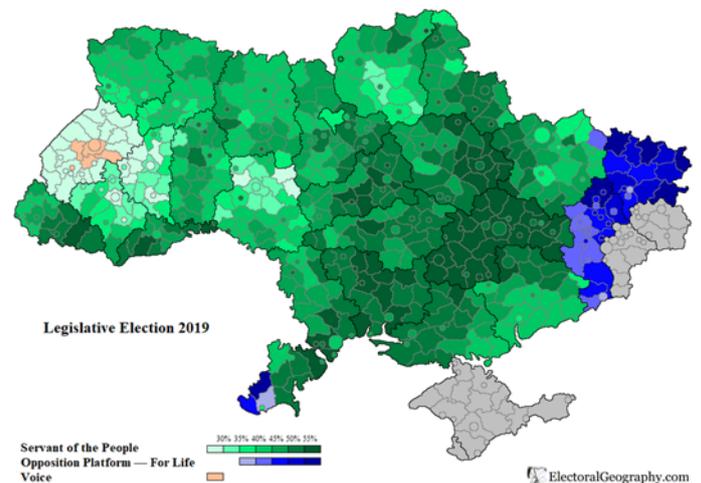
The four other parties that managed to pass the 5% threshold and get into the Verkhovna Rada lagged far behind. The pro-Russian Opposition Platform – For Life (Oppozytsiyna Platforma – Za Zhyttia) did somewhat better than expected and secured a total of 43 seats (including voting for political parties and in single-mandate constituencies). Yulia Tymoshenko’s Batkivshchyna (Fatherland) party narrowly beat former President Petro Poroshenko’s European Solidarity into third place: Batkivshchyna obtained 26 seats to European Solidarity’s 25. And rock star Svyatoslav Vakarchuk’s party Holos (Voice) managed to just get in, winning 20 seats.

Voter turnout, at 49.84%, was the lowest so far in all of Ukraine’s parliamentary elections since 1991.

Composition of Ukraine’s parliament



As of July 2021, four seats were empty.
Source: Ukrainian Parliament



For all intents and purposes, the Servant of the People with President Volodymyr Zelenskyy at the head may be a clear people’s choice. Democracy with all its political parties leads to hidden control. And this hidden control is a most incredible subtle way to suppress the populations of each nation yet appearing to provide the people with ‘their’ choice of leadership.

The process of anointing party nominees in each seat is flawed to the point of gross corruption and easy manipulation by faceless men who are never part of any election process other than to dictate the way that party nominees will do their begging.

Firstly, the population of Ukraine calibrates overall at 330 on Dr David R Hawkins’ Map of Consciousness yet the elected parliament – Rada – for Ukraine calibrate at only 300 overall. The parliament elected representatives of the people of Ukraine are not the elite and capable of the populous of Ukraine, they are genuinely significantly less capable than the population as a whole. They should be the stars of the population. Leaders of a nation should all calibrate over 400, without exception.

This outcome is consistent for democratic governments around the world. Well, for all political systems around the world with very few exceptions. It is amazing just how this covert control has been instilled for generations yet no one has identified just how this comes about. Faceless men with wealth and chronic need for control install their incompetent puppets and through compromising their elected

members of parliament, indirectly manipulate the government. Few stand out as true independent leaders and Zelenskyy appears to be such a person, but how many of his cabinet are frustrating his progressive initiatives is a point for investigation.

Zelenskyy was supported by an oligarch – Kolomoisky – financially to be elected as president of Ukraine. Zelenskyy is a former comic and actor who starred in a hit TV show called “Servant of the People” (about an ordinary man who becomes president) that was produced by his own production company but broadcast on Kolomoisky’s 1+1 TV channel, which has shown other shows featuring Zelenskyy. Kolomoisky was widely seen as one of Zelenskyy’s main backers and his channel boosted Zelenskyy’s visibility and popularity ahead of the April 2019 election that saw him defeat Poroshenko.

As events have unfolded through the invasion of Ukraine by Russia commencing on 24 February 2022, it appears that Zelenskyy is his own true personality performing an incredible act of leadership for the free world for which we are all truly thankful.

Now is the time to investigate each and every significant commercial, industrial, mining, resource and institutionalised activity and look deeply into the ownership to see truly has control of each element of Ukraine’s economy and deal with the hidden deceits that have been executed over the past years. We is the economy of Ukraine with its highly educated population and enormous natural resources so poor?

WHY!?

Faceless men dictate policy to political parties and they capitulate for their financial support. The elected politician is beholden to the dictates coming from the unelected party executive and the rest is vandalism and raping of the people of the nation. The pattern repeats itself around the world. These faceless people install incompetent and incapable compromised ‘politicians’ into leadership roles and then go on to rape the nation.





COMMERCIAL IN CONFIDENCE

Main Cities by Population in Ukraine

(includes boroughs, districts, urban agglomerations, etc.)

#	CITY NAME	POPULATION	#	CITY NAME	POPULATION	#	CITY NAME	POPULATION
1	Kyiv	2,797,553	32	Bila Tserkva	199,163	63	Novomoskovs'k	73,100
2	Kharkiv	1,430,885	33	Kramators'k	173,700	64	Shakhtars'k	71,700
3	Dnipro	1,032,822	34	Melitopol	158,000	65	Pervomays'k	70,746
4	Donetsk	1,024,700	35	Kerch	148,932	66	Feodosiya	68,562
5	Odessa	1,001,558	36	Nikopol	130,500	67	Pokrovsk	68,263
6	Zaporizhia	796,217	37	Syevyerodonets'k	130,000	68	Chystyakove	68,037
7	Lviv	717,803	38	Sloviansk	124,800	69	Sverdlovs'k	68,000
8	Kryvyi Rih	652,380	39	Berdyansk	118,284	70	Kalush	67,698
9	Mykolayiv	510,840	40	Uzhgorod	117,878			
10	Mariupol	481,626	41	Alchevs'k	116,000			
11	Luhansk	452,000	42	Pavlohrad	115,932			
12	Sevastopol	416,263	43	Lysychans'k	111,600			
13	Khmelnyskyi	398,346	44	Yevpatoriya	106,202			
14	Makiyivka	376,610	45	Yenakiyev	104,101			
15	Vinnytsia	352,115	46	Oleksandriya	103,000			
16	Simferopol	336,460	47	Kamianets-Podilskyi	100,000			
17	Kherson	320,477	48	Konotop	91,798			
18	Poltava	317,847	49	Kostyantynivka	91,259			
19	Chernihiv	307,684	50	Krasnyy Luch	90,005			
20	Cherkasy	297,568	51	Brovary	88,506			
21	Sumy	294,456	52	Uman	87,658			
22	Zhytomyr	282,192	53	Berdychiv	86,250			
23	Horlivka	278,550	54	Shostka	85,432			
24	Rivne	255,106	55	Kadiyivka	84,425			
25	Kropyvnytskyi	249,454	56	Chervonohrad	83,000			
26	Kamianske	248,575	57	Izmayil	82,485			
27	Chernivtsi	236,250	58	Mukacheve	81,633			
28	Ternopil	235,676	59	Bakhmut	80,500			
29	Kremenchuk	227,494	60	Drohobych	79,406			
30	Lutsk	213,661	61	Yalta	77,003			
31	Ivano-Frankivsk	204,200	62	Nizhyn	75,499			

DIASPORA

- A diaspora is a group of people who have been forced from or chosen to leave their homeland to settle in other lands.
- People of a diaspora typically preserve and celebrate the culture and traditions of their homeland.
- Diaspora may be created by voluntary emigration or by force, as in the cases of wars, enslavement, or natural disasters.

TOP 10 COUNTRIES WITH THE LARGEST DIASPORA POPULATION IN THE WORLD, 2019

1. India: 17.5 million
2. Mexico: 11.8 million
3. China - 10.7 million
4. Russia - 10.5 million
5. Syria - 8.2 million
6. Bangladesh - 7.8 million
7. Pakistan - 6.3 million
8. Ukraine - 5.9 million
9. Philippines - 5.4 million
10. Afghanistan - 5.1 million

TOP 10 COUNTRIES HOSTING INTERNATIONAL IMMIGRANTS, 2019

1. US: 51 million
2. Germany: 13 million
3. Saudi Arabia: 13 million
4. Russia: 12 million
5. United Kingdom: 10 million
6. United Arab Emirates: 9 million
7. France: 8 million
8. Canada: 8 million
9. Australia: 8 million
10. Italy: 6 million

UKRAINE REFUGEE CRISIS (population 44.1 million)
 More than 4.8 million [refugees](#) have since left [Ukraine](#) (as of 15 April 2022), while an estimated 7.1 million people have [been displaced within the country](#) (as of 1 April 2022).

With **about 133,000** physicians in Ukraine, there are about 3.01 doctors per 1,000 inhabitants.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4902707/>

“There is nearly no trust in doctors at all, even amongst doctors,” says the chief medical director at the American Medical Centre in Kyiv, Ukraine’s capital.

Indeed, a 2015 [report by European Observatory on Health Systems and Policies](#), a partnership led by the World Health Organization (WHO), found that “popular mistrust of doctors [in Ukraine] is strikingly high,” and has been for many years.

Dr. Zoryana Chernenko, an assistant professor at the National University of Kyiv Mohyla Academy, points to Ukraine’s chronically low wages for doctors as one of the main culprits. This has forced doctors to supplement their incomes with informal out-of-pocket payments, despite the system supposedly being free at the point of service.

“Every day, doctors are just thinking about how to survive,” said Chernenko, who has worked on health system reform in Ukraine.

Wages for doctors in Ukraine have been low since before the 2014 Euromaidan Revolution, a series of violent events culminating in the ousting of the president. According to the European Observatory’s report, in 2013 the average monthly wage for a doctor in Ukraine was just over US\$400 a month, well behind that of professionals in many sectors of Ukraine’s economy.

More recent data on doctors’ wages in the Ukraine are not available, but an analysis published in October by the Ukrainian newspaper Komsomolskaya Pravda suggested that the average wage had fallen to less than US\$260 by mid-2015. Given that Ukraine’s currency has lost almost 20% of its value since the beginning of 2016, doctors’ wages are likely to drop even further.

Out-of-pocket payments have been a regular feature of Ukraine’s health care system since the 1990s following the collapse of the Soviet Union, according to the European Observatory’s report. During the subsequent severe economic downturn, doctors began levying informal payments to provide themselves with a more acceptable wage. Chronic government underfunding — including a

5% cut to health spending in 2016 — has contributed to these payments becoming an entrenched feature of the Ukraine's health system.

“At the moment state funding covers only half of the financial needs of the system,” Konstantin Nadutyi, deputy chairman of the Ukrainian Medical Association, recently told [*The Lancet*](#) in a Feb. 20, 2016 article. “The rest is paid for by patients themselves.”

Patients in Ukraine usually give informal payments before a service is given. Sometimes these payments provide them with quicker access, other times with newer drugs and services.

This system of soliciting informal out-of-pocket payments, according to Chernenko, has led to Ukrainians feeling like their doctors are more concerned with their bottom lines than providing quality care.

This system of low wages and informal payments has also led to chronic overtreatment, which further erodes trust in doctors, says Styles.

“The problem is that people [in Ukraine] don't get value for money.” Styles estimates that a substantial portion of Kyiv's three million people is over-treated and prescribed drugs or forced to pay for services they do not need. “It's rather strange in a health care budget that's got its back to the wall.”

However, Styles is keen to point out that many of the Ukraine's doctors, despite how they might be perceived, are hardworking, dedicated professionals. “I would be very careful not to denigrate Ukrainian doctors,” he stresses, pointing out the number of doctors who have risked life and limb in war-torn eastern Ukraine.

“In Ukraine, there are some very dedicated, very vocational doctors who are working for nearly nothing.”

What is the average salary in Ukraine in 2017?

Former Reporter at Thomson Reuters (company)

For a native Ukrainian, the average salary is **surprisingly low** by Western standards. It can vary between US\$200-\$400 per month.

However, the cost of living is also very low compared to the West. I've known people in Kyiv who pay somewhere in the region of \$100 for their apartment. A week's groceries are somewhere in the region of US\$5-\$10. Also, eating out in a fairly high class restaurant will not set you back much, I once had 3 courses in a 5 star bistro for less than US\$10.

If you're earning the minimum wage in a Western country, you can live like an oligarch in Kyiv for next to nothing. Just don't act like an asshole.

Related

Why do doctors in Germany accept less money?

Doctors in Germany accept less money than doctors in US for the following reasons:

1. No student debt
2. No crazy malpractice insurance rates
3. No dealing with insurance companies arguing over the need for various procedures
4. No patients who have not seen a doctor for 20 years because they did not have enough money
5. Don't have to go through massive paperwork if they want to move from one state to another

Dr.Larisa Varenikova

Company Owner/ Senior Executive Search Consultant (1999–present)

It's depends.

The salaries for doctors in public medicine are very low and it's a shame in my opinion. The salaries of doctors in private clinics can be quite high and depend on the position held, as well as on the qualifications of the doctor and on his / her years of experience, but in any case they are lower than in Europe.

Abhijeet Sinha

Lives in Lucknow, Uttar Pradesh, India (2021–present)

If you are interested to practice in Ukraine UA. You need to know the current situation of the Country.

Due to the war and rising inflation the economy of Ukraine UA is crumbling.

Looking to this I suggest you to think twice about this.

Salary starts from minimal – US\$150/month after taxes (160 hours) up to US\$500/month in publicly-owned hospital and about US\$1,000/month in private hospitals.

This is the maximum salary they get before the war now this time it's also to decrease.

What is the average salary in Kyiv, Ukraine?

Originally Answered: What is the average salary in Kiev, Ukraine?

The average salary in Ukraine (all regions) in June 2019 was 10,783 UAH (US\$360/month).

In Kyiv, capital – 15,650 UAH (US\$500/month).

Source: website of the Ministry of Finance of Ukraine. (it doesn't have English version)

How can we live on a salary of US\$250/month in Ukraine?

It's incredibly difficult.

In the capital, Kyiv, where I live, you'll be lucky to get a decent apartment for US\$250 /month assuming you're staying alone – and that's without utilities.

The only people who can survive on such an income are those who don't pay rent. Either they live with parents, grandparents, or they out-rightly own their own place. Even if you live in the outskirts of the city for a relatively lower rent, the cost still adds up.

The only way to survive on such an income is to:

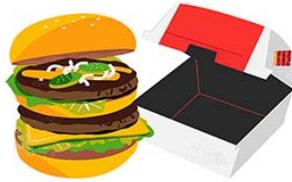
- Own your own place or
- Rent an apartment with other people or
- Rent a room or
- Live in a hostel (the ones that charge per month)
- Always cook your own food, which includes taking your lunch with you to work. Never eat out
- Always use public transport – no Uber or taxis
- Ration your meat intake. Any meat other than chicken and pork is expensive on a US\$250 /month income
- Shop for clothes and shoes at Ekonom Class, or buy really cheap new ones (which eventually cost you more money as you'll have to replace them all too often), or wait for the deep discounts
- Only shop for food and other home items at ATB or the proper markets
- Ration your utilities usage
- Never borrow on interest
- Use all the discount deals you can get
- In short, be able to account for every kopek you spend which is a lot more difficult than it sounds

However, most people I know earn more than US\$250 per month because they all have more than one job. If one job earns you US\$250 and another makes you US\$100 - \$150, then your life will be a little easier. Not rosy, but at least liveable.

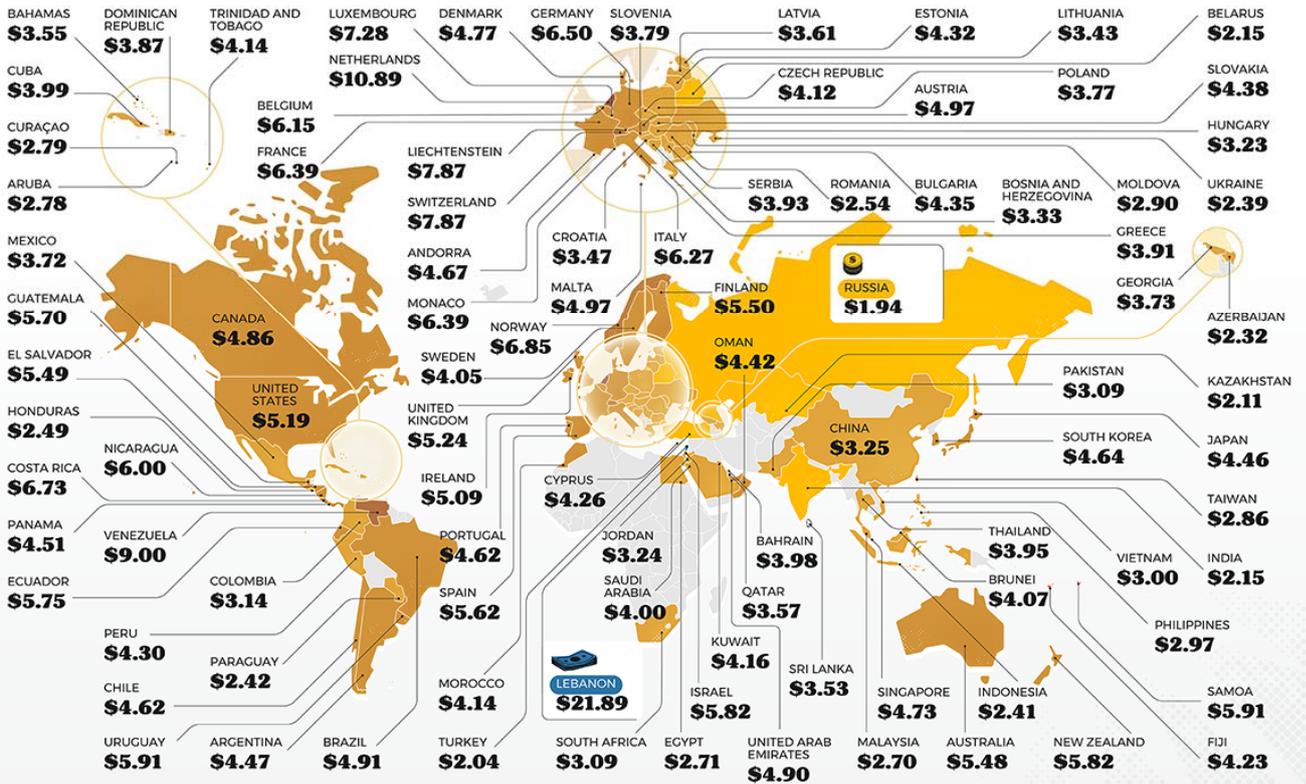
That said, life is not impossible in Ukraine. People get by and they still have reasons to be happy. You cannot kill the spirit of an average Ukrainian.



THE PRICE OF A MCDONALD'S
Big Mac
IN EVERY COUNTRY



While the Big Mac is available in any McDonald's restaurant, prices vary widely. Besides Lebanon, the Big Mac is the most expensive in the Netherlands - a whopping \$10.84. For the same price, you could buy more than five Big Macs in Russia, where the sandwich costs \$1.94 - the least of any country.



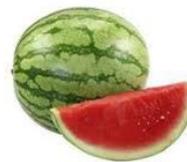
Sources: International McDonald's official websites

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Expensivity

BUSINESSMAN

VALUE ADDING



ENTREPRENEUR



COMMERCIAL IN CONFIDENCE

SALARY – WAGES PACKAGE

Annual salary or wage is the cost of you or me being employed with an organisation for a full year.

It is not the cash that you or I take home, it is the total expense to be employed for a full year within a firm, enterprise or corporation, being the cost of them employing you or I.

Within Australia, salary packaging the maximum amount allowed each Fringe Benefits Tax (FBT) year means you're making the most of this employee benefit. The maximum for employees of not-for-profit organisations is AU\$15,900 (this is also known as your 'tax free cap') and AU\$9,010 for hospital and healthcare employees. Salary packaging to the 'cap' means you're using the maximum amount you're allowed to salary package. Thus each country may have a specific industry taxation arrangement.

Motor vehicles provided to an employee are part of their salary package. The cost of the motor vehicle, though paid by the enterprise / employer reduces the cash element of the salary – the take home pay for an employee. If the employee is using the car for the usual family activities, the car is at their home each night, and the motor vehicle is used to get the employee to and from work, then it is his or her private car for all intents and purposes. A delivery van may be used for a lot of business trips and is typically not part of a salary package.

- Car loan costs – lease agreement monthly payments is a typical format to finance the purchase.
- Fuel
- Car insurance – car rental costs
- Maintenance costs and servicing
- Registration and licensing
- Depreciation
- Total costs

	Cheapest car (annual cost)	Costliest car (annual cost)	Average annual cost
Small car	Kia Cerato S (AU\$7,096)	Volkswagen Passat 132 (AU\$8,908)	AU\$8,203
Medium car	Toyota Camry Ascent Sport (AU\$9,451)	Volkswagen Passat 132 TSI (AU\$11,654)	AU\$10,478
Large car	Holden Commodore RS (AU\$11,573)	Kia Stinger 330S (AU\$15,094)	AU\$13,255
4WD Ute	Mitsubishi Triton GLX (AU\$12,012)	Toyota Landcruiser Workmate (AU\$17,937)	AU\$13,662
Sports	Toyota 86 GT (AU\$10,459)	Ford Mustang Fastback (AU\$13,974)	AU\$11,901

Source: RACQ Running Costs Report, 2019 (to adjust to 2022 global conditions – add 50% say)

Consider that we drive 12,000 kilometres per year, that is about 200 hours driving (not working) at 60 kilometres an hour, the motor vehicle costs of running the car is say AU\$1 per kilometre (Taxation office says AU 78cents) then the direct annual cost of the car is AU\$12,000 which is paid as part of the salary package. Thus a fully funded car provided in a wage package could equate to AU\$12,000 in lieu of cash.

A salary or salary package can include housing, transport (motor vehicle) and other benefits.

When exploring such services as <http://www.salaryexplorer.com/> what is referred to as the salary is the gross amount of the financial commitment by the employer when engaging an employee; e.g.:

Salary / wage package, GROSS AMOUNT	say	AU\$112,000 per annum
This may include:		
Superannuation contribution 12%		\$12,000
Salary before Superannuation		\$100,000
An approved motor vehicle package		\$12,000
Net taxable (IF car is for 'business use')		\$88,000
Australian income tax deducted		\$19,067 + Medicare Levy
Net Take Home Cash		\$68,933

The Salary is \$112,000 being the gross cost to the enterprise. What we take home is the net cash after superannuation, packaged items such as housing, motor vehicle, etc., then deduct personal income tax.

Salary Explorer survey relates to the gross amount.

Resident tax rates 2022–23 (ATO July 2022)

Taxable income	Tax on this income (Australian \$ and taxation)
0 – AU\$18,200	Nil
\$18,201 – \$45,000	19 cents for each \$1 over \$18,200
\$45,001 – \$120,000	\$5,092 plus 32.5 cents for each \$1 over \$45,000
\$120,001 – \$180,000	\$29,467 plus 37 cents for each \$1 over \$120,000
\$180,001 and over	\$51,667 plus 45 cents for each \$1 over \$180,000

The above rates do not include the Australian [Medicare levy](#) of 2%.

UKRAINE TAXES (Total 41.5%)		
VAT 18%	Military fee 1.5%	Single social contribution (superannuation) 22%

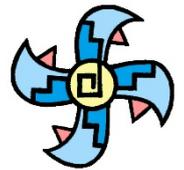
CHALDI COLLEGE – EDUCATION: Nanna Beth – 3rd Celestial Heaven and James 28 July 2017

James: John has been wondering about how to set up schools and schooling ‘under a tree’, in keeping with it all being opposite to what we’re all used to, can you give him any suggestions or point him in the direction he should look?

Nanna Beth – 3rd Celestial Heaven: These are some ideas he can consider – just suggestions John, we won’t say it has to be this or that way, as you know, it’s for you to work things out. So basically, what would you like John – how would you have liked school to be?

CHALDI COLLEGE

Schooling is voluntary. It should be made to be something children want to do, not something that’s forced on them.



It should be fun, as in keeping the whole focus on making them feel good about all they are doing. Not artificially praising them or praising them over their peers, but just supporting and being personal with them, allowing them to respond and find their own way.

It should not be separated into classes based on age. Classes should involve all ages, for example, the younger ones can learn and watch and be helped by the older ones, but not forcing the older ones to help the younger, all voluntary and what would naturally happen, more like in a big loving family rather than segregated because of age or whatever. Perhaps the 5, or less, to 10 in one group, 11 to 16 in another.

Teachers are to be able to deal with children of all ages, and work to allow the student to progress at the students own pace. Special or extra schooling can be provided when necessary to students that want more.

The subjects should all be practically oriented. Everything offered and so accepted voluntarily. Reading, writing and basic arithmetic, all so as to help the child deal with the real world. Other subjects like psychology – morals and ethics, love and friendship, acceptance and tolerance of ALL feelings, particularly bad ones, resolving disagreements, expressing feelings and yet not necessarily acting on them – particularly the bad ones, all based around how to respect and treat other people how you’d like to be treated. And how if you hurt by infringing upon another's will, then you will have to suffer that same amount of hurt, either now or in spirit. And about the Feeling Healing, what happens when you feel bad feelings, how to look to your feelings for their truth, so as to grow in understanding of yourself, nature, life, other people, and God – the whole spiritual aspect, including the Divine Love and Mother and Father, yet no religious indoctrination. The history, culture, place in the world. How to integrate with the modern world, computers, phones, internet, etc. Sport, play, arts, creative lessons and involvement. How to live and respect nature, the natural world, the environment, hygiene, natural health, sex, contraception, abortion and so on – about the person, the body, things to dispel myth and falseness, general science. Trades, technical work, hands on experience – building stuff, ways to use one’s mind to do what one wants to do.

Duration of classes, half a day, longer when older for those wanting to learn more, homework voluntary and at the child's initiative – wanting to do it.

School is just part of life, not separate to life. Part of the family, tribe, society, not separate from it. Inclusion of other adults, parents, family members, as aides, helpers, teachers, together with professional teachers. Lots of people, and in particular older people (who also have the time), are natural teachers and should be encouraged even though they’ve not been specifically trained. One can only learn a certain

amount being taught to be a teacher, yet in reality, very few trained teachers have any real natural feeling for it. The more the 'teacher' makes their pupil feel the pupil is the important one, and the teacher is only there to help them if they need their help, and not to stuff it down their throats whether they like it or not, is where to begin. And how a child of differing ages learns, is as varied as the children themselves. So the more 'teachers' the better, and that means the child can gravitate to the 'teacher' that best suits them, rather than having to spend a whole year with someone you hate and you feel hates you.

University for higher learning, full on, voluntary, free, all information on any subject available with competent teachers. So the student can excel should they want to.

It all being with the focus on the person, offering them things which they can try and see if they like. Things that will help them in the world; and how to be a person living true to themselves – true to their own feelings; and how to respect another as one respects oneself.

James: Nanna Beth, John would like any comments on the Council of Elders continuing to contact people on Earth after he's croaked it.

Nanna Beth: It's as James said, there will be an increasing number of people opening up to us Celestials for all sorts of help, once they understand who we are and how we can help. So yes John, there will always be some main people on Earth we'll work with. And should it all keep needing to move along with one entity in control, such as what you're starting out with, then yes, that is how we'll engineer it. Should it break up or be broken up into many entities, then we'll be ready for and going with that. As much as we say we are in control, we mean that we are in control instead of the mind spirits. But still we are to work with humanity, in as much as humanity leads and we augment.

James: And Nanna Beth, I thought I'd ask you about the Religion of Feelings, as John is against a religion of any sort because of all that religions have done to us all, do you have any thoughts on it?

Feelings First Spirituality, New Feelings Way

Nanna Beth: It's all up to you James, what you want. Of course you're not wanting to go and instigate yet another religion in which people have to adhere to a set of rules because you know what will happen to that, **any rules allowing people and their controlling agendas to take control over others, is something to be avoided at all times.** However the notion of a 'religion', and one based on feelings, with no fixed agenda, no rules, just founded on truths, will allow people to have some sort of structure to relate to should they need that, but one in which they are entirely free to do whatever they feel based on their feelings. And with the Feeling Healing and Soul Healing being at its core, then those people intent on that will be able to work on themselves and it won't matter to them whether they are part of something or not.

As you understand, some people will like the idea, others won't like the word religion and will want to do it alone, so do whatever you feel you want to do. We don't call it anything over here other than Our Healing, yet we all had embraced the Divine Love before we began our Healing, however potentially that won't be so for a lot of people on Earth, and to say that people have to embrace the Divine Love to do their Healing would cancel out a large amount of people and is putting a rule in place, which doesn't need to be there and would only get in the way.

So to call it a Religion and yet to make it as free as you are intending James, is something for you to decide for yourself, which really just gets down to using the word religion. And I know it appeals to you because

it is a religion that is not a religion, yet more a true religion of truth than any of the existing religions are, so you're showing up those religions for the untruth that they are.

Anyway, it's what you want to do James, it's not for us to say one way or the other. And you will do what you want to do, you'll hear people's complaints or if they like the idea, weigh it all up, and still do what you want to do.

James: So you don't force or coerce anyone to do anything they don't want to do. Because who wants to be treated that way – no one!

Feelings First is a way of living without any dogmas, creeds, rituals, cannon laws, hierarchy or controls of any kind.



It takes a village to raise a child

POTENTIAL to BENEFIT your CHILD through our own FEELING HEALING:

This steps down each seven years as the child matures



From conception to age 6 or 7

From 8 to age 14

From 15 to age 21

From 22 to age 28

As we heal, we directly heal our children similarly.

The Indwelling Spirit arrival for the child around age 6 or 7 starts their independence.

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 imposters of the Rebellion and Default.

Avonal AGE 1,000 YEARS

Spirits of Truth of the Avonal Pair will guide us through our Feeling Healing and into the Celestial Heavens with Divine Love, then the Spirits of Truth of the Creator Pair will lead us through the Celestial Heavens and out through Nebadon towards our Heavenly Mother and Father in Paradise.



Each generation of 25 years or so will see marginal embracement of Feeling Healing, however in 1,000 years it will achieve universality.



Universality of Feeling Healing with Divine Love will see the mitigation of discomfort, pain and illness as well as the imposters 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.



Heart felt
feelings are the
Truth of our Soul

SOUL

*We are to express our feelings,
both good and bad, emotionally!*



LET'S TALK
IT OUT

**WHAT ENTERS EMOTIONALLY
IS TO BE EXPRESSED
EMOTIONALLY WHILE LONGING
FOR THE TRUTH TO BE KNOWN
ABOUT WHAT IS BEING FELT!**

SUGGESTED READING:

Kindly go to www.pascashealth.com and then to the Library Download page and then to open the following, scroll down to the topic and click on the PDF:

CORPORATE ALLIANCES

Chaldi Child Care Centre – Safe Space
 Chaldi College Free to Learn Instinctively
 Chaldi College Free to Learn Pathway
 Chaldi College Primary thru to High – Feelings First
 Chaldi College Women and Girls’ Education
 Chaldi College (WW) – Education through Feelings
 Chaldi College (WW) – Technology & Product Information
 Chaldi University Postgraduate Feelings Degree

Pascas University and Global View
 Pascas University and the Meeting House
 Pascas University Universally Free Education
 Pascas WorldCare Craft Creations
 Pascas WorldCare Cultural Centre
 Pascas WorldCare Supporting Hands

ELSEWHERE

Pascas Care Kinesiology Testing
 Pascas Care – Living Feelings First – Adults
 Pascas Care – Living Feelings First – Children
 Pascas Care – Living Feelings First – Children Annexures
 Pascas Care – Living Feelings First – Children Discussions
 Pascas Care – Living Feelings First – Children Graphics
 Pascas Care – Living Feelings First – Drilling Deeper
 Pascas Care – Living Feelings First – Drilling Deeper Structures
 Pascas Care – Living Feelings First – Reference Centre
 Pascas Care – Multimedia Movie City
 Pascas Care Letters – Beliefs Suppress Truth
 Pascas Care Letters – Etheric Spirit Body
 Pascas Care Letters – Psychology and Feeling Healing
 Pascas Park – Journey of Man

Pascas Primary publications being:

U-Turn for Humanity Pascas reveals New Feelings Way
 U-Turn for Humanity pathway being New Feelings Way
 U-Turn for Humanity shutting hells through New Feelings Way
 U-Turn for Humanity soul light and the New Feelings Way
 U-Turn for Humanity through the New Feelings Way
 U-Turn for Humanity treacherous assumptions New Feelings Way
 U-Turn for Humanity unfolding the New Feelings Way
 Universal Gift – Feeling Healing with Divine Love
 Feeling Healing and Divine Love Discussion Prompts
 Pascas Care Death & Dying Transition & Assimilation Marjorie

Also kindly consider reading:

www.pascashealth.com

then proceed to Library Download :

Pascas Care Letters – Root Cause now to Pathway Forward

Pascas Care Letters – Root Cause now to Pathway Forward (short)

Pascas Care Letters – Funding for Change Over

Pascas Care Letters – Family Shelters Abuse & Remedial

Pascas Care Letters – Family Shelters Social Housing

Pascas Care Letters – Family Shelters Overview

Pascas Care Letters – Family Shelters towards Liberation

Pascas Care Letters – Back to Basics

Pascas Care Letters – Change

Pascas Care Letters – Dr Hawkins validates Feeling Healing

Pascas Care Letters – Education through Feelings

Pascas Care Letters – Finaliters our Destiny

Pascas Care Letters – Glass Ceiling Barrier Removal

Pascas Care Letters – Humanity is Addicted to Untruth

Pascas Care Letters – Journey of Earth's Humanity

Pascas Care Letters – Life is a Highway

Pascas Care Letters – Live True to How You Truly Are

Pascas Care Letters – Moving out of Healing

Pascas Care Letters – My Customs Heritage and Nationality

Pascas Care Letters – One Soul Two Personalities

Pascas Care Letters – Psychology and Feeling Healing

Pascas Care Letters – Spirit Evolution and Environmental Changes

Pascas Care Letters – There is only One Way to Heal One's Self

Pascas Care Letters – Transition & Assimilation following Death

Pascas Care – Death & Dying Transition & Assimilation Marjorie

Pascas Care – Kinesiology Testing

Pascas Care Centre – Pacific Basin Nations

Pascas WorldCare – ASEAN and Pacific Island Nations

Or simply allow your feelings 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>

<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

MARKET OPPORTUNITY:**TENTATIVE WISH LIST (Education)**

1. Early Childhood Education (identify and fund a model school).

Kindly consider a pre-school to be established within every province. This may be centred in communities that the mothers can obtain employment. The mode of operation and management of a centre could have a combination of trained personnel with extended family supporting. The structure may vary to reflect the needs and customs of the town or larger villages. Training of key staff is a priority leading to opening of pre-schools – this could be considered through regional campuses of Pascas University that are to be established.

THE ITCH

- Assumptions are our greatest enemy. Our minds cannot discern truth from falsehood. Our minds are addicted to untruth and control of others and the environment.
- Our soul based feelings are always in truth – yet we are taught from conception to suppress them.

2. Early Childhood Teacher Training program.

Living Feelings First is outlined in eight Pascas Papers that may be downloaded from www.pascashealth.com in the Medical – Emotions section on the Library Download page:

-  [Pascas Care Living Feelings First - Adults.pdf](#)
-  [Pascas Care Living Feelings First - Children - Annexures.pdf](#)
-  [Pascas Care Living Feelings First - Children - Discussions.pdf](#)
-  [Pascas Care Living Feelings First - Children - Graphics.pdf](#)
-  [Pascas Care Living Feelings First - Children.pdf](#)
-  [Pascas Care Living Feelings First - Drilling Deeper - Structures.pdf](#)
-  [Pascas Care Living Feelings First - Drilling Deeper.pdf](#)
-  [Pascas Care Living Feelings First - Reference Centre.pdf](#)

These papers have been specifically developed for the education system and classroom application. These are to be added to the materials that may be considered by the Education Leadership Team. The culture of the people in each region being accommodated, to be melded with the environment presently existing and evolving.

3. School library / resource centre in each province possibly in the model school.

We can consider establishing a model demonstration school in every province – and even more than one – or as many as seen appropriate. Each school when reviewing their library / resource centre, with no exceptions, can have their wish list considered, should they come forward with what they may feel required. This will need a significant administration team and appropriate resources to manage the logistics. This could also involve internet communications involving satellite, renewable power generation and laptops / ipads / tablets to be provided and installed.

4. Teacher professional development (in-service, workshop etc.) on various topics such as early literacy and numeracy including multi modal literacy), civic and citizenship education, basic health and hygiene.
5. Consider the establishment of teachers' training campuses in provinces with potential teachers also being provided with scholarships to enable them to follow their passions and complete required training. Scholarships may be extended to providing housing and costs of living. These provincial campuses may be the start of Pascas University throughout Ukraine.
6. Training on Leadership and Management in Schools aimed at school principals, curriculum leaders, etc. to engage in school policy development, implementation, and evaluation.

Again, Pascas University campuses in provinces to enable as many potential educators to be accommodated to build the numbers of true educators to a level that education throughout Ukraine can be an example of what can be achieved in a short period. This will also require the flattening of the hierarchical controlling domination that prevails throughout the education systems worldwide – it is this control that is stifling free flowing initiatives of many great educators. Workshops can be conducted at all appropriate Teacher Training campuses for all leader type educators.

Kindly reference through www.pascashealth.com at the Library Download page, scroll down to the heading Corporate Foundation Documents and click on to open:

-  [Pascas WorldCare Teams.pdf](#)
-  [Pascas WorldCare Teams and Bottom Up Democracy.pdf](#)
-  [Pascas WorldCare Teams Wisdom & Operation.pdf](#)
-  [Pascas WorldCare Teams with PTQP.pdf](#)

7. Standards Based Curriculum materials – review against unfolding events and emerging revelations. Textbooks for different subjects may benefit from review and development, then train teachers on them as well on how to use other newly evolved Teachers' resources.

All materials and textbooks may be supplied. Uniforms may also be supplied. Kitchen facilities may be included in the schools and food supplied and prepared by catering staff for breakfast and lunch as required. The question is to ensure respect and acceptance of such support. Is it simply handed out? Is it invoiced to each student and announced as a scholarship? Is there a nominal payment from the student? It is to be free, however the student is to understand its importance in a way that is culturally acceptable.

8. Alternative education (adult and early school leavers) skills training to improve lives addressing inequities and promoting social justice concept. Begin by funding existing Technical and Vocational Education and Training (TVET / TAFE) schools with infrastructure, resources, (tools and equipment).

Pascas styled TVET / TAFE Colleges may be established in each province and concentrated on providing Technical and Trade Skills and IT training to equip the school leaver to be immediately and valuably employed in the local workforce, thereby retaining more of the population in the regional areas. Again, the education is to be free. This may be done with; “here are your fees and, congratulations, here is a scholarship”.

9. STEM (Science, Technology, Engineering, Mathematics) education – develop resource materials to help teachers to implement these various projects prescribed in the curriculum. Such as teacher workbook. Concept applied in projects. Materials / equipment needed for these to support.

This is a big task and it is for those with big overview sight and then detail focus to attend to the minute requirements. It will also be an ongoing evolution. Pascas is to support this agenda all the way.

10. Sport development in schools (Physical Education (PE) equipment, uniforms, etc.).

Sport is the only reason why many attend school. Education is meant to be fun. This is mostly lost in the controlling addictions of most people throughout the education world and elsewhere in our lives. Sport is an important component of the school syllabus and fields and courts and swimming pools may be established in each school and the necessary equipment and uniforms supplied.

11. Water tanks for schools and proper toilets facilities.

Drinking water tanks and state of the art toilet facilities can be included in all schools as well as Teacher Training Colleges and Technical Colleges. Again, consider instructing an administration team to request what each education facility considers that it needs and then approve a delivery and installation operation.

12. Education material with foundations based on assumptions to be recognised for what they are – in error!

Our minds are addicted to untruth. Our minds cannot discern truth from falsehood. Consequently 98% of assumptions are wrong – the other 2% are flukes. Count the number of assumptions in research papers. We will then discover and understand the reason why society is floundering!

13. Education of girls to be prioritised.

If a girl spends only 2 years at school, she is likely to have more than 7 children. If she spends 6 years at school, she is likely to have around 4 children. If she spends 12 years at school then she may have only 2 children. World poverty is best averted by the tool of education in the first instance.

Girls and women are closer to their feelings than boys and men. Consequently, it is through our feelings that we excel. The belief that men are to dominate the female is that leaders of the past understood that should females be allowed to fully express themselves through their feelings then the men with their control would be ended. Today, we now start that ending for the advancement of both women and men!

14. The potential within us all is incomprehensibly amazing – however it will NOT be revealed through our minds. Our potential and our true personality will reveal itself through our soul-based feelings – this is The New Way – our new way of living. We are to live feelings first, express our feelings, both good and bad without acting upon them, and to long to know the truth of what our feelings are bringing to our attention.

Living mind centric, as we are all taught to do so from birth and throughout all our walks of life, imprisons each of us into limitations of mediocrity. We have no spontaneity, flare, intuition and creativity – we live life in a stupor, zombie like. Not even the greatest scientists in history calibrated higher than 499 on Dr David R Hawkins' Map of Consciousness (MoC) scale – the peak of reason. Scientists can go through life

achieving one or two break throughs whereas people living through their feelings routinely achieve break throughs. Being mind-centric is how humanity is controlled by the few. The education systems around the world are the arch agents of suppression for these controllers.

Now we can set ourselves all free to bloom in spontaneity, wisdom and vigour through our feelings – and it is all cost free!

15. We are to live through our feelings. Our soul does it all. We are to put aside the façade personality that our parents and early childhood carers imposed upon us. We are now, through our feelings, to discover who and what we truly are. This is incredibly freeing and beautiful. Our true brilliance will shine for all to see.

Life is about what OUR soul wants for us to experience. Living through our feelings eliminates mountains of stress that our mind brings upon us. Our day ends with being fresh with many achievements and goals attained. Should we live submitting to the imposed will of others, life is suppressive and unrewarding. We are to be who we truly are and that is the experiences that we are to have and to be expressed through our feelings. Doing this on a national basis will bring about an exemplary society, and that will be the peoples of Ukraine.

The New Way: Learning how to live true to ourselves by living true to our feelings.

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

Other Thoughts:

As the initial units for each of the educational elements are being constructed and opened then the planning and construction could be underway simultaneously at other sites in each Province. Issues encountered will be numerous but different in each location – so proceeding on multiple fronts is prudent – we will discover as we go along without delay.

Every aspect of how we have been living life is to be reviewed, reconsidered, redesigned, reconstructed and reintroduced. None of the institutional ways of doing things is to be automatically replicated or even continued. That is why the Education Leadership Team is unique from conception.

ALL societal growth has been the result of its education system, however they have all been proceeding down a rabbit hole to a glass ceiling being its dead end. Now for the Great U-Turn!

Childhood Suppression is the underlying cause of all physical illness and social issues seen throughout society.

*We are in PAIN because of
our UNLOVING CHILDHOOD!*

and



Living through our Minds is Killing us!

Living through our Minds is Killing us!

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



Tug - of - War

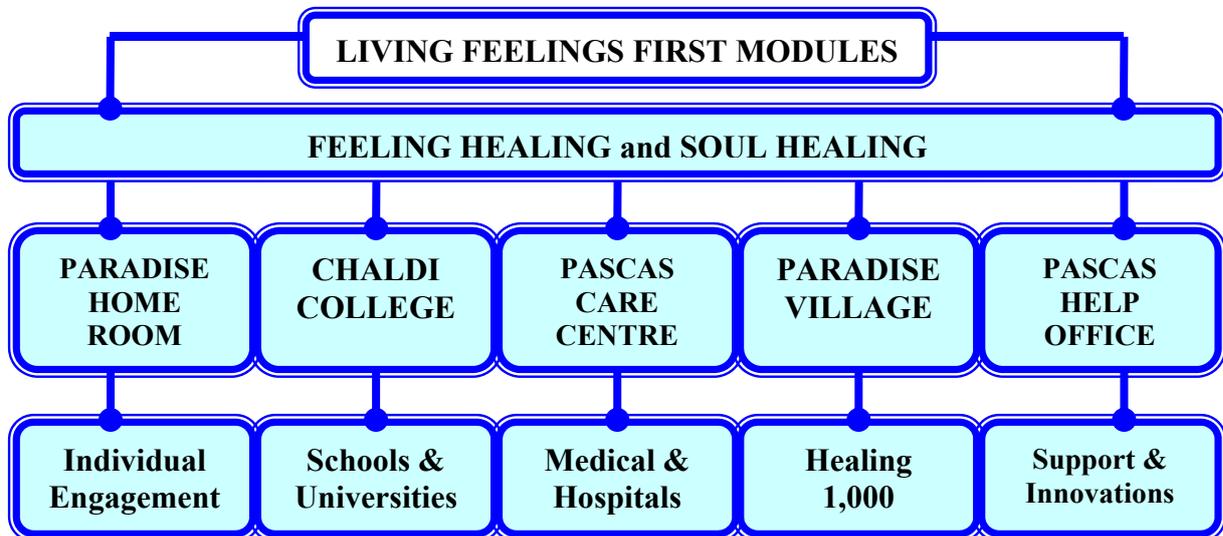
GREAT
V-Turn

COMMERCIAL IN CONFIDENCE

MoC	No. of Countries	Average MoC	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income 2020
400s	10	406	78.50	0.939	6.8	.861	US\$54,010
300s	13	331	71.77	0.798	5.9	.684	US\$17,827
200s	10	232	69.45	0.759	5.8	.648	US\$16,972
High 100s	18	176	69.00	0.724	5.2	.639	US\$9,900
Low 100s	7	129	61.88	0.653	4.7	.567	US\$2,628
Below 100	11	66	52.73	0.564	4.2	.488	US\$2,658
WORLD		220	70				US\$10,900

Ukraine MoC	No. of Countries	Average MoC	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income 2021
330	1	330	72.50	0.779	4.9	.799	US\$13,950

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!



COMMERCIAL IN CONFIDENCE



PASCAS UNIVERSITY



TAFE



Technical And Further Education

Graft Creations Family Shed

x^2 Year 10

Δ Year 11

\sqrt{y} Year 12

\leq Year 7

Year 8

\approx Year 9

∞ Year 4

$\%$ Year 5

Year 6

Year 1

Year 2

\pm Year 3



KINDERGARTEN

PRESCHOOL



COMMERCIAL IN CONFIDENCE

Chaldi Child Care Centre & Kindergarten

WELCOME!



SAFE SANCTUARIES

It takes a Community to Protect a Child



COMMERCIAL IN CONFIDENCE

The Learning Pyramid:



It will only be the breaking through of the glass ceiling of 499 of Dr David R Hawkins' Map of Consciousness (MoC) that humanity can and will move towards a state of harmony and peace. While we continue to live mind-centric, we cannot progress beyond the category of Reason which peaks at 499 on the MoC. This is how we have been misguided to live for thousands of years. As we are now coming to understand, all institutionalised systems worldwide are structured to inhibit our natural progression.

Our teaching systems are focused upon the lecture, an orator at the front of the room talking down to students. As you now observe, it is the least effective method of education. Small groups tutoring each other is the way forward. All levels of education can be moved to meeting groups of around 12 or so participants.



Pascas Foundation, with aligned support, is to deliver such education platforms. Further, education is to be delivered free.

WITHIN EVERY MEETING HOUSE, FREE AND OPEN DISCUSSION FLOWS THROUGH A 'FISH BOWL' STRINGING 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.

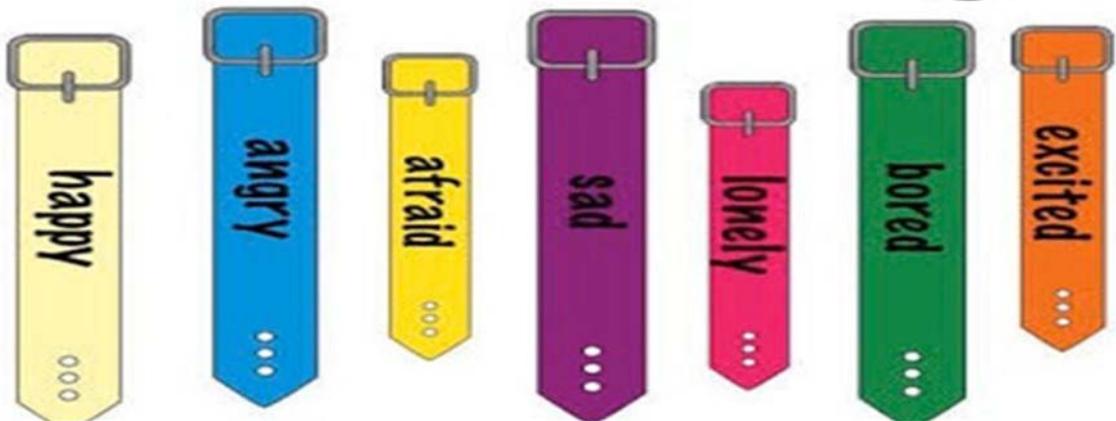
CRAFT CREATIONS is to enable anyone to be autonomous and self-sufficient in their endeavours.

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.

FEELINGS
must be
FELT

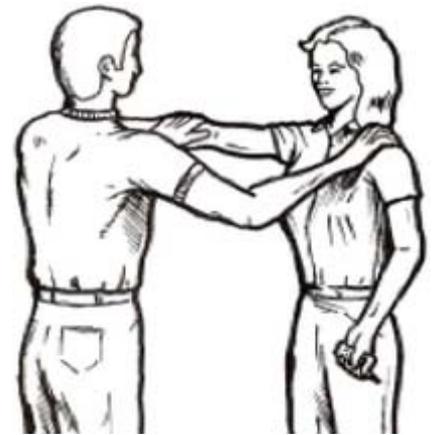
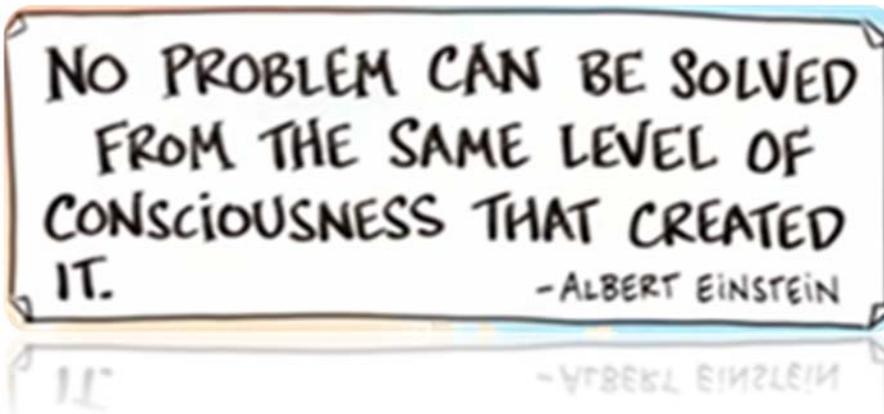
Express Your Feelings



**BE FEELINGS
EXPRESSIVE!**

It's all about
**Experiences
&
FEELINGS**

**THE TRUTH WILL SET US FREE, BUT
FIRST IT WILL MAKE US MISERABLE!**
**To Truly get to know yourself is
the Bravest thing you will ever do!**



Kinesiology Muscle Testing
for the level of truth



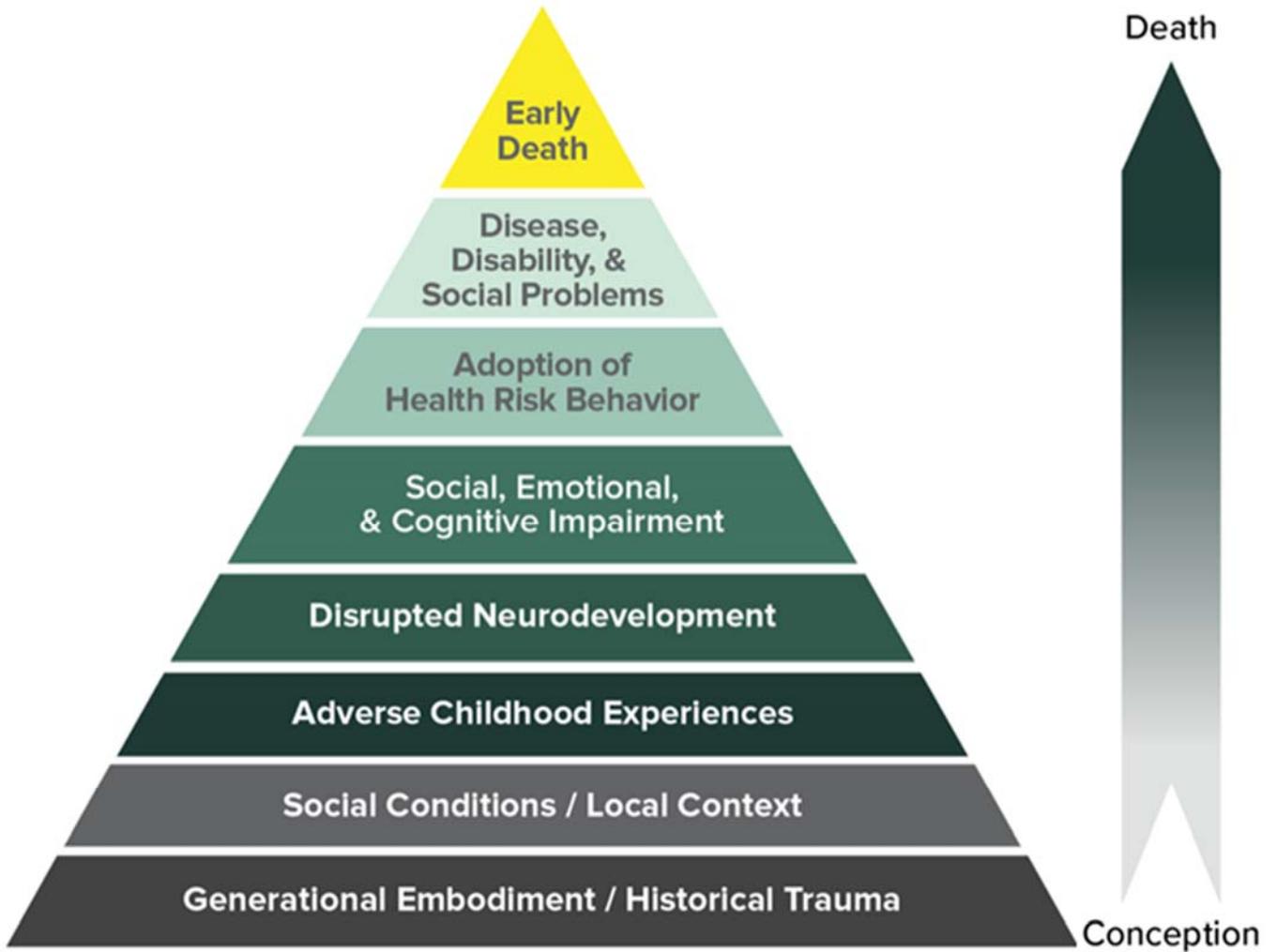
our MIND is a CONTROL ADDICT!
our MIND is addicted to UNTRUTH!
our MIND cannot discern TRUTH!
our FEELINGS are our TRUTH!
FEELINGS FIRST, mind to follow!

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

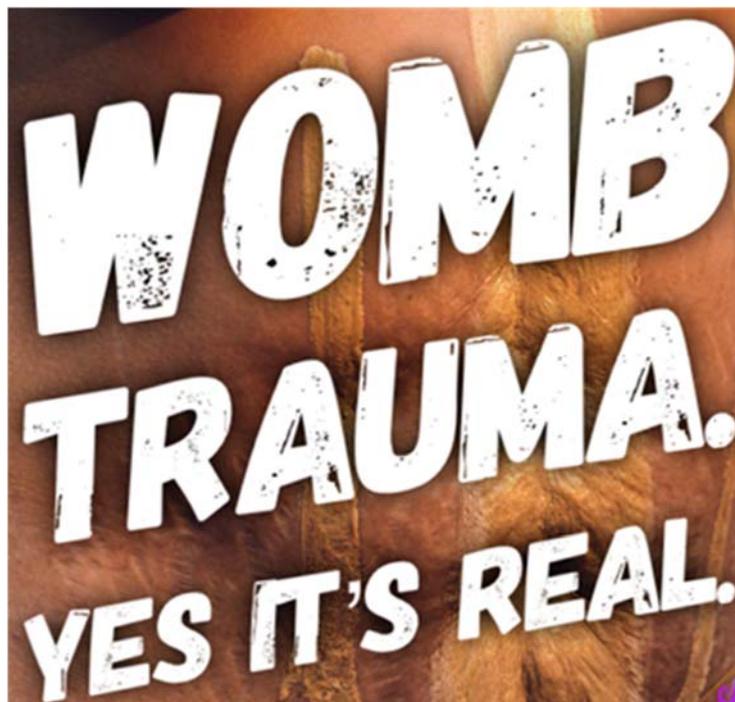
Library Download – Pascas Papers

All papers may be freely shared. The fortnightly mailouts are free to all, to be added into the mailout list, kindly provide your email address. info@pascashealth.com

COMMERCIAL IN CONFIDENCE



Mechanism by which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan



We Are
TRUTHSEEKERS

**WE ARE
TRUTH
SEEKERS**

**WE ARE
THE TRUTH
SEEKERS**



THE TRUTH SEEKERS



COMMERCIAL IN CONFIDENCE

PASCAS UNIVERSITY

HIGHER EDUCATION SUBJECT GROUPINGS:



ANIMALS AND LAND



ARCHITECTURE, BUILDING AND CONSTRUCTION



ARTS, HUMANITIES AND LANGUAGES



CREATIVE ARTS, DESIGN AND MEDIA



ECONOMICS, COMMERCE, BUSINESS AND MANAGEMENT



EDUCATION AND TEACHING



ENGINEERING



HEALTH SCIENCES (ACADEMIC)



HEALTH SCIENCES (PROFESSIONAL)



HOSPITALITY, TOURISM AND EVENT MANAGEMENT



INFORMATION TECHNOLOGY AND COMPUTER SCIENCE



INTERNATIONAL RELATIONS AND DEVELOPMENT STUDIES



LAW AND CRIMINOLOGY



MARINE, ENVIRONMENT AND RENEWABLE ENERGY



MEDICINE



MULTIMEDIA MOVIES AND MUSIC



NURSING, MIDWIFERY AND PARAMEDICINE



PSYCHOLOGY



SCIENCE



SOCIAL WORK AND COUNSELLING



SPORTS AND EXERCISE SCIENCE

CHALDI TAFE COLLEGE

Technical and Further Education



Building and construction



Child care



Sports and fitness



Technology, information and networking



Nursing and health



Creative



Agriculture and horticulture



Automotive



Business, justice and management



Community services



Hospitality and cookery



Beauty and hairdressing



By location



Online courses



Apprenticeships



TAFE at School

COMMERCIAL IN CONFIDENCE

Craft Creations



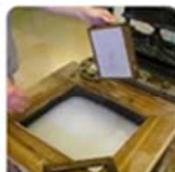
Fiber art



Oil painting



Magic



Papermaking



Patchwork



Taxidermy



Creative writing



Metalworking



Web design



Cardmaking



Needlework



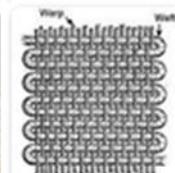
Quilting



Wood carving



Pyrography



Weaving



Upcycling



Photography



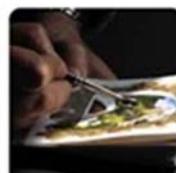
Calligraphy



Woodworking



Gardening



Watercolor painting



Toy



Quilting



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



Tating



Carpenter



Doodle



Digital photography



Beadwork

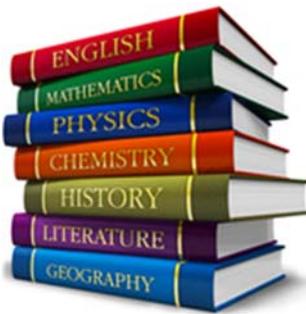
CHALDI COLLEGE

Primary thru to High

"Feelings First"



Children Tutoring Each Other!

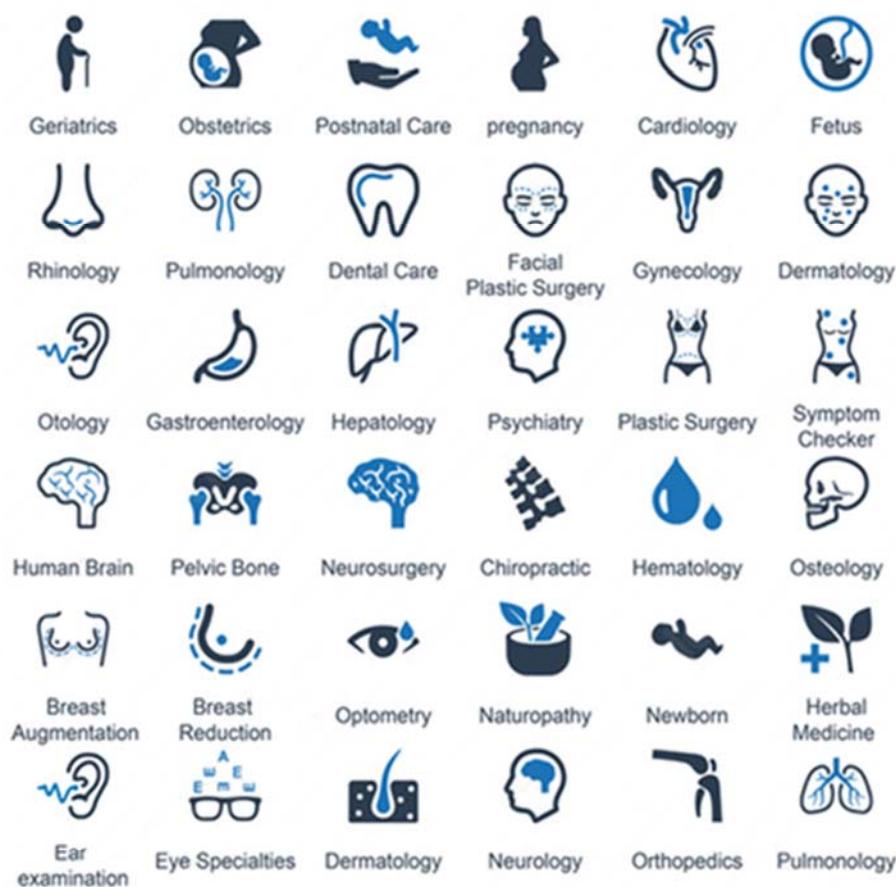


COMMERCIAL IN CONFIDENCE

Pascas Care Hospital



Medical Specialties



Pascas Care MEDICAL CENTRE



PASCAS HEALTH SANCTUARY:

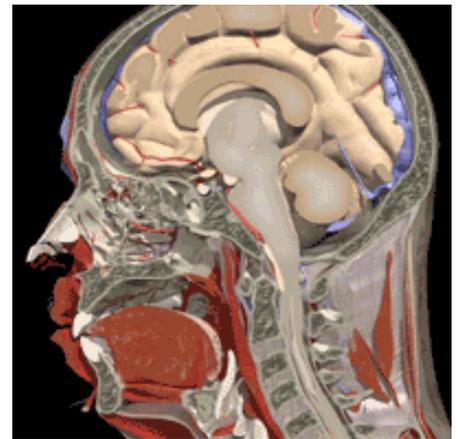
ALLOPATHY PROFESSIONAL MEDICAL TEAMS - OVERVIEW

Briefing notes by Dr Daniel T O'Connor who will act as liaison officer and be instrumental in the establishment of the medial advisory committee which is to consist of 12 to 22 members:

The team concept as per these headings for the Pascas Health Sanctuary and Clinics goes like this:

NEUROSURGERY:

A neurosurgical team includes neurosurgeons capable of dealing with intracranial, spinal and peripheral neurological disorders. They are supported by neurophysicians for diagnostic work as well as radiologists and various therapists who are involved post-operatively. A neurosurgical team also requires that there be nursing staff with expertise in the management of neurosurgical cases.



EARS, NOSE & THROAT - ENT:

In addition to orthodox ENT surgeons there is a need for an endoscopic sinus surgeon, laser surgeon, head and neck surgeon, along with support and speech pathologists, speech therapists, radiologists, etcetera.

UROLOGY:

Surgeons and urologists co-operate most frequently in the discipline of urology. A urologist with paediatric experience or a paediatric surgeon with urological experience is also essential as well as support physiotherapists etcetera.

ORTHOPAEDIC:

General orthopaedic surgeons would be needed plus arthroscopy experts, hand surgeons, microsurgions, trauma surgeons. Physiotherapy and orthopaedic surgery can't survive without each other.

TRAUMA SURGERY:

Trauma surgery is a special consideration as the Hospital will have a busy accident and emergency department so there needs to be readily available general surgeon with trauma experience; orthopaedists, neurosurgeons, etc., twenty-four hours a day to back up the Accident and Emergency (A & E) department and with the ability to call in other surgical disciplines as required for example, ophthalmic, plastic, etcetera.

GYNAECOLOGY:

Gynaecological surgery is now split into general gynaecology, cancer surgery, endoscopic surgery, colposcopic and laser surgery. Either way, the hospital will require several experts or gynaecologists with multiple expertise.

IN-VITRO FERTILISATION - IVF:

There is no mention of IVF in the projected work areas and this may well be of consideration for Pascas Health Sanctuary. For IVF there is need in addition to endoscopic surgical expertise, a dedicated laboratory support team for efficient function as well as support counsellors, etcetera.

Radiology / ultrasound are an integral part of gynaecological services these days.

GENERAL SURGERY:

General surgeons have split their expertise so there are now colorectal surgeons, breast and endocrine surgeons, vascular surgeons, endoscopic surgeons, and so on. Their teams include radiology / ultrasound, alimentary tract endoscopists, endocrinologists, pathologists, physiotherapists, etcetera.

Paediatric surgery is a highly specialised area which encompasses endoscopic surgery as well as plastic surgery and requires special theatre facilities and post-operative care teams.

OPHTHALMIC SURGERY:

Eye surgeons now specialise in the anterior and posterior chamber of the eye, plastic and reparative / corrective surgery, laser surgery, lens extraction and implants, and work on a mix of day case and inpatient care. They require orthoptists and trained ophthalmic nursing staff as part of their team.

DENTAL and FACIOMAXILLARY SURGEONS:

They work in the same area and need radiological, pathology and physiotherapy support.

PLASTIC and RECONSTRUCTIVE SURGERY:

Plastic and reconstructive surgeons include microsurgical repair teams, reconstructive surgery and head and neck surgeons who again require radiology, pathology, physiotherapy and special nursing care staff.

CARDIO THORACIC:

Cardiac by-pass surgeons need the assistance of cardiologists, radiologists, perfusionists as well as physiotherapists and highly skilled intensive care nursing personnel.

This list is not exhaustive but aims to provide an idea of the teams that are required for the various surgical units that Pascas Health Sanctuary Hospital being established on the Gold Coast, Queensland, as well as the Bahamas and South Africa and elsewhere during the construction and fitout period.

You will note that there are particular support disciplines common to all surgical teams - for example, radiology, anaesthetics, physiotherapy and nursing care.

For many of the surgical disciplines specialised nursing skills are required - for example, ophthalmic, orthopaedic, paediatric and so forth.



ONCOLOGY - CANCER:

When looking at the relevant cancer treating teams you add to the basic unit specialist radiotherapists as well as radiologists and these are two separate areas of expertise with the frame work of radiology, chemotherapy specialists and pathologists, counsellors and support staff and the usual management goes like this:

A patient is diagnosed with a malignancy. Pathological confirmation is obtained and the relative oncology unit usually considers the individual in committee and allocates a therapeutic management protocol for the ongoing care of the patient. For this purpose special specific discipline oncology clinics are held where follow-up is also maintained after initial treatment. These clinics are usually held on a once a week basis and there would be in attendance, for instance say for gynaecology, the patients gynaecological cancer surgeon, radiotherapist, chemotherapy specialist, support nursing staff or counsellor and pathologist.

These special discipline teams usually meet on a weekly basis where they see new cases and follow-up cases and of course function all year round.

One reason why it is important to make sure there is two of every type of surgical specialist on the staff is that there is always people away on leave or at courses and so forth, and if there is only one person then everything grinds to a halt during their absence, whereas if with at least two then these clinic services go on irrespective.

CARDIOLOGY:

Similarly with heart disease patients, the diagnosis involves triage by clinical history and examination, stress test, angiography and perhaps nuclear medicine, and then a committee of the cardiology clinic may allocate individuals to different therapeutic programs - for example, angioplasty or CABG surgery or palliation only, etcetera.

Within the cardiology clinic there will therefore need to be cardiologists, interventional cardiologists, radiologists, cardiac surgeons, as well as anaesthetists with specialised skills and perfusionists, physiotherapists, dieticians, psychologists, etcetera.



RADIOTHERAPY UNIT:

There will be a need for two of everyone covering radiation oncology, medical oncology, radiographers covering planning and treatment, nursing staff that are oncology trained in therapeutic radiation, physicists, x-ray engineers and pharmacist – pharmacy to be equipped with laminar flow unit. Patient care has two groups, a day care unit to accommodate 10 in a quiet area with observation and the other being a cluster of wards for the more serious cases. A radiotherapy director is to be appointed.

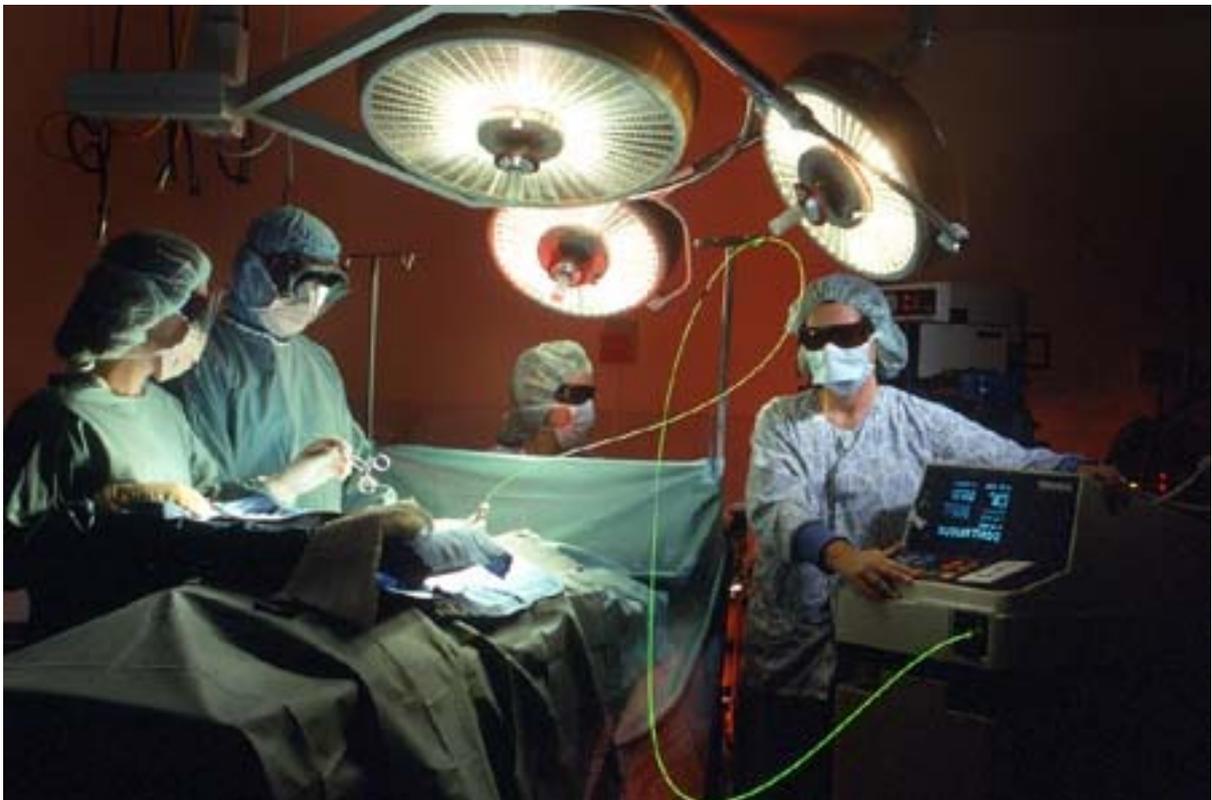
DIRECTOR of MEDICAL SERVICES:

Each clinical service will have its own director who, in turn, are to be supported by a Director of Medical Services as appointed by Pascas Health Sanctuary.

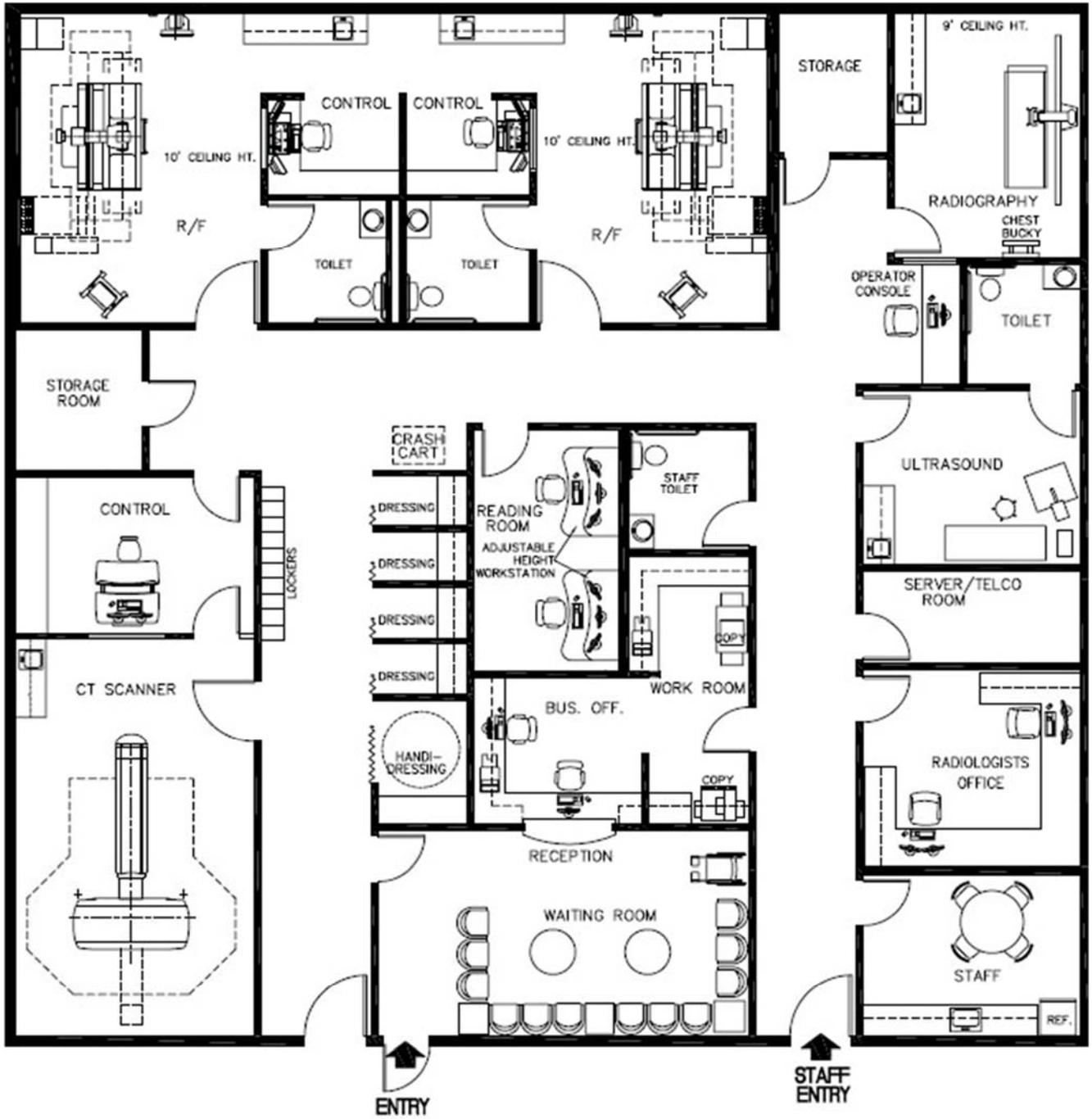
Case management is assigned to a Diagnostic Streamer. Patient interviews will typically be with all appropriate diagnostic technicians within one session.



Streamer's Meeting



COMMERCIAL IN CONFIDENCE



RADIOLOGY

4422 SF

PASCAS HEALTH SANCTUARY – MEDICAL ADVISORY COMMITTEE:

The medical advisory committee has a number of functions:

- a. Provide advice to the administration of the complex.
- b. Set the levels for ethics and skills.
- c. Endorse medical providers to use the facility and reject those who do not possess the standards set by the medical advisory committee.
- d. Advise on the equipment and physical assets required to enable the medical teams to function at the level set by the committee and the administration.
- e. Assist in ensuring that all proposed medical services are provided and at the highest possible standard.

A representative would be appointed from each department and the appointees then elect their chairman. A Leader will act as liaison officer between the committee and administration.

MEDICAL TEAMS:

Based around their various disciplines and frequently with over lapping boundaries:

MEDICINE	Endocrinology Paediatrics Respiratory Oncology Haematology	(Diabetes - Thyroid - Endrenal) Cardiology Renal Medicine (crosses over to all sections) Dermatology
PATHOLOGY	DIAGNOSTICS	RADIOLOGY
SURGERY	Neurosurgery Urology Trauma Surgery In-Vitro Fertilisation Ophthalmic Surgery Plastic & Reconstructive Surgery	Ears Nose & Throat Orthopaedic Gynaecology General Surgery Dental & Faciomaxillary Surgery Cardio Thoracic
ANAESTHETICS	Anaesthetics Intensive Care - Coronary Care	Pain Clinic
EMERGENCY	Crash Team	Ambulance

These teams will typically be drawn from the more than 200 medical specialists and 550 general practitioners practising within the region of service.

PASCAS HEALTH SANCTUARY – X-RAY UNIT:

DIAGNOSTIC SERVICE

The X-Ray Unit is possibly the most important and most expensive diagnostic unit within the total complex. The unit requires a wide range of equipment not only within the department but mobile units within the Theatre suites.

Access to the Unit has to be from:

1. The emergency / casualty service department and being direct.
2. Outpatients being referred by Doctors within the complex and outside the complex.
3. Inpatients being brought from the wards for examination and emergency service and support for the Theatres.

EMERGENCY

Emergency patients should not be moved long distances from one hospital department to another during crucial times in their fight for life says American radiographer Mary Lou Durizch.

And she says the best set-up for saving lives is often in smaller hospitals where the radiography department is next to the emergency room.

EQUIPMENT SUPPORT

An engineers office is to be set up within the hospital to enable bio-medical engineers to maintain the equipment on site. The room should be 4 metres by 4 metres and this would enable most maintenance and repairs to be carried out on site.

It is proposed that the Hospital would employ its own technician though he would be trained by the major equipment supplier for the department.

Service contracts after the initial 12 months warranty are 7% of the unit cost per annum however these can be negotiated down to 4%.

Steve Shapter, the past General Manager of the Medical Division of Toshiba (Australia) Pty Ltd (Bs 02 9887 3322 - current General Manager is Rosina Davies) has proposed that Toshiba would pay the Hospital for the use of its facilities for making the centre a training unit for Toshiba. About 20 technicians are trained at a time and they would be disbursed to all over South East Asia, Australia and New Zealand. The concept has merit in as much it will assist in the promotion of the complex in export market areas.

EQUIPMENT SUPPLIER

The best deal is to be struck with a supplier who can provide the widest range of equipment at the best price. Equipment must be compatible such as the CAT Scan must be compatible with the Linear Accelerator.

A one supplier situation will enhance maintenance as responsibility will be with one firm and economies in maintenance can be achieved as outlined above as well as the speed of the maintenance.

The supplier will have to actively promote our facility locally and overseas.

MAGNETIC RESONANCE IMAGING

Apart from its very expensive price tag of up to US\$4 million and the lack of any refund to Medicare patients, it is clear that the equipment is undergoing continual rapid development and that the correct time to review an acquisition would be in 1996. Rapid enhancements are being made to programs as well as the hardware which would put current models in the dark ages within two years.

MRI has the lead over CT's in the neurological department. It is clear that MRI can carry out a number of investigations that CT cannot do as well.

Dr Simon Strass states that he experienced the need for at least two patients per week requiring the services of MRI. A survey of a wide range of Doctors is required to be undertaken.

As of June 95, Royal Brisbane and Princess Alexandra provide MRI services to the public for free.

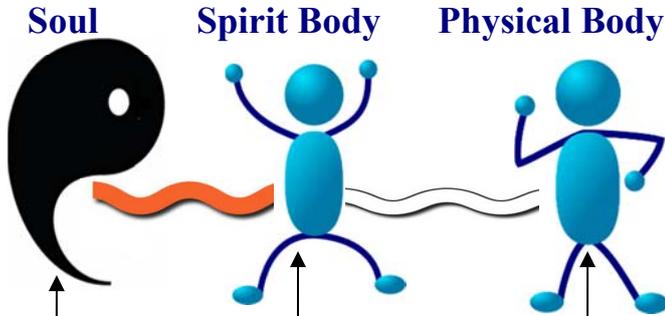
Space must be provided within the complex such as for MRI Spectroscopy.

EQUIPMENT SUPPLIER

They may be:

- Toshiba
- Fischer Imaging Aust
- General Electric
- Hitachi
- Phonar
- Seimans
- Philips
- Elscint Medical Equipment

HIERARCHY of HEALING SYSTEMS



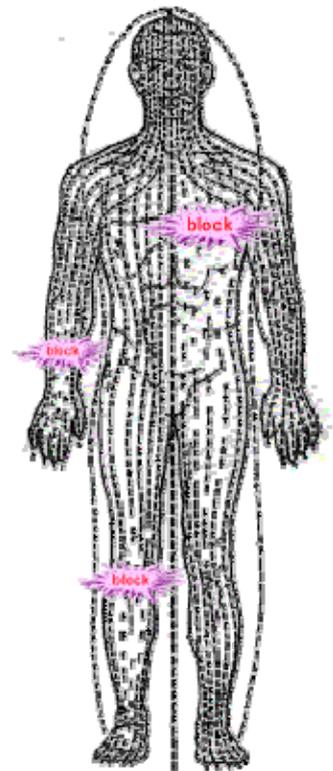
ALLOPATHIC – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven. Symptoms are suppressed – no healing!

ENERGY HEALING – Eastern Therapies also treat the symptoms with the assistance from natural love spirits from the realms up to the 6th spirit Mansion World.

Therapy applied to the spirit body is through an energy therapist who may work on the chakras, whereas a chiropractor works on the physical body. Such types of therapy deal with the effects and ignore the soul and the causes – temporary healing.

FEELING HEALING – EMOTIONAL EXPRESSION addresses the cause. Soul level clearing and growth provides permanent solutions whereas the other two systems provide temporary relief.

If we focus on our childhood suppression, that is the commencement on our pathway home to our Heavenly Parents. Improving our soul condition is the ultimate goal.



When educators do not know what it is that they are teaching - that is the subject of Medicine!

Doctors do not know what the cause is of any illness - that is maybe why they have identified more than 10,000 illnesses and diseases!

Education and Health systems are now to EVOLVE!

The elephant in the room being: CHILDHOOD SUPPRESSION

The pathway forward is to embrace: FEELING-HEALING

Pathway Forward

Hippocratic Oath



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

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

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

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

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

God's Divine Love: Pray for it, ask for it, and receive it.

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

PASCAS FOUNDATION (AUST) Ltd



7 July 2022

Pascas Foundation (Ukraine) Limited TEAMS

A paramount team leader may be seen in:

<https://www.gobankingrates.com/net-worth/politicians/volodymyr-zelensky-net-worth/>

“Volodymyr Zelenskyy earned most of his money as a Ukrainian entertainer, starring in Russian-language films including “Love in the Big City,” “Office Romance,” and “8 First Dates.” The tri-lingual president, who is fluent in Russian, Ukrainian and English, also dubbed the Ukrainian voiceovers for “Paddington” and “Paddington 2.”

“From 2015 to 2019, he starred in a political satire comedy series, “Servant of the People.” The oddly prophetic show, which aired for 51 episodes, chronicled the adventures of a high school teacher turned president of Ukraine. In 2019, Zelenskyy ran for office and was elected as president.

“Although this marked Zelenskyy’s first foray into politics, he does have the education to back up his recent career change. He graduated from Kryvyi Rih Institute of Economics with a law degree, but never practiced, according to ClutchPoints.

“Zelenskyy’s current role as Ukrainian president earns him only 28,000 Hryvnia per month, or just US\$930 per month, per Celebrity Net Worth — which is an annual salary of roughly US\$11,200 per year.

“The Ukrainian president, Volodymyr Zelenskyy won the hearts of the western world when, upon the recent invasion of his country by Russia, he refused an offer from the U.S. to help him evacuate from the capital, Kyiv. “I need ammunition, not a ride,” he famously said.”

A fringe benefit of being President is that you may be provided with body armour!

Communications are difficult at the best of times, however within a multicultural / multilingual nation such as Ukraine, the multiple languages being engaged throughout the nation makes communications even more difficult.

Control is an addiction throughout all of humanity. Control over others as well as control over the environment. We have all been induced since very early childhood to be mind-centric. It is our mind that is addicted to control, control over others and the environment. Further, our mind cannot discern truth from falsehood, our mind is also addicted to untruth. Consequently our assumptions are 98% of the time in error – the other 2% are flukes!

Thus, Pascas universally gravitates to favour functioning as **TEAMS**.

Kindly go to www.pascashealth.com, then the Library Download page, scroll down the index to CORPORATE FOUNDATION DOCUMENTS, and click to open:

 [Pascas WorldCare Teams.pdf](#)

 [Pascas WorldCare Teams and Bottom Up Democracy.pdf](#)

 [Pascas WorldCare Teams Wisdom & Operation.pdf](#)

 [Pascas WorldCare Teams with PTQP.pdf](#)

Teams provides for team members to have the potential to experience and develop in the areas they prefer and that the community of the team is a focus training and experiencing environment. It is not hierarchical, there is no paramount dominant authority, we are each to be listened to.

Consequently, there are no closed office doors. It is even preferable to remove all doors from offices. We may even go so far as to throw away keys to filing cabinets. Human resource people may retain confidential files appropriately.

An hierarchy sometimes has a director as its pinnacle. So, what is a director?

When a corporation is established, the Register of Companies requires directors to be nominated. It is a statutory requirement. These appointees authorise annual reports, consequently sign same, they call meetings and tend to officiate at annual general meetings. Over a full year, this may take as little as one hour of their time. It is a statutory requirement!

A group in an organisation that may be seen as important is the executive leadership administrative team – ADMINISTRATION – and it is this team who develop wide ranging, comprehensive, oversight, managerial supportive skills. They have multiple rolls. And they are to fill in for each other. They are to act intuitively. They are the big picture / little picture guys. They may be highly educated or just highly experienced. But, most importantly, one is not any more ‘important’ than the other. They are all very important and critical to the vibrancy and productivity of the venture.

With a team, the team as a whole is the hierarchy. And this hierarchy does anoint a team leader, typically for a year. Leadership is important, but more important is our individual experiences. It is from what we experience that we discover and thrive from. We are to express what unfolds for us through our feelings, we are to share our feelings to our companions and we are to seek / long to understand that which we are feeling, both good and bad. This we will and are to do for eternity.

We each have been suppressed in expressing ourselves. This commenced from the moment of conception. Our parents, once they realised (eventually) that we were here, began to impress upon us THEIR plans for us. That amplified when we were born and by the time we were six years of age they have totally suppressed our true personality, the one our Heavenly Parents know us by, and we have ever since been presenting a personality façade that our parents imposed upon us. This is how and why we are all in such a difficult and confused state.

Now, under TEAM structures there are no titles. Everyone is to be encouraged to express their true selves, they are to be provided with pathways and windows to truly be themselves, to follow their passions. This is unique and difficult to comprehend, let alone accept and engage in. Admittedly, this will be difficult to achieve, however let us give it a chance to unfold.

As no one has a title, then we each have a generic title such as ‘administration’. We are to embrace our passions and let them shine. There are no ‘directors’, there are no ‘executives’, we are each very important, unique, special personalities and our title is our NAME!

We each have somethings, some gifts, something special, an experience, a desire, a personal but withheld ability and this is what Pascas welcomes and invites to have bloom. Yes, sometimes this will drive us crazy with what the hell are you doing, and then we will discover that we all benefit by this expression of individuality – so let us all stand together to allow individuality to bloom!

BUSINESS CASE:

We are each unique personalities. There is no one else like you or me on Earth. There never has been and there never will. Yet, from the moment of conception we are driven to adopt a false façade personality that typically our parents and early childhood carers impose upon us.

Firstly, we are continually influenced to live mind centric, we ‘need’ to develop our minds, we need to learn our times tables, we need to learn our alphabet, we need to learn poetry by rote, we need to do all kinds of things. But most damaging and dangerous is we ‘need’ to worship our minds and suppress our feelings. This starts from conception and by the time we are six years old we are entombed in our minds. Our personality is now imprisoned in a steel wrecking ball and this has fixed our life experiences into place – suppression of our true personality will now continue throughout our whole life.

This is what our early childhood suppression and ongoing repression brings about:

- We worship our minds which cannot discern truth from falsehood.
- We embrace our mind’s dominance which causes us to need to be in control.
- Our mind is addicted to control of others and the environment.
- Also, our mind is addicted to untruth.
- As we worship our mind, we embrace the ‘assumptions’ that it unfolds for us. These assumptions are 98% in error with only 2% being in truth – these being flukes!
- When we ‘think’ we are disguising yet more erroneous assumptions.
- We are taught to suppress our feelings – Billy, don’t cry or I will give you something to cry about!
- Our feelings are always in truth. Our feelings surface from our heart area – ‘I should have followed my gut feelings’ – as against from the mind. Our feelings originate from our soul which is ALWAYS in truth.
- We are to live embracing our feelings having our mind assisting in implementing what our feelings guide us to consider. Feelings first with our mind to follow. This is in total contradistinction to how we are brought up to live.
- We are too long to understand the truth that we are to recognise from that which our feelings draw to our attention, both good and bad. Everything that we need to know is already known to us should we embrace our feelings and seek / long / ask for that which we feel for.
- As we are ALL mind centric, can we determine if any of these revelations are true and how?
- Dr David R Hawkins in ten books, starting with “Power vs Force”, introduced the “Map of Consciousness” (MoC) and with kinesiology muscle testing, not only can we determine if a statement is true or not true, we can also determine the level of truth of any statement. You and I can test each and every one of these statements for truth and the level of its truth.
- If we can hold in mind a statement then we can test its level of truth in less than one minute.
- The cost of UNTRUTH to society is 100% of all the social ailments that prevail throughout humanity, the consequence of living mind-centric, of worshipping our minds.
- Some 200,000 years ago high level spirit personalities seduced humanity to embrace our minds as the pathway to becoming mini-gods, to becoming all powerful through our minds. Only now, in 2022, do we understand how to heal ourselves of this error. It is not easy but that is what we all will do (eventually).
- As we each have taken on the emotional injuries and errors of belief of our parents, this impedes the flow of energy to and from all of our bodies to be out of balance – out of truth. This energy flow is like the electric circuit required to drive an electric appliance, like a light bulb. This is our soul light

that animates our spirit bodies and then in turn our physical body. When we are not in truth, the light we return is out of balance with what we received.

- Soul light being out of balance is the driver and origination of each and every one of our physical discomforts, pains, illnesses and disease. This is the consequence of living mind centric rather than feelings first.
- As we as parents live mind centric then when conception occurs, the newly arriving personality is literally fire-hosed with our emotional injuries and errors of belief. This dramatically damages the soul-light circulation for that perfectly formed child. A miscarriage is of a direct consequence of our injuries. A child being born with physical defects is of a direct consequence of our injuries. Childhood illness is of a direct consequence of our personal injuries.
- During our early childhood our soul condition degrades to the level of our parents!
- As we go on throughout the child's early forming years suppressing its true personality, endeavouring to mould its personality to what we believe it should be, we are bringing it into the condition that will be how it will experience life and its physical health.
- Every one of us is presenting a façade personality imposed upon us by our parents.
- Every one of us is suffering ongoing repression of our true personality to varying degrees.
- It is this early childhood suppression that fills the health system and hospitals with medical issues to be addressed all the way through our life to our physical death.
- It is this early childhood suppression that overwhelms the policing, courts and prison systems.
- It is this early childhood suppression that generates domestic violence.
- It is this early childhood suppression that has whole societies functioning in a stupor – moronic!
- It is this addiction to untruth from being mind-centric that we have conflicts and wars –
UKRAINE!
- While living mind centric we cannot evolve beyond 499 on Dr David R Hawkins' Map of Consciousness (MoC). We cannot grow and live beyond what is the equivalent to the first spirit Mansion World. We are to evolve through the equivalent of seven spirit Mansion Worlds before we can enter the first of the Celestial Heavens. Prior to being conceived we each were in the condition equivalent to the seventh spirit Mansion World – just below being Celestial.
- Only when we embrace our feelings and begin to Live Feelings First, only then can we grow beyond the restraints, the restrictions of living mind centric. We have been purposely restrained by hidden controllers who seduced us to live mind centric – now we can heal that error and what we have individually taken on of that misguidance and grow to being of a Celestial Soul Condition even while living here physically on Earth.
- We now have the pathway to heal ourselves physically and then avoid conflict and war. The cost of this is our personal time and energy to embrace THE NEW WAY by LIVING FEELINGS FIRST and then go on and embrace FEELING HEALING. This is what Pascas is introducing to all of humanity. It is a way of living, it is not a religion.
- It is simple to introduce but difficult to do. Yes, others are healing themselves.
- The alternative is continuing with living in the despair and pain that you see around us.
- The golden rule is: "Never interfere with another's will."

The contents of this document test:

TRUE

On the Map of Consciousness, the contents of this document calibrates at:

MoC 1,000

John the Typist

MAP OF CONSCIOUSNESS

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

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

PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

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

Debate and implement resolutions without argument and delay. 470

Debate and implement resolutions in due course. 440

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

Management supervision is generally necessary.

Politics become the hope for man's salvation.

Cause no harm to others starts to emerge. Power overrides force.

Illness is developed by those man erroneous emotions that calibrate 200 and lower.

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

Harm of others prevails, self-interest prevails.

Totally self-reliant, not God reliant.

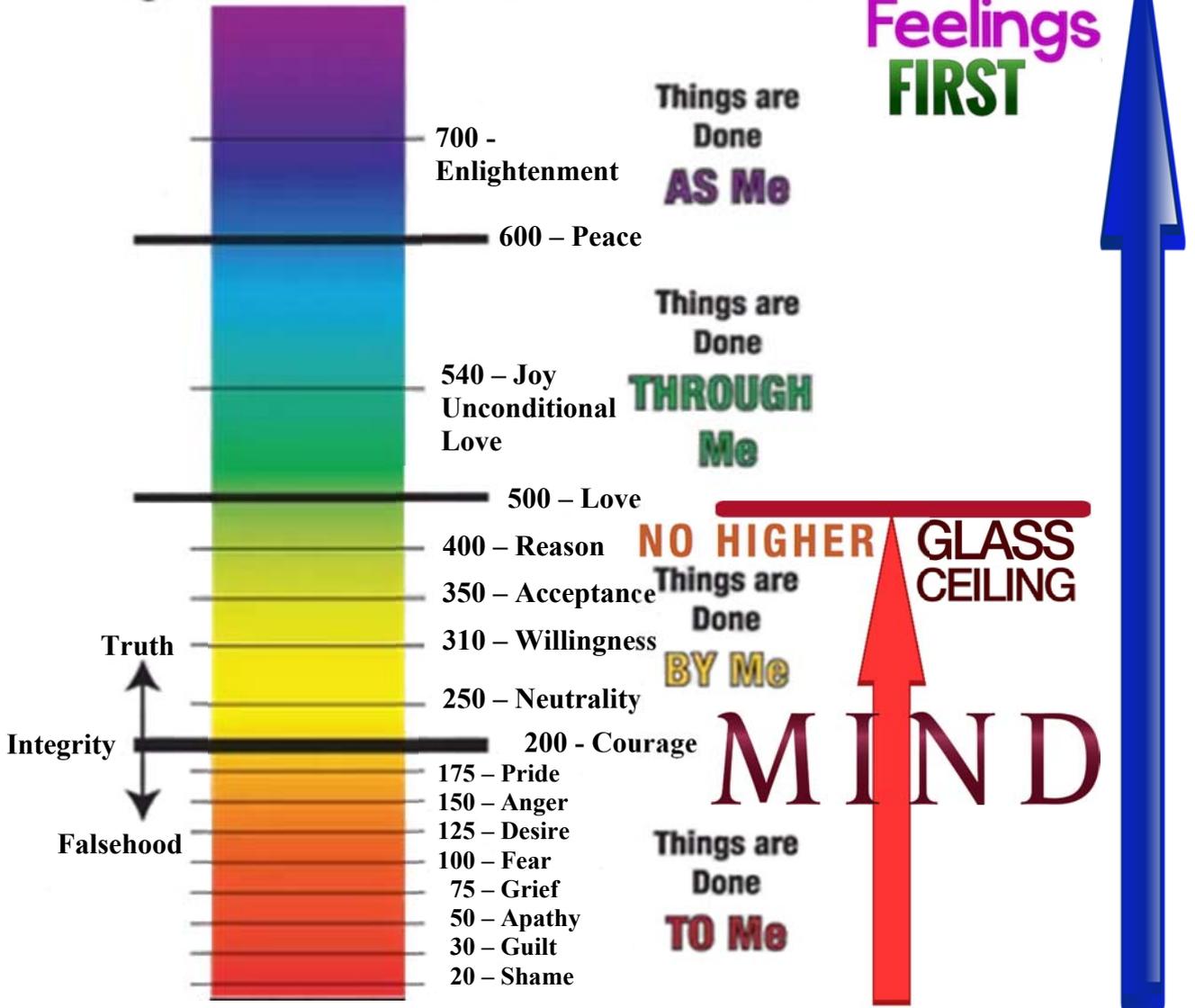
Fear dominates all motivation.

Suicide is possible and probable.

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

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

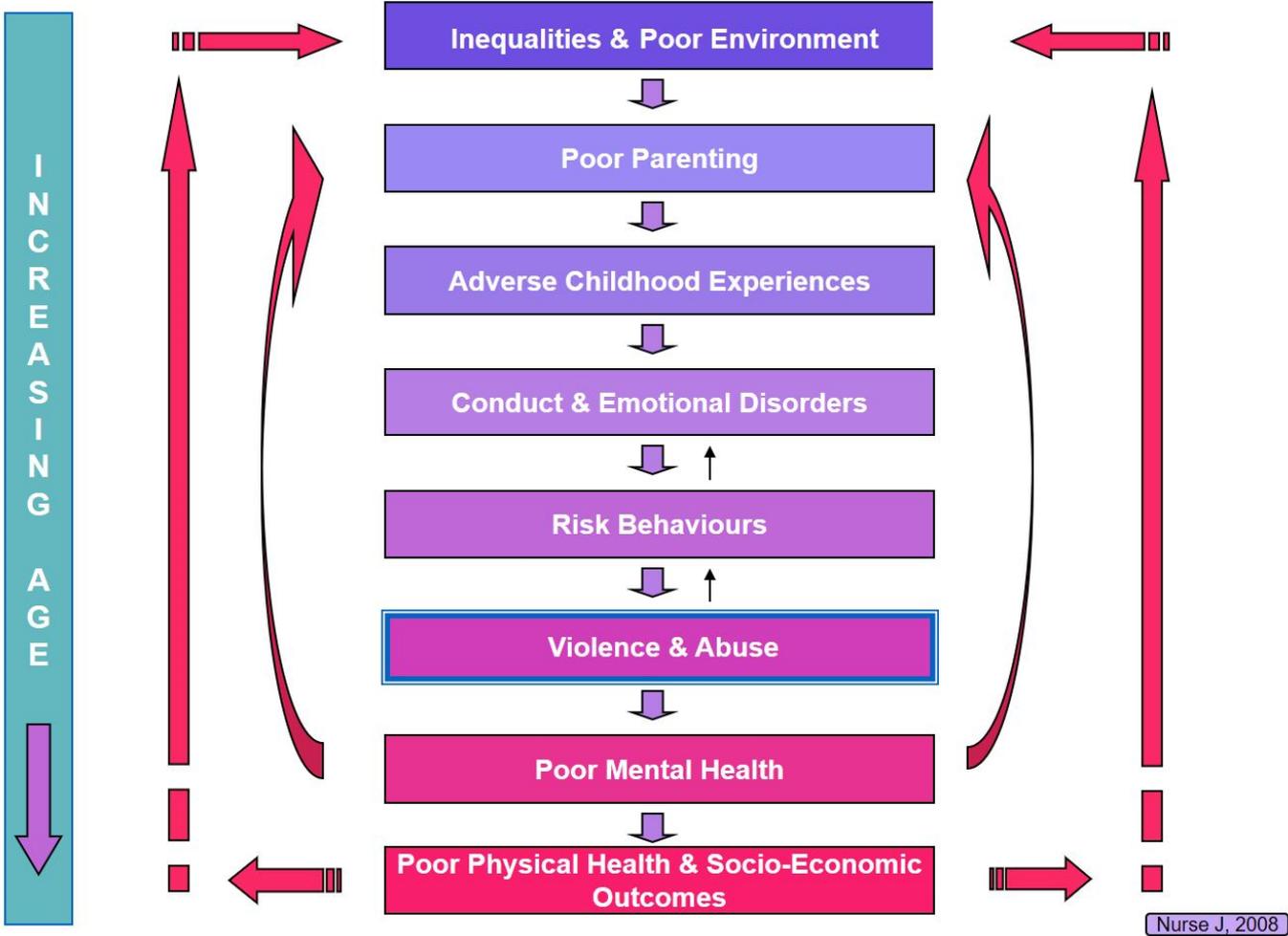
Map of Consciousness



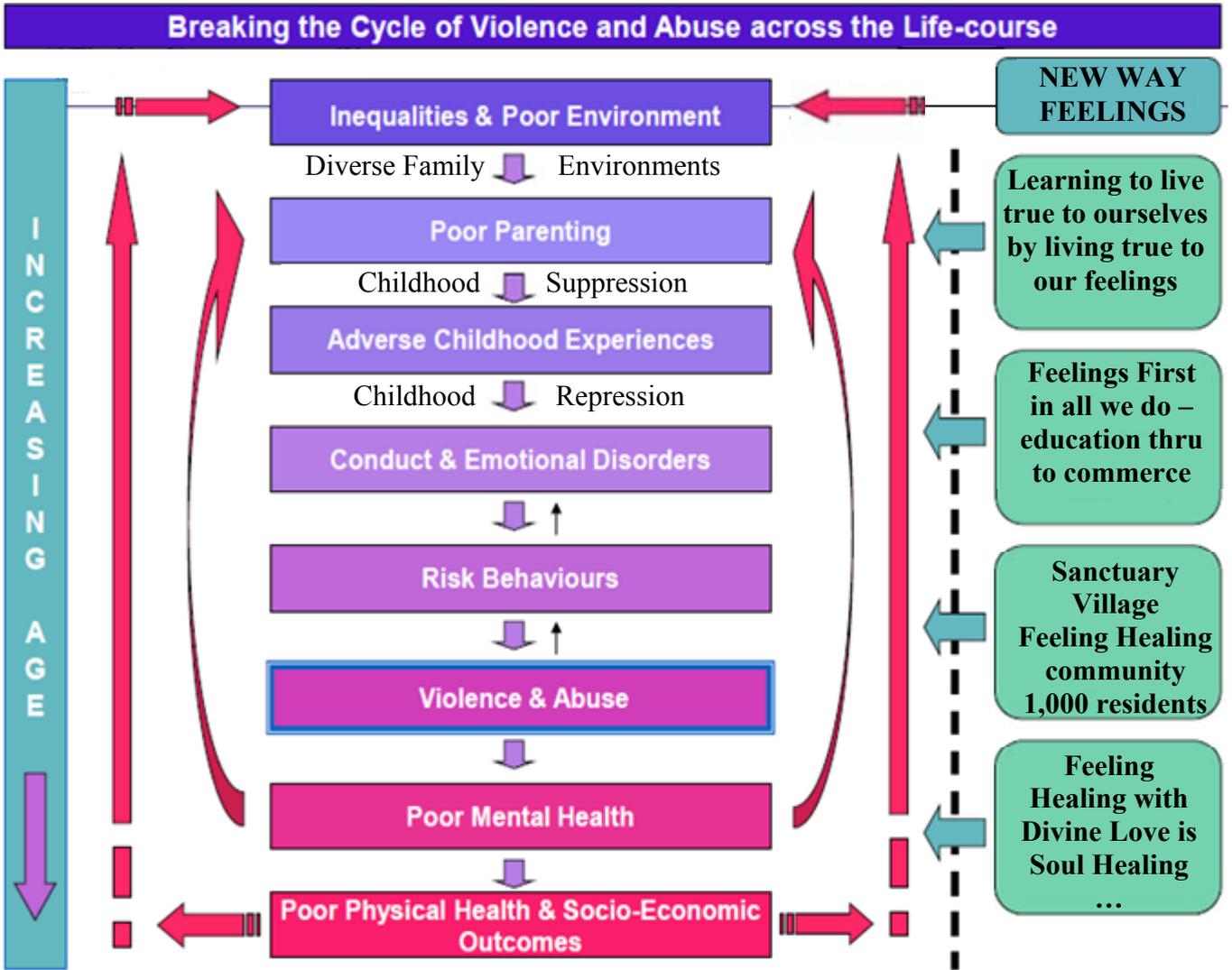
LIFE IS FOR LEARNING



The Cycle of Violence and Abuse across the Life-course

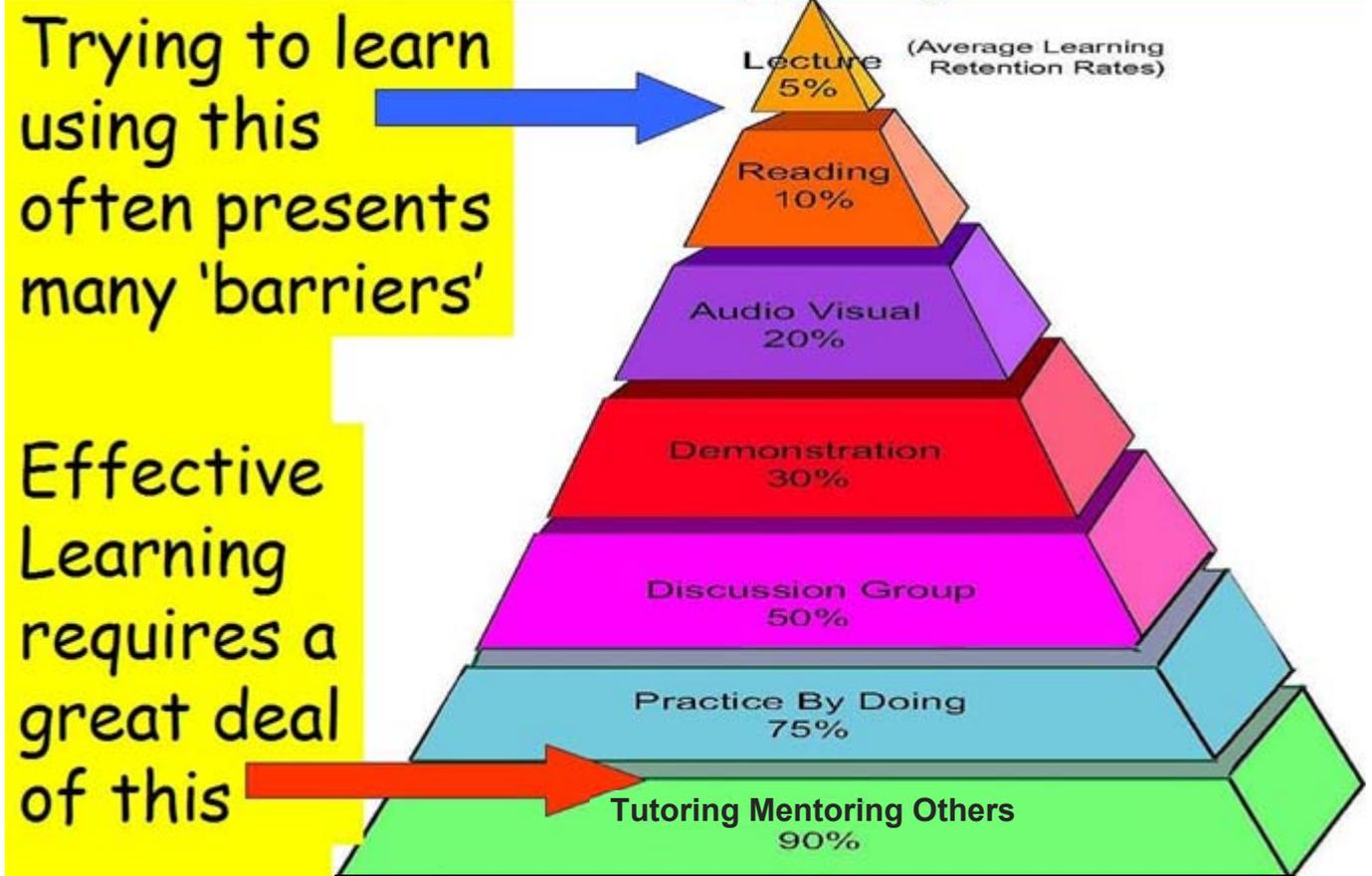


Seek **truth** from the cradle to the grave.



Childhood Suppression is the underlying cause of all physical illness and social issues seen throughout society.

The Learning Pyramid



100% retention is **Natural Self Expression**

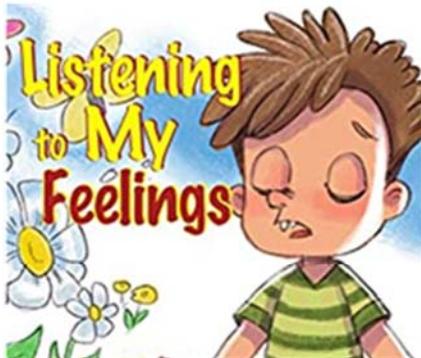
Correlation of Levels of Consciousness – Soul Condition – and Society Problems

Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate "Life is OK"	Rate of Criminality
600 +	0%	0.0%	100%	0.0%
500 - 600	0%	0.0%	98%	0.5%
400 - 500	2%	0.5%	79%	2.0%
300 - 400	7%	1.0%	70%	5.0%
200 - 300	8%	1.5%	60%	9.0%
100 - 200	50%	22.0%	15%	50.0%
50 - 100	75%	40.0%	2%	91.0%
< 50	95%	65.0%	0%	98.0%

*From our head to our toes,
what our feelings say goes!*



Feelings, good and bad, are to be expressed.



Talk it Out!

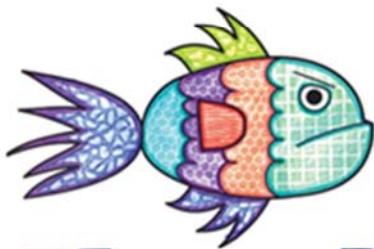


Heartfelt feelings are our truth.

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!

One to One Sharing:

Talk it out with a buddy what happened with you yesterday or over the weekend. Was it fun? Was it not? Was it a bother? Why do you feel it was that way for you? Say to your friend what ever comes up in how you feel about what happened for you. Then listen to your friend share his/ her day / days and what she / he experienced. Then ask your friend to talk again later.

Junior school classroom with a student assisting. Students to form into pairs and discuss their feelings about their experiences.



Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

<http://divinelovesp.weebly.com/my-free-books-and-free-padgett-messages.html> ALSO at
<https://www.pascashealth.com/index.php/library.html?file=files/opensauce/Downloads/MEDICAL%20-%20SPIRITUAL%20REFERENCES/Rejected%20Ones%20via%20James%20Moncrief.pdf>

MIND IN CONTROL

This is how it is!



FEELINGS FRIED

Great U-Turn

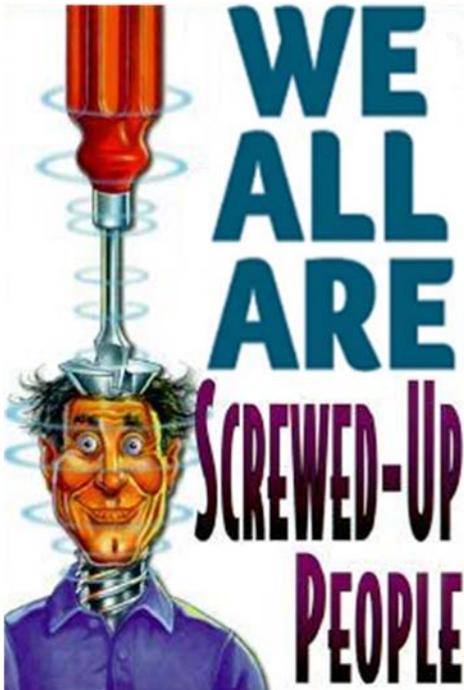
Feelings
in Control

This is how it is to be!

Mind in Support



**Consider asking yourself this question:
Who hurt me when I was a child?**



THE SCRATCH

"All that we need to know is within us all. We need to long for the truth behind that which our feelings are bringing our attention to. Behind each feeling there will be another and even more truth of ourselves to be embraced. We have been misled for aeons and now we can excel and blossom as we are intended to do so. Our potential is infinite."

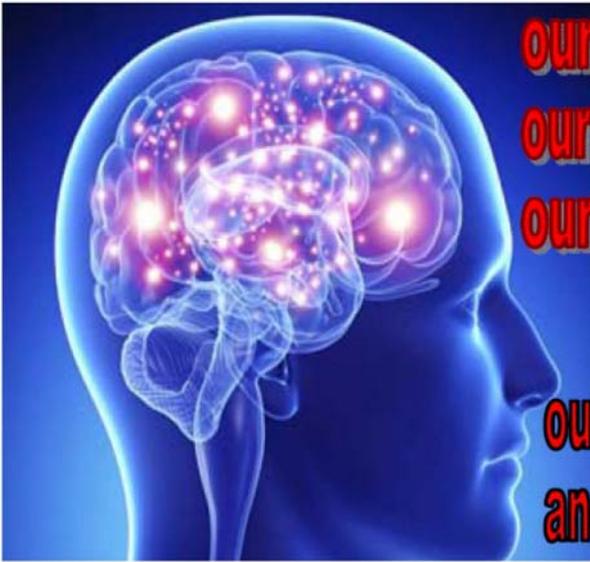
John the Typist

It is time for us all to bring our mind into balance with our feelings and open our pathway to the potential within each of us. Few recognise the difficulties that being mind-centric cause each of us. We literally worship our minds while suppressing our feelings and our true personality. We act upon assumptions that are around 98% of the time just wrong. We may start a conversation with "I think" meaning it is an assumption rising from our minds and then have a meaningless discussion!

We are truth seekers. Our life is about experiences and the feelings that arise from each such experience. Our physical existence is the commencement of our journey through our local system, local constellation, then out through our local universe and then all the way to Paradise, the home of our Heavenly Mother and Father. We each will excel in our own way and time.

Now is the greatest time in the history of humanity for it has now been revealed to us by higher level spirit personalities as to how we are to live, should we so choose to. And through these revelations we can now start to address appropriately and progressively all that ails society.

This is what Pascas Foundation brings to all the peoples of the world – revelations of **TRUTH!**



**our MIND is a CONTROL ADDICT!
our MIND is addicted to UNTRUTH!
our MIND cannot discern TRUTH!**

**our MIND is within our SPIRIT BODY
and orchestrates our physical BRAIN.**

ASSUMPTIONS are the product of our MIND!

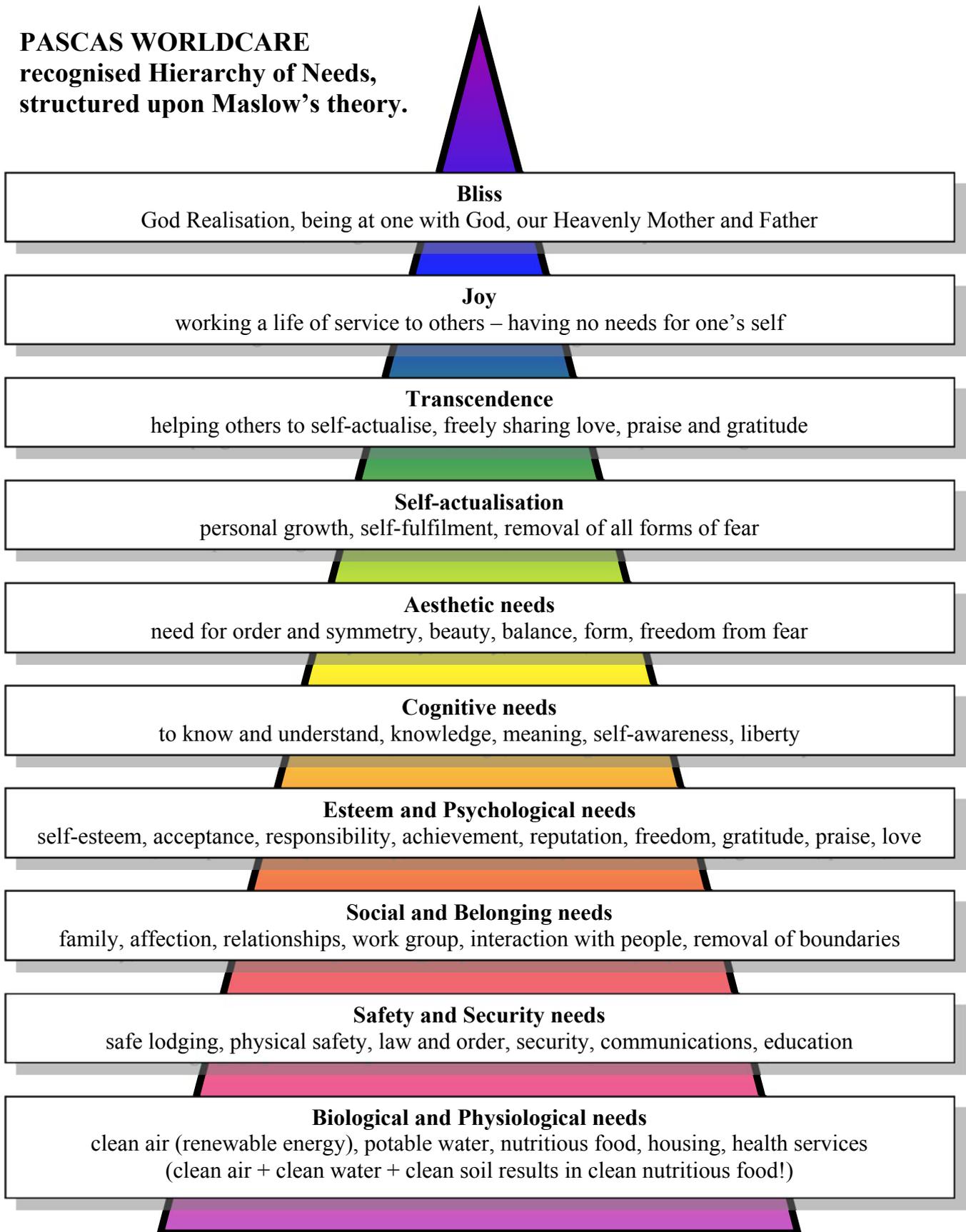
HEALING ends
MIND-CONTROL!



**our SOUL is our TRUTH!
our FEELINGS are our TRUTH!
FEELINGS FIRST, mind to follow!**

**all we need is WITHIN.
our MIND suppresses FEELINGS.**

PASCAS WORLDCARE
 recognised Hierarchy of Needs,
 structured upon Maslow's theory.



MARKETING CONCEPT:

Career paths focused upon herein:

Education and Teaching

Nursing, Health and Medical

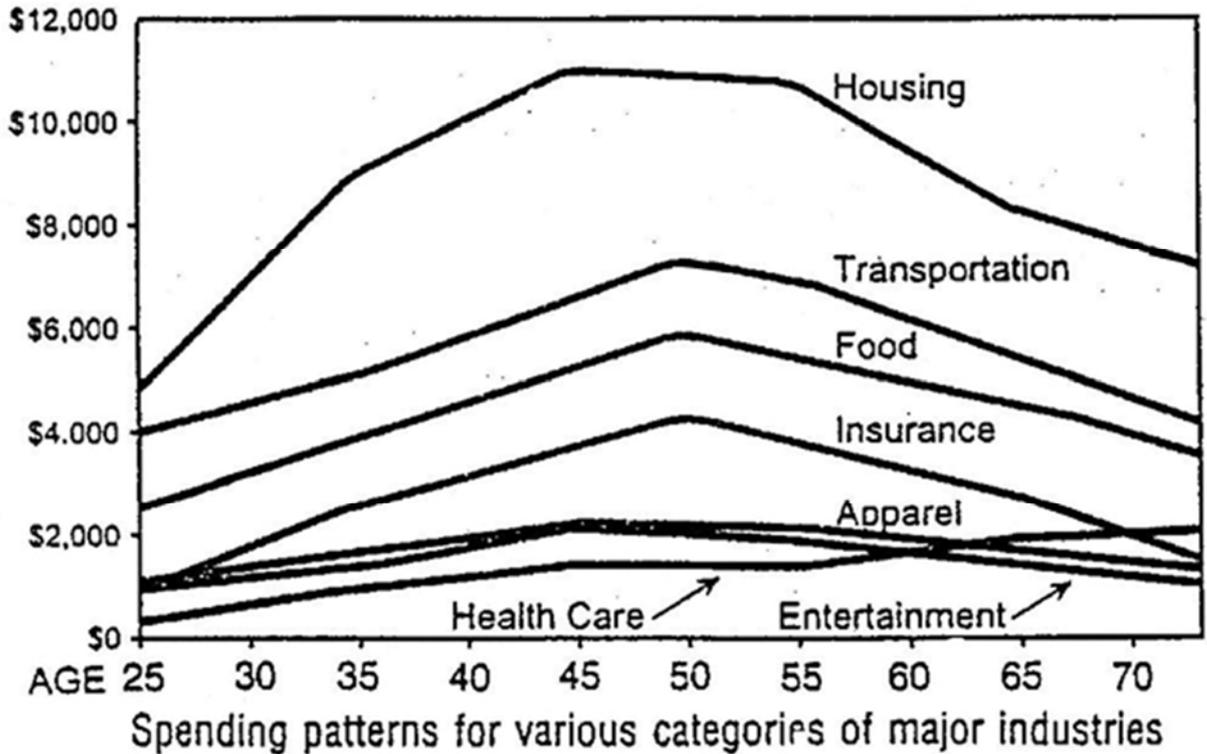
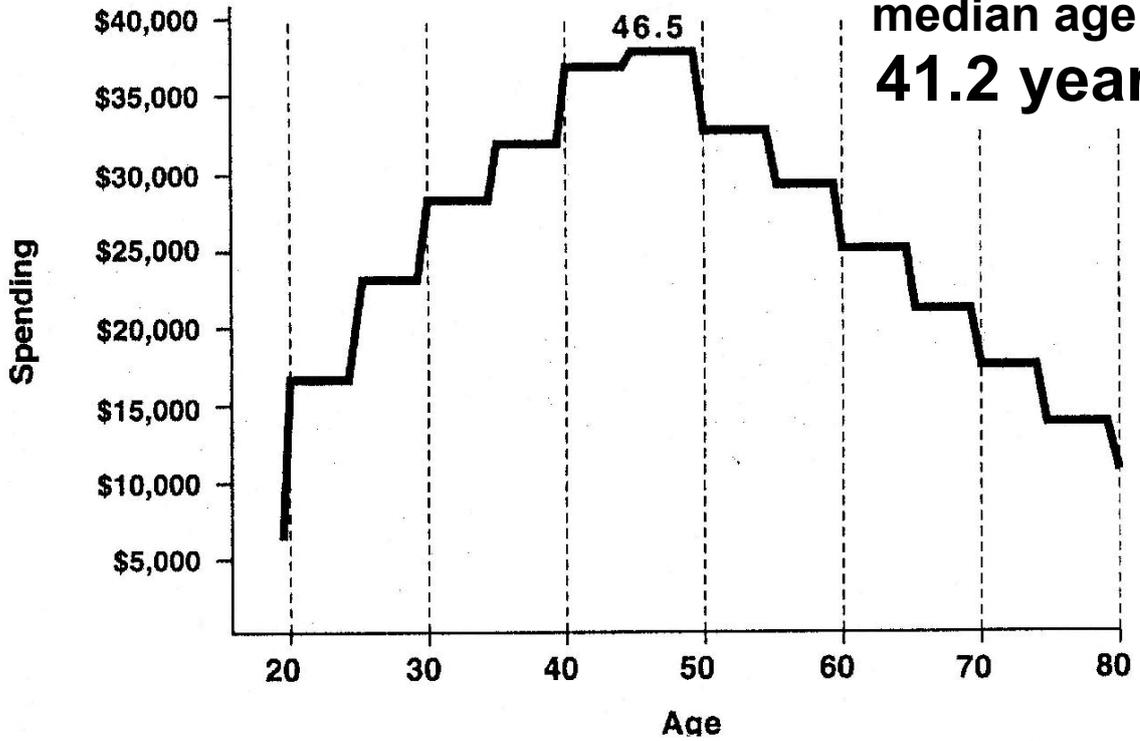
Agriculture and Food Security



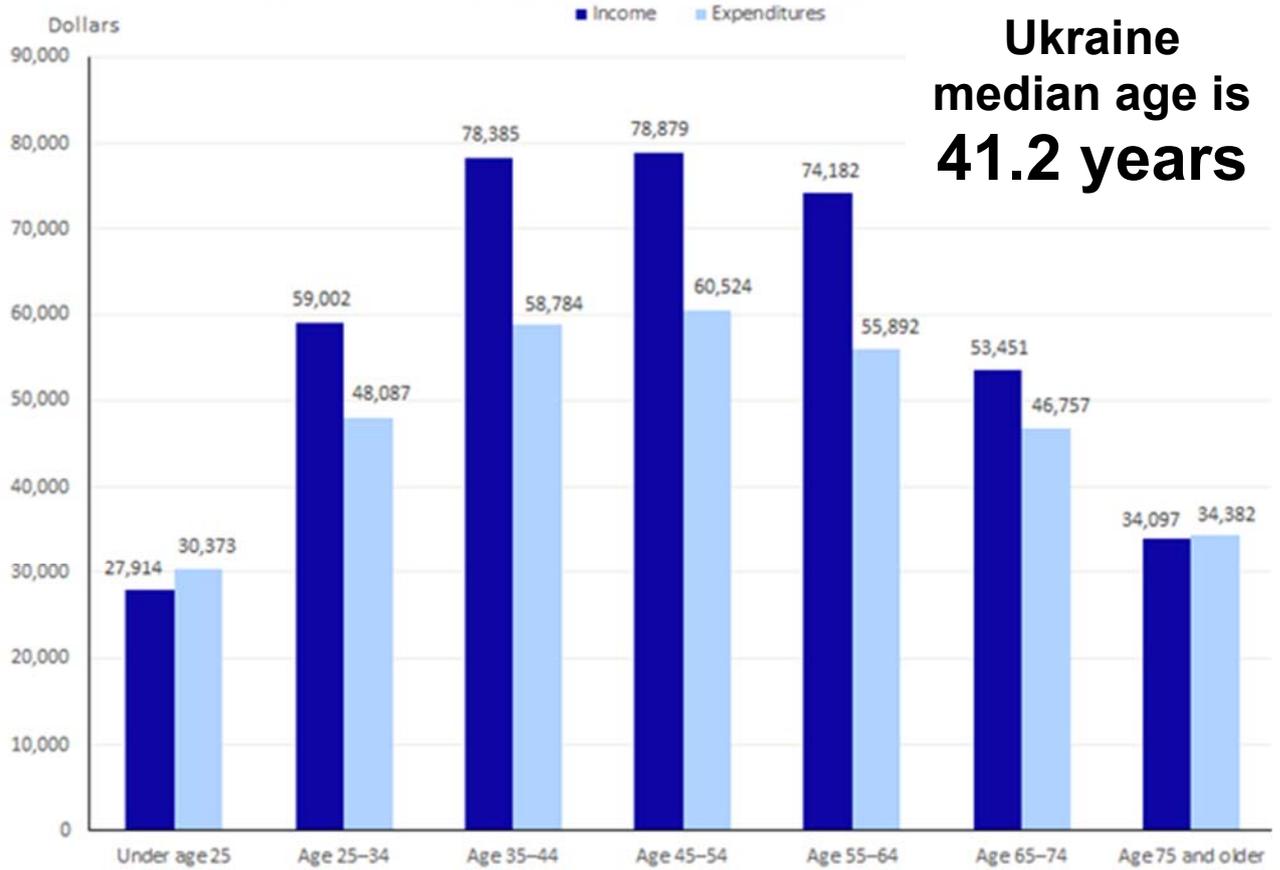
BUYER TRENDS – Patterns within societies:

Average Annual Family Spending by Age (5-year age groups)

Ukraine
median age is
41.2 years



Income and expenditures, by age of reference person



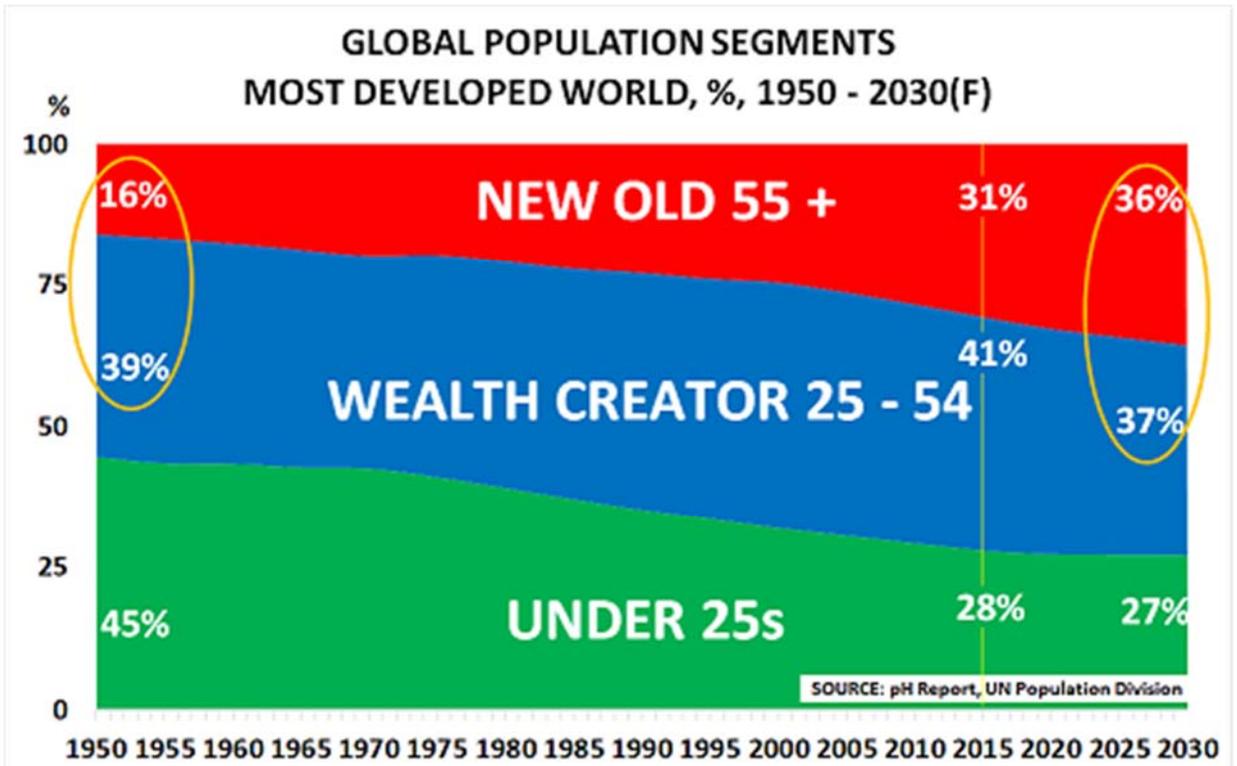
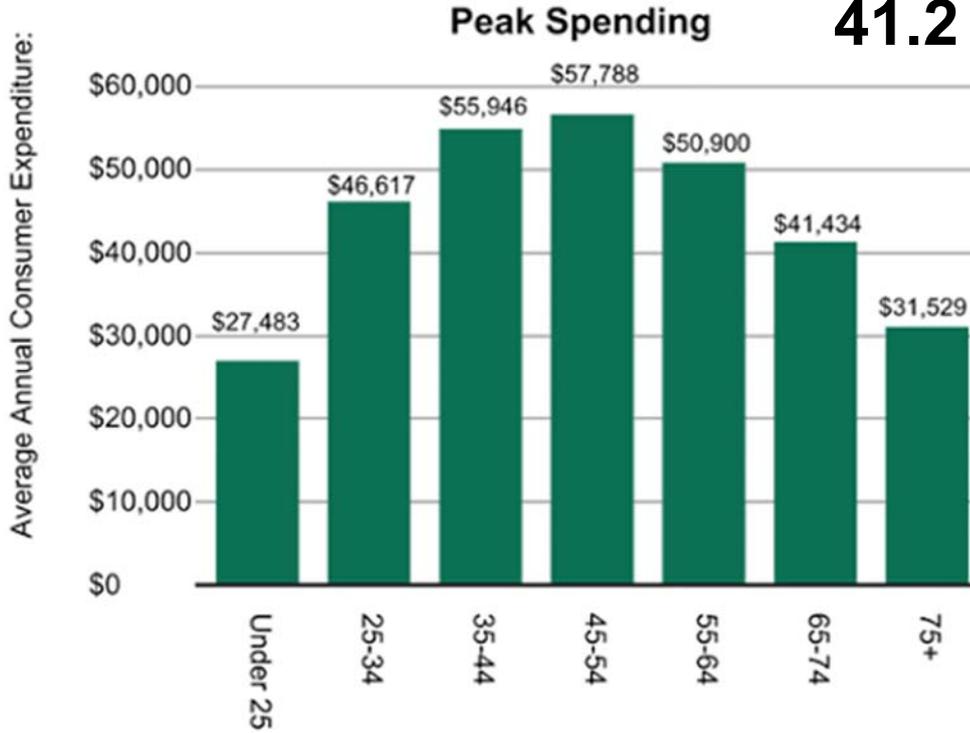
**Ukraine
median age is
41.2 years**

Average spending on food away from home



These observations being relevant within every society:

**Ukraine
median age is
41.2 years**



UKRAINIAN SALARY:

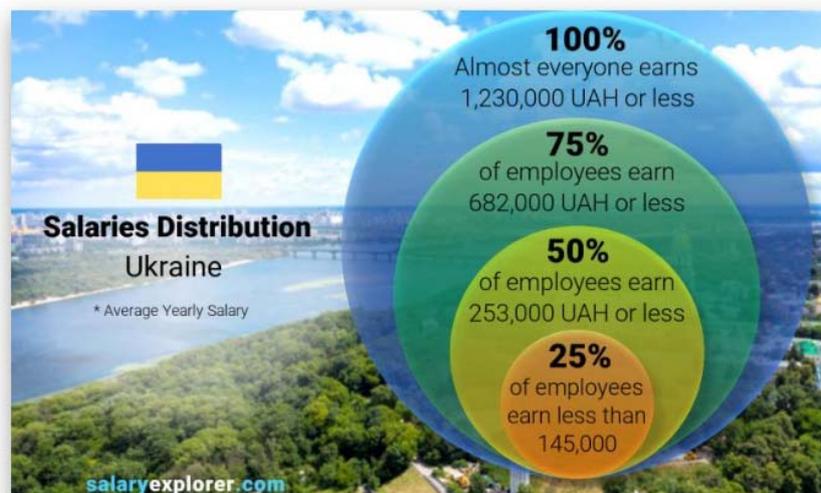
<http://www.salaryexplorer.com/salary-survey.php?loc=226&loctype=1>

A person working in **Ukraine** typically earns around **275,000 UAH** per year. Salaries range from **69,700 UAH** (lowest average) to **1,230,000 UAH** (highest average, actual maximum salary is higher). This is the average yearly salary including housing, transport, and other benefits. Salaries vary drastically between different careers (1 USD = 30 UAH) (1 AUD = 21 UAH).

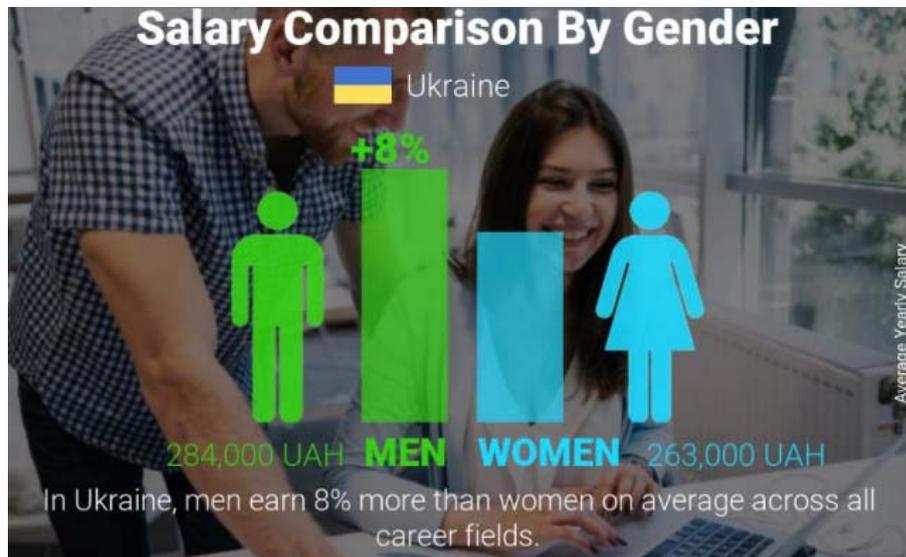
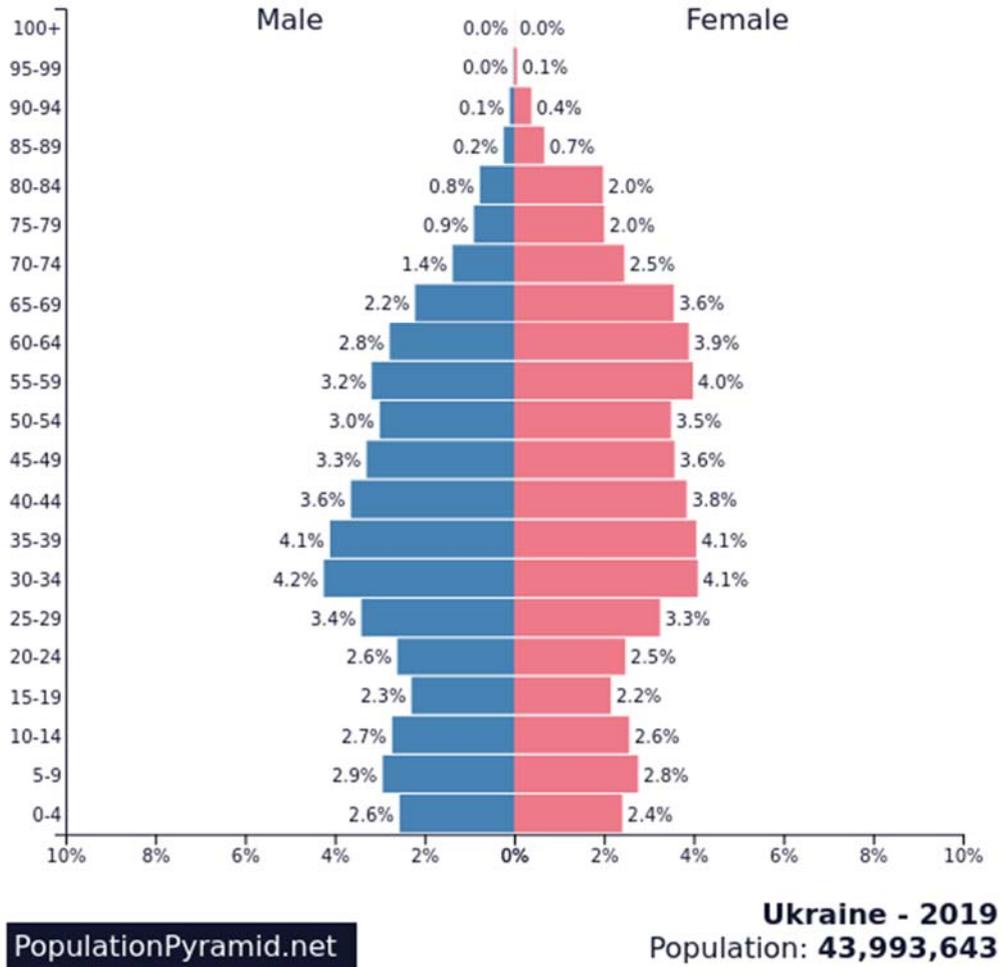
A Master’s degree program or any post-graduate program in **Ukraine** costs anywhere from **115,000 UAH** Hryvnias to **344,000 Hryvnias UAH** and lasts approximately two years. That is quite an investment.

Ukraine Gross Domestic Product (GDP) per capita reached US\$ 4,835 year to December 2022, compared with US\$ 3,752 year to December 2020.

Like Russia, Ukraine accepted advice from the West in the 1990s. Whereas this helped integrate Middle-Europe into the European Union, in Russia and Ukraine there was an actual economic decline. And vast amounts of wealth went to oligarchs with no particular skills beyond knowing how to acquire wealth in the murky process of privatisation. Russia under Putin managed to stop the rot, even though a lot is still quite bad. Ukraine had the Orange Revolution, which strained a political structure that was already weak. Things have gone downhill ever since.



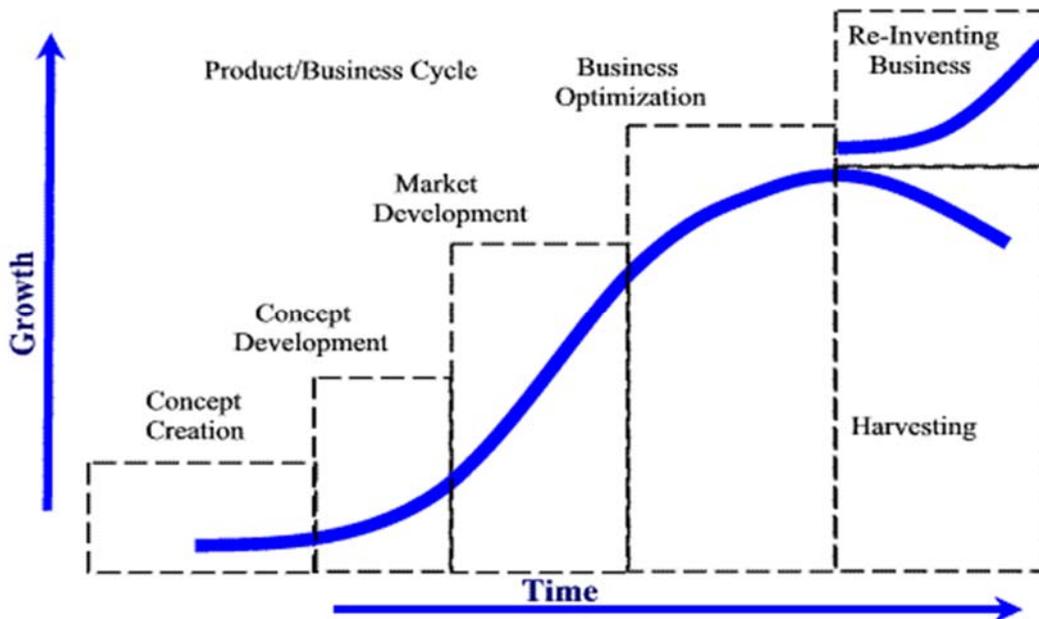
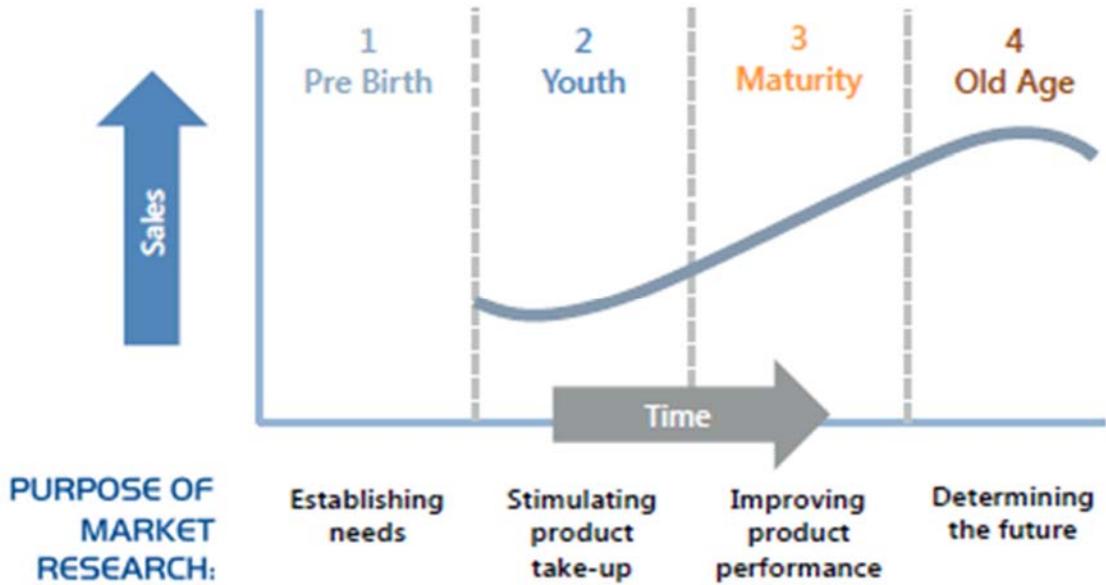
COMMERCIAL IN CONFIDENCE

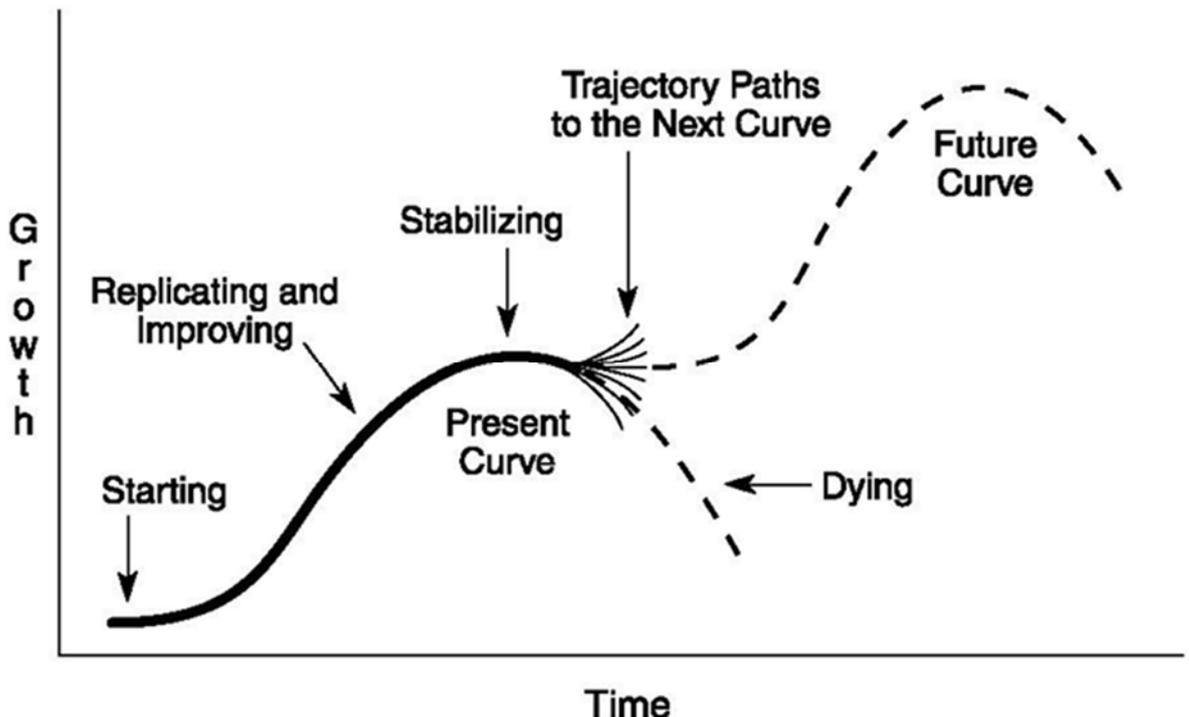
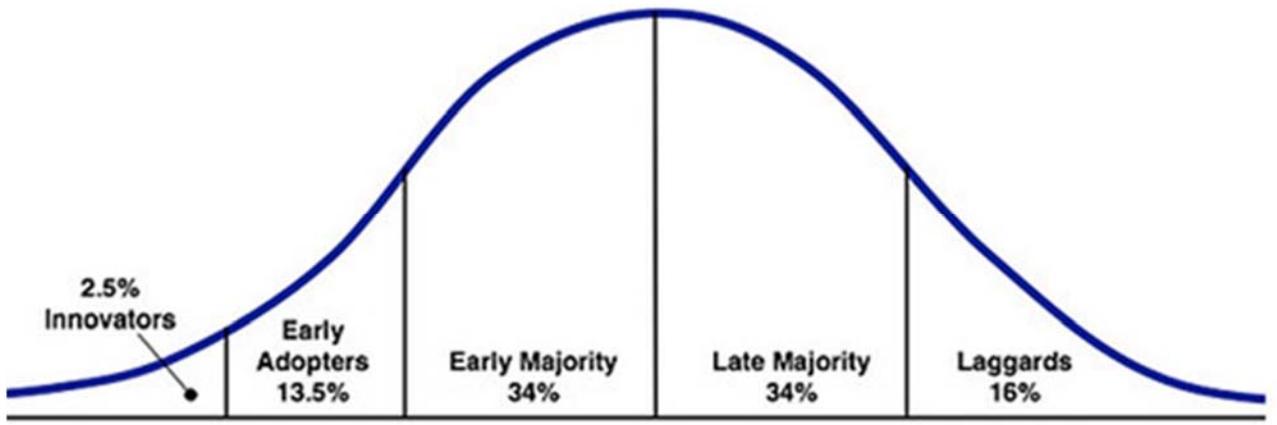
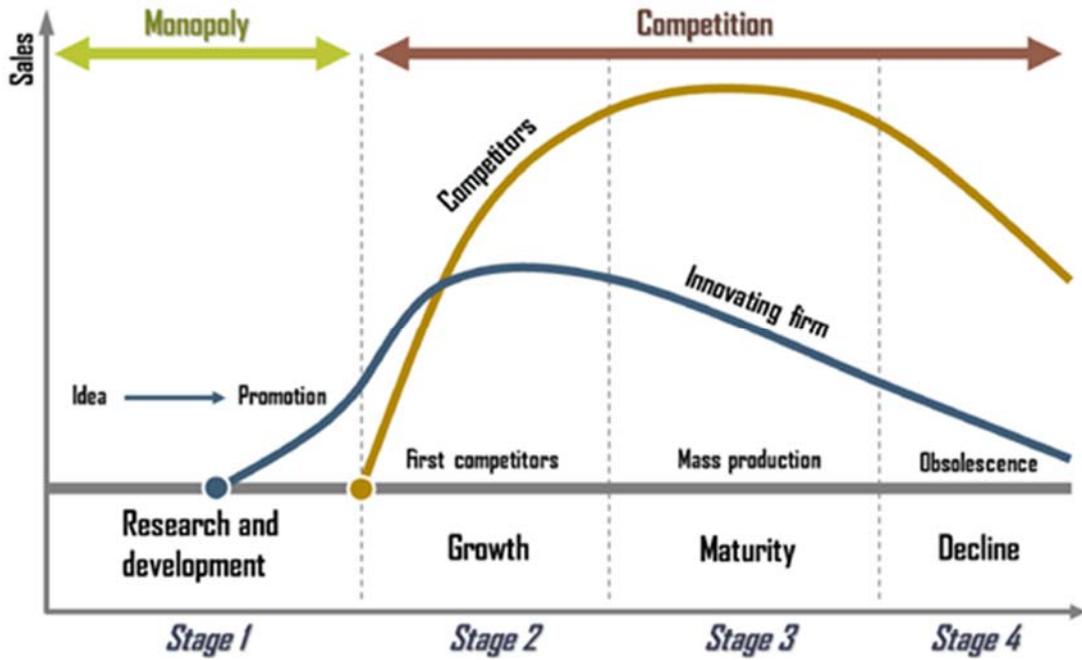


COMMERCIAL IN CONFIDENCE

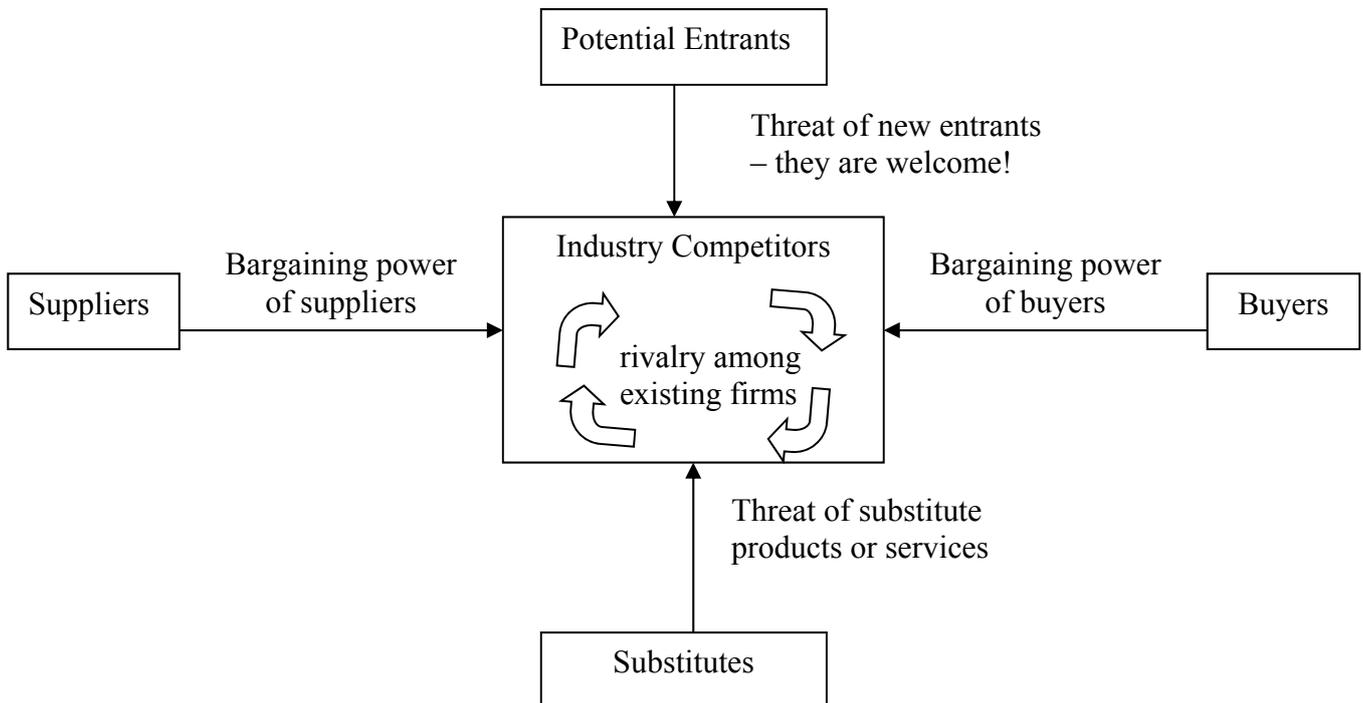
PRODUCT CYCLE – services:

New Product Development





FIVE-FACTOR INDUSTRY PORTER MODEL:



BARGAINING POWER-

1. RELATIVE FRAGMENTATION OF BUYERS AND SELLERS

There are some 3,400 spiritual institutions and with their minor denominations there are more than 50,000 organisations promoting 'truth'. As truth is always the same, then the people of the world are in a quandary. High level hidden controllers have led humanity to live mind-centric, to worship our minds in the erroneous belief that we can achieve everything, even to become mini-gods, whereas it has always been a constricting way of living to keep humanity from evolving so that we remained restrained to do as these controllers directed.

Higher level personalities have now revealed and shown that through embracing our feelings, living feelings first and longing for the truth that our feelings are to show us, we can heal ourselves of our childhood suppression, open ourselves to our soul based truths and become highly intuitive spontaneous personalities with infinite potential and free from the constraints of our minds.

This awareness is to be shared with humanity through the education and health sectors primarily as it will be embraced by all sectors of life and living.

2. SIGNIFICANCE OF PURCHASE AS A PROPORTION OF THE TOTAL EXPENDITURE

These revelations are to be freely available to all of humanity. For those of us who like to know the details, all the ins and outs, this may require considerable time to investigate all that now is available to consider.

For those who embrace doing their Feeling Healing, then this will involve all their time.

3. PRODUCT STANDARDISATION OR DIFFERENTIATION

There is only one way to engage in our Feeling Healing, it is how you will do it and there is no other way. The principals of how we are to do our Feeling Healing are all the same, however we are each unique and consequently we have unique childhoods and personalities and thus we will have a unique experience in our Feeling Healing. Yes, we will all do our Feeling Healing be it in the physical or in spirit or a combination of both.

4. COSTS OF SWITCHING TO ANOTHER SUPPLIER

Truth is always the same. There is only one pathway.

5. IMPORTANCE OF QUALITY OF THE PRODUCT TO THE BUYER

There is only one set of guidance in publication. Presently this is some 60,000 pages being about 20 million words. The core writings have been restricted to being through James Padgett and then James Moncrief and that is to avoid confusion. The most important writings are those of James Moncrief.

6. INFORMATION AVAILABLE FOR THE BUYER ABOUT THE SUPPLIER

The supplier are high level spirits – there are many of them identified throughout the writings. The core revelations all come from personalities that are of a higher level of consciousness and truth than those who imposed the Rebellion and Default upon us.

THE THREAT OF NEW ENTRANTS OR SUBSTITUTES –

There are already many systems that purport to heal through emotional clearance systems. None go far enough. None go deeper enough – there are many, many layers. But most significantly, none guide us to long to know the truth that our feelings are and will show us, reveal to us.

COMPETITIVE RIVALRY –

1. NUMEROUS OR EQUALLY BALANCED COMPETITORS

There are no others that have been provided with the Truths that are now being shared to all freely. Further, no others have recognised the importance of these revelations to the education and health sectors. And further, no others have been provided with the financial resources to global introduce to all of humanity this way of living which is ever so freeing and will lead to significant evolutionary growth in consciousness levels. Today, in 2022, we see all of humanity in some kind of moronic stupor with major wars in various countries. As the new spiritual age unfolds, wars will end!

2. SLOW INDUSTRY GROWTH

Yes, humanity will be slow to embrace what is being introduced through Pascas.

FOUNDATION'S PROGRAM:

VISION STATEMENT:

“To build an inspiring high quality, international standard university having multiple campuses throughout Ukraine that provides outstanding opportunities for students, lecturers, professionals and the surrounding community to excel, thrive and succeed in.”

“This will lead to widespread enhanced pre-schooling, primary schooling, high schooling, craft creations, technical and further education as well as university facilities and services that will support all facets of all sectors of social services, health, education, commerce and industry.”

HISTORY:

Pascas Foundation (Aust) Limited was incorporated on 16 September 2008 and progressively received and obtained revelations dating back to 31 May 2014 that are all published throughout the Pascas Papers that can be downloaded from the Library Download page on www.pascashealth.com. The way we are to live is feelings first with our minds to follow whilst longing for the truth behind what our feelings are drawing our attention to. This is the greatest time in the history of humanity as peace and harmony amongst all people is to now unfold through universal change in everything that we engage in.

THE TEAM:

Presently, it is a small group of people, some in the far parts of the world, who lead the way for Pascas. That is about to change dramatically as the work of Pascas becomes generally public.

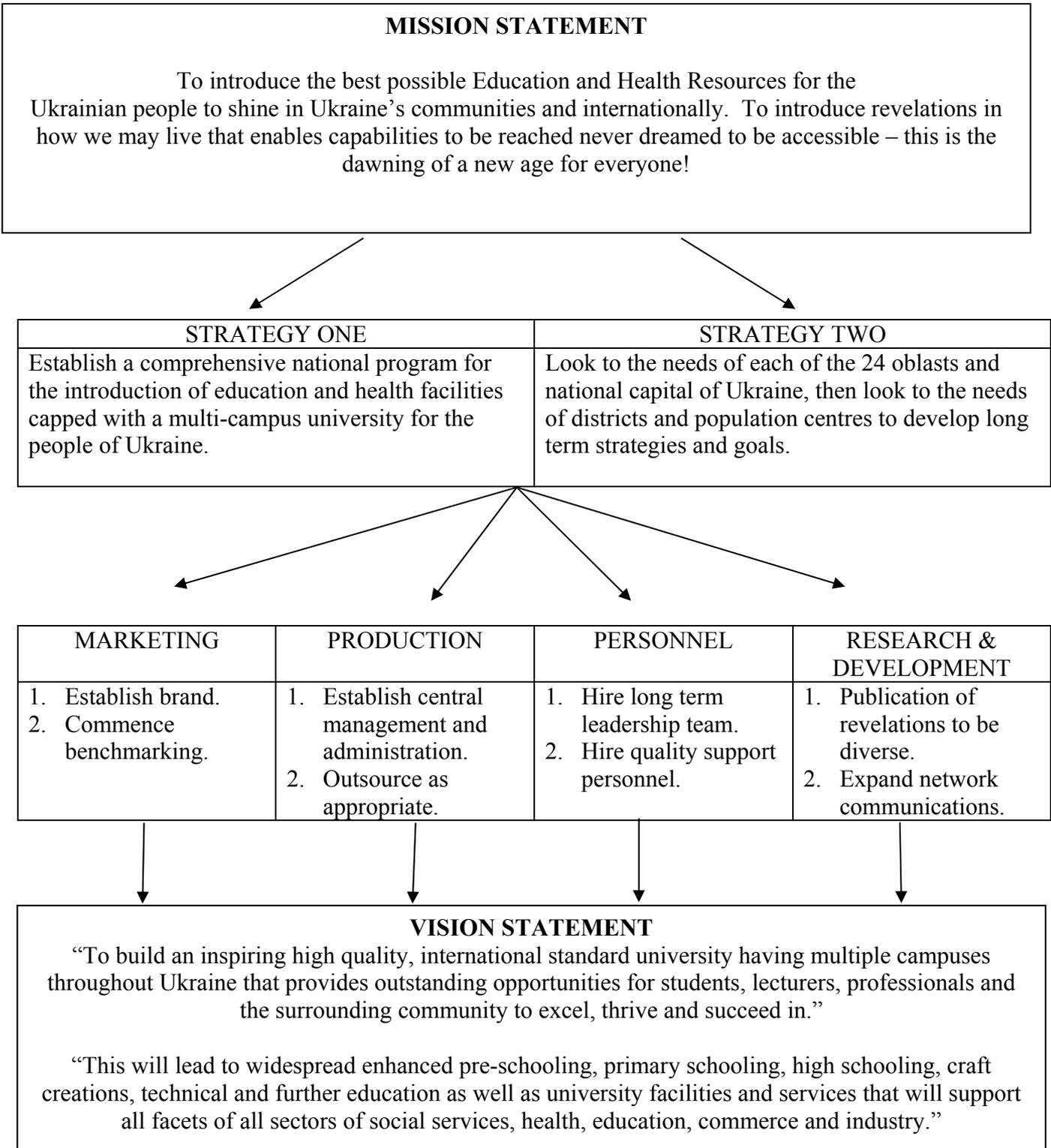
LAYERS of MANAGEMENT - REFLECTING the ORGANISATION CHART:

ORGANISATION CHART - LAYERS of MANAGEMENT	
Layer 1	Chief Executive Officer – Board of Directors
Layer 2	Administration – Commercial Manager – Promotion – Public Relations – Marketing – Financial Controller – Personnel – Quality Control – Research & Development – Project Development – Site Management – Design & Architecture – Acquisitions
Layer 3	Managers: - Business Development – Group Marketing – Relations Domestic – Relations International – Communications – Information Technology IMS – Technical Engineer – Purchasing / Stock Control – General Administration – Maintenance Engineer – Work Place & Safety
Layer 4	Process Technicians: Team Leaders Team Specialist – Senior Controller / Trainer – Senior Operators Support Operators – Trainee Operator – Administration Support Staff

TEAM STRUCTURES WILL ENCOMPASS ALL LEVELS

COMMERCIAL IN CONFIDENCE

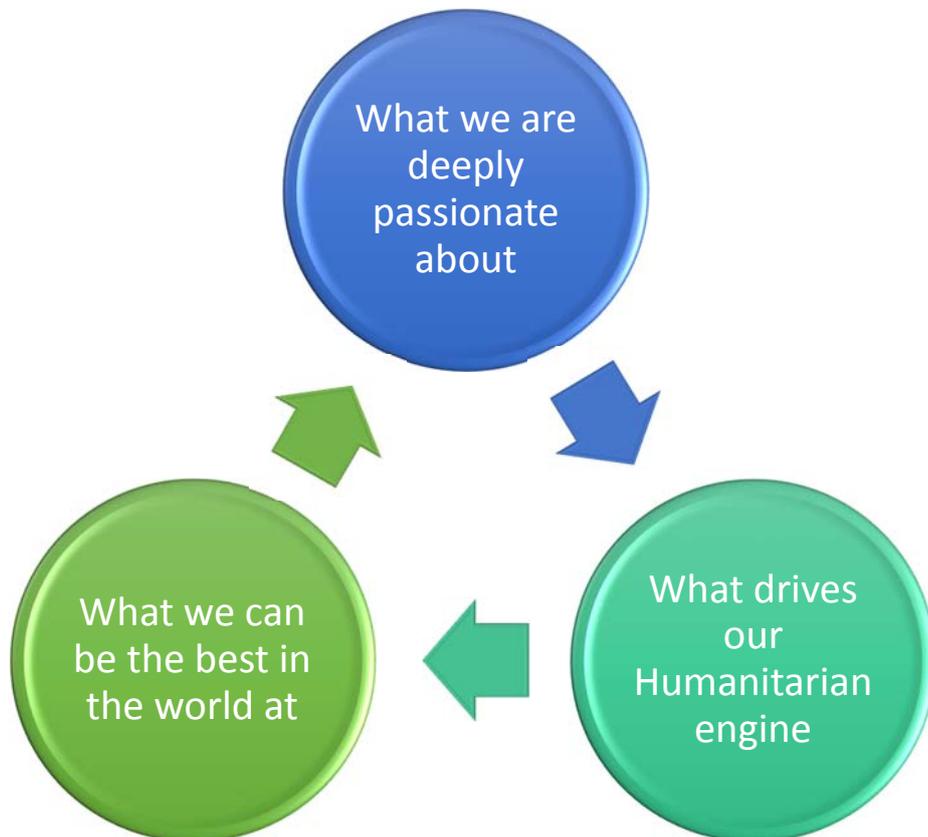
ACTION PLAN:



STRATEGY:

Pascas Foundation (Ukraine) 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 Ukraine.
- Research and development continually ongoing.
- Access to diverse media content – communication and involvement by all.

PASCAS FOUNDATION focuses upon:

COMMERCIAL IN CONFIDENCE

GOALS & MILESTONES SCHEDULES:

SHORT TERM GOALS Year 1

- ✓ Consolidate our management team.
- ✓ Establish our brand name and market appreciation for our endeavours and services.
- ✓ Establish that our Corporate Shared Values positions us as an EXCELLENT Foundation.
- ✓ Meet our milestones and exceed our goals.
- ✓ Identify specific market penetration strategies for other products and industries.
- ✓ Monitor customer expectations and satisfaction levels.
- ✓ Enhance the Foundation's objectives and services in response to people's needs, requests and issues.
- ✓ Develop complementary programs to grow the potential for all involved.

MEDIUM TERM GOALS Years 2 - 4

- ✓ Bring operating budgets into line with management objectives for both schools and health facilities.
- ✓ From then on, maintain a balanced budgeted cash flow.
- ✓ Fully establish the market presence as per our identified market plan with a focus on the needs and goals for each province throughout Ukraine.
- ✓ Meet budgeted program guidelines.
- ✓ At all times understand the vision of the Foundation, its humanitarian objectives and targets for consistent growth in the sectors of society that it is focused upon.

LONG TERM GOALS Years 5 - 6

- ✓ Crystallise the value of the humanitarian projects by way of expansion into other neighbouring countries.

	MILESTONES	IN MONTHS
1.	Achieve targets as set out in the financial feasibility.	
2.	Management team formalised.	2
3.	Production and delivery teams bedded in.	3
4.	Communications plan finalised, costed, approved and implemented.	3
5.	Commence sites acquisition and construction in accordance with financial feasibility.	
6.	First education and health facility opened within communities.	4
7.	Format of programs and range resolved with a program of priorities.	6
8.	Product accreditation and endorsements achieved.	6
9.	Third party endorsement from peer review.	6

Key Performance Indicators (KPIs) based on Critical Success Factors (CSFs)

CSFs	KPIs
Attainment of pre-determined goals.	<ul style="list-style-type: none"> ✓ Expenditure within 10% range of budget. ✓ Expenses not exceeding budget. ✓ Projects implemented within proximity of budget timing.
Comprehensive planning for the future.	<ul style="list-style-type: none"> ✓ Business Plan always updated for 5 years ahead. ✓ Comprehensive new plant and equipment and upgrade plan for 5 years ahead. ✓ Information distribution always being updated.
Financial stability – Foundation being humanitarian in focus.	<ul style="list-style-type: none"> ✓ Budget cash flow variance <10%. ✓ Business Plan with > 15% of outcomes.
Positive perception by the market.	<ul style="list-style-type: none"> ✓ Education – student and teacher satisfaction. ✓ Health – patient / friends and clinician satisfaction. ✓ Positive community reporting. ✓ Invitations to participate in showcases and forums.
Good understanding of market requirements.	<ul style="list-style-type: none"> ✓ No orders lost because of “missing” features. ✓ Sales meeting budget forecast.
Understanding of significant, relevant, innovative life style pathways.	<ul style="list-style-type: none"> ✓ Ability to bring this awareness to all. ✓ Competitors attempting to copy or make use of revelations.
High quality product.	<ul style="list-style-type: none"> ✓ Information provided being always in truth – accurate. ✓ Updates being addressed within a few days.
Superb team work.	<ul style="list-style-type: none"> ✓ Absenteeism low or < 1 day a year per person. ✓ Consistent enthusiasm. ✓ Consistent quality with attention to detail. ✓ No lost time injuries.
Reliable supply & service chain.	<ul style="list-style-type: none"> ✓ Suppliers offering unsolicited innovation. ✓ Supplier’s products arriving < 5 days late. ✓ Spare parts for service available < 5 days after order. ✓ Change to external service support agents < 1 per year. ✓ Primary response to customer’s service requirements < 24 hours, any day, anywhere.
Being an employer of choice.	<ul style="list-style-type: none"> ✓ Job applications arriving unsolicited. ✓ Zero resignations due to dissatisfaction with the Company. ✓ Employees introducing friends of high calibre as potential employees.

The SWOT ANALYSIS OVERVIEW:

SWOT ANALYSIS	
Strengths of our Foundation:	We can utilise these strengths as follows:
Humanitarian fund allocation capabilities.	Large scale investment into the education and health sectors, with broad distribution of higher education for all sectors of society.
Weaknesses of our Foundation:	These weaknesses will be overcome as follows:
Limited experience within the Ukraine landscape, even with many local team members.	Gain in the field expertise within the Ukraine landscape through operatives within the education and health sectors within SI.
Opportunities open to our Foundation:	Will be grasped by us as follows:
Greater development of the education and health sectors as well as value adding co-operatives being founded.	Opening up for more opportunities to enter other sectors within Ukraine.
Threats facing our Foundation:	Will be avoided as follows:
Governmental regulation and opposition.	Supersede the market with more advanced techniques, technology and proven performance. Effective negotiation with government and other stakeholders.

RISK ANALYSIS:

The key risk issues that are identified in the above SWOT Analysis have been prioritised and the risk mitigation management implementations are summarised as follows:

- Lack of infrastructure within the education and health sectors within war torn Ukraine.
- Lack of food security throughout Ukraine.
- Lack of secure housing for many sectors of society.
- Subsidising consumer costs through scholarships for higher education.
- Subsidising patient's costs through subsidising running costs of health services being provided.
- Engaging with local communities for support.
- Creating local employment while expanding the availability of needed services in education and health.
- Adhering to governmental regulations.
- Remaining apolitical – not being aligned to any one political party.

MARKET PENETRATION:

The Foundation's growth is humanitarian-driven rather than product-driven. Customer needs and wants have been researched and the Foundation's services and products are focused on fulfilling customer needs.

At this point, consumer needs have been assessed by interaction between companions of the Foundation and people throughout many communities. The Foundation has adopted a Market Planning Process to develop and grow its data base. This entails:

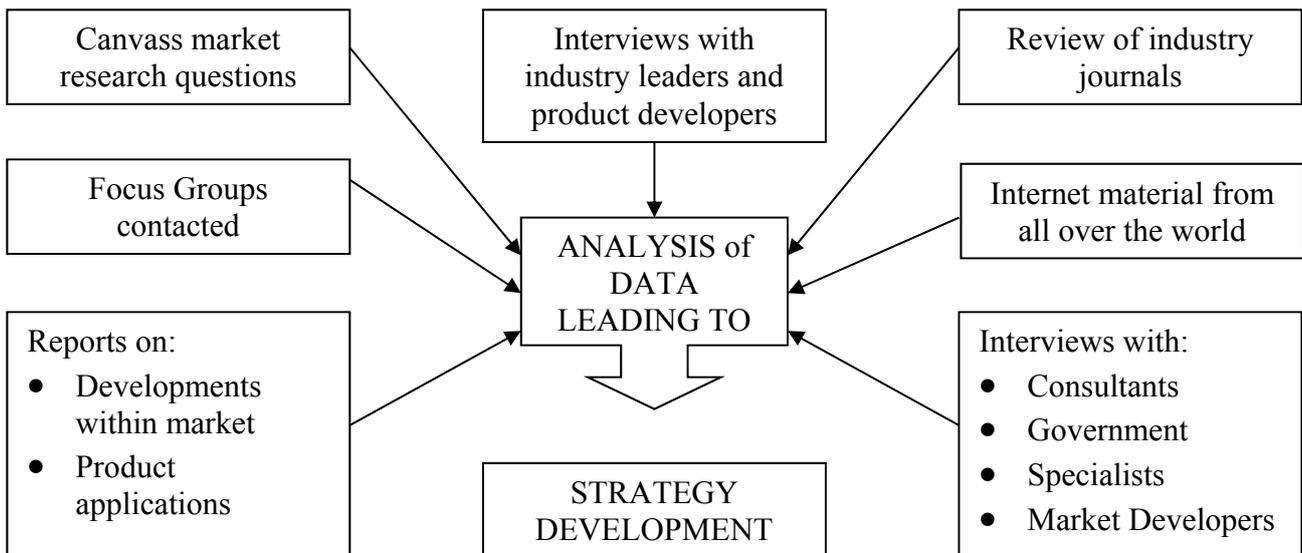
MARKET PLANNING PROCESS	
PREPLANNING REQUIREMENTS 	<ul style="list-style-type: none"> ● Identify markets for products and services. ● Determine Foundation's goals and expectations. ● Establish objectives.
SITUATION ANALYSIS 	<ul style="list-style-type: none"> ● Identify education and health needs. ● Analyse what is already established and delivering. ● Identify markets, segments, size and share. ● Identify inside and outside influences. ● Analyse distribution. ● Analyse market coverage. ● Analyse for ongoing improvement. ● Evaluate marketing communications. ● Analyse positioning as an organisation.
PROBLEMS and OPPORTUNITIES 	<ul style="list-style-type: none"> ● Determine marketing success factors. ● Identify key problems and opportunities.
SEGMENT PRIORITY 	<ul style="list-style-type: none"> ● Determine education and health segment priority. ● Establish business / service direction by segment. ● Establish objectives by segment. ● List assumptions and restrictions – and then investigate.
STRATEGIES and TACTICS 	<ul style="list-style-type: none"> ● Develop strategy options. ● Select strategies. ● Develop tactics. ● Schedule and budget tactics.
MARKETING PLAN EVALUTAION 	<ul style="list-style-type: none"> ● Estimate needs and related costs. ● Prepare cost benefit analysis and profit projections.
CONTROLS and MEASUREMENTS	<ul style="list-style-type: none"> ● Establish controls and measurements. ● Analyse management effectiveness.

MARKET RESEARCH:

The Foundation market research has focused upon:

- ✓ The people of the Ukraine regarding to their needs and aspirations.
- ✓ Student, teacher, lecturer, doctor, nurse, allied health and administration – how do our revelations and services solve their problems.
- ✓ Market segment and industry characteristics.
- ✓ Market sizes and value – volumes and value of units in given segment.
- ✓ Services and products awareness and sensitivity.
- ✓ Importance of convenience and relevance.
- ✓ Willingness to consider a new processes and awareness.
- ✓ Branding and awareness.
- ✓ Education and health sector direction, attitudes and stigmas.
- ✓ Government initiatives and attitudes.
- ✓ Overseas attitudes and trends.

Data was sourced using the following market research methodology:



Secondary data supported the following:

Government attitude is supportive of the introduction of this Foundation's initiatives.

The potential market for the Foundation's initiatives is quantifiable.

The market share that this Foundation is targeting is readily achievable.

Professional opinion enforces the Foundation's decision to proceed.

Specific early entry markets have been identified to have the Foundation focus upon.

Findings support the focus that the Foundation's marketing strategy is and how to deal with issues relating to the products and services being introduced.

Attitudes and trends are similar in the domestic market as well as relevant overseas markets.

Primary data revealed the following:

A lack of awareness of the revelations and service application.

A desire for convenience in the provision of educations and health services.

A desire for simple access and use of education and health services.

A lack of knowledge of how to benefit from the revelations and advancement in services.

A lack of brand awareness.

Pricing is acceptable for services proposed as they meet the market, so to speak.

Strong interest from the market segments in which the Foundation is to introduce its services.

Early product users have been identified.

Brand name development and awareness program has been dealt with.

Customer support services have been resolved.



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

MARKET SEGMENT to INTRODUCE the FOUNDATIONS OPPORTUNITIES:

PHILOSOPHY

To see the Ukrainian communities evolve, grow and thrive in living standards, quality of life, physical, mental and spiritual health in the Education and Health Sectors and beyond, and to inspire the residents to excel in all areas of life, family and community.

By supporting the education and health sectors throughout Ukraine, Pascas Foundation (Ukraine) 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 (Ukraine) Ltd is the entire nation, 44,000,000 citizens, where all students and citizens are affected by the availability of health services, through hospitals and aid posts. The way forward involves the advancement of high schooling resources and curriculum to bring about a larger cohort of qualified students to progress through higher education to deliver more qualified staff for all the levels and sectors of the health industry.

COMPETITION

One may anticipate that all of the not-for-profit and governmental agencies may welcome the initiatives of Pascas Foundation (Ukraine) Ltd.

MARKETING

The marketing activities to promote the long term plans and projects of Pascas Foundation (Ukraine) Ltd may include the following:

- Social media marketing
- Written materials, books and magazines
- Video promotions
- Movies
- Advertising in community newspapers
- Advertising at schools and hospitals
- Community billboards advertising
- Seminars
- Promotional activities in expositions, school and hospital open days

INTERNET MARKETING:

eCOMMERCE STOREFRONT

This is an introduction to the website marketing platform to be developed by this Foundation.

Human nature by default has been programmed to be socially active to a certain extent. Some people are more active, while others are less so!

However, people have always been looking for ways to connect and network with each other. And, in this age of digitisation, people have found ways to be socially active on the internet, which is possible with the advent of the numerous social networking platforms and apps. Here are more than 100 site options:



GROWTH IN THE FOUNDATION'S SERVICE AVENUES BEING:

The Foundation will grow its field of influence by services:

Providing evolved and enhanced services to existing customers – the community.

Existing services to new customers sourced through market expansion avenues.

New products and services to existing customers.

New products and services to new customers.

Expand the marketing territories.

GROWTH STRATEGY	
Market Penetration	<ul style="list-style-type: none"> ● Increasing existing customer usage through: Implementing price incentives on a sliding scale for increased use of products / services. Increasing the rate of product / service obsolescence. Increasing the size of unit of purchase. Identifying alternative uses for products. ● Attracting clients / participants from competitors through: Differentiating products / services from our competitors. Reducing fee structure. Increasing promotional effort.
New Market Development	<ul style="list-style-type: none"> ● Developing new geographical markets, through: Expanding our business regionally, nationally and then internationally. Franchising and licensing our business and products (without fees!). Joint venturing with others in new markets. ● Developing new market segments through: Getting referrals. Strategic alliances. Promoting our services in alternative media forms. ● Converting potential customers that currently do not use our products / services through: Implementing reduced fee trial use of products / services offered. Identifying alternative uses for our products and services. Reviewing fee and price structure and position our business at either the upper or lower ends of the market by brand separations and separate marketing programs.
New Product Development	<ul style="list-style-type: none"> ● Develop new features for products and services. ● Develop variations to existing products and services. ● Develop new products and services aimed at identified markets.
Diversification	<ul style="list-style-type: none"> ● Buying a related business (health centres and education centres). ● Using existing distribution network to grow innovations. ● Stability development. ● Grow new products and business entities.

MOSAIC PROFILING: What is your mosaic profile looking like?

Mosaic is a quantitative framework to measure the overall health and growth potential of private companies using non-traditional signals. The Mosaic score is comprised of 3 individual models — what we call the 3 M's, each relying on different signals (although all the signals utilised are not revealed for obvious reasons).

Market

The quality of the market or industry a company competes in is critical. If you are part of a hot industry, that serves as a tailwind to push you along. Conversely, being in an out of favour space means fewer investors, partners, media, and more. The market model looks at the number of companies in an industry, the financing and exit momentum in the space, and the overall quality and quantity of investors participating in that industry.

Money

The money model assesses the financial health of a company, i.e. is it going to run out of money? Look at burn rate, the quality of the investors and syndicate that may be part of the company, its financing position relative to industry peers and competitors, and more.

Momentum

The final model is momentum, look at a variety of volume and frequency signals including social media, news / media, sentiment, and partnership and customer momentum. Look at these on an absolute and relative basis vs. peers / industry comparables. The relative piece is critical as it ensures that, for example, enterprise software companies who may get less media attention or who spend less time on social media are not penalised versus consumer-focused tech companies.

How is mosaic used?

Corporate Innovation

Pinpoint fast-growing private companies to understand viable business models, products and technologies

Corporate Strategy

See fast-growing markets and industries before anyone else to inform executives on strategic decisions

Competitive Intel / Market Research

Assess the health of start-ups competing in your industry to advise your build, buy, or partner strategy.

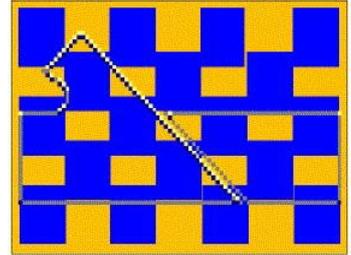
Corporate Development and M&A (mergers and acquisitions)

Monitor the health and growth potential of possible acquisition targets as part of due diligence process

Corporate Venture Capital

Identify the start-ups with the highest growth potential to satisfy your corporate investment philosophy

REEFWOOD CRAFTWORKS



Tables



American Beech Dining



Chess Dining



Ti Tree Table
with Bark Picture



Ancient River Gum, SilverAsh,
Flame She Oak

Chairs



China Chair



Regency



1920



Regency2



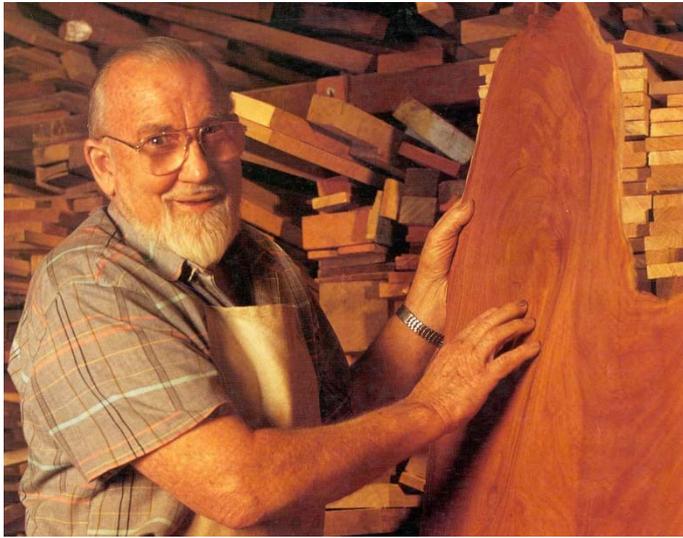
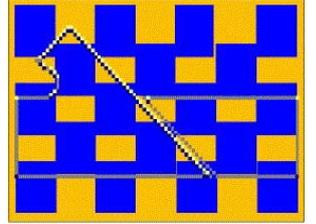
Lloyd Wright



Cedar Dining



REEFWOOD CRAFTWORKS

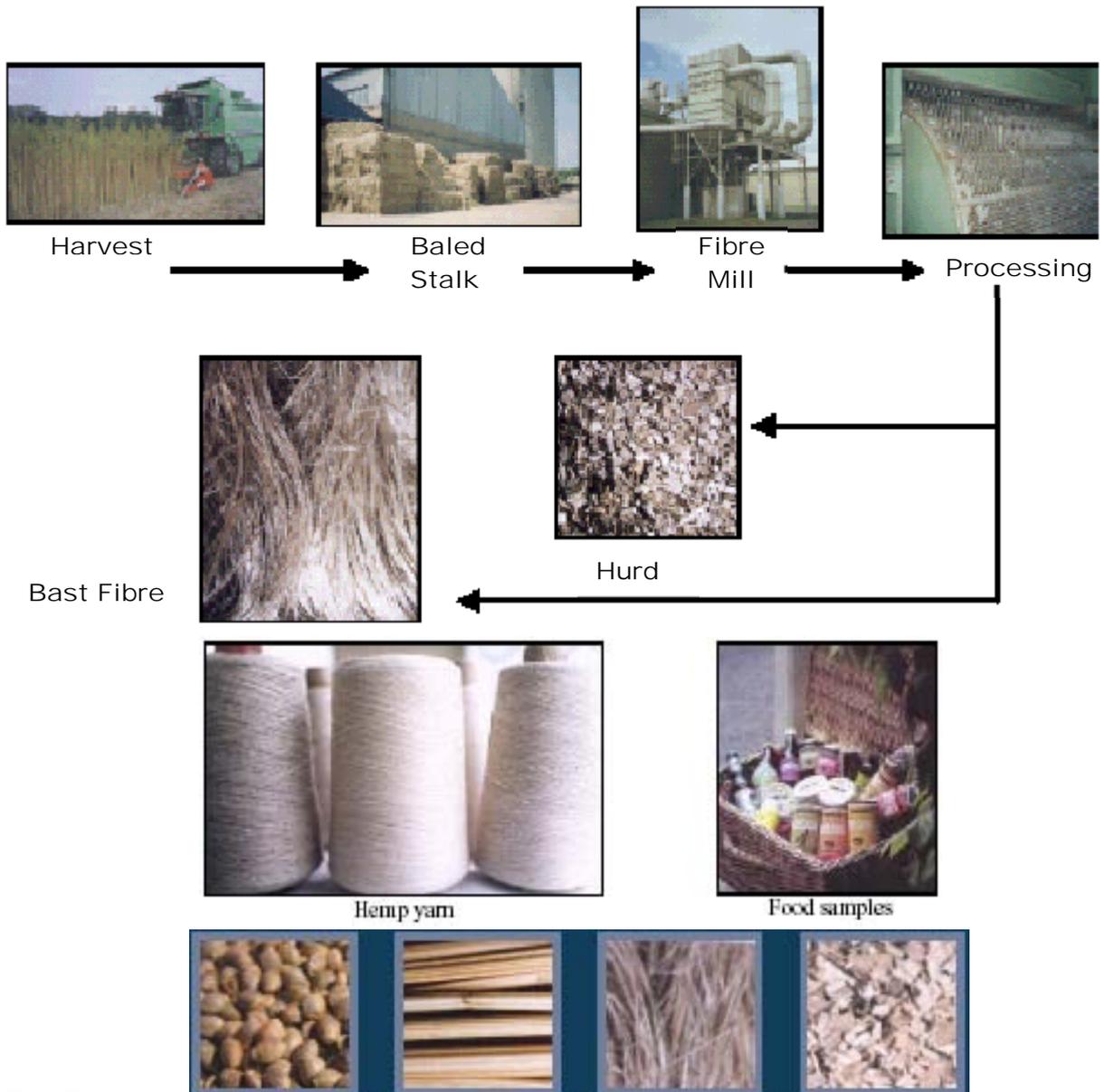


Value adding Natural Resources!

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ECOFIBRE INDUSTRIES



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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



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NEW BIOSPHERE AGRICULTURE MORINGA



GRAM FOR GRAM
MORINGA
LEAVES CONTAIN:



7 TIMES THE VITAMIN C
FOUND IN ORANGES



4 TIMES THE CALCIUM &
2 TIMES THE PROTEIN
FOUND IN MILK



4 TIMES THE VITAMIN A
FOUND IN CARROTS



3 TIMES THE POTASSIUM
FOUND IN BANANAS

Fresh drumstick fruit
Moringa seed
Moringa leaf
Moringa seed kernel
Moringa soup powder

Drumstick powder
Moringa seeds(PKM1and PKM2)
Moringa pickle Moringa tea powder
Moringa cake powder
Moringa Juice powder

Moringa oil
Moringa leaf powder
Moringa fruit powder
Moringa root
Moringa capsule

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TINY OIL MILL

Groundnut



(Kernels) 46 to 48%

Castor Seed



40 to 48%

Sunflower



32 to 40%

Copra



62 to 68%

↓
Groundnut Decorticator
Peanuts



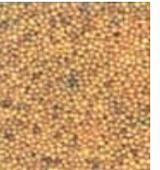
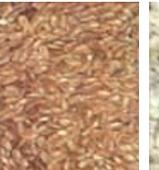
↓
Sunflower Cracker or Palm
Nut Cracker



↓
Copra Cutter



Oil Seeds & % of Oil

PALM KERNEL	SESAM	RAPSEED	MUSTARD	LIN SEED	COTTON SEED	SOYA BEAN	PALM FRUIT
							
38 to 45%	50 to 56%	38 to 45%	38 to 45%	40 to 50%	18 to 22%	18 to 22%	20 to 22%

↓
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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 (<i>Pleurotus</i>)	28	2.7	1.0
Potatoes	500	2.1	23.8
Wheat	900	14.0	6.4
Alfalfa	900	6.0	15
Sorghum	1,110	11.0	10.0
Corn	1,400	3.5	40.0
Rice	1,912	6.7	28.5
Soybeans	2,000	34.1	5.8
Broiler chicken	3,500	23.8	14.7
Beef	100,000	19.4	515.4



Mushrooms are the perfect food for everyone!

Value adding Natural Resources!

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NEW BIOSPHERE AGRICULTURE



**APIARY
BEEKEEPING
&
HONEY**



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Apo^{ch} Life Pack



Apo^{ch} is able to deliver fresh food with shelf lives greater than a year without requiring refrigeration. We start with prime quality inputs and it remains prime quality for periods of one to up to three years.

Life Pack long life shelf stable foodstuff, safe, nutritious, wholesome, high quality, that require no refrigeration to maintain consistency.

Apo^{ch} 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!

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Pascas Food Basket



Eat the Colors of the Rainbow

Fresh is Best!



When and where as required!

Cooperatives for the Local People

Cooperative arrangements within communities may be focused upon small area enterprises through to whole of nation endeavours to bring to the global markets high volumes of quality goods derived through value adding processes applied to natural resources and regional produce from the land, river and sea, encapsulating all elements of farming and animal produce.

Microfinance typically engages a cooperative of around five women when financing home enterprises. A cooperative is particularly useful when local fishermen bring their catches together at canneries for preparation to market their fish to foreign markets.

The introduction of 'Craft Creations' is to enliven the community's recognition of their high quality traditional skills and then enable their customary craftware to be globally marketed through a cooperative of their own making.

This is all about cooperatives to bring to the fore traditional and innate skills that fulfil needs for people around the globe, not just the local village. A cooperative may embrace several nations.

Natural resources that may be used in producing high quality goods in large volumes include:

Forrest logs processed into high quality furniture in volume for large distribution chains.
 Timber offcuts for high strength laminated beams and reconstituted timber products.
 Local building systems utilising local resources for durable housing – local market solutions.
 Hydroponics particularly for produce that is not native to the area and its climate.
 Aquaculture in rivers, estuaries and sea to mitigate depletion of ocean resources.
 Traditional home produce being increased in volume to provide famine relief worldwide.
 Hemp production to be on scale to enable volumes sufficient for manufacturing processing.
 Cocoa, coffee, moringa, sandalwood, tea, vanilla, plus others, cropping to be of commercial scale, cooperatively run. All farming and animal produce come into the equation for cooperatives.

What is available within a region and what may be introduced can now be thoroughly appraised and reviewed scientifically through local endeavours and with the support of research organisations such as CSIRO of Australia, increasing commercial options and products. Nothing beats the insight and wisdom of the locals. Their FEELINGS, as well as our own, are to be embraced. Our feelings are the greatest guide as to how and what we are to embrace.

Education at all levels for all ages is our never ending journey. How it has been in ages gone by is not how it will continue. Dynamic change is unfolding and for those who embrace change, our futures are enticing, for those who don't they will have difficulties. We are to embrace and value add our natural resources, we are not to rape and pillage our environment, the forests are to remain, the rivers clean and our oceans are to restock with fish.

Now is the time for nation building, now we are to embrace self-sufficiency without the need for foreign goods and services. We have all we need within us and within our environment, so let us build the way forward for all within our community and show the world how it is to be.

Value adding Natural Resources!

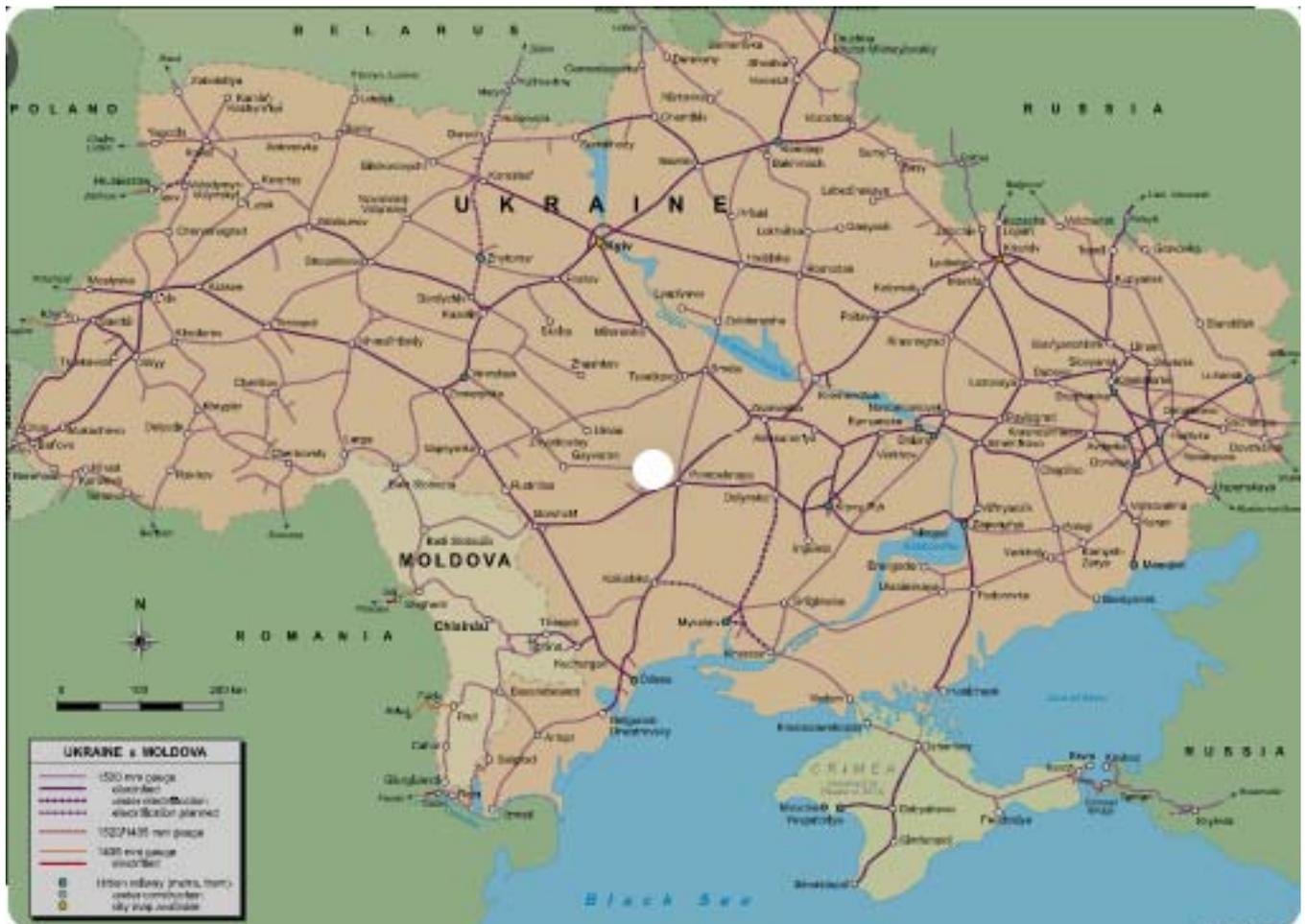
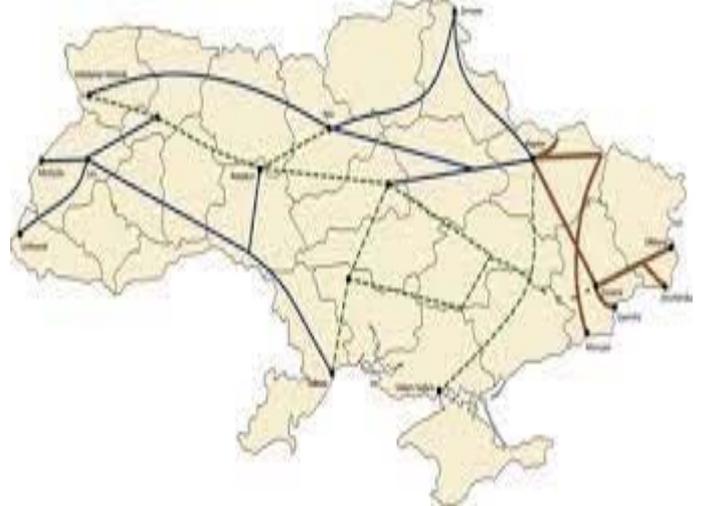
COMMERCIAL IN CONFIDENCE

Railways Restructuring and Ukrainian Economic Reform

<https://www.degruyter.com/document/doi/10.1515/me-2015-0006/html?lang=en>

If the Ukrainian economy is to be successfully restructured going forward, a restructured railway system will have to be part of the picture. This paper begins with a discussion of the crucial role that the Ukrainian railway plays in the Ukrainian economy.

We follow with a survey of the world experience with railways restructuring: a large number of countries have already undertaken the task of converting sagging government-owned monopoly railways into more dynamic and competitive transport enterprises, and their experience in very diverse settings may have important lessons to offer. We then examine the current state of rail reform plans in Ukraine. We conclude with discussions of alternative paths forward that seem most likely to be successful in Ukraine, based on both the experience elsewhere and the country's current situation.



Changes are Possible: Which Reforms does Ukraine Need Now?

<https://www.worldbank.org/en/news/opinion/2021/07/08/changes-are-possible-which-reforms-does-ukraine-need-now>

One country where the dialogue on reform has been longstanding and intense is Ukraine. This is particularly true since the economic crisis of 2014-2015 in the wake of the Maidan Revolution 2014, when the economy collapsed, and poverty skyrocketed. Many feared the COVID pandemic would have similar effects on the country.

The good news is that thanks to a sustained, even if often difficult, movement on reforms, Ukraine is better positioned to emerge from the pandemic than many expected. Our initial projection in the World Bank, for example, was that the economy would contract by nearly 8% in 2020; the actual decline was half that. Gross international reserves at end-2020 were US\$10 billion higher than projected. Most important, there are far fewer poor than anticipated.

Let's consider three reform areas which have contributed to these outcomes.

First, no area of the economy contributed more to the economic crisis of 2014-2015 than the banking sector. Powerful interests captured the largest banks, distorted the flow of capital, and strangled economic activity. Fortunately, Ukraine developed a framework to resolve and recapitalize banks and strengthen supervision. Privatbank was nationalised and is now earning profits. It is now being prepared for privatisation.

Second, COVID halted and threatened to reverse a five-year trend in poverty reduction. Thanks to reforms of the social safety net, Ukraine is avoiding this reversal. A few years back, the government was spending some 4.7% of GDP on social programs with limited poverty impact. Nearly half these resources went to an energy subsidy that expanded to cover one-in-two of the country's households.

Since 2018, the Government has been restructuring the system by reducing broad subsidies and targeting resources to the poor. This is working. Transfers going to the poorest one-fifth of the population are rising significantly—from just 37% in 2019 to 50% this year and are projected to reach 55% in 2023.

Third, the health system itself. Ukrainians live a decade less than their EU neighbours. Basic epidemiological vulnerabilities are exacerbated by a health delivery system centred around outdated hospitals and an excessive reliance on out-of-pocket spending. In 2017, Ukraine passed a landmark health financing law defining a package of primary care for all Ukrainians, free-of-charge. The law is transforming Ukraine's constitutional commitment to free health care from an aspiration into specific critical services that are actually being delivered.

The performance of these sectors, which were on the "front line" during COVID, demonstrate the payoff of reforms. The job now is to tackle the outstanding challenges.

The first is to reduce the reach of the public sector in the economy. Ukraine has some 3,500 companies owned by the state—most of them loss-making—in sectors from machine building to hotels. Ukraine needs far fewer SOEs. Those that remain must be better managed.

Ukraine has demonstrated that progress can be made in this area. The first round of corporate governance reforms has been successfully implemented at state-owned banks. Naftogaz was unbundled in 2020. The electricity sector too is being gradually liberalised. Tariffs have increased and reforms are expected to support investment in aging electricity-producing and transmitting infrastructure. Investments in renewable energy are also surging.

But there are developments of concern, including a recent removal of the CEO of an SOE which raised concerns among Ukraine's friends eager to see management independence of these enterprises. Management functions of SOE supervisory boards and their members need to remain free of interference.

The second challenge is to strengthen the rule of law. Over recent years, the country has established—and has committed to protect—new institutions to combat corruption. These need to be allowed to function professionally and independently. And they need to be supported by a judicial system defined by integrity and transparency. The move to re-establish an independent High Qualification Council is a welcome step in this direction.

Finally, we know change is possible because after nearly twenty years, Ukraine on July first opened its agricultural land market. Farmers are now free to sell their land which will help unleash the country's greatest potential source of economic growth and employment.

Ukraine has demonstrated its ability to undertake tough reforms and, thanks to the COVID-19 pandemic, has seen the real-life benefits of these reforms. The World Bank looks forward to providing continued assistance as the country takes on new challenges on the way to closer European integration.



BUILDING A CAPABLE STATE: Ukraine Reforms Architecture (URA)

Francis Malige, Bojana Reiner
EBRD

The thorny journey to building a capable state in Ukraine



<https://www.atlanticcouncil.org/commentary/event-recap/building-a-capable-state-ukraine-reforms-architecture/>



Ukraine faced unprecedented challenges and an urgent need to reform...

-  | A popular uprising, setting Ukraine on a **clear path of European integration**
-  | Unprecedented military, economic and hybrid **pressure** from Russia
-  | **Deep economic crisis and recession**
-  | **Unusual volume of reform commitments** assumed through AA-DCFTA and IMF programme

...but it lacked the needed capacity to reform

All reformers faced one common challenge: **lack of administrative and policy-making capacity.**

And time was of the essence.



“We can’t reform a country which is fighting a war”

“But one cannot win a war with a failed state”



Civil servants “playing for time”, outlasting the ministers



“Flying experts” won’t do



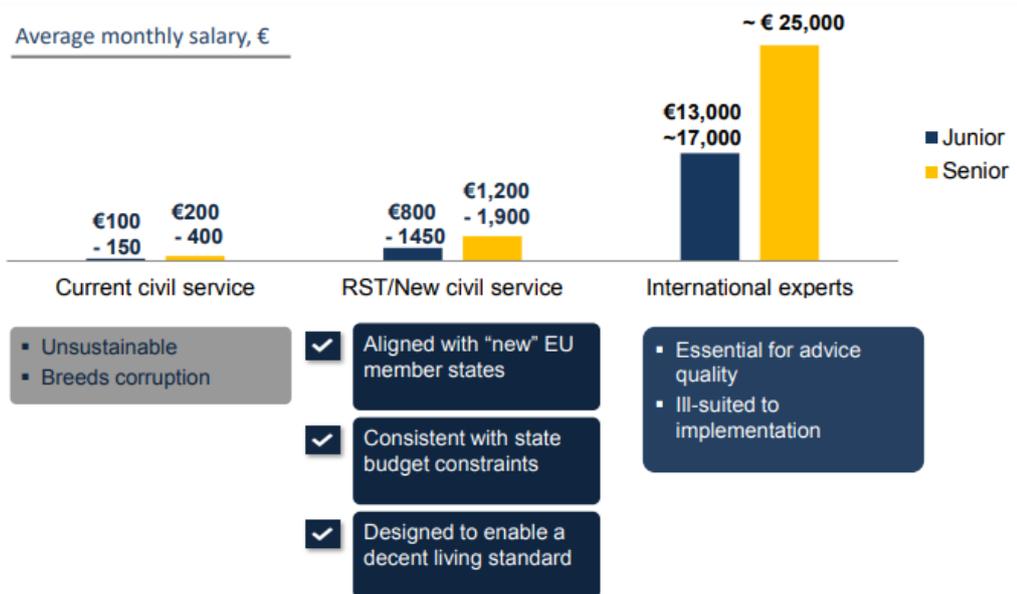
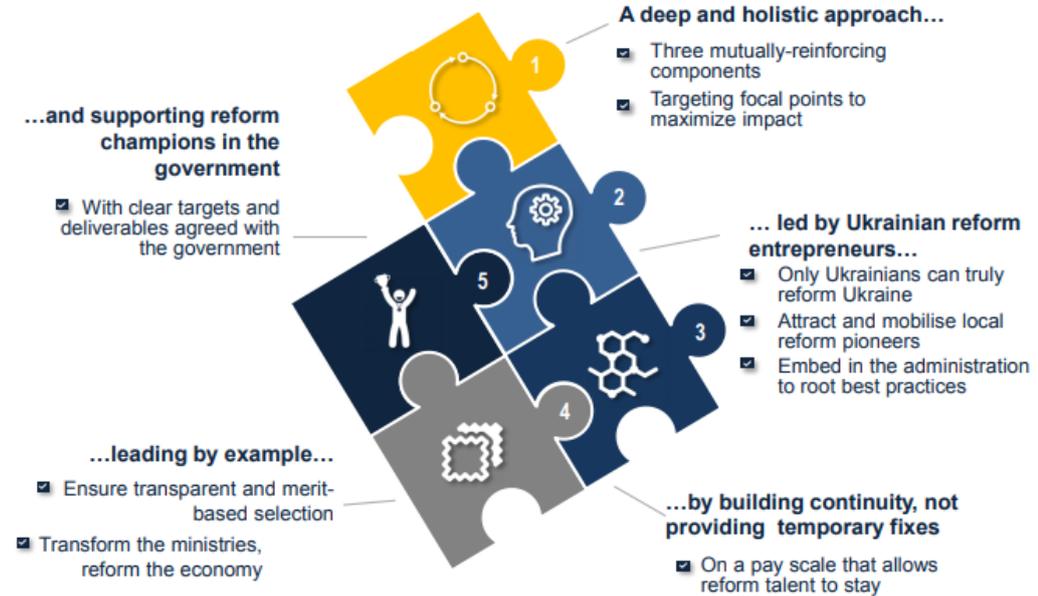
Too many strategies, too little implementation



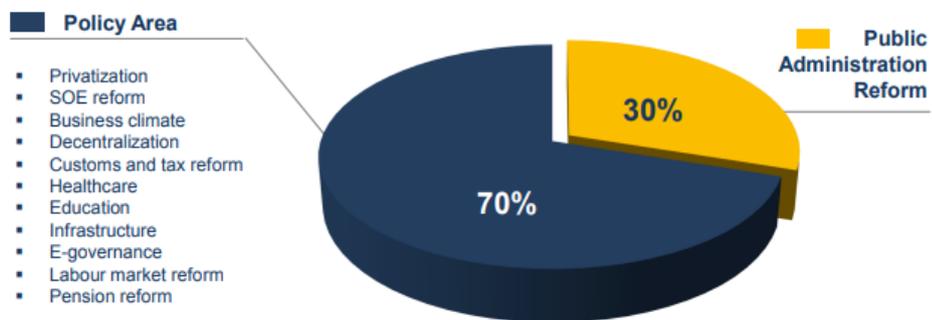
Insufficient capacity to coordinate support actions

A new approach was needed

built around 5 core premises



RST reform roadmap



RSTs as change agents and incubators of a new generation of civil servants



✓ **Efficient and effective implementation of key priorities**

✓ **Overcoming resistance from civil servants**

✓ **Breaking down institutional and sectoral silos**

✓ **Engaging key Ukrainian stakeholders and donors more substantially in the reforms process**

✓ **Enhancing the credibility and attractiveness of public administration**

✓ **Communicating the benefits of reforms to the wider public**



Improved reform planning



Adoption of key strategic documents: Mid-term Government Action Plan 2020, SME Development Strategy 2020, Energy Strategy 2035

Development and adoption of reform legislation



Critical legislation adopted: privatization law, law on corporate governance, package of deregulation legislation, anticorruption legislation

Reform implementation



Pension reform: increase of pensions for over **9 million** people



Privatization and SOE reform: **430** successful auctions in small privatization, 5 independent Supervisory Boards in key SOEs, open recruitment of SOE CEOs



Public Administration reform: **58** Policy Directorates in **13** institutions, **600** new civil servants recruited, **38%** outsiders, **-21%** of civil servants since 2015



Other: **30 million** medicine prescriptions financed through Affordable Medicines Programme, e-Health System, e-Governance, Energy Efficiency Fund, new VAT-refund system



Pre-reform situation:

- **Drug prices in Ukraine were often higher than in neighbouring countries**
- Currency devaluation made drug prices prohibitive for people with chronic disease
- **No healthcare insurance** or drug reimbursement system

After **2 failures** to launch the programme via usual processes, the Government asked for RDO's support → programme was **launched within 2 months**

RDO input:

- Project planning and management
- Organisation and facilitation of stakeholder negotiations
- Development of a robust reimbursement model
- Facilitation of a fast legislative process



-30%

Average reduction of medicine prices
(through competitive bidding)

1 bn UAH

In state-refunded prescriptions

1/3

Pharmacies voluntarily joined the programme



Many developing countries in the EBRD region suffer from weak capacity to meet major reform commitments

How will URA withstand the election cycle in Ukraine?

Where in the world would a similar response be needed/appropriate?

What conditions should be in place to provide URA-like support?



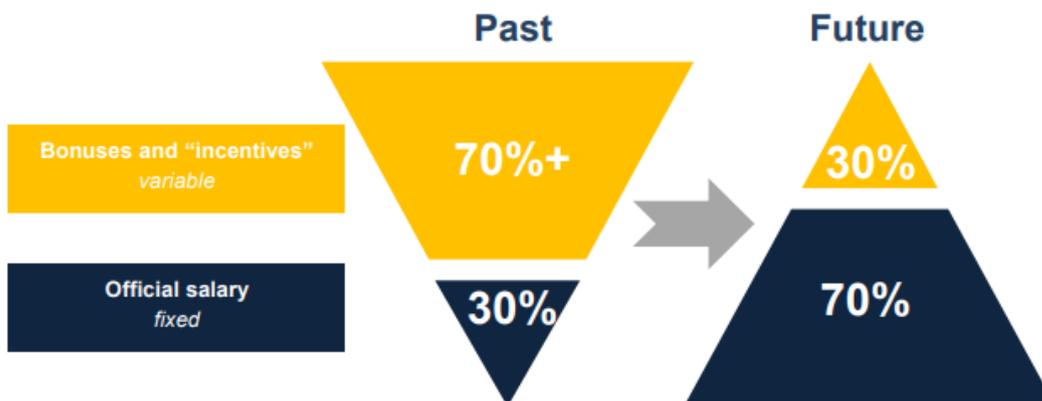
The Law on Civil Service came into force in May 2016 and the rollout of PAR is underway

Phase I	2018	➤	Concept of New Civil Service launched – new policy directorates and Reform Staff Positions set up in 13 pilot government bodies
Phase II	2019-2020	➤	Roll out of the revised civil service structure across the government based on pilot experience
Phase III	2021	➤	Creation of an effective system of central executive bodies and completion of its optimization

UA PAR approach to manage change:

- ✓ Improved policy-making: creation of policy-design functions and strengthening of implementation capacity
- ✓ Open, merit-based and transparent recruitment
- ✓ Increase trust to civil service and improve the image of civil service
- ✓ Political independence
- ✓ Competitive compensation

Civil service transformation



58 | Directorates set up in 13 pilot institutions

- 21% | Reduction of the number of civil servants since 2015

1325 | RSPs positions created

UAH 1.2 bn | Dedicated PAR budget in 2019

Why do many people in the Donbass region support the Russian rule?

<https://www.quora.com/Why-do-many-people-in-the-Donbass-region-support-the-Russian-rule>

<https://www.quora.com/>

Travis Jones

8 Years of Experience in Russian State Media

They speak Russian, and had voted for the president who was overthrown in the February 2014 coup. The **Revolution of Dignity** (Ukrainian: Революція гідності, romanised: *Revoliutsiia hidnosti*), also known as the **Euro-Maidan Revolution**, took place in Ukraine in February 2014 at the end of the Euromaidan protests, when deadly clashes between protesters and the security forces in the Ukrainian capital Kyiv culminated in the ousting of elected President Viktor Yanukovich and the overthrow of the Ukrainian government.

In 2014, Ukraine's coup leaders immediately took away the rights of Ukrainian regions to use Russian as a second official language. Ukrainians also pay higher utilities prices and have lower pensions, meaning that most of the poorer, older people of the region wanted to be part of Russia. The local economy was originally built around the coal and steel industry, which doesn't meet EU ISO 9000 standards and wouldn't pass muster with Brussels' environmental regulations. The promise of Ukraine eventually joining the EU meant little to anyone over 50, as it was estimated that this would take 30 years.



When a protest was staged to address this and other matters in Odessa in May 2014, hundreds of protesters were chased into a building and burned alive. When Donetsk and Lugansk voted to split from Ukraine, they expected to enjoy the fate of Crimea and Sevastopol, which had immediately joined Russia as Russian federal subjects. Since then, Ukraine has slid past Moldova to become the poorest country in Europe. The breakaway states don't have access to normal benefits like pensions and their economy is basically a no-man's land - a

decade ago Donetsk alone accounted for 30% of the national economy.

All that being said, the ongoing conflict has left the region more or less destroyed, left Kharkiv and suburban Kiev in ruins, and wasn't really worth it for Russia. Russia should have just let the Donbass residents immigrate and let Ukraine wither under the weight of its own endemic corruption and impending demographic collapse. I had to create a second Youtube Premium account and add it to my Estonian-based friend's family in order to use YouTube Music with my Sonos soundbar. Plus, the new McDonald's kinda sucks. They ran out of regular Coke and invited me to take a Coke Zero instead. No thanks.

What was Ukraine's mistake that led to the Russian attack?

<https://www.quora.com/What-was-Ukraines-mistake-that-led-to-the-Russian-attack>

12 April 2022

It was a mistake by the West, not Ukraine.



Russian core

The reason why Russia cared deeply about the future of *the* Ukraine (this is the old name, later shortened to just Ukraine) is because of Russian core. Russian core lands in the image above account for 80% of Russian population and more of their economy and agriculture. The land is inherently indefensible, wide open spaces of the European plain, dotted by pockets of human civilisation – from small villages to large cities. What the Ukraine and Ukraine give to Russia is strategic depth and a narrower front to defend. If Russian armies control Ukraine all the way to Carpathian Mountains, the area to defend is narrowed from a front of 2,000 km to 600 km and the invader has to cross about 700 km of your territory to reach the Russian core. This can be defended, naked Russian core cannot. This strategic depth saved the Soviet Union in 1941, it

gave the Soviets time to mobilise, and the distance exhausted the invader and stretched their lines to breaking point, allowing for a counteroffensive. France fell in 1940 in no small part because it didn't have enough space between the border and their core, centred around Paris. Once French armies were defeated, the invader was able to march to Paris in a matter of days.

What is more, the gap between border of Ukraine and Caspian Sea is 700 kilometres of open spaces. Cut through that and you've cut Russia away from the resources of the Caucasus and their only warm water ports in Black sea. This makes Russia economically dependent on the goodwill of their neighbours.

All this means Russia cannot defend itself from a concentrated attack originating in Ukraine. If you can roll up your tanks and supply columns through friendly territory all the way to Kharkiv and Luhansk, Russia will be defeated before it can fight back. They might stop the invasion, but at the cost of becoming economically unviable as a state and will collapse.

Here's where the mistake comes in. The West knew all this and because of well-founded Russian fears consented to let Ukraine join up with Russia in an alliance called Commonwealth of Independent States (CIS). This wasn't because Ukrainians wished to tie the future of their country to Russia and it wasn't because the West was unable to treat Russia as the defeated beast it was. No, it was a gesture of goodwill to stay out of Ukraine and make Russia feel secure. Years later this gesture of goodwill was taken as a sign of weakness, the readiness to let Ukraine be reigned by a pro-Russian caste interpreted as ceding Ukraine to Russia no matter the wishes of Ukrainian people and what we see now is the result of that interpretation.

The events of the months following the commencement of military action on 24 February 2022 show the West should have treated Russia as a defeated enemy and strip them bare. Rather than giving Russia a hand to help them rise, it should have worked to smash the last vestiges of *Muscovy* to smithereens and ensure Western armies, with nuclear carriers, swarmed over Belarus, Ukraine and Georgia. Russian political class only responds to power and force, they would have consented to the complete demilitarisation of Kaliningrad in exchange for limited use of the port of Sevastopol (in Crimea) and withdrawal of nuclear weapons from eastern Belarus and Ukraine. However if Russia made but one misstep, there would be the Sword of Damocles hanging above their head, ready to strike. Russian ruling elite suffers from collective narcissism on a grand scale. The only way to control a narcissist is to make him fear you and a frightened narcissist is a docile puppy. Fail to do so and they'll come to stab you in the back the moment they see an opening.

Treat Russia as we treated Germany in 1945, or at least in 1918, and there might even be lasting peace.

Since the Maiden revolt in 2014 in Ukraine, USA with and through NATO have been progressively militarising Ukraine thus progressively working Vladimir Putin and Russia into a no choice situation. USA's bullying tactics have created frictions and situations resulting in war for more than the past 100 years.

Now comes the task of seeking peaceful relations between neighbours. Militarisation is all wrong. As it may be an absurd proposition, it is time for Russia to join NATO, to remove borders between nations, to eliminate **ALL** nuclear weapons and have a glass of wine or a beer with either costing €5 anywhere!

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

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

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

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

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

Violence is never Justified



Swiss Intelligence expert working for NATO – Jacques Baud

Here is an article written by **Jacques Baud**, who worked for the Swiss military in NATO as a security expert.

His perspective is different from anything I've read. As a member of the Swiss military who worked in Ukraine for NATO, he has a different perspective. This article leads you to think about what is really happening in Ukraine. This was translated from a French publication, where it was first seen. It is shown here in the online magazine Sheerpost, a disgusting Left Wing 'magazine'. When you read the article, there are links to back up the author's claims. They are very convincing. Jacques Baud does a good job of backing up his claims.

I am not sending this because I believe every word of this, but it is very thought provoking, especially coming from someone who worked in NATO.

Jacques Baud

Jacques Baud is a former Colonel of the General Staff, former member of Swiss strategic intelligence, specialist in Eastern European countries. He was trained in the American and British intelligence services. He was the head of doctrine for United Nations peace operations. A United Nations expert for the rule of law and security institutions, he designed and led the first multidimensional United Nations intelligence service in Sudan. He worked for the African Union and was responsible for the fight against the proliferation of small arms at NATO for 5 years. He was engaged in talks with top Russian military and intelligence officials right after the fall of the USSR. Within NATO, he followed the Ukrainian crisis of 2014, then participated in programs of assistance to Ukraine. He is the author of several books on intelligence, war and terrorism, and in particular *Le Détournement* published by SIGEST, *Govern by fake news*, *The Navalny affair*, and *Poutine, master of the game?* published by Max Milo.

<https://scheerpost.com/2022/04/09/former-nato-military-analyst-blows-the-whistle-on-west-ukraine-invasion-narrative/>

1. The referendums conducted by the two self-proclaimed republics of Donetsk and Luhansk in May 2014 were not ” independence ” (независимость) referendums , as

COMMERCIAL IN CONFIDENCE

[some unscrupulous journalists](#) claimed, but ” [self-determination](#) ” or ” [autonomy](#) (самостоятельность). The term “pro-Russian” suggests that Russia was a party to the conflict, which was not the case, and the term “Russian speakers” would have been more honest.

In fact, these republics did not seek to separate from Ukraine, but to have a statute of autonomy guaranteeing them the use of the Russian language as an official language. Because the first legislative act of the new government resulting from the overthrow of President Yanukovich, was the abolition, on February 23, 2014, of the Kivalov-Kolesnichenko law of 2012 which made Russian an official language.

2. Moreover, these referendums were conducted against the advice of Vladimir Putin.

3. This decision (to ban the Russian language from official business) causes a storm in the Russian-speaking population. This resulted in fierce repression against the Russian-speaking regions (Odessa, Dnepropetrovsk, Kharkov, Lugansk and Donetsk) which began in February 2014 and led to a militarization of the situation and a few massacres (in Odessa and Mariupol, for the most important). At the end of summer 2014, only the self-proclaimed republics of Donetsk and Lugansk remained.

4. It is essential to recall here that the Minsk 1 (September 2014) and Minsk 2 (February 2015) Agreements provided for neither the separation nor the independence of the Republics, but their autonomy [within the framework](#) of Ukraine.

This is why since 2014, Russia has systematically demanded their application while refusing to be a party to the negotiations, because it was an internal matter for Ukraine. On the other side, the Westerners – led by France – systematically tried to replace the Minsk Accords with the “Normandy format”, which brought Russians and Ukrainians face to face. However, let us remember, there were [never](#) any Russian troops in the Donbass before February 23-24, 2022.

5. Thus, to compensate for the lack of soldiers, the Ukrainian government resorted to paramilitary militias. They are essentially made up of foreign mercenaries, often far-right activists.

6. The labeling of “Nazi” or “neo-Nazi” given to Ukrainian paramilitaries is considered [Russian propaganda](#). Perhaps ; but that is not the opinion of The [Times of Israel](#), the [Simon Wiesenthal Center](#) or the Counterterrorism [Center](#) at West Point Academy. (blue words lead to references online).

These militias have been operating in the Donbass since 2014, with Western support. Even if we can discuss the term “Nazi”, the fact remains that these militias are violent, convey a nauseating ideology and are virulently anti-Semitic. Their [anti-Semitism is more cultural than political](#), which is why the adjective “Nazi” is not really appropriate.

So the West supports and continues to arm militias that have been guilty of numerous **crimes against civilian populations since**

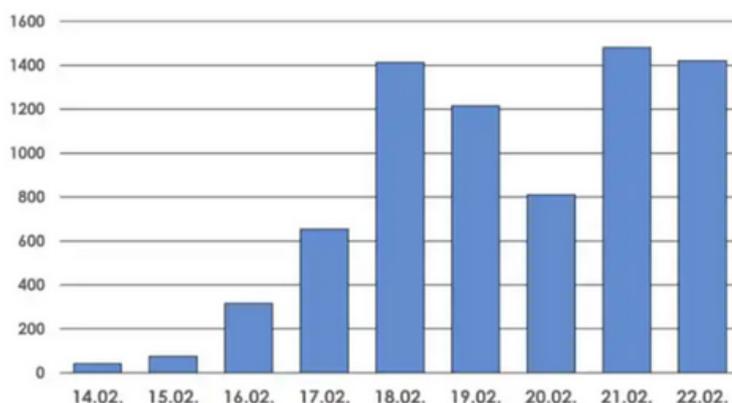
2014 <https://www.osce.org/files/f/documents/e/7/233896.pdf> (War Crimes by Ukrainian Security forces) rape, torture and massacres. But while the Swiss government has been very quick to impose sanctions against Russia, it has not adopted any against Ukraine, which has been slaughtering its own population since 2014. In fact, those who **defend the rights of the men in Ukraine** --

<https://www.osce.org/files/f/documents/6/0/394781.pdf> - "Right-wing radical groups, xenophobia, and aggression in Ukraine"

....have long condemned the actions of these groups, but have not been followed by our governments,

7. On February 17, President Joe Biden **announces that Russia will attack Ukraine** in the coming days. How does he know? Mystery... But since the 16th, the artillery shelling of the populations of Donbass has increased dramatically, as shown by the daily reports of OSCE observers. Naturally, neither the media, nor the European Union, nor NATO, nor any Western government reacts and intervenes. We will say later that this is Russian disinformation. In fact, it seems that the European Union and some countries **purposely** glossed over the massacre of the people of Donbass, knowing that it would provoke Russian intervention.

Number of Explosions in Donbass (19-20 February 2022)



The massive increase in shelling against the population of Donbass on February 16 told the Russians that a major offensive was imminent. This is what led Putin to recognize the independence of the Republics and to consider an intervention under Article 51 of the UN Charter.

Putin can invoke the international obligation of “ **Responsibility To Protect** ” (R2P). But he knows that whatever its nature or scale, the intervention will trigger a shower of

In fact, as early as February 16, Joe Biden knows that the Ukrainians began to shell the civilian populations of Donbass, putting Vladimir Putin in front of a difficult choice: to help Donbass militarily and create an international problem or to sit idle and watch Russian speakers. from the Donbass being run over.

If he decides to intervene, Vladimir

sanctions. Therefore, whether its intervention is limited to the Donbass or whether it goes further to put pressure on the West for the status of Ukraine, the price to be paid will be the same. This is what he explains in his speech on February 21.

7*** In order to make the Russian intervention totally illegal in the eyes of the public we deliberately obscure the fact that the war actually started on February 16th. The Ukrainian army was preparing to attack the Donbass as early as 2021, as certain Russian and European intelligence services were well aware... The lawyers will judge.**

In his speech on February 24, Vladimir Putin stated the two objectives of his operation: to “demilitarize” and “denazify” Ukraine. It is therefore not a question of seizing Ukraine, nor even, in all likelihood, of occupying it and certainly not of destroying it.

8– Denazification:

. destruction or neutralization of volunteer battalions operating in the cities of Odessa, Kharkov and Mariupol, as well as in various facilities on the territory.

“DENAZIFICATION”

In cities like Kharkov, Mariupol and Odessa, defense is provided by paramilitary militias. They know that the objective of “denazification” is aimed primarily at them.

For an attacker in an urbanized area, civilians are a problem. This is why Russia seeks to create humanitarian corridors to empty the cities of civilians and leave only the militias in order to fight them more easily.

Conversely, these militias seek to keep civilians in the cities in order to dissuade the Russian army from coming to fight there. This is why they are reluctant to implement these corridors and do everything so that Russian efforts are in vain: they can thus use the civilian population as “human shields”. Videos showing civilians trying to leave Mariupol and being beaten up by fighters from the Azov regiment are naturally carefully censored here.

MARIUPOL MATERNITY

It is important to understand beforehand that it is not the Ukrainian army which ensures the defense of Mariupol, but the Azov militia, composed of foreign mercenaries.

On March 8, the [independent Russian media Lenta.ru](https://lenta.ru) published the testimony of civilians from Mariupol who said that the maternity hospital was taken over by the militias of the Azov regiment, and chased out the civilian occupants, threatening them with their weapons. They thus confirm the statements of the Russian ambassador a few hours earlier.

PART THREE: CONCLUSIONS

8. As a former intelligence professional, the first thing that strikes me is the total absence of Western intelligence services in representing the situation for a year. In Switzerland, the services **have been criticized** for not having provided a correct picture of the situation. In fact, it seems that all over the Western world, the services have been overwhelmed by the politicians. The problem is that it is the politicians who decide: the best intelligence service in the world is useless if the decision-maker does not listen to it. This is what happened during this crisis.

Some Western politicians obviously wanted there to be a conflict. In the United States, the attack scenarios presented by Anthony Blinken to the Security Council were only the fruit of the imagination of a **Tiger Team working for him** : he did exactly like Donald Rumsfeld in 2002, who thus “bypassed” the CIA and other intelligence services that were far less assertive about Iraqi chemical weapons.

9***The dramatic developments we are witnessing today have causes we knew about, but refused to see:**

– on the strategic level, the expansion of NATO (which we have not dealt with here);

– on the political level, the Western refusal to implement the Minsk Agreements;

– and on the operational level, the continuous and repeated attacks on the civilian populations of Donbass for years and the dramatic increase at the end of February 2022.

9. In other words, we can naturally deplore and condemn the Russian attack. But WE (that is to say: the United States, France and the European Union in the lead) have **created** the conditions for a conflict to break out. We show compassion for the Ukrainian people and the **two million refugees** . It’s good. But if we had had a modicum of compassion for the same number of **refugees from the Ukrainian populations of Donbass** massacred by their own government and who have been accumulating in Russia for eight years, none of this would probably have happened.

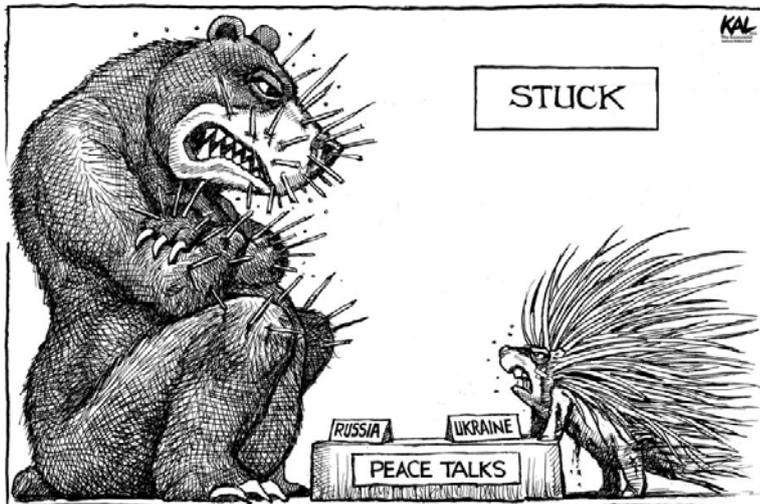
10. If we had insisted that Ukraine respect the Minsk Accords, which we negotiated and endorsed, none of this would have happened. The condemnation of Vladimir Putin is also ours. There is no point in whining after the fact, we had to act before. However, neither

Emmanuel Macron (as guarantor and as a member of the UN Security Council), nor Olaf Scholz, nor Volodymyr Zelenskyy have respected their commitments. Ultimately, the real defeat is that of those who have no voice.

The European Union was unable to promote the implementation of the Minsk agreements, on the contrary, it did not react when Ukraine bombarded its own population in the Donbass. Had she done so, Vladimir Putin would not have needed to react. Absent from the diplomatic phase, the EU distinguished itself by fueling the conflict. On February 27, the Ukrainian government **agrees to start negotiations** with Russia. But a few hours later, the European Union voted a budget of **450 million euros to supply arms** to Ukraine, adding fuel to the fire. From there, the Ukrainians feel that they will not need to come to an agreement. The resistance of the Azov militias in Mariupol will even cause **a raise of 500 million euros for weapons**.

Russia leaves Ukraine in a real mess, will the world expect Russia to pay for rebuilding the country, will the oligarchs be made to foot the bill?

<https://www.quora.com/Russia-leaves-Ukraine-in-a-real-mess-will-the-world-expect-Russia-to-pay-for-rebuilding-the-country-will-the-oligarchs-be-made-to-foot-the-bill>



There are 480 billion Russian dollars blocked abroad. Russia is undoubtedly the aggressor, they have to pay.

It is the first time in history an aggressive country is so stupid to keep its money in the accounts of the allies of the country that is attacked. It is another brilliant move of Putin.

Russian funds are likely to remain blocked until Russia "voluntarily 😊" pays at least part of the damage - 100-200-300 billion. They must pay the damage.

<https://www.reuters.com/world/europe/eu-should-seize-russian-reserves-rebuild-ukraine-borrell-says-ft-2022-05-09/>

May 9 (Reuters) – The European Union should consider seizing frozen Russian foreign exchange reserves to help pay for the cost of rebuilding Ukraine after the war, the bloc's foreign policy chief, Josep Borrell, said in an interview with the Financial Times.

Who are Funding the Rebel Separatist Groups in Ukraine?

https://en.wikipedia.org/wiki/Russian_separatist_forces_in_Donbas#:~:text=The%20main%20groups%20are%20the,by%20the%20Government%20of%20Ukraine.

Russian separatist forces in Donets Basin are militias and armed volunteer groups affiliated with the Russian-recognised pro-Russian breakaway regions in the Donbas region of Ukraine: the Donetsk People's Republic (DPR) and Luhansk People's Republic (LPR). The main groups are the **Donetsk People's Militia** and **Luhansk People's Militia**, which have been fighting the Armed Forces of Ukraine in the Donbas War. They are designated as terrorist groups by the Government of Ukraine.

The Donbas People's Militia was formed in March 2014 by Pavel Gubarev, who was elected "People's Governor" of Donetsk Oblast. The Army of the South-East was formed in April 2014 in Luhansk Oblast. They were originally involved in taking control of Ukrainian government buildings in the oblasts. Tensions increased to the point of the Ukrainian government launching the Anti-Terrorist Operation against the militias, triggering the War in Donbas. The militias were accused by the Ukrainian government of culpability in shooting down Malaysia Airlines Flight 17 in July 2014. Separatist leaders denied this. In September 2014, the militias of the Donetsk and Luhansk republics merged under the umbrella of the **United Armed Forces of Novorossiia** (Russian: Объединённые Вооружённые Силы Новороссии; acronym NAF), which was to be affiliated with the unrecognized political union of Novorossiia (New Russia). The two militias became the DPR 1st Army Corps and LPR 2nd Army Corps. However, the Novorossiia project was suspended in May 2015.

It is widely believed that the separatists are supported by the Russian Armed Forces. Ukraine, the United States, and some analysts consider 1st and 2nd Army Corps to be Russian formations under the command of the 8th Combined Arms Army, which was formed in 2017 in Novocherkassk, Rostov oblast. Although the Russian government often denies direct involvement, saying their soldiers were there voluntarily and not under orders, some of them have been captured with documents that said otherwise. The separatists have admitted receiving supplies from Russia and being trained there. BBC reported that separatist ranks are composed of thousands of Russian citizens. Registered Cossacks of the Russian Federation are also supporting the separatists. DPR head Alexander Zakharchenko claimed in August 2014 that there were around 3,000 to 4,000 Russian volunteers fighting for his militia, which included serving and retired Russian Army servicemen. It is alleged that since September 2015, the separatist units, at the battalion level and up, are acting under direct command of Russian Army officers, with former local commanders sometimes serving as their deputies.

Russia Plans to Spend US\$12 Billion in Separatist-Held Parts of Ukraine:

<https://www.rferl.org/a/russia-ukraine-donetsk-luhansk-/31479593.html>

27 September 2021

Russia plans to spend 900 billion rubles (US\$12.4 billion) over the next three years on financial support in the parts of eastern Ukraine that are held by Russia-backed separatists, according to government documents obtained by the Donbas. Realities desk of RFE/RL's Ukrainian Service.

The funding described in the documents appears to largely target social spending in the parts of the Donetsk and Luhansk regions that have been controlled by the separatists since 2014, when a war against Kyiv's forces erupted after Russia fomented unrest following the ouster of Moscow-friendly President Viktor Yanukovich.

The areas held by the Russia-backed separatists have a combined population of about 2.9 million people, about 38 percent of them pensioners, according to the documents, whose authenticity could not be

COMMERCIAL IN CONFIDENCE

independently verified.

The planned spending described in the documents appears to represent a significant increase.

The average salary in the areas is currently 15,000 rubles (\$206) a month and the Kremlin aims to increase it to 20,000 rubles (\$274) by 2024, the documents said, bringing it in line with the neighboring Russian region of Rostov.

Oleksiy Reznikov, Ukraine's minister for what Kyiv calls the occupied regions, estimated in 2020 that Russia spends a total of about \$1.3 billion annually on salaries in the separatist-held parts of eastern Ukraine and Crimea, the Black Sea peninsula Russia occupied and seized Ukraine in March 2014. The Russian Economic Development Ministry did not immediately respond to a request for comment.

Who are Ukraine's far-right Azov regiment?

<https://www.aljazeera.com/news/2022/3/1/who-are-the-azov-regiment>

1 March 2022

As the Russian invasion of Ukraine enters its sixth day, a Ukrainian far-right military regiment is back in the headlines.

Russian President Vladimir Putin referenced the presence of such units within the Ukrainian military as one of the reasons for launching his so-called "special military operation ... to de-militarise and de-Nazify Ukraine".

On Monday, Ukraine's National Guard tweeted a video showing Azov fighters coating their bullets in pig fat to be used allegedly against Muslim Chechens – allies of Russia – deployed in their country. Azov has also been involved in training civilians through military exercises in the run-up to Russia's invasion.

So what is the Azov regiment?

Azov is a far-right all-volunteer infantry military unit whose members – estimated at 900 – are ultra-nationalists and accused of harbouring neo-Nazi and white supremacist ideology.

The unit was initially formed as a volunteer group in May 2014 out of the ultra-nationalist Patriot of Ukraine gang, and the neo-Nazi Social National Assembly (SNA) group. Both groups engaged in xenophobic and neo-Nazi ideals and physically assaulted migrants, the Roma community and people opposing their views.

As a battalion, the group fought on the front lines against pro-Russian separatists in Donetsk, the eastern region of Ukraine. Just before launching the invasion, Putin recognised the independence of two rebel-held regions from Donbas.

A few months after recapturing the strategic port city of Mariupol from the Russian-backed separatists, the unit was officially integrated into the National Guard of Ukraine on November 12, 2014, and exacted high praise from then-President Petro Poroshenko.

"These are our best warriors," he said at an awards ceremony in 2014. "Our best volunteers."

Who founded Azov?

The unit was led by Andriy Biletsky, who served as the leader of both the Patriot of Ukraine (founded in 2005) and the SNA (founded in 2008). The SNA is known to have carried out attacks on minority groups in Ukraine.

In 2010, Biletsky said Ukraine's national purpose was to "lead the white races of the world in a final crusade ... against Semite-led Untermenschen [inferior races]".

Biletsky was elected to parliament in 2014. He left Azov as elected officials cannot be in the military or police force. He remained an MP until 2019.

The 42-year-old is nicknamed Bely Vozd – or White Ruler – by his supporters. He established the far-right National Corps party in October 2016, whose core base is veterans of Azov.

Before becoming part of Ukraine's armed forces, who funded Azov?

The unit received backing from Ukraine's interior minister in 2014, as the government had recognised its own military was too weak to fight off the pro-Russian separatists and relied on paramilitary volunteer forces.

These forces were privately funded by oligarchs – the most known being Igor Kolomoisky, an energy magnate billionaire and then-governor of the Dnipropetrovska region.

In addition to Azov, Kolomoisky funded other volunteer battalions such as the Dnipro 1 and Dnipro 2, Aidar and Donbas units.

Azov received early funding and assistance from another oligarch: Serhiy Taruta, the billionaire governor of Donetsk region.

Neo-Nazi ideology

In 2015, Andriy Diachenko, the spokesperson for the regiment at the time said that [10 to 20 percent](#) of Azov's recruits were Nazis.

The unit has denied it adheres to Nazi ideology as a whole, but Nazi symbols such as the swastika and SS regalia are rife on the uniforms and bodies of Azov members.

For example, the uniform carries the neo-Nazi Wolfsangel symbol, which resembles a black swastika on a yellow background. The group said it is merely an amalgam of the letters "N" and "I" which represent "national idea".

Individual members have professed to being neo-Nazis, and hardcore far-right ultra-nationalism is pervasive among members.

In January 2018, Azov rolled out its street patrol unit called National Druzhyna to "restore" order in the capital, Kyiv. Instead, the unit carried out pogroms against the Roma community and attacked members of the LGBTQ community.

"Ukraine is the world's only nation to have a neo-Nazi formation in its armed forces," a correspondent for the US-based magazine, the Nation, wrote in 2019.

Human rights violations and war crimes

A 2016 report by the United Nations Office of the High Commissioner for Human Rights (OCHA) has accused the Azov regiment of violating international humanitarian law.

The report detailed incidents over a period from November 2015-February 2016 where Azov had embedded their weapons and forces in used civilian buildings, and displaced residents after looting civilian properties. The report also accused the battalion of raping and torturing detainees in the Donbas region.

What has been the international response to Azov?

In June 2015, both Canada and the United States announced that their own forces will not support or train the Azov regiment, citing its neo-Nazi connections.

The following year, however, the US lifted the ban under pressure from the Pentagon.

In October 2019, 40 members of the US Congress led by Representative Max Rose signed a letter unsuccessfully calling for the US State Department to designate Azov as a “foreign terrorist organisation” (FTO). Last April, Representative Elissa Slotkin repeated the request – which included other white supremacist groups – to the Biden administration.

Transnational support for Azov has been wide, and Ukraine has emerged as a new hub for the far right across the world. Men from across three continents have been documented to join the Azov training units in order to seek combat experience and engage in similar ideology.

WHY!?

Who is Funding Who and Why!?

East Ukraine, which includes the Donbas region of Ukraine: the Donetsk People's Republic (DPR) and Luhansk People's Republic (LPR), is rich in iron ore, coal, gas and oil. It is also heavily industrialised.

This brings into play the two world dominate oil cartels, the Rothschilds which in turn introduces the British MI6 and the Rockefellers which in turn introduces the USA CIA. Further, the area in conflict is the homeland of the Khazarian Jews.

There is gross evidence of different factions fighting each other as well as the opponents with dire consequences. Eastern Ukraine battlefields are a demonstration of how efficient humanity has gotten in the art of slaughtering each other. All of this being mostly in vain as the goals are those of hidden controllers from their positions of safety, with avarice, greed and control being their gods. The death and destruction will convert to long term debt enslavement and rape and pillage of natural resources.

Should the funding sources become revealed then maybe a pathway to sanity could be found, but this is unlikely.

Violence is never Justified



TALK IT OUT



We are to express our feelings, both good and bad, and nothing is sacrosanct or to be withheld.

All that's wrong and untrue within us has to be expressed out of us, each of us, it all has to come to light for us to see the truth of. We have to know the truth of ourselves and the truth of our family relationships.

Everything needs to be expressed, to come out into the open.

What enters emotionally has to be expressed emotionally – it has to come out emotionally – leave us emotionally!

However, we are not to act upon what we are feeling emotionally! We are not to act it out! But, we are to go on and long to know the truth of what is behind our feelings, why we are having these feelings and experiences.

Long to the Mother and Father for Their Divine Love, and ask Them to help you see the truth through your feelings – that which They want you to know. Long and ask; long and pray. Pray to see, know and BE the truth, the truth of you – of all of it!



EU to set up a platform for Ukrainian reconstruction

<https://www.dw.com/en/eu-to-set-up-a-platform-for-ukrainian-reconstruction-live-updates/a-62345352>

Ukraine's PM says his country needs US\$750 billion for recovery plan

4 July 2022

Ukraine needs US\$750 billion (€718 billion) for a three-stage recovery plan in the wake of Russia's invasion, Ukrainian Prime Minister Denys Shmyhal said on Monday.

Shmyhal also told the Ukraine Recovery Conference in Lugano that there had been over US\$100 billion (€96 billion) of direct damage to infrastructure from Russia's invasion.

He added that the Ukrainian government believed that a key source of funding for the recovery plan should be assets confiscated from Russian oligarchs.

According to Shmyhal, Ukraine's recovery plan has three phases: A first focused on fixing things that matter for people's daily lives like water supply which is ongoing, a "fast recovery" component that will be launched as soon as fighting ends **including temporary housing, hospital and school projects**, and one that aims to transform the country over the longer term.

[EU to set up platform for Ukrainian reconstruction](#)

The European Union will set up a reconstruction platform to coordinate the rebuilding of Ukraine after its war with Russia, EU Commission President Ursula von der Leyen said on Monday.

The platform will be used to map investment needs, coordinate action and channel resources, von der Leyen told the Ukraine Recovery Conference in the Swiss city of Lugano.

"Since the beginning of the war, the European Union has mobilised around €6.2 billion (US\$6.48 billion) in financial support," von der Leyen said. "More will come. We will engage substantially in the mid- and long-term reconstruction."

The platform will bring together countries, institutions, the private sector and civil society. It will also include international organisations like the European Bank for Reconstruction and Development and the European Investment Bank.

"Through the reconstruction platform, the European Commission can offer its extensive expertise in running programs that combine reform and investments," von der Leyen said.

"In addition, we have been working closely with Ukraine for a long time. And this work will only intensify now that Ukraine has formally become a candidate to join our Union."

Europe has a "special responsibility and a strategic interest to be at Ukraine's side," she added.

"The Kremlin's goal is the military, political and economic destruction of Ukraine," she said. "They want to undermine Ukraine's very existence as a state. We cannot and we will not let this happen."

Zelenskyy says Ukraine reconstruction is 'common task' of democratic world

Rebuilding Ukraine is the "common task of the whole democratic world", Ukrainian President Volodymyr Zelenskyy said on Monday, insisting the recovery of his war-torn country would serve world peace.

"Reconstruction of Ukraine is the biggest contribution to the support of global peace," Zelenskyy said, speaking via video link to the Ukraine Recovery Conference in Lugano, southern Switzerland.

"Russia's war against Ukraine is not only an attempt to seize our land and destroy state institutions, to break our independence. It is a worldview confrontation. The anti-democratic and anti-European system built in Russia is trying to prove that it is supposedly stronger than all of us: Ukraine, Europe, and the democratic world," he said.

Ukraine recovery meeting to open in Lugano

Leaders from dozens of countries, international organisations and the private sector are meeting in Switzerland to discuss a recovery plan for Ukraine. Ukrainian President Volodymyr Zelenskyy will address the gathering virtually.

The two-day conference had been planned well before Russia launched its full-scale invasion on February 24. It had originally been slated to discuss reforms in Ukraine, but after the war began the focus was shifted to reconstruction.

Rebuilding Ukraine once the war ends is expected to cost hundreds of billions of dollars. The effort will require "colossal investments," Zelenskyy said at the weekend.

Kyiv School of Economics has estimated the damage done so far to buildings and infrastructure at nearly US\$104 billion (€100 billion).

It estimated that at least 45 million square metres of housing, 256 enterprises, 656 medical institutions, and 1,177 educational institutions had been damaged, destroyed or seized, while Ukraine's economy had already suffered losses of up to US\$600 billion.

Ukraine's ambassador to Switzerland Artem Rybchenko said ahead of the conference that it would help create "the roadmap" to his country's recovery.

Ukraine to tackle corruption as part of its recovery plan

But, also on the agenda, are anti-corruption pledges and demands from Ukraine.

Swiss President Ignazio Cassis, co-host of the conference, said: "It is crucial that these efforts continue unwaveringly, especially in the fight against corruption, improving transparency and the independence of the judiciary, and that they are not stalled by the war."

A side event to discuss anti-corruption strategies has been organised alongside the two-day conference.

This is co-hosted by the **EU Anti-Corruption Initiative (EUACI), which was set up in 2017 with the aim of reducing corruption in Ukraine at the national and local level.**

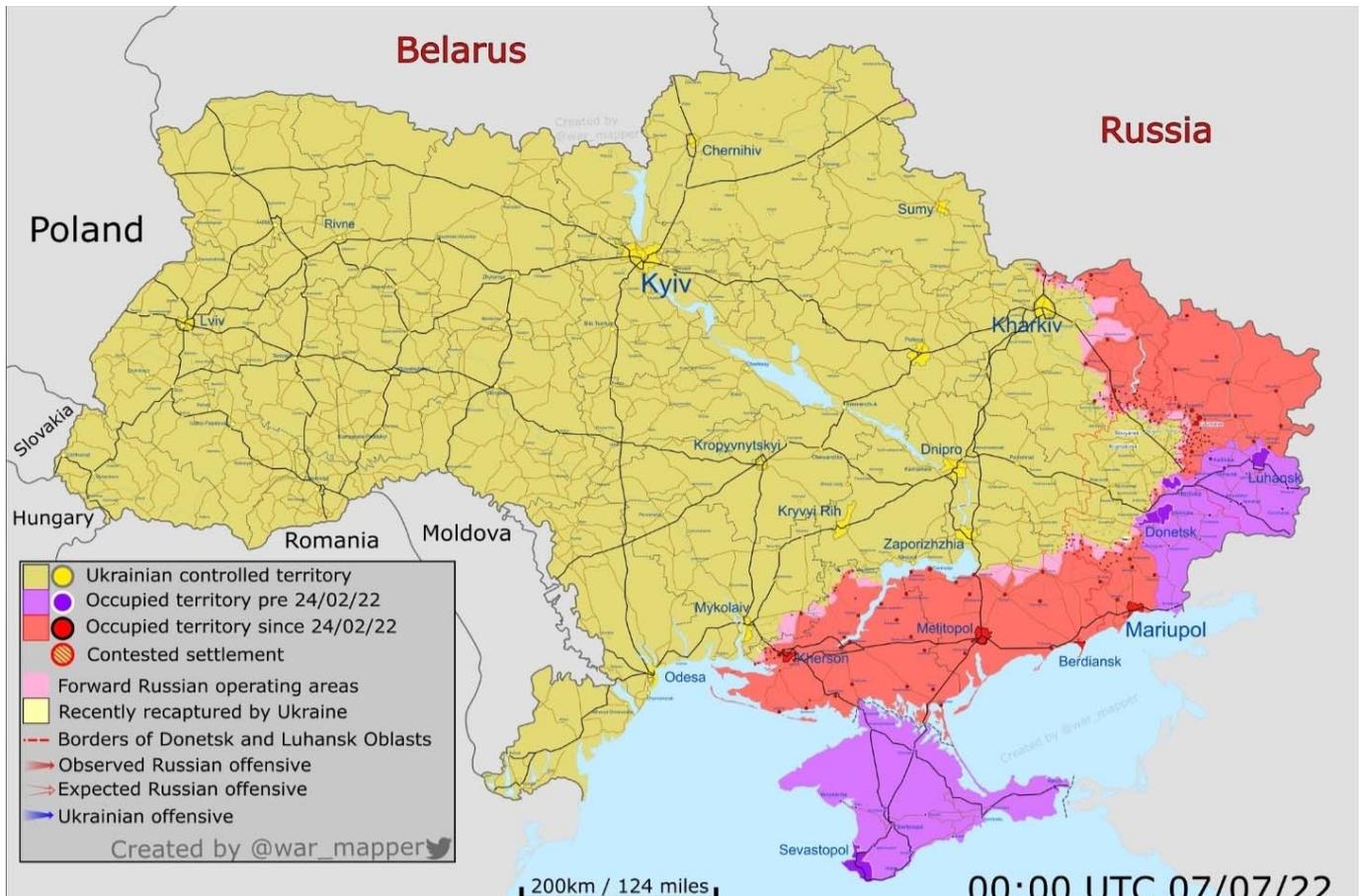
COMMERCIAL IN CONFIDENCE

Mathias Cormann, secretary general of the Organisation for Economic Cooperation and Development (OECD) spoke at the Ukraine Recovery Conference.

He said Ukraine was working closely with the OECD in an anti-corruption initiative that aims to tackle bribery and other forms of corruption in the country.



Source: UK MoD / Institute for the Study of War (21:00 GMT, 3 July)



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ALLA YATSENKO

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Ukrainian Passport	BH33xxxx	with no expiration
Foreign Passport	FS84xxxx	expire 10 Oct 2028

DEMONSTRATED SKILLS AND ABILITIES

Personal Abilities

- Willingness to learn.
- Effective communicator.
- Tolerance of change and uncertainty.
- Budget management.
- Big picture thinker.

Interpersonal abilities

- Excellent listener.
- Excellent written and verbal skills.
- Calm under pressure.
- Teamwork.
- Trustworthy.

Leadership/Management Skills

- Innovation and creativity of a team.
- Adaptability wherever needed.
- Reporting my ideas and those of my team.
- Lead through example.
- Big picture thinker.

Analytical (Problem-Solving and Innovative) Skills

- Conflict resolution.
- Analytical Ability.
- Logical reasoning

Decision Making Skills

- Intuition.
- Teamwork.

- Creativity.
- Time management.

Communication Skills

- Communicating with a positive attitude.
- Effective verbal communicator.

Work Organisation Skills

- Effective time management.
- Structured and methodical.
- Produce monthly reporting.

Marketing

- Budget planning.
- Project planning.
- Digital Advertising Management.
- Social media marketing.

Computer

Microsoft office, 1C Enterprise, Google Sites, Facebook Workplace.

(TERTIARY) EDUCATION

Higher School of Economics	1997
Bachelor's Zhytomyr University of Engineering and Technology (Faculty of Economics)	2001
Master Zhytomyr University of Engineering and Technology (Faculty of Economics)	2002

EMPLOYMENT HISTORY

Economist in a retail chain. The "BADURA" brand

August 2002 – May 2009

Responsibilities: Prepare input data for projects of economic and financial, production and commercial activities (business plans) of the enterprise in order to ensure the growth of sales volume and increase profits. Perform calculations on material, labor and financial costs, necessary for production and sales of products, development of new types of products, advanced techniques and technology.

Achievements: Participated in the development of the company's 10-year efficiency improvement program. Managed to reduce planned costs by 16% year over year and increase productivity by 27%.

May 2009 - April 2019

Chief Economist. The "BADURA" brand

Responsibilities: Diagnostics of the efficiency of the company's subdivisions and their production. Creation and search for tools to improve the performance of the company's subdivisions. Creation of plans

and setting tasks. Preparation for drawing up of the contract and supervision of performance of conditions in it. Providing a long-term forecast of the company's operations, obtaining results and conducting market research. Reviewing accounting operations and searching for errors. Drawing up reports on economic periods.

Achievements: Experience in creating business plans from scratch. Successfully predicted a rise in the price of materials, which gave the opportunity to save up to 12% of their original cost. Reduced accounts receivable among clients by 13%.

Inspection of a disabled child
April 2019 until now.

INTERESTS

Reading, I love cooking, dancing, outdoor activities, family.

ANATOLIY YATSENKO

Address	on request Zhytomyr region 10025 Zhytomyr Ukraine D.O.B. 24 December 1974	Mb Em
Ukrainian Passport	BH31xxxx	with no expiration
Foreign Passport	FS84xxxx	expire 10 Oct 2028

DEMONSTRATED SKILLS AND ABILITIES

Personal Abilities

- Persistence in everything undertaken.
- Targeting the highest level of quality in professionalism possible.
- Critical thinking and creativity in problem solving.
- Tolerance of change and uncertainty.
- Willingness to learn.
- Resourcefulness.
- Effective communicator.

Interpersonal abilities

- Persistence in detail
- Excellent written and verbal skills.
- Active listening.
- Teamwork.
- Leadership.

Leadership/Management Skills

- Innovation and creativity at the head of a team.
- Adaptability wherever needed.
- Reporting my ideas and those of my team.
- Ability to delegate authority.
- Lead marketing teams in the promotion of property investment opportunities.

Analytical (Problem-Solving and Innovative) Skills

- Ability to examine information or a situation in detail.
- Ability to define or identify a problem, generate alternatives or potential solutions.
- Overcoming obstacles to achieve an ambition or goal.

Decision Making Skills

- The ability to choose between two or more alternatives to achieve the best result in the shortest possible time.
- Management of industrial relations.

Communication Skills

- Communicating with a positive attitude.
- A caring and supportive mentor.
- Listening to others when they are talking, asking questions to better understand their interlocutors.

Work Organisation Skills

- Effective time management.
- Structured and methodical.
- Improving my digital organization, deciding what things will be saved, where and how.

Marketing

- Budget planning.
- Project planning.
- Digital Advertising Management.
- Social media marketing.

Computer

Microsoft office, Adobe Photoshop, Adobe Premiere, 1C Enterprise, Google Sites

(TERTIARY) EDUCATION

Higher School of Mechanical Engineering	1990
Bachelor's Zhytomyr University of Engineering and Technology	1994
Master Zhytomyr University of Engineering and Technology	2000

EMPLOYMENT HISTORY**Manager of the Agricultural Machinery Sales Division.**

June 2001 – April 2004

Responsibilities: Sales targets fulfillment and maintaining client base. Search for new clients. Conclusion of contracts. Payments tracking. Sales Administration. Reporting. Budgeting for the assigned territory. Economic analysis of transactions. After-sales support of clients. Assistance in organization and participation in marketing events. Maintenance of internal weekly and monthly reporting forms, SRM.

Achievements: Management of the sales department. Expanded the customer base by 27% in two months. For half a year of work sales increased by 123%, representatives opened in three more regions. Improved logistics and quality of order processing. The terms of repair of agricultural machinery were reduced due to the involvement of highly qualified specialists.

April 2004 - February 2006

Head of the Department of control of placement of outdoor adv.

Responsibilities: Knowledge of legislative and normative legal acts. Regulations of entrepreneurial, commercial and advertising activities. Understanding of market conditions, as well as the order of pricing and taxation. Use of the theory and practice of management, as well as the organization of the advertising business. Application in practice of the fundamentals of business administration, marketing. Forms and methods of advertising campaigns. The procedure for developing agreements and contracts for organizing and conducting advertising campaigns. Ethics of business communication.

Achievements: In the first six months of work brought in order and put on record 85% of the city's outdoor advertising. The city's budget began to receive additional funds. The choice of forms and methods of advertising in the media, their text, colour and music design were carried out. Organized communications with business partners, created a system for collecting the necessary information to expand external relations in order to improve promotional activities. Established the necessary links with other departments, enterprises, institutions, organizations to carry out promotional activities, in order to attract consultants and experts, as well as to participate in the advertising of well-known and popular persons, entering into contracts with them on a commercial basis.

Head of the supply department of the confectionery factory "ZL".

March 2006 – November 2008

Responsible: Organize the process of providing raw materials, materials, goods, tools, protective clothing, household equipment. Control the correctness and timeliness of the execution of assigned tasks by the employees of the department. Manage the development of projects of perspective and annual plans of material and technical support. Monitor the condition of stocks of raw materials and goods, take measures to minimize them. Perform work related to the preparation of claims to suppliers. Manage the work on technical and economic analysis in the field of material and technical supply, on the development of enterprise standards for material and technical support, to improve the quality of products. To participate in coordination of conditions and the conclusion of contracts of deliveries on material and technical maintenance of the enterprise, to take measures on expansion of direct communications with suppliers. Carry out the organization of the operative accounting of supply operations. Prepare and submit for approval cost estimates for purchases in a timely manner in accordance with the applicable Planning Regulations. Monitor compliance with departmental accounting standards in accordance with the approved estimates. Prepare and submit the necessary reports to the accounting department in a timely and complete manner. Control the timeliness of delivery of reports to the accounting department by the employees of the department.

Achievements: During the operation, downtime in the confectionery shops was reduced from 46 to 12 hours per month. Contacts were established and contracts signed with new suppliers of raw materials. This resulted in reduced downtime. The increase in sales of confectionery products was 15% in the first month of my work and increased by 3-5% with each subsequent month.

**Head of security systems for the banking sector.
December 2008 - February 2022**

Responsibilities: Monitor the procurement and delivery of security systems for the banking sector. Maintain accounting and inventory records. Train installation teams in the subtleties of installing security systems. Check each connected object for operability.

Achievements: For all the time it has served nine banking structures, which is more than a thousand branches across Ukraine. In the beginning we started working with only 43 branches. We gained great experience in setting up security equipment, as well as in accounting and stock reporting. Also received even more experience in working with people.

INTERESTS

Martial arts, reading, traveling, spending time with my family and children, cooking delicious meat dishes and cooking real Ukrainian borscht.

ALEXANDER FOLVERT

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	Zhytomyr region, 10012	Mb
	Zhytomyr, Ukraine	
	D.O.B. August 14, 1967	Em
Ukrainian Passport	BH 98xxxx	with no expiration

DEMONSTRATED SKILLS AND ABILITIES

Personal Abilities

- Planning, productivity and perseverance in everything you do.
- Focus on the highest possible level of quality and professionalism.
- Creative problem solving, analytics, critical thinking
- Difficulties and uncertainty add desire to work.
- Constantly learning, acquiring additional knowledge.
- Resourcefulness, resourcefulness.
- Effective organizer, communicator.

Interpersonal abilities

- Experience in the organization
- Persistence in detail
- Excellent written and verbal skills.
- Active listening.
- Teamwork.
- Leadership.

Leadership/Management Skills

- Business knowledge, finance, supplier management, strategic thinking.
- Recruiting training discipline team building.
- Goal setting, self-awareness, prioritization in a team.
- Communication, organization, respect, honesty, support, delegation.

Analytical (Problem-Solving and Innovative) Skills

- Ability to examine information or a situation in detail.
- Ability to define or identify a problem, generate alternatives or potential solutions.
- Overcoming obstacles to achieve an ambition or goal.

Decision Making Skills

- Ability to consciously choose from a variety of options
- Prioritization in the course of work.

Communication Skills

- Showing respect for others.

COMMERCIAL IN CONFIDENCE

- A caring and supportive mentor.
- Listening to others when they are talking, asking questions to better understand their interlocutors.

Work Organisation Skills

- Effective time management.
- Structured, persistent and methodical.
- Improving my digital organization, deciding what things will be saved, where and how.

Marketing

- Budget planning.
- Project planning.
- Digital Advertising Management.
- Social media marketing.

Computer

Microsoft office, Adobe Photoshop, Adobe Premiere, 1C Enterprise

(TERTIARY) EDUCATION

Average

SPTU №14, from 08.1984 to 07.1985 Zhytomyr.

Additional education

Training "Info Manager" – time management, delegation. 2004

Training "PROJECT AND PROGRAM MANAGEMENT" 2012

Training "Sales Management" 2014

EMPLOYMENT HISTORY

Equipment engineer

from 09.1988 to 05.1993 (4 years 8 months)

Garment factory "Polysyanka" (Manufacture of light industry products)

He came to work as a locksmith of the 4th category, for the period of dismissal – an equipment engineer.

Chief mechanical engineer

from 05.1993 to 06.1997 (4 years 1 month)

Arnika LLC (Production of light industry products)

Purchase of equipment, planning and organization of mechanical repair work.

Head of a separate division

from 07.1997 to 11.2001 (4 years 4 months)

LLC "SAVservice" Zhytomyr (LLC "SAVservice" (Distribution of products of the company "Procter & Gamble"))

The company is a distributor of P@G products in the Zhytomyr region. Passed the way from a picker of goods to the head of a separate department.

Branch Manager

from 11.2001 to 07.2006 (4 years 8 months)

DC LLC (Zhytomyr) (Retail trade of household chemicals, cosmetics, perfumes)

Managed the financial and economic activities of the branch. Managed the start-up company "DC" in the region. Selected and trained staff, managed staff. Trained personnel for other regions.

Regional Director for the Western Region

from 11.2006 to 05.2007 (6 months)

Eco LLC (Eco-market chain of supermarkets)

Managed retail stores in the region, managed financial and business activities. Search and analysis of proposals for the development of the company in the region.

Head of real estate search department for the Western Region

from 02.2008 to 10.2008 (6 months)

LLC "Baltika" (real estate, construction.)

Organized the search for real estate, land for construction for the company. Conducted negotiations, analyzed proposals, collaborated with design organizations.

Project Manager for the Central Region

from 10.2008 to 02.2009 (4 months)

LLC "Esvalda" (real estate, construction.)

Organized the receipt of contractual and permit documentation for the company, prepared the acquired objects, land plots for the construction of shopping centres, supermarkets.

Head of a network of retail stores

from 03.2009 to 02.08.2017 (8 years)

Alfa Land (retail sale of upholstered and cabinet furniture 14 stores)

Planned the development of the company, managed the financial and economic activities of the company, negotiated with furniture manufacturers. Motivation and selection of personnel.

Deputy Director

from 06.2017 to 09.2017 (3 months)

PP "Mebli - Service" (production of cabinet furniture)

Organization of production, building a sales department, working with dealers.

Work with personnel, development of motivation for the company

Director of logistics Department

from 2018 to present

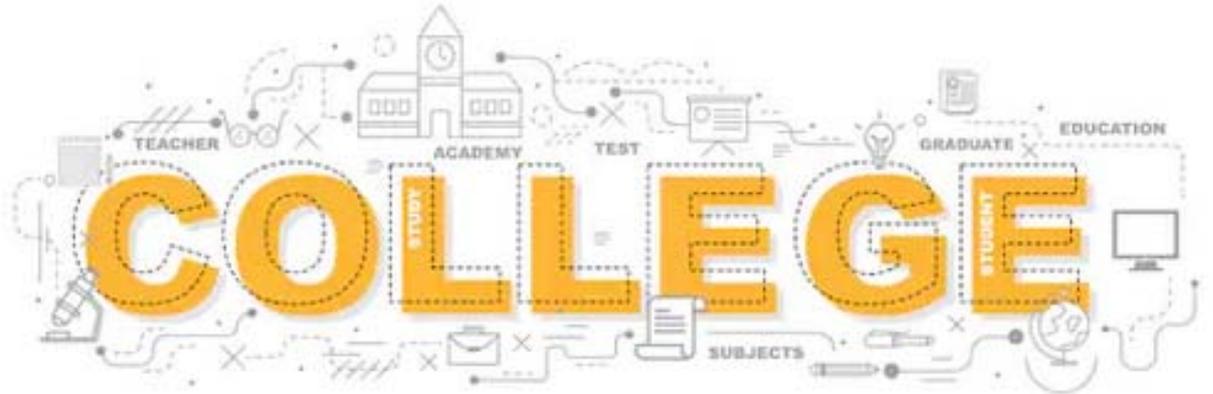
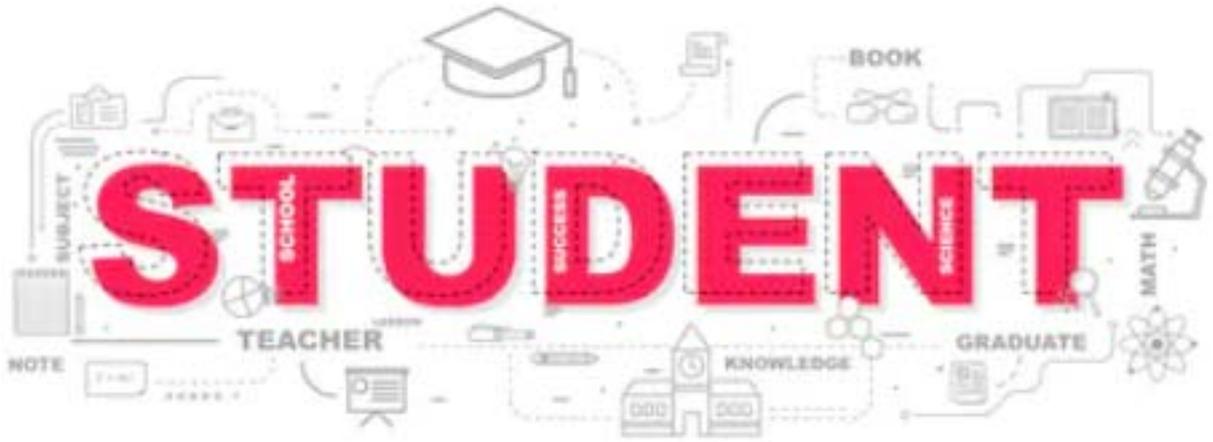
KATP 0628 (utility company)

Work with transport logistics, drawing up routes, schedules

Negotiate with partners and clients of the company

INTERESTS

Soccer, fishing, gathering mushrooms, berries, reading, traveling, spending time with my family.



Healed potential



Insightful Genius

Brilliance!

DYNAMIC

vibrant



COMMERCIAL IN CONFIDENCE