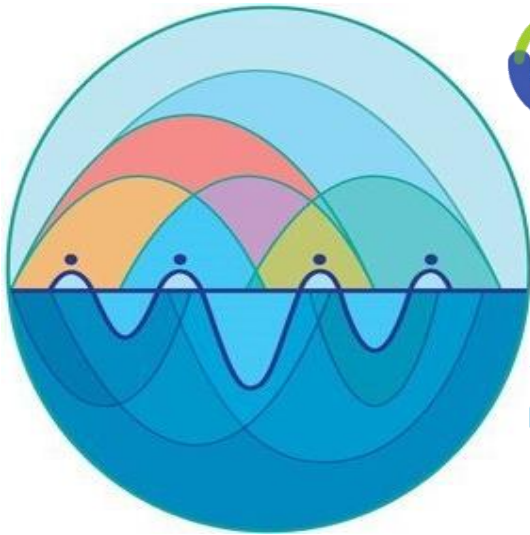


PASCAS FOUNDATION (Caribbean SIDS) Inc



CARIBBEAN

SIDS

**SMALL ISLAND
DEVELOPING STATES**

Business Plan & Financial Feasibility

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PASCAS FOUNDATION (Caribbean SIDS) Inc

EXECUTIVE SUMMARY

THE PRODUCT:

Each community is to be asked to share what they see as to what is most needed for their community and how they would prefer required solutions to be addressed. This is most appropriate to engage with the people directly and invite them to participate in deliveries as the diversity of situations throughout the small island development states (SIDS) of the Caribbean is incomprehensible.

We look firstly to the Organisation of the East Caribbean States (OECS) of which there are 7 state members, then to CARICOM of which there are 15 states members including the OECS members. However there are 28 SIDS including all of CARICOM, but three of these warrant standalone Pascas operations, these being for Cuba, Dominican Republic and Haiti. The standalone nations have populations of around 11 million each as does the combined rest of the Caribbean SIDS.

Then consider the backgrounds of the populations. Colonisation has been by the Portuguese, Spanish, French, Dutch, British and USA. There are indigenous populations from the region and south America. Slavery from Africa dominate many of the populations, then indentured servants were introduced from India, Indonesia and elsewhere. Some of the island states remain as territories of those who colonised them long ago. Consequently, even though the locals may feel commonality between each other, their heritage is complex, rich and amazing. Then you add in the diversity of religions old and newly introduced. English is generally the dominant language but only 15% speak it!

Many of the Caribbean islands changed hands several times before finally being secured as established colonies. The cultural traits of each of the European colonisers were injected into the fabric of the islands they colonised; thus, the languages, religions, and economic activities of the colonised islands reflected those of the European colonisers rather than those of the native people who had inhabited the islands originally. The four main colonial powers in the Caribbean were the Spanish, English, Dutch, and French.

The Caribbean is a tropical paradise, a tourism venue of world renown. But then we are to look behind the thin veneer!

The Caribbean sits on a small continental plate, it is a hotbed of volcanos, earthquakes and tsunamis. Tropical storms consists of cyclones and hurricanes. Natural disaster abound. Some islands suffer extensive droughts and water security is often threatened.

Employment is difficult to find. January 2023, unemployment in Dominica Commonwealth was 11.1% for men and 17.6% for women. Youth unemployment was 40% and in the age group 15 – 24 unemployment was 28% on Dominica (not Dominican Republic). Consequently, Business Training Centre (BTC) of Dominica proposes retraining for employment for 1,000 youth, principally throughout the rural regions of Dominica and with a focus upon young ladies to be an initiating project for Pascas Foundation. This is then to expand to support 5,000 youth throughout Dominica.

POVERTY

35.4% of the population in main urban areas are poor and 7.7% are extremely poor. This is 15.6 million and 3.4 million people in poverty and extreme poverty respectively throughout the Caribbean.

CHILD SEXUAL ABUSE and CHILD ABUSE

According to research 20% - 40% of girls in the Eastern Caribbean Area have faced sexual abuse. Up to 70% of our children have experienced some form of physical violence or psychological abuse. In addition, too many young people end up in the juvenile justice system where they are jailed without other, more constructive, options being explored.

Child sexual abuse and child abuse is greatly under reported and under estimated.

COMMERCIAL IN CONFIDENCE

HOMELESS KIDS

December 2020, at least 23.4 million children are in need of humanitarian assistance across the region, compared to only 7 million last year. This spike is largely driven by the devastating impacts of the COVID-19 pandemic, the growing migratory flows and an increase of extreme natural disasters exacerbated by climate change, such as hurricanes and droughts.

The region of 36 countries is struggling with one of the longest lockdowns in the world and is also suffering with the biggest contraction in the last 100 years, according to the Economic Commission on Latin America and the Caribbean (ECLAC).

EDUCATION

The coronavirus Covid-19 pandemic lockdowns have had a critical impact on the educational trajectories of children and adolescents in Latin America.

Yes, Caribbean education is good. Caribbean schools are designed based on the British schools standards, and Caribbean universities are accredited by the Caribbean and global authorities. Caribbean education is also more affordable than one in Europe or North America.

FOOD SECURITY

The Caribbean region continues to be impacted by external factors which threaten livelihoods and the ability of people to meet their basic needs. On average, **food inflation in the English and Dutch-speaking Caribbean has risen by 10.2% across 20 countries as of March 2022.** 16 Sept 2022

The number of people estimated to be facing moderate to severe levels of food insecurity in the English-speaking Caribbean has risen by an alarming 46% over the last six months. Nearly 4.1 million people or 57% of the population now face food insecurity, according to a recent survey conducted by the Caribbean Community (CARICOM) and the United Nations World Food Programme (WFP). 16 Sept 2022

ELECTRICITY POWER COVERAGE

Haiti power coverage is around 50% with most other island nations having 100% coverage.

WATER and SANITATION

Water supply and sanitation services in 15 countries and 2 territories in the Caribbean research, access to basic service was found to be relatively high, with access to basic water supply at more than 90% for all but one of the countries – at 65.5%, Haiti is the exception. Access lags in basic sanitation but is accessible for more than 85% of the population of almost every country except Dominica 77.9% and Haiti 34.7%.

FEELINGS are our Supreme Guide!

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

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

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

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

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

THE COMPANY:

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

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

Pascas Foundation (Caribbean SIDS) Inc is being established as a humanitarian entity for all of the people of the Caribbean and it is to be managed by the people of the Caribbean.

MARKETS & COMPETITION:

CARIBBEAN SIDS (Small Island Developing States) Doctors Nurses Teachers Ratios

	DOCTORS per 1,000 people	NURSES & MIDWIVES per 1,000 people	TEACHER / STUDENT ratio
Antigua and Barbuda	2017 2.8	2018 4.5	2018 12
Dominica	2018 1.1	2017 6.1	2016 13
Grenada	2018 1.4	2017 3.1	2018 16
Saint Kitts and Nevis	2018 2.8	2015 4.2	2016 14
Saint Lucia	2017 0.6	2017 3.2	2018 15
Saint Vincent and the Grenadines	2012 0.9	2018 7.0	2018 14
Colombia	2018 3.8	2018 1.3	2018 23
Brazil	2019 2.3	2019 7.4	2017 20
Panama	2019 1.6	2019 3.2	2017 22
Peru	2018 0.8	2018 3.0	2018 17
Australia	2018 3.8	2019 13.2	1999 18
United States America	2018 2.6	2018 15.7	2017 14
Spain	2018 4.0	2018 6.1	2017 13
Strongest Worldwide	2020 Austria 5.4	2019 Switzerland 18.0	2018 San Marino 7
https://data.worldbank.org/			
Weakest Worldwide	Africa 27 nations 0.1	Africa 30 nations 1.0	Africa 21 nations 40+

Caribbean OECS needs to double their number of doctors per 1,000 people – and then some – from 1.6 to around 3.6 say.

Caribbean OECS needs to double their number of nurses per 1,000 people – and then some – from 4.7 to around 12 say.

Caribbean OECS needs to improve teacher training and facilities.

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

The education facilities throughout the Caribbean are universally mediocre with students performing low on the scale of the world stage – achieving something like 50% - 60% of potential. This is creating shortages in all critical sectors of the economy, possibly nowhere as acute as throughout their own advanced education sectors and also health services.

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

MAJOR FOCUS for CARIBBEAN OECS

For the individual:

40% or more of the population live on incomes below the level of poverty line. Social housing is not available for many, if not most. Food security is critical in many provinces. Free and open education for all needs to be enhanced. Medical clinics within reasonable access are limited. Family planning needs to be a focus for the medical centres. Hospitals being equipped with diagnostic services and operating facilities comparable to institutions worldwide needs to be available for impoverished. Due to small population pockets, small campuses are required whereas large facilities would be under-utilised.

And these need to be addressed for the nation:

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

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

An oversight council of twelve people (if not more) is to oversee the implementation of solutions and changes required throughout the nation and society. The council will at all times consist of at least 50% women. The oversight council members are to be of Caribbean nationals and they are not to have strong political allegiances, nor should they demonstrate a dominating religious bias. Every person living in the Caribbean is to be treated equally. Yes, those in greatest need will be the first to be assisted with the objective that the overall agenda will lead to is equal and fair treatment for all. Boundaries and barriers are to be torn down. The prejudices of all will be exposed for what they are – immoral and grossly unloving.

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

We work for the people – and the people do the rest!

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

Through the gift of kinesiology muscle testing, we each may proceed to test for the level of truth of each and every statement, paragraph, page and document within the library. Thus, we do not have to wait for our minds to confuse us. Even this business plan and its executive summaries can be separately calibrated for their levels of truth by reference to the Map of Consciousness (Moc) through kinesiology muscle testing. The most effective mode of teaching is through students tutoring each other. They enhance this further through embracing their feelings and responding intuitively in discussions. This requires ample meeting-

COMMERCIAL IN CONFIDENCE

up gathering points, typically for up to twelve students, to be available throughout education centres. This is a facility that is presently not often provided for within education centres. Also, to commence this mode of education, teachers commence their introductions of topics with around a dozen students, thus requiring even more teachers than may be envisaged. To bring this all about requires universities to embrace these understandings and lead the way. It is a major evolutionary jump in education and the potentials for all of the participants and families involved are great.

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

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

FINANCIAL REQUIREMENTS:

Funding required in the form of grants to commence this national endeavour over five years is US\$16,241 million. It is anticipated that these funds will be used for land and buildings (US\$12,345 million), plant and equipment (US\$117 million), scholarships granted (US\$91 million), and operating costs with working capital (US\$3,688 million).

PROFITABILITY:

As this is a humanitarian endeavour for the people of the Caribbean, 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 appropriate authority of the Caribbean.

CONTACT INFORMATION:

Contact Person:	Lucia STEDMAN	Bs: +
		Em:
		Bs: +
		Em:
Company Name:	Pascas Foundation (Caribbean SIDS) Inc and Pascas Foundation (Aust) Limited Gold Coast, Queensland, Australia	

PASCAS FOUNDATION (Caribbean SIDS) Inc

EXECUTIVE SUMMARY – BRIEF

Pascas Foundation (Caribbean SIDS) Inc is to support the evolution of education and health facilities as well as humanitarian agencies throughout all small island developing states of the Caribbean, thus advancing the standard of education throughout all levels, pre-schooling, primary schooling, high schooling, technical and higher education colleges and within the university system, with some 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 the Caribbean 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 (Caribbean SIDS) Inc is a not-for-profit, all of these developments are for all the people of the Caribbean. 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 (local / state / federal) of the Caribbean SIDS benefits sufficiently to take over responsibility.

Conservative grant requirement projections are:

Year 2023	Year 2024	Year 2025	Year 2026	Year 2027
US\$1,230 million	US\$1,887 million	US\$3,147 million	US\$4,337 million	US\$5,640 million

CONTACT INFORMATION:

Contact Person: Lucia STEDMAN **Bs: +**
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Company Name: Pascas Foundation (Caribbean SIDS) Inc and
Pascas Foundation (Aust) Limited
Gold Coast, Queensland, Australia

PASCAS FOUNDATION (Caribbean SIDS) Inc

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.

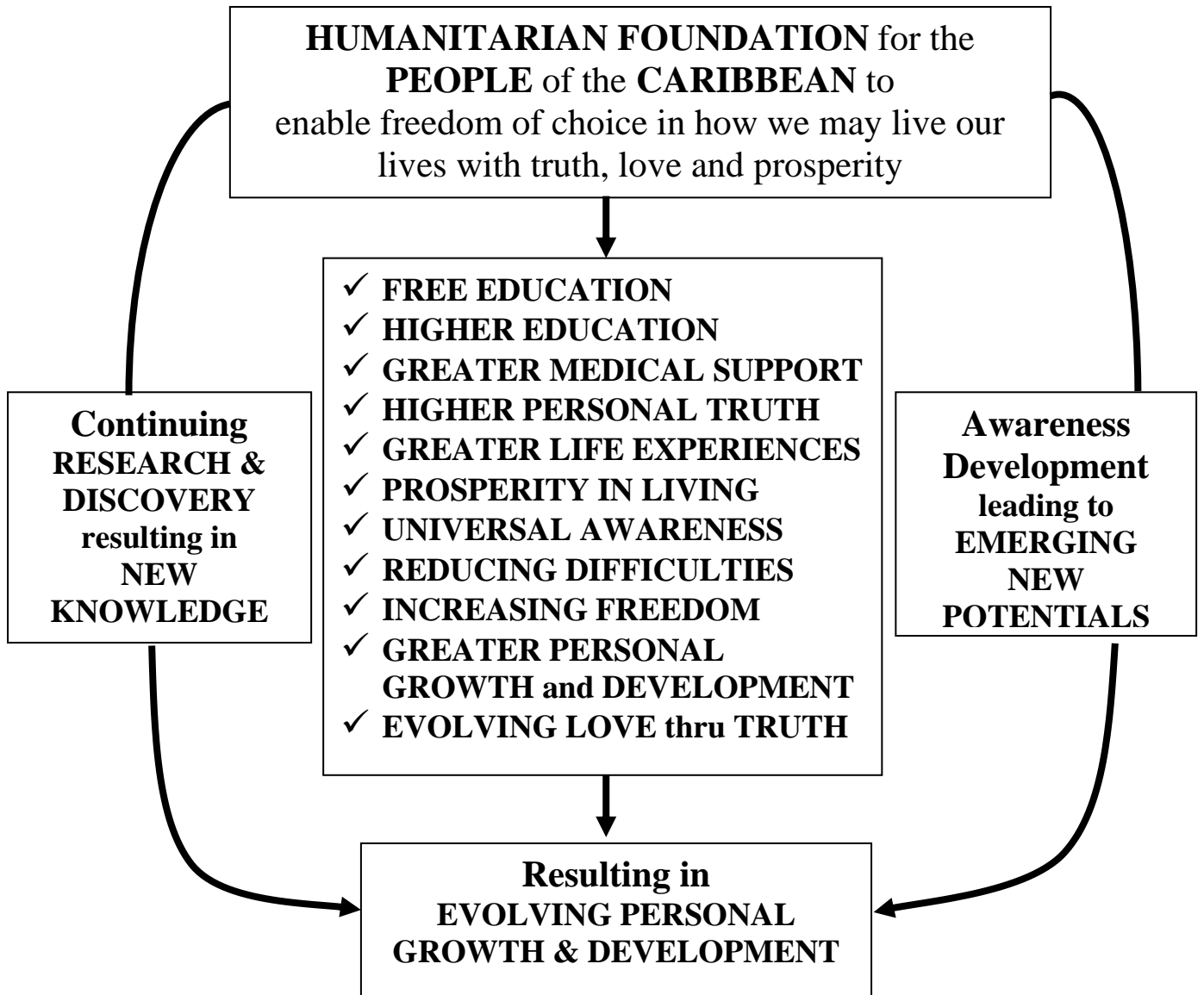
Application: “LIVING FEELINGS FIRST – FEELING HEALING” for Men:

- 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, and work our way through. We need always to 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 (Caribbean AIDS) Inc



⇒ **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:	Lucia STEDMAN	DOB
Position:	Director Co-Chairperson	
Duties:	Financial administration and executive oversight Basically, draw the people, skills and resources to resolve specific humanitarian projects throughout the Caribbean and elsewhere.	
		DOB
Position:	Director Co-Chairperson	
Duties:	Administration and executive oversight Humanitarian initiatives identified and resolved through networking both on the technical as well as delivery. Team constructor and leader.	
	Caribbean national	DOB
Position:	Director	
Duties:	Wide ranging administration and communications throughout the undertakings of the Foundation's endeavours.	
	Caribbean national	DOB
Position:	Director	
Duties:	Wide ranging administration and communications throughout the undertakings of the Foundation's endeavours.	
	Helen ADAM	DOB 14 September 1970
Position:	Director	
Duties:	Human relations and general oversight.	
	Ian Thomas DOWLING	DOB 23 July 1986
Position:	Director	
Duties:	Project development and finalisation. General administration and oversight. Oversight of projects.	
Non-executive Position:	John Edward DOEL	DOB 16 January 1947
	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 (Caribbean SIDS) Inc**

As a not-for-profit foundation, no equity ownership is vested in any individual, the entity is owned by the people of the Caribbean, all the people of each island nation that the Foundation operates!

Solicitors: Lawyers in **Dominica** are to be engaged
 Caribbean Em:
 Bs: +

Australia Dennis STANDFIELD Em: dstandfield@gsslaw.com
 Gall Standfield & Smith Bs: 61 7 5532 5944
 91 Scarborough Street Fx: 61 7 5532 1025
 Southport 4215, Queensland, Australia

Accountants: Accountants in **Dominica** are to be engaged
 also Auditors Em:
 Caribbean Bs: +

Accountants: Richard ALLEN Em: richard@AWauditors.com.au
 also Auditors Allen & Wolfe Auditors Bs: 61 7 5503 1709
 Australia Unit 4 / 27-29 Crombie Ave,
 Bundall 4217, Queensland, Australia

Bank:
 Bs

Registered Office: care of the accountant or lawyer in **Dominica**

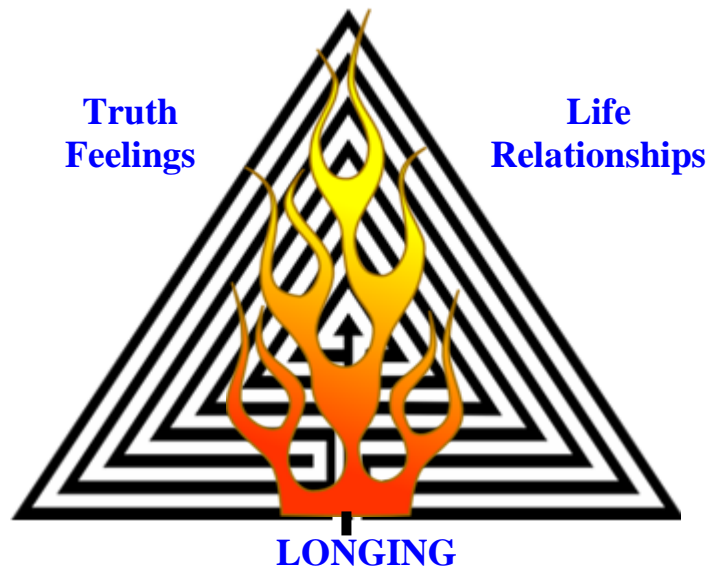
Physical office:

KEY FINANCIAL DATA:

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

FINANCIALS USD \$	Year 1	Year 2	Year 3	Year 4	Year 5
GRANT FUNDS	1,230,000,000	1,887,400,000	3,147,100,000	4,336,900,000	5,640,300,000
LAND & BUILDINGS	1,001,300,000	1,506,900,000	2,402,800,000	3,267,100,000	4,167,100,000
SCHOLARSHIPS granted abroad	6,700	13,400	20,100	24,400	26,300
DEPRECIATION	39,981,000	101,468,000	210,252,000	340,944,000	507,637,000
OPERATING Deficit	-222,783,000	-469,158,000	-838,092,000	-1,302,995,000	-1,878,947,000
NET CASH GENERATED	-182,945,000	-368,050,000	-631,054,000	-977,393,000	-1,371,596,000

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



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

Pascas Foundation (Caribbean SIDS) Inc is to support the lesser populated nations and territories commencing with the OECS member states.

The Caribbean has over 7,000 islands. Out of the 7,000 islands, only **100 (or so)** are inhabited. OECS members 7, CARICOM members 15, Caribbean SIDS around 28:

Caribbean SIDS Small Island Developing States	Caricom members	OECS members
 Anguilla	Associate Member	Associate Member
 Antigua and Barbuda	Member	Member
 Aruba		
 Bahamas	Member	
 Barbados	Member	
 Belize	Member	
Bermuda	Associate Member	
 British Virgin Islands	Associate Member	Associate Member
Cayman Islands	Associate Member	
 Cuba stand alone		
 Dominica	Member	Member
 Dominican Republic stand alone		
Guadeloupe		Associate Member
 Grenada	Member	Member
 Guyana	Member	
 Haiti stand alone	Member	
 Jamaica	Member	
Martinique		Associate Member
 Montserrat	Member	Member
 Netherlands Antilles		
 Puerto Rico		
 Saint Kitts and Nevis	Member	Member
 Saint Lucia	Member	Member
 Saint Vincent and the Grenadines	Member	Member
 Suriname	Member	
 Trinidad and Tobago	Member	
Turks and Caicos Islands	Associate Member	
 United States Virgin Islands		

TIME for the GREAT U-TURN

Media announced on 16 November 2022 that the world population had reached 8 billion.

We may take this milestone as a moment in time to universally change society and reset global humanitarian objectives. Simply put, what we as humanity is doing is not working, so let us all embrace a Great U-Turn and set a course for universal peace and harmony that is obtainable and sustainable.

It is now time to grasp that all of humanity has been controlled and in this process we all have beliefs that are profoundly and grossly in error. This is causing us all great distress and limiting our potentials.

Number one error is living mind centric. From the moment we are born we are being induced to live through our minds. By the time we begin our schooling we literally worship our minds. When we are finishing our schooling we are admiring scientists and aspiring to evolve our minds above all else.

This is the single greatest error that has plagued humanity for the past 200,000 years.

Those who are successful in living mind centric to the total exclusion of their feelings are on the surface pleasant, obliging personalities. So, let us understand what a mind-centric personality with no empathy or engagement with their feelings is. This is what we have all been led to aspire towards!

It is the males that excel in this endeavour. Females are closer to their feelings and should women be allowed to express their feelings about this mis-guidance then this error would have been put aside aeons ago. Consequently, males have used their larger physical presence to dominate and have women being submissive to them. This is wrong. We are all equal, men and women have different but equal roles. We see throughout all societies and cultures male domination to varying degrees and in different ways.

For the first time, let us clearly understand what our mind is:

1. Our mind is unable to discern truth from falsehood.
2. Our mind is addicted to untruth.
3. Our mind is addicted to control of others and the environment.
4. Our mind is within our spirit body and orchestrates our physical brain.

Without the assistance and support of feelings, this is what our mind presents to society:

All the fundamentals of psychopathy. Mind-centricity to the exclusion of feelings is unable to have any empathy or consideration of others. It is able to undertake the most heinous of crimes against others. Such as the Indonesian Bali Bombing of 12 October 2002 and the destruction of the USA Twin Towers on September 11, 2001. We are now observing the mass slaughter unfolding in Ukraine following the invasion by Russia that commenced on 24 February 2022. Shootings in schools are the consequence of mind-centric psychopaths.

On our home fronts, domestic violence is higher than 1 in 4, child abuse is almost universal though recognised to be also higher than 1 in 4. Sexual abuse of girls is as high as 40% in some regions and two thirds of that abuse is by their fathers and uncles!

Our education is mind-centric. Learn your tables Johnny, memorise your poetry Martha, it goes on like this for years. Feelings and emotions are not part of any education system, let alone understood by any educator from child care through all levels of schooling and then through higher education and university.



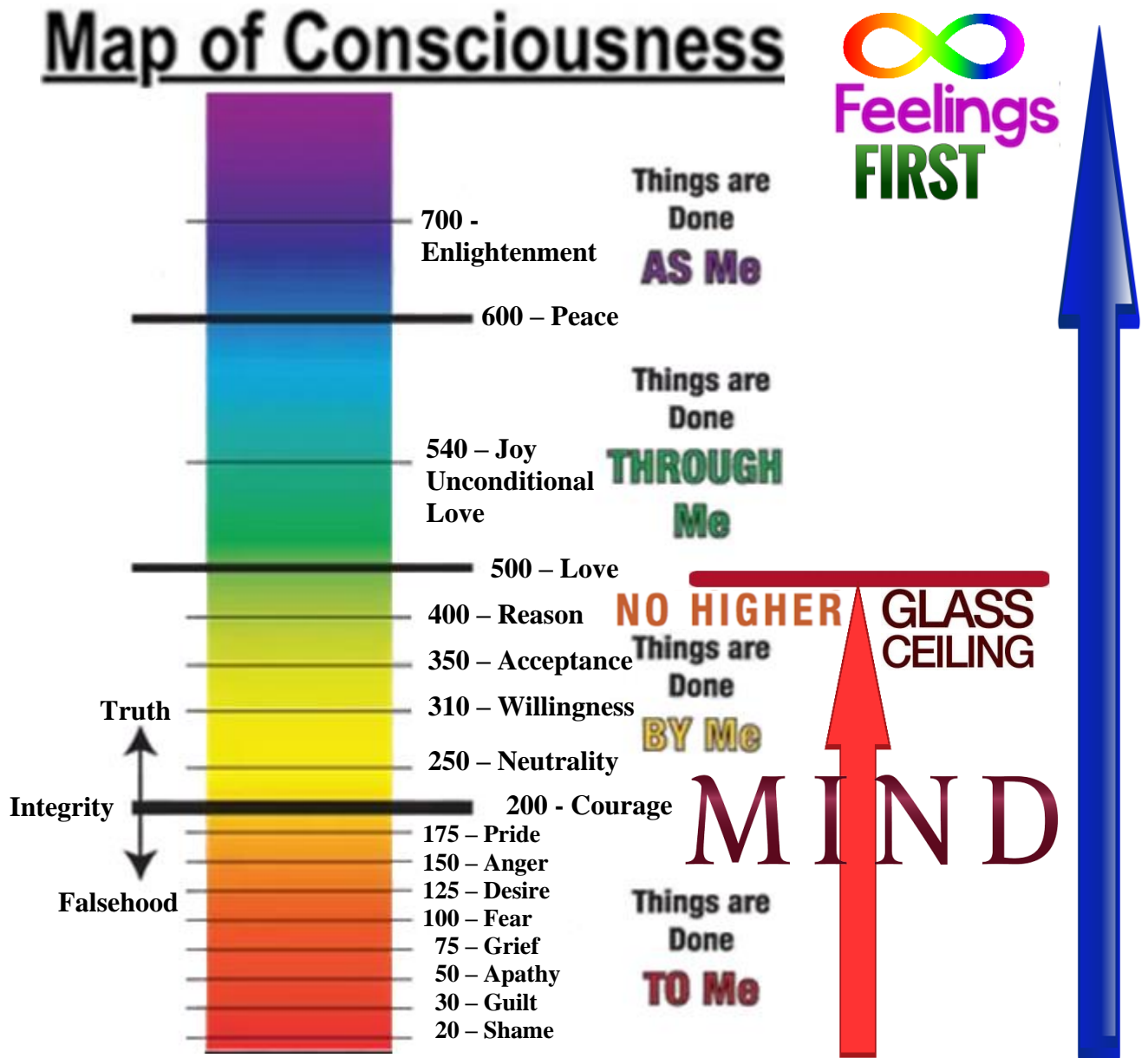
The outcome is a society functioning as zombies, with no spontaneity or intuitiveness. The abilities within each of us are imprisoned within mind-centric steel wrecking balls.

All a child needs is its parents love – and the freedom to express itself through its true personality!

We believe that **‘I had a pretty good upbringing’ in comparison to other people!**

However: **Parents have NO understanding of Love – they have never experienced being loved!
Parents have NO understanding of Law of Free Will.
Parents have NO understanding of blocking emotions.
Parents have NO understanding of causal / core emotions.**

The fact is that none of us have experienced love and cannot know what love is. While we live mind-centric we cannot reach 500 on the Map of Consciousness as per Dr David R Hawkins scale. Only when we begin to live and function Feelings First can we begin to achieve glimpses of love and experience aspects of love.

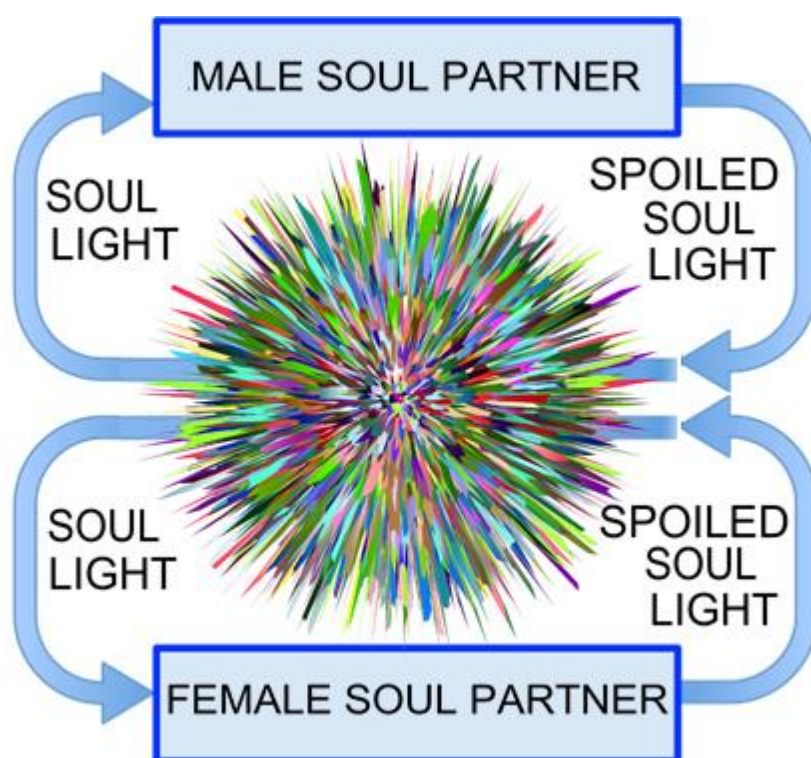


Every year there are around 130 million live births worldwide. Also there are more than 44 million abortions. Sixteen days after conception our developing embryo begins to pump blood, that is the moment of our incarnation, we are **individualised** at the moment of incarnation. Should our developing body not live any longer than the moment of incarnation, being our individualisation, we have completed our physical experience and will go on and be spirit born within the first spirit Mansion World.

It takes two to bring about the conception of a child. Consequently two are involved in every abortion. The above numbers suggest that two thirds of all those who are physical born will go on and end the life of a child before it has had the chance to be born. That is a demonstration of a loving humanity.

About the same number of abortions unfold as miscarriages. From the moment of conception and continuing throughout the gestation period and our early forming years through to age six years, we are continually subjected to and immersed in our parents' emotional injuries and errors of belief. Our parents, our siblings, our close family members and carers all impose their emotional injuries and errors upon the newly developing child right from the moment of conception. It is like a ring of firemen with their fire hoses upon the child. This is what brings about a miscarriage. This is what brings about a child being born with deformities. This is what brings about childhood illness and disease. The newly forming embryo is always perfect at conception – the soul does it all.

Our soul is a duplex. That is, one soul manifests two personalities, one is always a female and the other is always a male. There is no such thing as homosexuality, homosexuality is the consequence of the emotional injuries and errors of belief of a child (coming through from carers). The soul partners will not connect up until they each complete their respective healing of what they each take on of the Rebellion and Default. The soul partners (soulmates) may live anywhere in the world, they may be of any colour and race, and they may have their physical experience on Earth thousands of years apart – or in close proximity and timing with each other. It is all about what the soul wants each to experience. Our soul does it all.



Our life long physical health and illnesses that we each experience is determined by the cocktail of the emotional injuries and errors of belief of our parents and early childhood carers. But what you can now perceive from above is that it is any wonder that any of us survive long at all!

Should we be living Feelings First from our first moment and that being how our parents are living then the soul light that we receive would be returning from each of us to our soul in perfect harmony with truth and consequently love. The light energy coming and returning to our soul through our spirit body and then through our physical body would always be in balance and harmony. We would not experience illness, disease, discomfort, pain or

anything else. This is now achievable. This is what is being revealed and that being how we are to live and also how we are to heal what we each have taken on of the Rebellion and Default.

So, let us begin to understand just how limiting and constraining living mind-centric is.

Every event during our day we draw a conclusion from. It is instantaneous. We hear something said, we see something written, we hear a sound, everything that happens around us brings about an assumption. Yes, it is fine to make assumptions, BUT it is absolutely detrimental to act upon an assumption. Assumptions are mind generated. The mind cannot discern truth from falsehood, the mind is addicted to untruth and the mind is a control addict. The error rate of assumptions is about 98% with the other 2% being flukes. The best outcome you may expect is an error rate as low as only 96%.

Take a mental note and start observing. Use assumptions as points to further investigate – it is a learning curve and it is step by step.

Religions are meant to present the TRUTH to us. TRUTH is always the same. There is only ONE TRUTH. We have around 3,400 major or significant religions and when we add on the minor denominations we have more than 50,000 options. Christianity is in more than 20,000 differing churches.

This is a time of GREAT CHANGE and REVELATION.

The New Testament of the Bible is around 300 pages and less than 200,000 words. Apart from Matthew's notes, the rest of the New Testament was written mostly from memory a decade or more after the time of Jesus. Copyists then imposed their thoughts (assumptions), then translations followed, political intervention prevailed at the Council of Nicea, and so it has unfolded. The knowing of the availability of Divine Love was lost to humanity as of a consequence of the Council of Nicea in 325AD.

Commencing in 1914, Matthew, Mark, Luke, John, Paul, Peter and Jesus have written commenting on each of the major errors and omissions throughout the New Testament. These are records in the Padgett Messages written down by James Padgett from 1914 through to 1923. Judas has written through Hans Radax. From 2002 Mary Magdalene and Jesus have been writing through James Moncreif. These records are now collated and available in the Library Download page of www.pascashealth.com

Assumptions prevail throughout the New Testament as it is presently published. The short answer is this, the Catholic Church has one thing potentially right – its name! Scroll down to Medical – Soul Condition & Health in the Library Download page of www.pascashealth.com and the first set of documents enables a full review of the collated material relating to the New Testament.

Assumptions being acted upon are recipes for disaster. We find we have to go back over what we have acted upon and clean up the mess, time and time again. Should you read a scientific research paper then firstly count the assumptions, invariably there will be many. It is interesting that when Dr David R Hawkins calibrated the level of consciousness of many revered scientists, he recorded that those who the world recognised and respected typically calibrated 499 on his Map of Consciousness. That is the peak level of Reason. It is also the peak level of those now residing within the first spirit Mansion World.

Should you remain mind dominated then that is your destiny until you begin to open up to your feelings and begin to embrace your feelings. Yes, we can go on and perfect our minds and progress deeper into the Rebellion and Default, but we end up at a dead end, only then to retreat back from the 6th, then 4th, then 2nd and into the 1st spirit Mansion World AND only then to begin our Feeling Healing to progress

through the 3rd, 5th and 7th spirit healing Mansion Worlds before melding with our Indwelling Spirit and entering the first of the Celestial Heavens. The journey is a pathway of wonder and never ending discovery and learning.

A mind-centric scientist may achieve a few notable breakthroughs and discoveries during his career, however, for those who are aspiring to living feelings first with their minds to follow in support, such discoveries and breakthroughs are routine. They just unfold with regularity. This is the difference.

We have been subjected to mind-centricity so that we remain subjected to the control of hidden controllers. This has been going on for 200,000 years. This is to end and is now ending.

The children of parents typically end up calibrating at or around the same level as their parents. Thus, there has been no growth or evolution of humanity since the time of Mary Magdalene and Jesus. Two thousand years have unfolded with us having developed highly efficient technologies to destroy the planet and each other. We give it all names and justify it all. Militarisation is all wrong!

We are to live feelings first and have our minds to follow assisting us in implementing what our feelings are leading us to embrace. Our feelings are always in truth. Truth is love. We are each all fully endowed. Everything that we need to understand is already known to us should we allow our feelings to reveal to us what it is that we seek. As we seek we will be told, it will be revealed to us. You could say that you will have an overdose of insight and yes you do and will. It is endless and our future and ongoing journey is most incredible. It is time to bring our heart (feelings) and mind into balance.

This entails a restructuring of all aspects of society, commerce and industry. This is the greatest education program that humanity will ever experience. Feelings are to become first in every aspect of our life. Our mind will be always in support of our feelings, then the two are to come into balance, not one suppressing the other as how it has been throughout the era of Rebellion and Default.



LIVING MIND CENTRIC is SUBMITTING to RETARDATION and MEDIOCRITY

Our mind is a wonderful instrument when it is used to implement what our feelings prompt us to embrace. However, our high level spiritual leaders prompted us all to believe that our potential would be found through our minds, so much so that we could become ‘mini-gods’ through the perfecting of our minds.

Our potential through mind centricity is 499 on Dr David R Hawkins’ Map of Consciousness (MoC) being the peak of Reason. This is also the peak of development of those who enter into the 1st spirit Mansion World where billions upon billions remain for aeons, blind to their entrapment to hidden controllers. Some further their mind perfection through their ongoing suppression of their feelings and progress blindly through the 2nd and 4th only to reach a dead end at the 6th spirit mind Mansion World, never getting out of the hells and entering the 1st of the Celestial Heavens. They eventually have to do a Great U-Turn and retrace their steps and then work through the 3rd, 5th and 7th spirit healing Mansion Worlds and then commence their progression through the Celestial Heavens living Feelings First.

Hidden controllers within the spirit worlds, for the past 200,000 years, have kept us in their enslavement as they understood that:

- Our minds are addicted to control, control of others and our environment.
- Our minds cannot discern truth from falsehood – thus easily led through our mind’s lack of discernment.
- Our minds are addicted to untruth – a global pandemic has demonstrated worldwide submission to a few through governmental dictates – conspiracy theories abound – nations can be easily led to war against others.
- Worshipping our minds, believing that when we ‘think’ that we discern truth when it is error, stagnates our progress, thus keeping us in submission. Education systems worldwide embrace this.
- Assumptions are the product of the mind, the error rate is around 98%. The doctrines of the Catholic Church demonstrate this to ‘perfection’.
- Feelings are our soul-based truth. Females are closer to feelings, so these hidden controllers had males make females subordinate to men. History reveals very few women leaders – look at the religious institutions.
- All religions are the product of the workings of these very same hidden controllers.
- These beliefs, patterns of living and norms are entrenched through generation after generation.
- We believe that **‘I had a pretty good upbringing’ in comparison to other people!**
However:
 - Parents have NO understanding of Love.**
 - Parents have NO understanding of Law of Free Will.**
 - Parents have NO understanding of blocking emotions.**
 - Parents have NO understanding of causal / core emotions.**
- Hidden control has kept parents from knowing how to be loving true parents, consequently:

Parents abandon Children emotionally!

- And the Rebellion against God, love and truth has progressively evolved and intensified to the point that on 31 January 2018 intervention from even higher level spirits has formally ended the Universal Contract governing the Rebellion and Default of the rebellious Lanonandek spirits led by Lucifer who submitted to his female soul partner’s wily assertions.

A Nation's Persona! National Psychic Barrier



**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!

They are seeing nations of people demonstrating submissiveness through “dark” traits of suppression and tension. Caribbeans may be described as resilient, resourceful, tenacious and courageous, putting up with life’s difficulties with wry good humour. Caribbeans are very polite and courteous. Caribbeans may be regarded as being superstitious and mystical, and enjoy slapstick humour.

However, they are a tortured people migrated from southern America, enslaved from Africa, brought from India, colonised by the Portuguese, Spaniards, French, Dutch, British and North Americans. If that is not enough, they live within a hotbed of natural disasters. All this blanketed by claustrophobic religions. This being a hodgepodge amongst many small nations and territories.

Such people lack the skill of self-awareness to objectively question or evaluate their own qualities, actions, and feelings. Without the ability to truly see themselves, they find it difficult to change unhealthy or destructive behaviour – let alone recognise the problems.

Compassion and understanding can be seen as weaknesses of a person. That’s because displaying these characteristics actually takes incredible inner strength which arrogant people struggle with.

They remain imprisoned in their mind centricity until they open to their feelings, their soul-based feelings that are always in truth. Until they do so, their national social issues will slowly destroy their society and civilisation. The situation is leading to civil tension and potential internal conflict. Their health system is lacking, the education curriculum is restricting student development, and the nation disillusioned with its own self-importance. However, for those who open to their feelings, their future will be incredible.



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

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

Consider this! For generations, parents have coerced their children to ‘develop their minds’, to embrace their minds in every aspect of their living, to reject their feelings at all times, to literally worship their minds to the detriment of their feelings.

This is also the mantra of national educational system.

The world is now experiencing the



OUR PEOPLE

<https://caricom.org/our-community/who-we-are/our-people/>

Ethnicity, Slavery and, Indentureship

We are the descendents of many peoples who have helped to shape our history and culture. Our main ethnicities are: Groups of Indigenous peoples, Africans, Indians, Europeans, Chinese and Portuguese.

Indigenous peoples: Our earliest inhabitants were the Carib, Arawak and Ciboney groups of indigenous peoples who migrated from South America. Today, descendants of these groups along with other indigenous people such as the Maya, Garifuna, Surinen and Tainos are still to be found in our Region.

Europeans: The first Europeans to arrive were the Spanish in 1492 – led by an Italian, Christopher Columbus – followed by the Portuguese, English, Dutch and French. While historians have uncovered indications that African sailors arrived in the Caribbean before the Europeans, the vast majority of Africans were brought as slaves when the colonial powers divided our lands among themselves, based on conquest and began to import Africans.

Africans: From as early as the first half of the sixteenth century, Africans came to work as slaves on the plantations. The slaves came mainly from Ghana also known as The Gold Coast, Côte D’Ivoire, often referred to as Ivory Coast and from Guinea. Slavery lasted for more than 300 years and its indescribable inhumanity from port of origin to plantation, caused such severe psychological damage that the effects are still evident in our society today. Haiti was the first member state to abolish slavery. This took place in 1793 and in 1804, that country became an independent Republic. Slavery was officially abolished in 1834 in all other member states except Suriname. For four years thereafter, a system of apprenticeship – essentially a modified form of slavery – was put in place. In Antigua, however, there was no apprenticeship system and the slaves were completely free from 1834. In Suriname, slavery was abolished in 1863 and for ten years thereafter a system of apprenticeship was imposed.

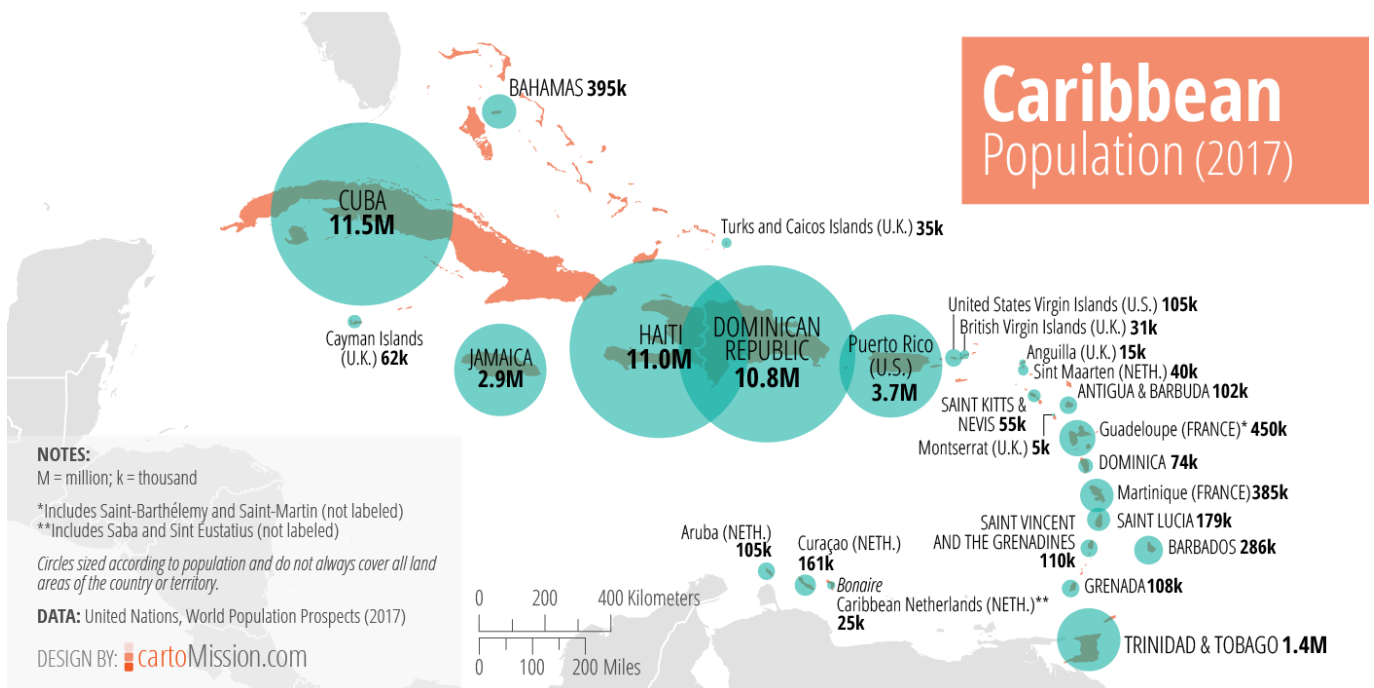
East Indians: From 1838 East Indians were brought from India to the Caribbean in large numbers as indentured labourers, following the abolition of slavery, the shortage of labour that resulted and the introduction of the indentureship system, in all member states, except Barbados and Haiti. Nearly half a million East Indians were brought in to serve under this system, making them the largest group of indentured labourers. Their descendants represent the majority of the population in Guyana and a significant proportion of the population in Trinidad and Tobago and Suriname.

COMMERCIAL IN CONFIDENCE

Portuguese and Chinese: West Africans, Europeans – particularly Portuguese from the Madeira Islands – and Chinese were also brought in under contracts of indentureship. At the end of their contracts the Portuguese and Chinese left the plantations and along with immigrants from the Middle East, particularly Jews, Syrians and Lebanese, established businesses. These groups settled mainly in Guyana, Jamaica and Trinidad and Tobago as well as Suriname where there is also a significant Javanese presence. The Javanese, from the country now known as Indonesia, first arrived in Suriname in 1890 as indentured labourers. Indentureship ended in 1924.

The system of slavery did not provide for any entitlement to the slave, however, the contracts for indentureship included a low fixed wage, housing and medical attention as well as a grant of land or return passage on completion of service. In many other ways, however, indentureship continued a system of labour exploitation and degradation, which began under slavery.

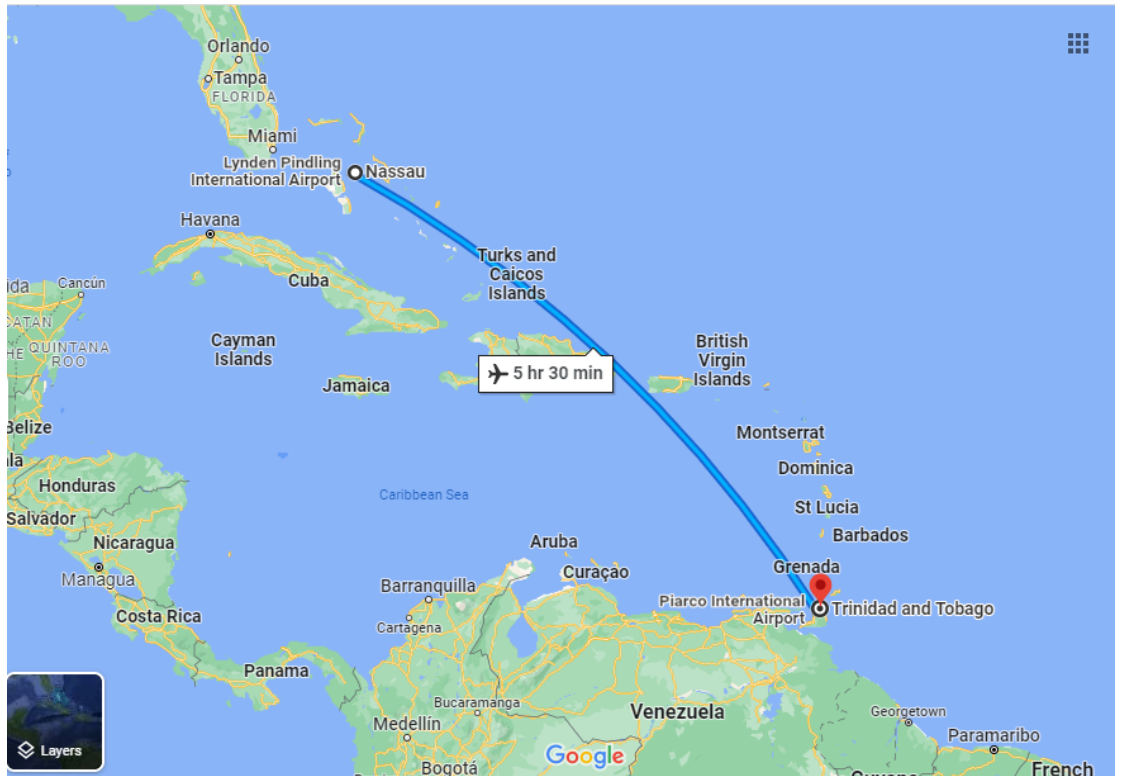
Concurrent with the system of indentureship was the establishment of the “Village System” mainly in Guyana and Jamaica. These were communities of freed people on land bought and developed outside of the plantations. Beterverwagting, Buxton, Friendship Village and Plaisance in Guyana and Birmingham, Kitson Town, Sligoville and Kensington in Jamaica, were all established under this system.



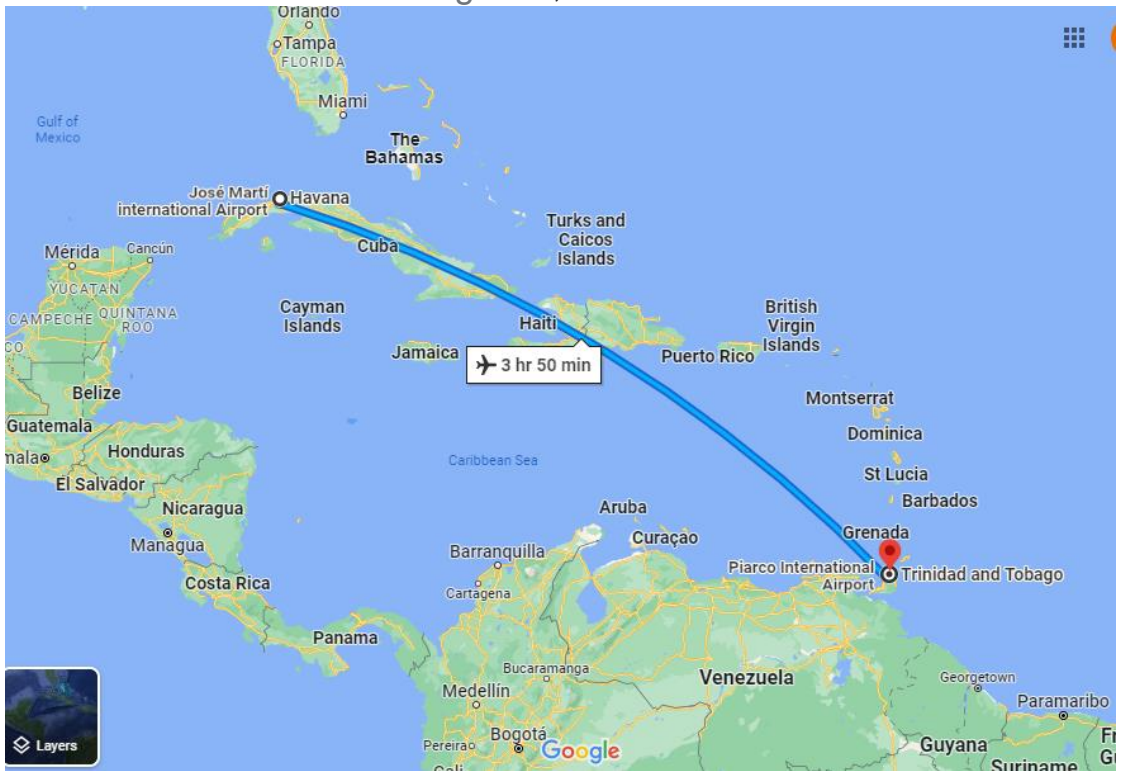
The Caribbean is home to 26 countries and territories, comprising of about **44 million** people. The region’s population is similar to Argentina, Ukraine, or Uganda (2017). Countries or territories with populations of 1 million or greater include **Cuba** (11.5 million), **Haiti** (11.0), **Dominican Republic** (10.8), **Puerto Rico** (3.7), **Jamaica** (2.9), and **Trinidad and Tobago** (1.4). There are 11 countries with populations between 100,000 and 450,000, and 9 countries with populations less than 100,000.

In a general sense, the Caribbean can be taken to mean all the nations in and around the Caribbean Sea that lie within an area that stretches from The Bahamas in the north to Guyana in the south, and Suriname in the east to Belize in the west. This is an expanse (mostly of ocean) which measures about 1,000 miles (1,600 kilometres) from north to south, and over 2,500 miles (4,000 kilometres) from east to west.

Distance from Nassau to Trinidad and Tobago 2,331 km

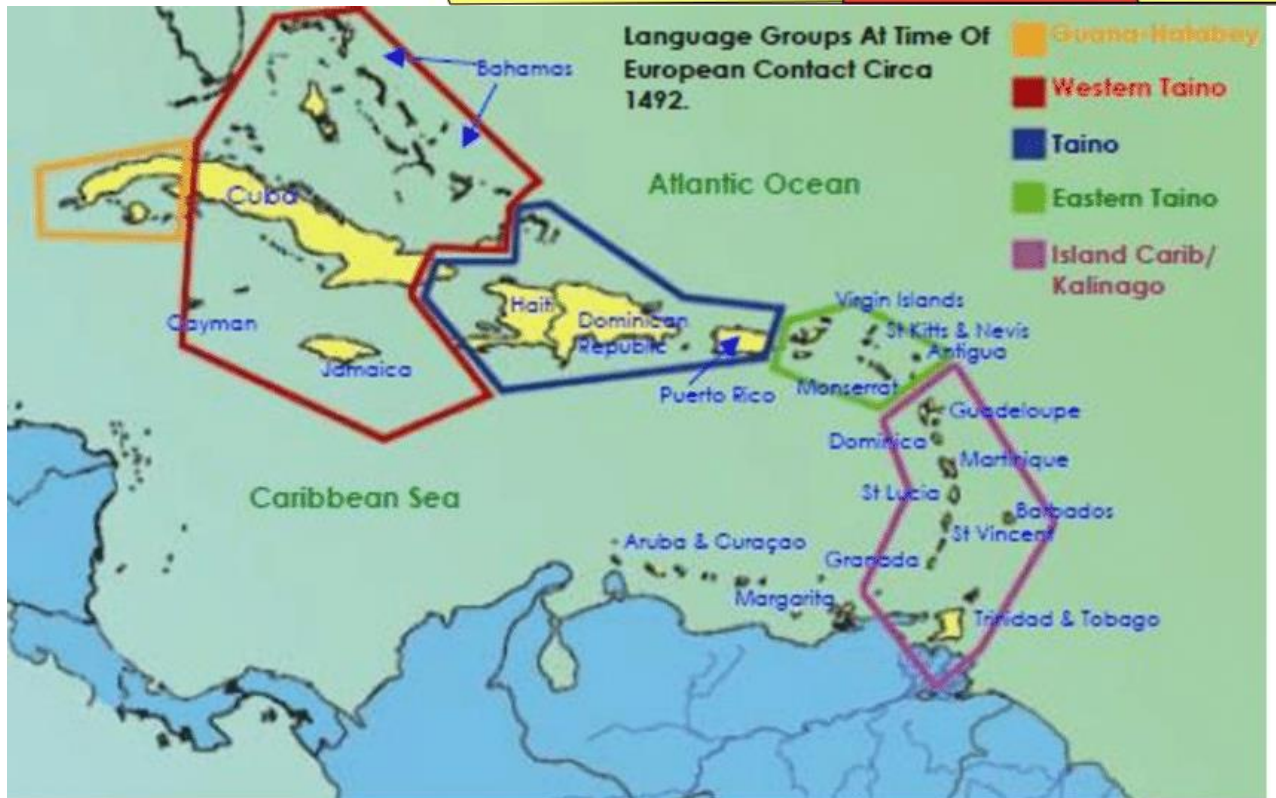
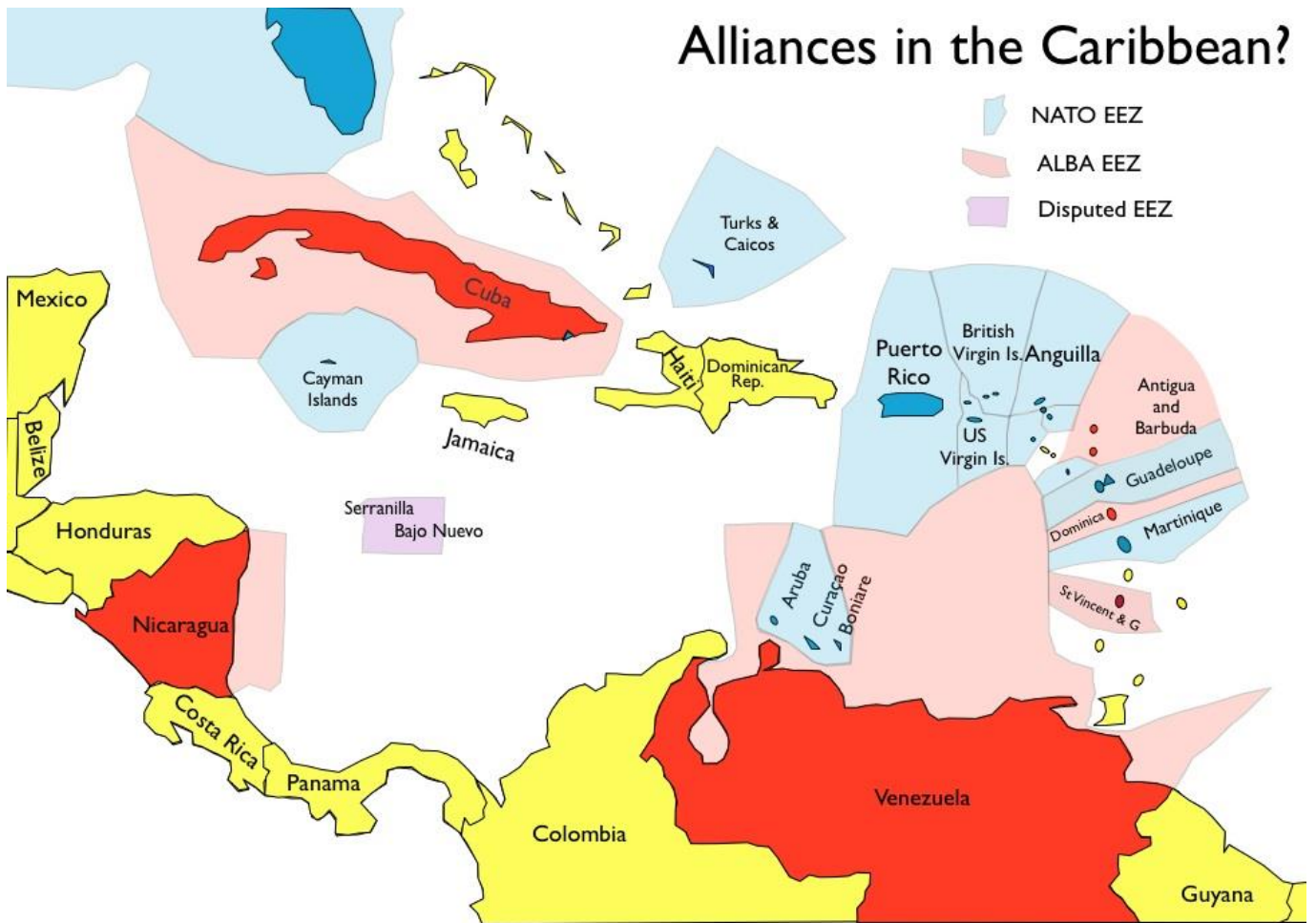


Distance from Havana to Trinidad and Tobago 2,632 km



COMMERCIAL IN CONFIDENCE

Alliances in the Caribbean?



WHAT is the ETHNICITY of DOMINICA?
People. The population is **mainly of African descent, with some Europeans, people from the Indian subcontinent, and Caribs.**

Dominica is the only island with a relatively large and distinctive group of Carib Indians, descendants of the people who inhabited the island before European colonisation. 20 Dec 2022

Is Dominica multicultural?

Dominica draws on a mix of cultures.

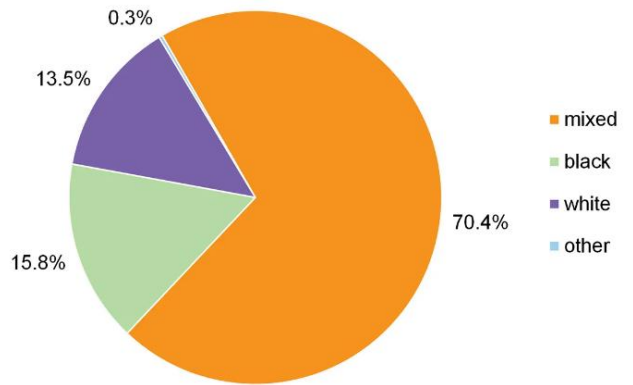
Names of French places appear as often as English.

African language, foods and customs often mingle with European traditions as part of the island's Creole culture.

What language does Dominica speak?

English is the official language of Dominica and is universally spoken and understood. In addition, Dominican Creole, an Antillean Creole based on French, is widely spoken. This is due to French migration to the island starting in 1690. A majority French Creole speaking population reside on the island.7 Dec 2022

Dominican Republic ethnic composition (2014)



Capital and largest city	Roseau 🌐 15°18'N 61°23'W
Official languages	English
Vernacular languages	Dominican Creole Kokoy
Ethnic groups (2014)	75% African 19% Multiracial 4% Kalinago 0.8% European or Other 0.2% Unspecified
Religion (2020)	94.4% Christianity 3.0% Folk religions 1.7% Other 0.9% None

Geologic history

Dominica first emerged from the sea during the Oligocene era approximately 26 million years ago, making it one of the last Caribbean islands to be formed by volcanic activity.

Pre-colonial period and early European contact

Dominica's precolonial indigenous inhabitants were the Island Carib people, who are thought to have been driven out the previous Arawak population. The Caribs called the island *Wai 'tu kubuli*, which means "Tall is her body".

Christopher Columbus, sailing for Spain, named the island as Dominica, after the Latin term *dies Dominica* for Sunday, the day on which the Spanish first saw it in November 1493. Some Spanish colonisers settled here. But, as European explorers and settlers entered the region, indigenous refugees from surrounding islands settled Dominica and pushed out the Spanish settlers. The Spanish instead settled other areas that were easier to control.

French colony

Spain had little success in colonising Dominica. In 1632, the French Compagnie claimed it and other "*Petites Antilles*" for France, but no physical occupation took place. Between 1642 and 1650, French missionary Raymond Breton became the first regular European visitor to the island.

In 1660, the French and English agreed that Dominica and St. Vincent should not be settled, but instead left to the Carib as neutral territory — but its natural resources attracted expeditions of English and French foresters, who began harvesting timber. In 1690, the French established their first permanent settlements. French woodcutters from Martinique and Guadeloupe began to set up timber camps to supply the French islands with wood, and they gradually became permanent settlers. They brought the first enslaved Africans from West Africa to *Dominique*, as they called it in French.

In 1715, a revolt of "poor white" smallholders in the north of Martinique, known as La Gaoulé, caused settlers to migrate to southern Dominique, where they set up smallholdings. Meanwhile, French families and others from Guadeloupe settled in the north. In 1727, the first French commander, M. Le Grand, took charge of the island with a basic French government. Dominique formally became a colony of France, and the island was divided into districts or "quarters". The French had already developed plantation agriculture on Martinique and Guadeloupe, where they cultivated sugarcane with enslaved African workers. In Dominique they gradually developed coffee plantations. Because of the trans-Atlantic slave trade, the general population came to consist primarily of black-African slaves.

In 1761, during the Seven Years' War in Europe, a British expedition against Dominica led by Andrew Rollo conquered the island, along with several other Caribbean islands. In 1763, France had lost the war and ceded the island to Great Britain under the Treaty of Paris. The same year, the British established a legislative assembly, with only European colonists represented. French remained the official language, but Antillean Creole, which had developed from it, was spoken by most of the population.

In 1778 the French, with the active co-operation of the population, began the re-capture of Dominica. This was ended by the Treaty of Paris (1783), which returned the island to British control. But the island population, especially the class of free people of colour, resisted British restrictions. The British retained control through French invasions in 1795 and 1805, the first taking place during the period of the Haitian Revolution, which gained the independence of Haiti (formerly Saint-Domingue, France's richest Caribbean colony). British colony

Great Britain established a small colony in 1805. It used Dominica as part of the Trans-Atlantic Slave Trade, by which slaves were imported and sold as labour in the islands as part of a trade that included producing and shipping sugar and coffee as commodity crops to Europe. The best documented slave plantation on the island is Hillsborough Estate, which had 71 male and 68 female slaves.

The Greg family were notable: Thomas Hodgson, a brother-in-law, owned a slave ship, and Thomas Greg and his son John Greg were part-owners of sugar plantations on Dominica. In January 1814, 20 slaves absconded from Hillsborough. They were recorded as recaptured and punished with 100 lashes applied to

the males and 50 for the females. The slaves reportedly said that one of their people had died in the plantation hospital, and they believed he had been poisoned.

In 1831, reflecting a liberalisation of official British racial attitudes, the Brown Privilege Bill conferred political and social rights on free blacks (mostly free people of colour, who generally were of mixed race, with African and European ancestry). With the Slavery Abolition Act of 1833, Britain ended the institution of slavery throughout its empire, except in India.

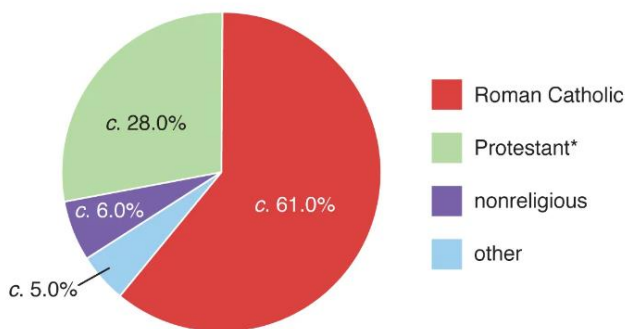
With freedom came enfranchisement. In 1835, the first three men of African descent were elected to the legislative assembly of Dominica. Many slaves from the neighbouring French colonial islands of Guadeloupe and Martinique fled to Dominica. In 1838, Dominica became the first colony of the British West Indies to have an elected legislature controlled by an ethnic African majority. Most of these legislators had been free people of colour and smallholders or merchants before the abolition of slavery. Their economic and social views were different from the interests of the small, wealthy English planter class. Reacting to a perceived threat to their power, the planters lobbied for more direct British rule.

In 1865, after much agitation and tension, the colonial office replaced the elective assembly with one made up of one-half members who were elected and one-half who were appointed. Planters, who were allied with colonial administrators, outmanoeuvred the elected legislators on many occasions. In 1871, Dominica became part of the British Leeward Islands. The political power of the elected assembly progressively eroded. Crown colony government was re-established in 1896.

Early 20th century

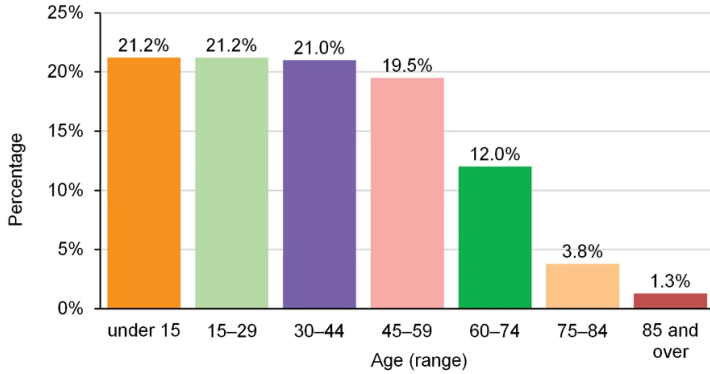
In World War I, many Dominicans, mainly the sons of small farmers, volunteered to fight in Europe for the British Empire. After the war, an upsurge of political consciousness throughout the Caribbean led to the formation of the Representative Government Association. Marshalling public frustration with the lack of a voice in governing Dominica, this group won one-third of the popularly elected seats of the legislative assembly in 1924, and one-half in 1936. In 1940, administration of Dominica was transferred from the British Leeward Islands to the British Windward Islands. During World War II, some Dominicans volunteered in British and Caribbean forces. Thousands of Free French refugees from Martinique and Guadeloupe escaped to Dominica from the Vichy-controlled French islands, staying in Roseau and other villages.

Religious affiliation (2001)

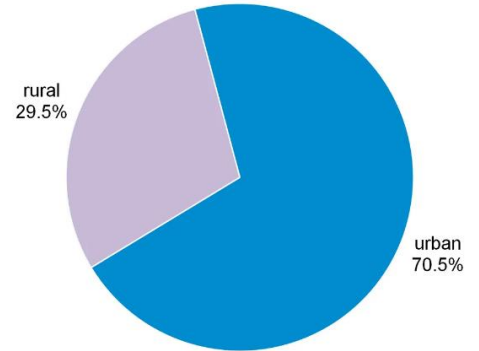


Until 1958, Dominica was governed as part of the British Windward Islands. Caribbean islands sought independence from 1958 to 1962, and Dominica became a province of the short-lived West Indies Federation in 1958. After the federation dissolved in 1962, Dominica became an associated state of the United Kingdom in 1967, and formally took responsibility for its internal affairs. **On 3 November 1978, the Commonwealth of Dominica was granted independence as a republic**, led by Prime Minister Patrick John.

Dominica age breakdown (2020)



Dominica urban-rural (2018)



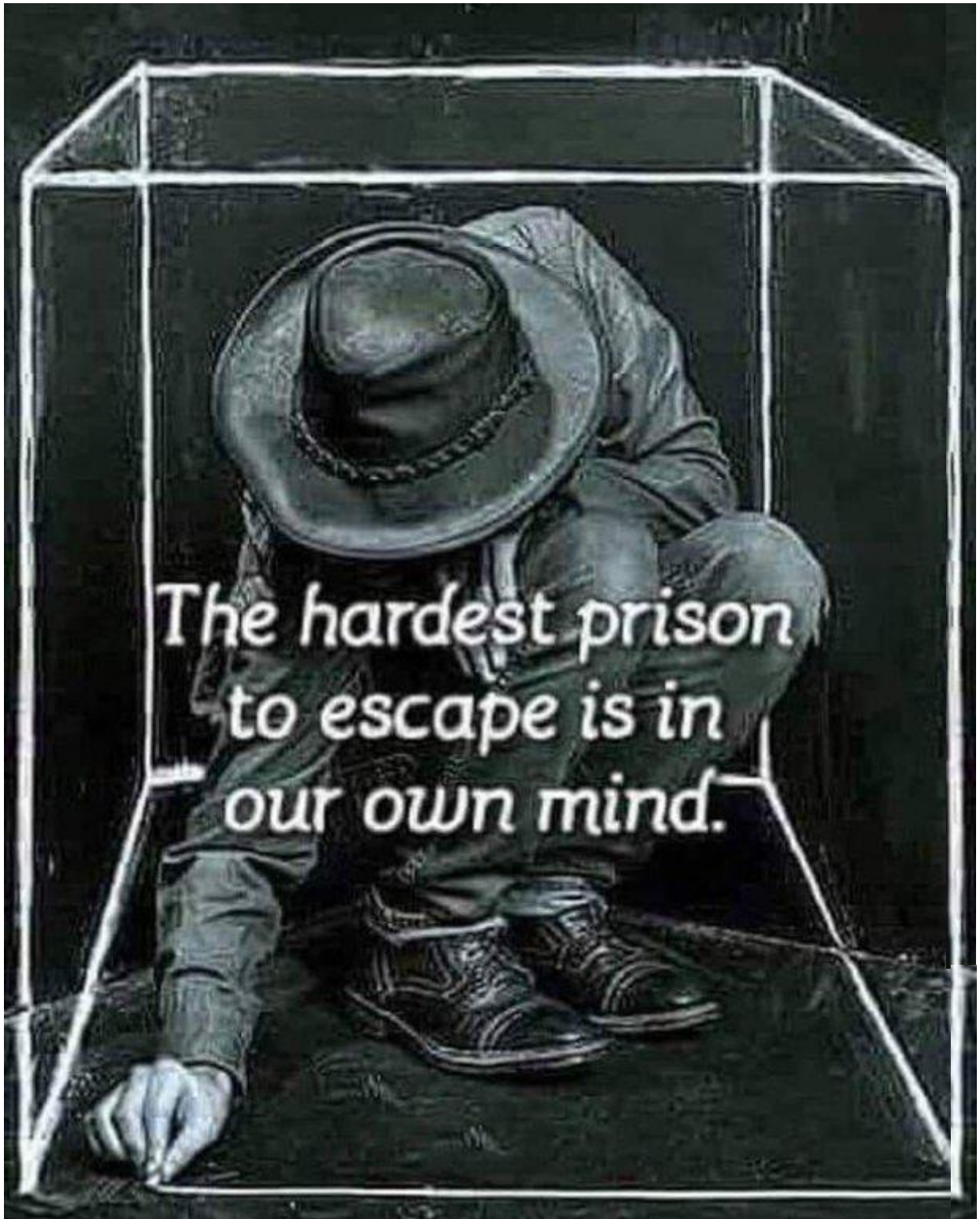
Food in Daily Life. Dominica's rich volcanic soil and abundant rainfall are ideal for growing a variety of fruits, vegetables, and root crops. These are sold at market or by street vendors, but people typically grow enough for their own consumption. Bananas and plantains are central to rural diets, and are prepared in a variety of ways. The growing and processing of manioc into cassava bread and farina was once a major subsistence activity, but now wheat bread is widely available from local bakeries. Land crabs, river crayfish, opossum, agouti, and fish are caught where available. Locally raised livestock include goats, pigs, and some cows. Crapaud or "mountain chicken," a type of frog, is the national dish, but a more popular creole dish is roasted breadfruit with salted codfish, onions, and peppers cooked in oil. Imported frozen chicken and turkey parts, tinned milk and sausages, and packaged snacks are increasingly popular. Staple foods like flour, sugar, salt, and rice are purchased in town or from village shops. Individuals often sell homemade cakes, coconut milk ice pops, and sweets from their homes.

Urban residents obtain produce from relatives outside the city or purchase it at market. There are several large American-style supermarkets in Roseau, offering expensive imported goods. Most restaurants are located in Roseau and Portsmouth; in rural areas, shops may sell sandwiches or fried chicken. Kentucky Fried Chicken, an American fast food restaurant, opened in Roseau in 1997. When guests visit a home in both rural and urban areas, it is expected that some food or drink will be offered. Lunch is the largest meal of the day.

People. The overwhelming majority of the population of Dominica is of African descent; however it is one of the few islands in the Eastern Caribbean that still has a population of indigenous people.

About 4,000 indigenous Kalinago (Caribs) (www.avirtualdominica.com) represent the only sizeable minority on the island. They live on the east coast in their own 3,782-acre territory and are the largest remaining Kalinago community in the Caribbean region.

Most people who identify themselves as Kalinago are engaged in farming, fishing, and handicrafts. Unemployment is thought to be higher than in rest of the country, while income is under the already low national average. About 65 per cent of the Kalinago population is between the ages of 18 and 35 and there are no longer any surviving speakers of the indigenous languages.



COMMERCIAL IN CONFIDENCE

CARICOM Member States and Associate Members

Twenty countries make up the Caribbean Community (CARICOM). Fifteen are full members and five are Associate Members. The geographical boundaries of the Caribbean Community stretch from The Bahama Islands in the north, southward to Guyana and Suriname – both on the north coast of the South American mainland. They also extend from Belize in the West on the Central American mainland to Barbados – the most easterly of the islands. Suriname defines the eastern boundary of the Community.

All CARICOM countries are classified as developing countries. They are all relatively small in terms of population and size, and diverse in terms of geography and population, culture and levels of economic and social development.

CARICOM countries share similarities and challenges. On the one hand they are all in proximity to major markets in North and South American, and most countries, have had to make the transition from agriculture or mining to a service-driven economy, especially tourism and financial services. On the other hand, they have to overcome the challenges of frequent natural disasters, in addition to small size with associated lack of economies of scale and vulnerability to external shocks.

All members subscribe to the Community's principles outlined in the Revised Treaty of Chaguaramas (2002). Leaders of member states shape the Community's policies and priorities. They meet twice yearly to discuss issues affecting the Community and the wider world at the Conferences of Heads of Government. All members have an equal say regardless of size or economic status. This ensures that every member has a voice in shaping the Caribbean Community.

Membership

According to the Treaty of Chaguaramas of the Caribbean Community, membership of the Caribbean Community shall be open to any other State or Territory of the Caribbean Region that is, in the opinion of The Conference, able and willing to exercise the rights and assume the obligations of membership.





Map of countries with full membership in CARICOM.

Full Members (15)	Associate Members	Observers
<ol style="list-style-type: none"> 1. Antigua and Barbuda 2. Bahamas 3. Barbados 4. Belize 5. Dominica 6. Grenada 7. Guyana 8. Haiti 9. Jamaica 10. Montserrat 11. Saint Kitts and Nevis 12. Saint Lucia 13. Saint Vincent and the Grenadines 14. Suriname 15. Trinidad and Tobago. 	<ol style="list-style-type: none"> 1. Anguilla 2. Bermuda 3. British Virgin Islands 4. Cayman Islands 5. Turks and Caicos Islands 	<ol style="list-style-type: none"> 1. Aruba 2. Colombia 3. Dominican Republic 4. Mexico 5. Puerto Rico 6. Venezuela

Indigenous peoples of the Caribbean

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

At the time of first contact between Europe and the Americas, the **indigenous peoples of the Caribbean** included the Taíno of the northern Lesser Antilles, most of the Greater Antilles and the Bahamas, the Kalinago of the Lesser Antilles, the Ciguayo and Macorix of parts of Hispaniola, and the Guanahatabey of western Cuba. The Kalinago have maintained an identity as an indigenous people, with a reserved territory in Dominica.

Archaic Age people

Peoples of the Caribbean at the time of European contact. Chartreuse, green and purple are Awawakan; orange and yellow Cariban. Brown, pink and red were the remaining archaic peoples.

DNA studies changed some of the traditional beliefs about pre-Columbian indigenous history. According to National Geographic, "studies confirm that a wave of pottery-making farmers—known as Ceramic Age people—set out in canoes from the north eastern coast of South America starting some 2,500 years ago and island-hopped across the Caribbean. They were not, however, the first colonisers. On many islands they encountered a foraging people who arrived some 6,000 or 7,000 years ago... The ceramicists, who are related to today's Arawak-speaking peoples, supplanted the earlier foraging inhabitants—presumably through disease or violence—as they settled new islands."



Taíno

Taino reenactment in Puerto Rico

The Taíno, an Arawak people, were the major population group throughout most of the Caribbean. Their culture was divided into three main groups, the Western Taíno, the Classic Taíno, and the Eastern Taíno, with other variations within the islands.

Classic Taíno

The Classic Taíno lived in eastern Cuba, Hispaniola, and Puerto Rico. They spoke a dialect called Classic Taíno. Compared to their neighbours, the Classic Taíno had substantially developed agricultural societies. Puerto Rico was divided into twenty chiefdoms which were organised into one united kingdom or confederation, Borinquen. Hispaniola was divided into roughly 45 chiefdoms, which were organised into five kingdoms under the leadership of the chief of each area's premier chiefdom. Beginning around 1450, Classic Taíno from Hispaniola began migrating to eastern Cuba; they are conventionally known as the Cuban Taíno. The Cuban Taíno gained power over some of Cuba's earlier Western Taíno inhabitants, the [Ciboney](#), but no regional or island-wide political structure had developed on the island at the time of Spanish colonisation of the Americas.



Eastern Taíno

The Eastern Taíno inhabited the Leeward Islands of the Lesser Antilles, from the Virgin Islands to Montserrat. They had less sophisticated societies than the Classic Taíno.

Western Taíno

The Western Taíno lived in the Bahamas, central Cuba, westernmost Hispaniola, and Jamaica. They spoke a dialect known as [Ciboney Taíno](#) or Western Taíno. The Western Taíno of the Bahamas were known as the Lucayans, they were wiped out by Spanish slave raids by 1520. Western Taíno living in Cuba were known as the Ciboney. They had no chiefdoms or organised political structure beyond individual villages, but by the time of Spanish conquest many were under the control of the Cuban Taíno in eastern Cuba.

Igneri

According to oral history, the Igneri were the original Arawak inhabitants of the Windward Islands in the Lesser Antilles before being conquered by the Caribs who are thought to have arrived from South America. Contemporary sources like to suggest that the Caribs took Igneri women as their wives while killing the men, resulting in the two sexes speaking different languages. This is not proven, and there appears to be a confusion of the reality: despite the name, the Island Carib language was Arawakan, not Cariban. Irving Rouse suggests that small numbers of Caribs may have conquered the Igneri without displacing them, and could have gradually adopted their language while retaining the Carib identity, but there is no evidence to prove this. Though they were Arawaks, the Igneri language appears to be as distinct from the Taíno language as it was from the mainland Arawak language of South America.

Kalinago

Kalinago man

By the contact period, the Kalinago, also known as Island Caribs, inhabited the Windward Islands of the Lesser Antilles. "Caribbean" derives from the name "Carib", by which the Kalinago were formerly known. They self-identified with the Kalina or mainland Carib people of South America. Contemporary accounts asserted that the Island Caribs had conquered the Windward Islands from their previous inhabitants, the Igneri. However, the Kalinago language was Arawakan, not Cariban. Irving Rouse suggests that small numbers of South American Caribs invaded the Windwards and conquered the Igneri without displacing them; they gradually adopted the local language while maintaining the Carib identity. The Kalinago outlasted their Taíno neighbours, and continue to live in the Lesser Antilles in the Caribbean. Noteworthy Kalinago descendants live on within the Garifuna people, known as the Black Caribs who descend from St. Vincent in the Lesser Antilles.

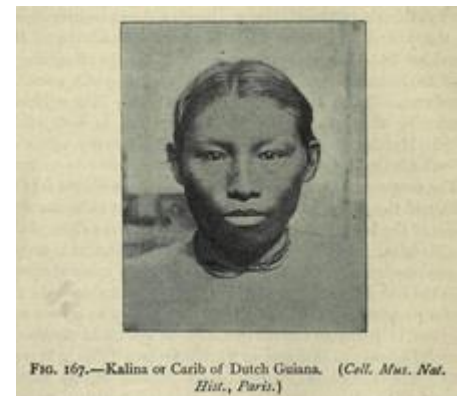


FIG. 167.—Kalina or Carib of Dutch Guiana. (Coll. Mus. Nat. Hist., Paris.)

Guanahatabey

A separate ethnic identity from far western Cuba. They were an archaic hunter-gatherer people who spoke a language distinct from Taíno, and appear to have predated the agricultural, Taíno-speaking Ciboney.

Ciguayo

A separate ethnic people that inhabited the Peninsula of Samaná and part of the northern coast toward Nagua in what today is the Dominican Republic, and, by most contemporary accounts, differed in language and customs from the classical or high Taíno who lived on the eastern part of the island of Hispaniola then known. According to Eustaquio Fernandez de Navarrete, they were “warriors and

spirited people,” (“gente animosa y guerrera”). The Cronista de Indias, Pedro Martir accused them of cannibalism: “when they descend from the mountains to wage war on their neighbours, they kill and eat some of them” (“trae[n] origen de los caníbales, pues cuando de las montañas bajan a lo llano para hacer guerra á sus vecinos, si matan á algunos se los comen”). Fray Ramón Pané, often dubbed as the first anthropologist of the Caribbean, distinguished the Ciguayo language from the rest of those spoken on Hispaniola. Bartolomé de las Casas, who studied them and was one of the few who read Ramón Pané’s original work in Spanish, provided most of the documentation about this group. Linguists Granberry and Gary Vescelius believe that the Cigüayos emigrated from Central America. Wilson (1990) states that circa 1500 this was the kingdom [Cacicazgo](#) of Cacique Guacangarí.

Macorix

Another separate ethnic group that lived on the eastern side of the island of Hispaniola. Their region today is in the Dominican Republic. According to las Casas, their language was unintelligible for the Taínos, but may have been similar to the Ciguayo language. (Wilson, 1990)

"There were three distinct languages in this island, unintelligible to each other; one was the people we called of lower Macorix, and the other were the neighbours from upper Macorix" (*Tres lenguas habia en esta Isla distintas, que la una á la otra no se entendia; la una era de la gente que llamábamos del Macorix de abajo, y la otra de los vecinos del Macorix de arriba*).

— *Bartolomé de las Casas*

Recent studies show that the Macorix people coexisted with the Tainos on Hispaniola. The names San Francisco de Macorix and San Pedro de Macorix in the Dominican Republic are indirect references to the political divisions of the [cacicazgo](#). The Spaniards wrongly assumed that the names given to the different territories were a reference "to what they called a Cacicazgo: a region dominated by a cacique. Cacique comes from the Taíno word kassiquan, meaning 'to keep house,' or meaning: 'a lord, dominating a great territory.' The different names given by the five regions in reality was given by the indigenous people based on the various Indigenous groups living on those areas.

Florida tribes

The Tequesta of the southeast coast of the Florida peninsula were once considered to be related to the Taíno, but most anthropologists now doubt this. The Tequesta had been present in the area for at least 2,000 years at the time of first European contact, and are believed to have built the Miami Stone Circle. Carl O. Sauer called the Florida Straits "one of the most strongly marked cultural boundaries in the New World", noting that the Straits were also a boundary between agricultural systems, with Florida Indians growing seed crops that originated in Mexico, while the Lucayans of the Bahamas grew root crops that originated in South America.

It is possible that a few Lucayas reached Florida shortly before the first European contacts in the area, but the north western Bahamas had remained uninhabited until approximately 1200, and the long established presence of the existing tribes in Florida would have likely prevented any pioneering settlements by people who had only just reached the neighbouring islands. Analysis of ocean currents and weather patterns indicates that people traveling by canoe from the Bahamas to Florida were likely to land in northern Florida rather than closer to the Bahamas. A single 'Antillean axe head' found near Gainesville, Florida may support some limited contacts. Due to the same ocean currents, direct travel in canoes from southern Florida to the Bahamas was unlikely.

CARIBBEAN O E C S Organisation of Eastern Caribbean States

A beach somewhere at sunrise or is it sunset!



COMMERCIAL IN CONFIDENCE

What are the 6 differences between the Caribbean people?

<https://www.quora.com/What-are-the-6-differences-between-the-Caribbean-people>

If we are limited to 6 differences between Caribbean people based on the island of origin:

1. Language – the Caribbean is a diverse region with a number of spoken languages: English, French, Spanish, Creole, Dutch and Patois.
2. Culture – each island is influenced by the immigrant populations which entered – both in terms of religion and the immigrant culture. Trinidad and Tobago are highly Indian- and Hindu-influenced, whereas Cuba has a largely Spanish-influenced / Catholic society, and Haiti is Catholic and voodoo, French and African inspired.
3. Size – the larger islands tend to dominate culturally. Trinidadian soca, Dominican reggaeton and Jamaican dancehall are heard across the regions.
4. Economy – most of the islands are tourism-based economies and their peoples worldviews are thus reflected. An island like Trinidad, which has a booming oil and gas economy, is less inclined to tourists.
5. Food – Jamaican jerk chicken, Trinidadian roti; all different, but united in our use of, and love of, scotch bonnet peppers and culantro!
6. Ethnicities: some islands are largely African-descendants; others are more cosmopolitan in their current ethnic makeup. Trinidad and Tobago, for instance, boasts a large mixed population, from the major ethnicities which entered the country: African, Indian, Chinese, Arab, European (French, English, Spanish, Scottish, Dutch), Jewish and native Caribbean, or any admixture thereof.



COMMERCIAL IN CONFIDENCE

Caribbean Countries

<https://www.infoplease.com/atlas/caribbean>

[Antigua and Barbuda](#)
[Bahamas](#)
[Barbados](#)
[Cuba](#)

[Dominica](#)
[Dominican Republic](#)
[Grenada](#)
[Haiti](#)
[Jamaica](#)

[St. Kitts and Nevis](#)
[St. Lucia](#)
[St. Vincent and the Grenadines](#)
[Trinidad and Tobago](#)

Territory and Dependency: Caribbean

[Anguilla \(U.K.\)](#)
[Aruba \(Neth.\)](#)
[British Virgin Islands \(U.K.\)](#)
[Cayman Islands \(U.K.\)](#)

[Guadeloupe \(Fr.\)](#)
[Martinique \(Fr.\)](#)
[Montserrat \(U.K.\)](#)
[Netherlands Antilles \(Neth.\)](#)

[Puerto Rico \(U.S.\)](#)
[Turks and Caicos Islands \(U.K.\)](#)
[U.S. Virgin Islands](#)

Note: The Caribbean Islands are part of the North American continent.



CARIBBEAN

The Caribbean countries and Territories are:	Population 2022	MoC	Per Capita Income IMF USD PPP 2021
Anguilla	15,003	300	
Antigua and Barbuda	93,763	300	\$21,010
Aruba	106,766	305	\$42,698
Bahamas, The	411,539	370	\$33,188
Barbados	281,635	360	\$15,111
Bermuda (outside Caribbean)		290	\$88,185
British Virgin Islands	30,231	290	
Cayman Islands	65,722	290	\$74,155
Cuba	11,204,418	280	N/a
Curacao	164,093	280	\$22,832
Dominica	72,737	290	\$11,950
Dominican Republic	11,281,678	290	\$20,462
Grenada	125,438	280	\$15,037
Guadeloupe	395,752	290	
Haiti	11,653,399	80	\$3,153
Jamaica	2,825,822	310	\$10,542
Martinique	367,507	280	
Montserrat	4,992	270	
Netherlands Antilles	26,223	275	
Puerto Rico	3,255,516	250	\$35,850
Saint Barthelemy	9,877	270	
Saint Kitts & Nevis	47,657	270	\$29,097
Saint Lucia	179,857	280	\$14,332
Saint Maarten	38,666	275	\$35,973
Saint Vincent and the Grenadines	103,948	260	\$15,045
Trinidad & Tobago	1,532,599	300	\$25,308
Turks & Caicos Islands	38,717	280	\$20,337
US Virgin Islands	104,425	280	N/a
	<u>44,437,980</u>	<u>280</u>	
	Caribbean small states		\$17,323
	World		\$18,603

CARIBBEAN

<https://www.worldbank.org/en/country/caribbean/overview>

The Caribbean is a region of the Americas that lies Southeast of the Gulf of Mexico. The name refers to the islands of the Caribbean Sea and the surrounding coasts. **The Caribbean is made up of more than 700 islands, reefs, and cays**, which are organized into 30 territories including sovereign states, overseas departments, and dependencies. Many of these territories speak English, French, Spanish, or a local Creole dialect. A common destination for tourists from around the world, the Caribbean has a very tropical climate, and is sought after for its beautiful beaches, mountains, rainforests, culture, cuisine, and diverse wildlife.

The Caribbean is a diverse region with significant economic potential and growth opportunities. However, the region is extremely vulnerable to natural hazards, and is facing severe economic impacts of the coronavirus Covid-19 pandemic.

The Caribbean is a diverse region with significant economic potential and growth opportunities. Gross National Income (GNI) per capita varies from around US\$800 to over US\$30,000 and most countries rely primarily on tourism, while some on commodity exports.

With its stunning scenery and vibrant cultures, the Caribbean is one of the world's top tourist destinations. Sustainable use of ocean resources, known as the "blue economy," offers potential for economic diversification, while preserving the region's environment, as well as further development of other sectors with potential for growth.

Many small economies, including those that are tourism-dependent, were maintaining a positive growth rate prior to the onset of the COVID-19 pandemic. The Caribbean has been badly impacted by the near halt in tourism. The Caribbean economy contracted an estimated 8.6% in 2020, and by 12.6% excluding Guyana. Many jobs are affected, and a recent high frequency phone survey in one of the Caribbean small states suggests that poverty headcounts are rising, though the magnitude and duration of this increase will depend on the pace of economic recovery. The progression of the pandemic and vaccination efforts will have a major impact on the speed and scope of recovery.

Caribbean countries are extremely vulnerable to climate change and natural disasters. Extreme weather events are common – the region experienced nine hurricanes at Category 3 and above in 2019-2020, and a record number of named storms in the 2020 hurricane season. When a hurricane strikes, it can wipe out more than the entire annual GDP of a small island and it is often the poorest that suffer the most. Major hurricanes include Irma and Maria in 2017, and Dorian in 2019. In April 2021, the eruption of the La Soufrière volcano in Saint Vincent and the Grenadines has required mass evacuations, and is having widespread impacts on the country's people, infrastructure, and economy.

Building fiscal and financial resilience and investing in preparedness – be it physical, health-related, or social safety nets – are critical to reducing the large human and economic costs caused by climate change. The Caribbean also aims to develop new sources of economic growth and high productivity jobs, which will require investing in people and climate adaptation, improving the investment climate and connectivity, and safeguarding the environment.

NATIONS of the WORLD									
NATIONS	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
CARIBBEAN (consists of 13 countries and 15 dependent territories)				https://en.wikipedia.org/wiki/List_of_Caribbean_countries_by_population					
Antigua and Barbuda	300	97,000	77.5	31.9				0.665	18,125
Bahamas	370	400,000	74.3	32.0	91 free	0.814		0.740	34,000
Barbados	360	290,000	79.6	38.6	95 free	0.814		0.782	14,300
Bermuda (Atlantic territory UK)	350	62,000	81.9	43.4					85,300
Cuba	280	11,350,000	79.2	41.5	13 not free	0.783		0.790	12,300
Dominica	290	72,000	77.4	33.5				0.632	11,250
Dominican Republic	290	10,850,000	74.7	28.1	67 partly free	0.756	5.5	0.666	11,250
Grenada	280	112,000	72.6	31.5				0.770	15,400
Guadeloupe (territory France)	290	400,000	82.7	43.7					25,000
Haiti	80	11,400,000	65.0	23.0	37 partly free	0.510	3.6	0.456	2,960
Jamaica	310	3,000,000	74.9	26.0	80 free	0.734	6.3	0.689	10,300
Puerto Rico (territory USA)	250	2,900,000	80.7	41.5	free				36,000
St Kitts and Nevis	270	54,000	74.5	35.0	89 free	0.779		0.673	24,200
St Lucia	280	183,000	76.7	33.5				0.672	14,000
St Vincent and the Grenadines	260	111,000	73.0	33.6				0.684	12,800
Trinidad and Tobago	300	1,400,000	73.9	36.0	82 free	0.796		0.728	25,900
CARIBBEAN	280	44,000,000							



7 Caribbean Countries Ranked in World Happiness Report 2016



Out of the 178 countries surveyed in 2006, the best scoring countries were **Vanuatu, Colombia, Costa Rica, Dominica, and Panama**. **Dominicans are among the happiest people in the world according to a study compiled by a British think tank.**

That in itself may be one reason why **Dominica** is one of the happiest countries in the world but it's not the only one.

Dominica came fourth in the ranking (2006), the highest of all the Caribbean countries. Cuba and St Vincent and the Grenadines also made it into the top ten.

In 2009, Costa Rica was the best scoring country among the 143 analysed, followed by the Dominican Republic, Jamaica, Guatemala and Vietnam, Tanzania, Botswana and Zimbabwe were featured at the bottom of the list.

According to the World Happiness Report 2016 Update, the rankings were compiled after analysing “roughly 1,000 respondents in each of the 157 countries, to a question asking them to evaluate their current lives on a ladder where 0 represents the worst possible life and 10, the best possible.

Of the seven Caribbean territories / countries included in the World Happiness Report 2016 Update, Puerto Rico ranked the highest. Overall, 157 territories / countries from across the globe are included in the survey and report released in advance of the United Nations World Happiness Day on March 20th, and Puerto Rico is ranked 15th. The next Caribbean country is Suriname ranked 40th followed by Trinidad & Tobago ranked 43rd. These top three are then followed by Belize 52nd, Jamaica 73rd, the Dominican Republic 89th and Haiti ranked 136th.

Rank	Territory/Country	Happiness Score
15	Puerto Rico	7.039
40	Suriname	6.269
43	Trinidad & Tobago	6.168
52	Belize	5.956
73	Jamaica	5.510
89	Dominican Republic	5.155
136	Haiti	4.028

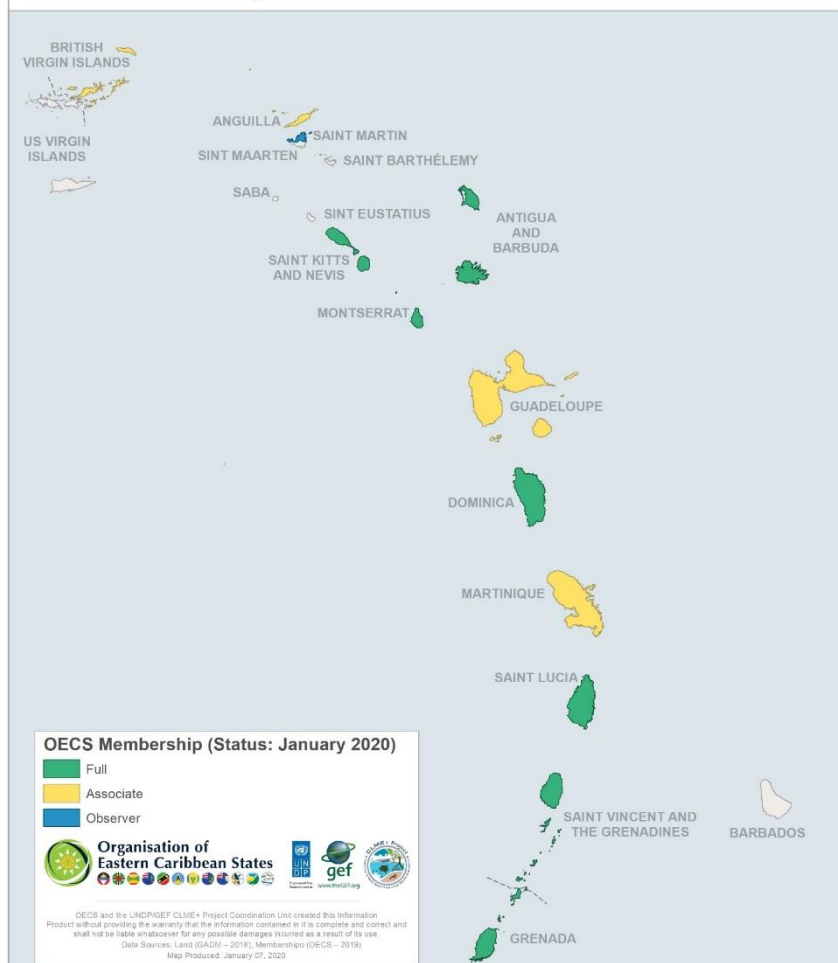


Organisation of Eastern Caribbean States



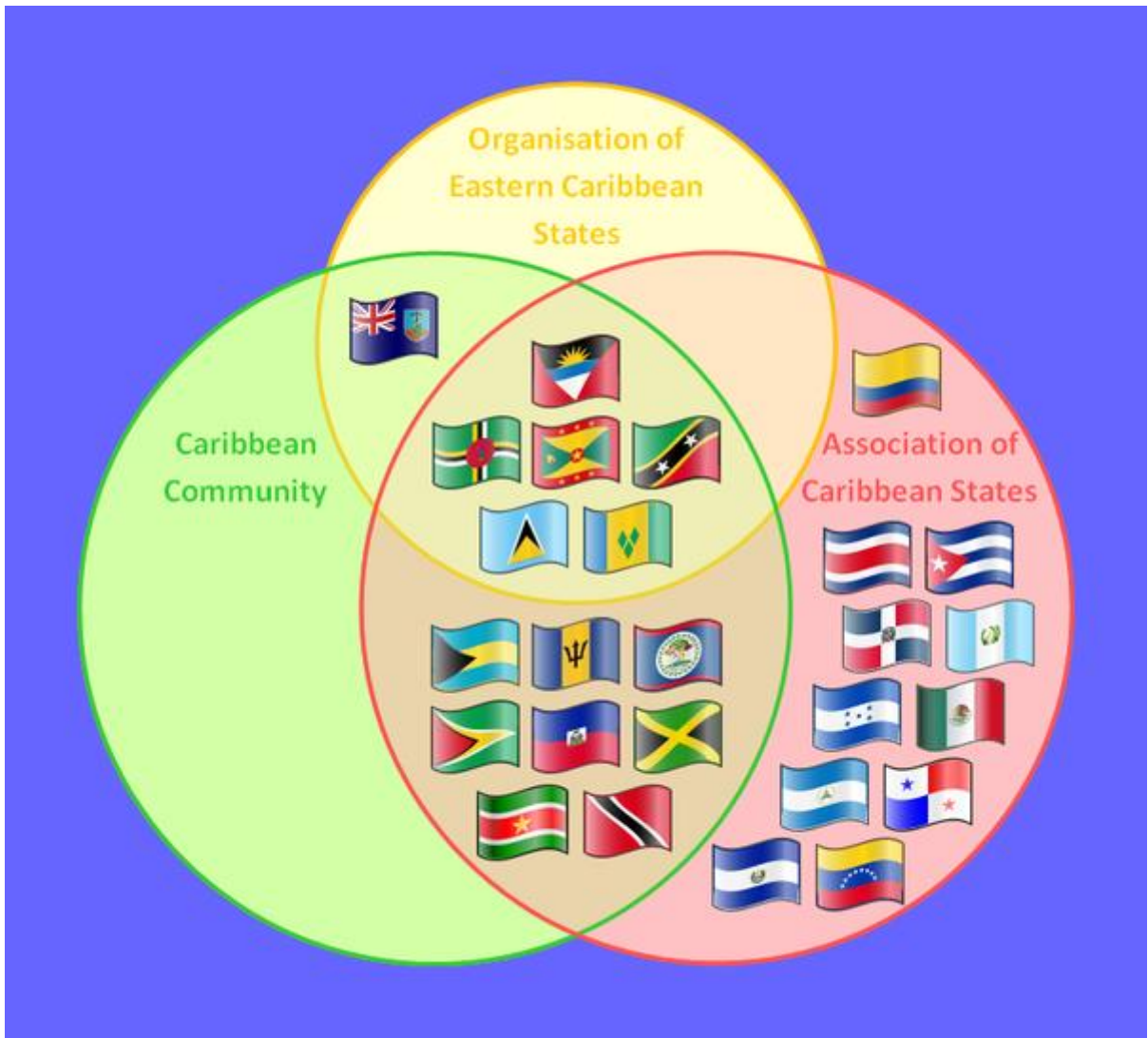
Membership status	Description
Membership	Antigua and Barbuda
	Dominica
	Grenada
	Montserrat
	Saint Kitts and Nevis
	Saint Lucia
	Saint Vincent and the Grenadines
Associate membership	Anguilla
	British Virgin Islands

Members of The Organisation of Eastern Caribbean States as of 2020



COMMERCIAL IN CONFIDENCE

The relationship between all the nations of the Caribbean and the Organisation of Eastern Caribbean States all still embracing the overall Caribbean Community.



Antigua and Barbuda



Dominica



Grenada



Montserrat



Saint Kitts and Nevis



Saint Lucia



Saint Vincent and the Grenadines

COMMERCIAL IN CONFIDENCE



Organisation of Eastern Caribbean States Organisation of Eastern Caribbean States (OECS)

<https://www.worldbank.org/en/news/factsheet/2022/10/27/world-bank-organisation-of-eastern-caribbean-states-oecs>

Overview

Six members of the Organisation of Eastern Caribbean States (OECS) are also member countries of the World Bank Group (WBG), namely:

Antigua and Barbuda,

Dominica,

Grenada,

Saint Kitts and Nevis,

St. Lucia, and

St. Vincent and the
Grenadines.

As OECS countries recover from the COVID-19 crisis, they continue to address their medium-term development priorities, and build resilience to climate change and other external shocks. The health impact of COVID-19 has been relatively contained, thanks to the early implementation of lockdowns and social distancing measures, with 89,700 total COVID-19 cases

and 1,023 deaths reported as of 10 October 2022, in the six countries. Between 28% and 70% of the OECS countries' population has received at least one dose of the COVID-19 vaccine. However, the economic impact of the pandemic has been disproportionately severe due to the near shutdown in tourism, the region's main source of economic activity and employment.



Moreover, OECS countries are highly vulnerable to climate change as it increases the frequency and severity of the extreme weather events that regularly strike the Caribbean.

OECS countries are small states with a **combined population of approximately 625,000**. Small size limits access to economies of scale, which in turn shapes the structure of the economy by limiting diversification and the composition of international trade, and increases exposure to volatility, natural disasters, and other shocks. Size also affects returns to scale in the public sector, which has implications for government capacity and the organisation and financing of service delivery.

Economic growth in the OECS has been volatile due to the concentration of activities in a few sectors and the impact of natural disasters. Growth volatility in the region is among the highest in the world, and over twice the average for the Pacific Islands between the years 2000 and 2019. The OECS is heavily reliant on tourism, which accounts for 35% of GDP on average and provides more than half of all jobs. As a result, economic performance is heavily influenced by developments in the tourism sector as well as the business cycles of the tourism source markets – the USA, Canada, and Europe. This was especially noticeable in the aftermath of the Global Financial Crisis (GFC), as well as during the ongoing COVID-19 pandemic. The dependence on tourism also amplifies the impact of weather-related extreme events as they curtail tourist arrivals, further disrupting economic activity.

Real GDP growth has also been relatively low, and the income gap with peer countries has widened since the GFC. The region expanded at an average annual rate of 1.6% between 2009 and 2019, comparably lower than the averages of 2.6% and 4% recorded by the Pacific Islands and the upper middle-income countries (UMIC), respectively. Grenada, the region's fastest-growing economy in recent years, expanded at an annual average of 3% after the GFC. There was a pickup in growth after major category 5 Hurricanes Irma and Maria struck in 2017, with real GDP growth rebounding from 0.1% to an average 3.1% in 2019. Increased tourist arrivals and large construction projects, such as Dominica's post-hurricane reconstruction, fuelled the growth acceleration.

Economic activity in the region contracted sharply in 2020 due to the impact of the COVID-19 pandemic, and recovery in 2021 has been slow. In addition to the health impact of COVID-19, the pandemic's socio-economic impact on OECS countries has been severe, pushing the region into a deep recession. OECS countries are estimated to have contracted by 13.9% in 2020. To contain the spread of infections, international travel was almost completely halted, resulting in a 70% drop in earnings from tourism. Non-tourism related economic activities also contracted due to disruptions in international logistics, as well as the domestic implementation of social distancing measures including curfews and business closures. Job losses are also estimated to be high, with women likely to be disproportionately affected due to their high participation in the services sector. Estimates in St. Lucia suggest that over 70% of households have seen their incomes fall since the beginning of the pandemic, and nearly 45% of the working population pre-pandemic had stopped working by May 2020 (WB High Frequency Phone Survey, HFPS, May 2020). Similarly, 70% of Dominican households reported a loss in employment or a reduction in salary as of June 2020.

The eruption of the La Soufrière volcano in April 2021 has compounded the effect of the pandemic in St. Vincent and the Grenadines, resulting in additional loss of livelihoods and assets.

OECS countries pursued moderately active fiscal policies over the past decade, with a sharp jump in fiscal deficits in 2020. After a period of improvement post-GFC, the average fiscal surplus peaked at 3.4% in 2016, before gradually deteriorating to a deficit of 2.6% of GDP in 2019. The average fiscal deficit climbed to 7.1% of GDP in 2020 in the context of the pandemic. The deterioration in the fiscal

balance prior to 2020 was mainly attributed to large reconstruction projects in Dominica post-hurricane, and a decline of Citizenship-by-Investment (CBI) inflows to Dominica.

In this context, average total revenues fell from 32.2% of GDP in 2016 to 29% of GDP in 2020. Average total spending rose to 35% of GDP in 2020, an increase of 4.1% points relative to 2019, reflecting increased spending on goods and wages to combat the impact of the pandemic. The countries have been proactive in accessing concessional financing, including from the Bank and the International Monetary Fund (IMF), to supplement financing from regional and domestic sources. Notably, the OECS IDA-recipient countries participated in the Debt Service Suspension Initiative (DSSI) to free up additional fiscal space.

Public debt increased sharply in 2020-2021, reversing recent declines. Improved fiscal management and fiscal consolidation efforts helped reduce the debt burden of the OECS countries prior to the pandemic. Public debt fell from 73.7% of GDP in 2016 to 69.1% of GDP in 2019, with some countries, such as Grenada, showing substantial reductions in debt levels by over 40 percentage points of GDP. In view of significant COVID-related borrowings and economic contraction in 2020, the debt stock is estimated to have climbed to 85.9% of GDP in 2021, with St. Lucia and Antigua and Barbuda increasing by the largest margins.

According to the most recent Debt Sustainability Analyses (DSA), several of the countries are in a precarious debt situation with high vulnerability to a variety of shocks. Despite strong CBI inflows and several debt restructurings, the region remains one of the world's most indebted, limiting fiscal space and the central role of fiscal policy for economic development.

Poverty in Eastern Caribbean countries remains relatively high with official poverty rates ranging from 18% to 30%. The lack of up-to-date socioeconomic data is a key area of concern in the OECS, with Grenada and St. Lucia being the only two countries with recent poverty and inequality data. In Grenada, the country previously with the highest level of poverty in the OECS, the poverty rate declined from 38% to 25% between 2008 and 2018, in line with significant growth in per capita incomes. In St. Lucia, poverty declined from 29% to 25% between 2005 and 2016. The most recent poverty indicators for the other countries, though over a decade old, show poverty rates between 18% and 30% of the population. Inequality in OECS countries ranges from moderate to high, with Gini index values between 0.37 and 0.48.

Economic Outlook

Prior to the pandemic, some OECS countries initiated measures to reshape their budgets to strengthen fiscal sustainability. Following major debt restructurings under an IMF program, Grenada approved the Fiscal Responsibility Act (FRA) in 2014 and undertook reforms which successfully reduced public debt from 102% of

OECS Organisation of Eastern Caribbean



Antigua and Barbuda



Dominica



Grenada



Montserrat



Saint Kitts and Nevis



Saint Lucia



Saint Vincent and the Grenadines

GDP in 2014 to 59% of GDP in 2019. Development Policy Credits (DPCs) in Grenada have supported the country's fiscal rule, including by contributing to (i) the establishment of the Fiscal Responsibility Oversight Committee, (ii) incorporating SOE contingent debt in the debt reports and fiscal risks statements, (iii) a negotiation framework for the public sector wage; and (iv) other reforms to enhance public investment efficiency and enhance revenue measures. In 2019, St. Vincent and the Grenadines approved a Fiscal Responsibility Resolution which outlines declaratory fiscal responsibility principles, and sets targets for spending, fiscal balances, and public debt levels.

In 2021, Dominica approved the development of a Fiscal Rules and Responsibility Framework with the support of Bank technical assistance. The Bank has also provided technical assistance to the Government of Saint Lucia in developing and implementing a rules-based Fiscal Responsibility Framework. The COVID-19 DPC in St Lucia supported the government's continued commitment to the fiscal rule. Antigua and Barbuda and St. Kitts and Nevis, which are more vulnerable to natural disasters and have high debt levels, have accumulated fiscal buffers using the relatively large CBI inflows. With the joint support by IMF, CDB, and the Bank, OECS countries are expected to achieve the 60 percent debt target by 2035 (deferred by the ECCB from 2030 to 2035 in light of the significant impacts from the COVID-19 pandemic).

WBG (World Bank Group) Strategy

Strengthened Resilience to Climate Change and Other Shocks

- The marine ecosystems of the OECS currently provide food, livelihoods, and income to millions of people through tourism, fisheries, and other sectors. Protection of the marine and coastal natural assets is critical to maintain the health and diversity of the natural capital underpinning economic activity and development.
- Water security has been identified as a threat to the region's natural assets and long-term development given the dependence of OECS countries on tourism and agriculture. In view of this, it would be important to preserve the natural endowment of water and waterways.
- Reduce the region's reliance on fossil fuels and leverage its renewable energy potential. Increasing energy independence through a diversified energy matrix, including by developing the region's geothermal potential, will contribute to the stabilization and enable reduction of electricity prices, positively impacting industrial competitiveness, household disposable income, and resilience to external economic shocks.
- Strengthen the investment climate to attract private sector finance in clean energy. The Bank will continue providing TA to design options for a Regional Renewable Energy Infrastructure Financing Facility for the OECS to strengthen private investments in the sector in partnership with the Eastern Caribbean Central Bank (ECCB) and aims to provide financing to support implementation of the Facility.
- The Bank will continue its long-standing support to the Eastern Caribbean's climate and disaster risk management, focusing on ex-ante resilience to natural hazards and climate change impacts. Vulnerability to natural hazards is at the crux of the region's development challenges, as it hurts economic growth, contributes to mounting debt stocks, deters business creation, and hampers poverty reduction.

- Investments through disaster vulnerability reduction projects in the four OECS Blend countries will help strengthen the resilience of the islands' infrastructure against the impacts of natural hazards and climate change.
- The Bank will continue supporting disaster risk financing instruments underpinned by technical assistance to help governments design and implement national disaster risk financing strategies. The pandemic has had a disproportionate impact on output, government revenues, and debt to GDP levels in the Eastern Caribbean, and has redirected resources away from critical risk reduction activities.

Improve Fiscal, Debt, and Public Financial Management (PFM)

- The crippling economic impact of the COVID-19 pandemic has led to surging debt levels in OECS countries, reversing some of the gains made in recent years. Public debt levels had fallen significantly in the OECS countries prior to the pandemic.
- Supporting OECS governments in the implementation of fiscal management reforms to safeguard fiscal and debt sustainability. Through policy-based lending, technical assistance and the Performance and Policy Actions (PPAs) under the IDA Sustainable Development Financing Policy (SDFP), the Bank will support the implementation of fiscal responsibility frameworks across the OECS, as well as enhanced debt transparency through the annual publication of debt management reports.
- Supporting PFM reforms to strengthen the resilience and inclusiveness of budget policies, accounting, auditing, and procurement practices. The region has made progress in PFM in the last decade by improving the budget preparation and external audit practices.

Strengthen Social and Financial Protection for the Poor

- Poverty reduction in the OECS has been hampered by weak coverage and inefficiencies of the social protection (SP) systems. Social safety nets are critical to protect the poor and vulnerable from the impact of external shocks which regularly strike OECS countries.
- The WBG contributed to the strengthening of the SP policy framework, increased the coverage of cash transfer programs, and improved the implementation of social programs across the region.
- The WBG supports the collection of household surveys and publication of up to date and reliable poverty data in the OECS. Currently, household surveys to monitor and analyse poverty and other socioeconomic dimensions in the OECS are conducted about once every ten years or more. The Bank aims to improve the capacity of OECS countries to produce and publicly disseminate statistical data in a timely manner for evidence-based policymaking at both the country and regional levels.

Strengthen Health Services Delivery and Skills Enhancement Program

- Productivity growth and poverty reduction in OECS countries have been constrained by poor learning outcomes in school, the overall lack of skills in the population, and the mismatch between workforce skills and labour market needs. The Bank is working on boosting human capital development to increase labour force productivity and reduce poverty and unemployment.
- The World Bank will explore options for supporting secondary and post-secondary education agendas at a regional level, that will support innovation.

- Though the OECS countries were relatively successful in containing the spread of COVID-19, vulnerability to extreme weather events and frequent disease outbreaks have highlighted weaknesses in health systems' preparedness for public health emergencies. This will require continuing to strengthen core public health systems at both national and regional levels, including disease surveillance and laboratory systems, as well as adoption of a multi-sectoral One Health Approach.
- Bank support will help address shortcomings in infectious disease surveillance, epidemic preparedness, and response and improve continuity of care following a natural disaster. Investments in national and regional health systems will strengthen their capacity and preparedness for public health emergencies.
- Substantial health sector strengthening support is envisioned in St. Vincent and the Grenadines through a proposed Health System Resilience Strengthening Project to improve the health system's capacity to plan for and respond to emergencies and maintain core functions when crises hits.
- The Bank will explore opportunities to strengthen gender-based violence prevention and response in OECS countries focusing on institutional gaps, coordination and referral challenges, and preparedness of first responders.

More and Better Jobs

Enhance the Enabling Environment for Businesses

- The WBG will help increase access to credit for small and medium-sized enterprises (SMEs) to enable business recovery and development, higher employment, and growth, and facilitate provision and expansion of better jobs for women. SMEs contribute to more than 50 percent of employment and GDP in the region.
- The programme will facilitate economic transactions, increase financial inclusion, spur innovation and support the increased adoption of digital financial services in OECS countries. Specifically, the Bank will support the modernization of policy, legal, and regulatory frameworks and underlying payment infrastructure to enable innovators within the ECCU to roll out new non-bank digital payment products and services.
- The WBG will provide additional support to strengthen tourism competitiveness and sustainability in Eastern Caribbean countries. Tourism is the single most important economic sector in the OECS, accounting for the largest share of GDP and employment. However, the region has been losing competitiveness with respect to other parts of the world, reflecting high pricing due to high energy and connectivity costs, as well as a limited menu of tourism offerings for visitors. The OECS Regional Tourism Development Project aims to support the sector's recovery and medium-term growth by enriching and diversifying tourism offerings.
- IFC supports this objective through advisory services, such as the Business Regulations and Regional Competitiveness Project. The project aims to support governments in the Caribbean region to design and implement business regulation reforms that would facilitate the creation of regional markets, take digital government service delivery to new frontiers, and unlock sector-specific bottlenecks to open new markets for private investment.
- MIGA will continue to seek opportunities to promote cross-border investment and lending through its guarantee instruments.

- Help strengthen the agriculture and fisheries sector as a source of growth, employment and resilience to economic shocks. The COVID-19 pandemic was a painful reminder of the Eastern Caribbean’s vulnerability to global economic shocks due to its tourism-dependence, as the halt in international travel led to deep economic contractions of up to 20 percent across the island countries.

Increase Digital and Physical Connectivity

- Support digital connectivity and development in the Eastern Caribbean as a driver of growth, job creation, and improved service delivery. Digital technologies can help the OECS small states overcome their challenges of scale by improving the efficiency of economic transactions and government services. They can also be used to develop the digital services industry in the region.
- The Caribbean Digital Transformation Project - the first Bank-financed regional project on digital development - seeks to support increased access to and use of broadband, digital financial services, and the skills needed to actively participate in an increasingly digital marketplace and society.
- Bank support will help deepen digital government reforms in Grenada, improving the access to and efficiency of government services and facilitating tax compliance for individuals and businesses. The Digital Government for Resilience Project seeks to enhance the efficiency, usage, and resilience of digital government services in the country.
- Contribute to strengthen the region’s air and sea transport connectivity by improving operational safety and navigation efficiency of air transport in the Eastern Caribbean and strengthening the disaster resilience of airports in Grenada and St. Lucia.

Implementing the Regional Partnership Framework

- Four OECS Blend countries have access to IDA financing on small economy terms (10 years grace period, 40 years maturity and no interest). The IDA indicative country allocation for the four OECS Blend countries is approximately US\$70-75 million per country during the IDA19 period and is expected to remain around similar levels in IDA20.
- A series of core analytics and advisory work. Analytics, such as Country Economic Memoranda, Public Expenditure Reviews, and Poverty Assessments, will serve to inform the reform agenda supported by the envisioned DPOs.
- Building Implementation Capacity. Capacity is severely constrained in small island states, calling for greater consolidation, more selectivity, and less complexity in Bank-supported interventions. Key lessons learned to address capacity challenges include employing greater selectivity, consolidating the program, and developing deeper synergies with development partners. The Bank has provided technical assistance to OECS countries financed through the Canada “Caribbean Resilience Facility”.

Results

Fostering Conditions for Growth and Competitiveness

Focused on supporting the OECS countries in strengthening macroeconomic stability and advancing structural reforms to revive competitiveness and growth.

In a context of high public indebtedness, support was given to fiscal and PFM reforms considered key to provide a macroeconomic environment more conducive to growth. Moreover, support was given to governments in addressing institutional bottlenecks for private sector development to improve the business climate and attract investments, including inadequate access to finance, cumbersome business regulations, low connectivity, and limited innovation and entrepreneurship. Support also sought to strengthen productivity by building human capital through improvements in health and education.

Improve Macro-Fiscal Policies for Debt Management and Public Procurement

- The Bank supported important improvements in fiscal policy and PFM.
- Bank support also informed the public procurement regulatory framework to improve the efficiency of public spending.

Enhanced Transparency and Statistical Capacity of Public Sector Information System

- Enhanced transparency by supporting the implementation of Open Data policies.

Strengthened Regulatory Frameworks for Competitiveness and Productivity

- The Bank supported the OECS in strengthening its banking sector to improve access to finance, highlighted by firms as a key constraint for business development in the Enterprise Survey (2010)
- Energy regulatory frameworks were enhanced, contributing to addressing challenges in the sector.
- Progress was made to adopt Public-Private Partnership (PPP) policies.

Improved Business Environment and Conditions for Female Entrepreneurship

- Helped increase the capacity and geographical reach of regional broadband networks in four OECS countries.
- The OECS made progress in implementing business climate reforms to enhance competitiveness.

Improved Human Capital Results for Higher Quality Standards for Education and Health

- Jointly with the Global Partnership for Education, the Bank supported the implementation of an OECS Education Strategy (2012-2021) to improve educational outcomes in the region.

Enhancing Resilience

The challenges of small states make the OECS countries highly vulnerable to the impact of external shocks. Like most small states, OECS countries are characterized by: (i) limited economies of scale due to the small market size; (ii) relative geographic isolation; and (iii) few opportunities to establish effective risk-sharing mechanisms to insure resilience against shocks. This results in highly specialized open economies strongly dependent on a single sector (tourism) and few trading partners (USA, Canada, and Great Britain), heightening vulnerability to economic shocks. It also entails that natural disasters affect a very large share of the population all at once, which heightens vulnerability to natural and climate shocks. The result is high levels of volatility which constrain growth and investments, result in higher public debt to finance crisis response spending, and the

loss of livelihoods and human lives from the impact of disasters, particularly among the poor and vulnerable.

The Bank helped OECS countries build cross-cutting resilience to shocks along the fiscal/financial, physical/infrastructure, human/social, and environmental dimensions. Results included the strengthening of social safety nets to better protect the poor and vulnerable against the impact of shocks. The Bank also supported the development of disaster risk financing (DRF) strategies, contributed to the strengthening of the region's infrastructure resilience, and helped protect OECS countries' vast ocean resources which are the main source of income for most of the population. Support was also given to Dominica's reconstruction in the aftermath of category 5 Hurricane Maria, which decimated the island in September 2017.

Improved Targeting of Social Protection Systems

- World Bank program helped strengthen social protection systems to help the poor and protect them from the impact of recurrent external shocks through improvements in Social Safety Nets (SSN).
- The Bank helped consolidate and strengthen the targeting of cash transfer (CT) programs to improve their efficiency and increase coverage among the poor and vulnerable.

Improved Capacity to Prepare for, Respond to, and Mitigate Natural Disasters

- World Bank supported the formulation and adoption of National Disaster Risk Financing Strategies.
- Contingent financing through the CAT DDOs contributed to regulatory reforms to enhance infrastructure resilience.
- The Disaster Risk Management Programme strengthened hydro-meteorological (hydro-met) systems for disaster preparedness.
- The Bank contributed substantial rapid response financing to Dominica in the aftermath of category 5 Hurricane Maria, which struck the island in September 2017 and caused damages and losses exceeding 220 percent of GDP.



Better Management of Marine and Coastal Natural Assets

- The Bank has supported critical improvements in the OECS' management of its vast marine and coastal resources to develop its "blue economy" in a sustainable manner.

- Policy-based lending support contributed to important reforms to reduce plastic pollution and coastal environmental degradation.
- Bank support also contributed to strengthen the capacity for ocean governance in the region.

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Dominica



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he **Eastern Caribbean dollar** (symbol: **EC\$**; code: **XCD**) is the **currency** of all seven full members and one associate member of the **Organisation of Eastern Caribbean States** (OECS). The successor to the **British West Indies dollar**, it has existed since 1965, and it is normally abbreviated with the **dollar sign** \$ or, alternatively, **EC\$** to distinguish it from other **dollar**-denominated currencies.

1 XCD = USD 0.37

1 USD = XCD 2.70

1 AUD = XCD 1.85

Demographics	
User(s)	 Anguilla  Antigua and Barbuda  Dominica  Grenada  Montserrat  Saint Kitts and Nevis  Saint Lucia  Saint Vincent and the Grenadines
Issuance	
Central bank	Eastern Caribbean Central Bank
Website	www.eccb-centralbank.org ↗
Valuation	
Pegged with	U.S. dollar = XCD 2.70

Country	Population below poverty line (%)	Year
Guatemala	59	2020
Haiti	59	2020
Belize	41	2020
Grenada	38	2020
El Salvador	33	2020
Dominican Republic	31	2020
Nicaragua	30	2020
Honduras	30	2020
Dominica	29	2020
Panama	23	2020
Costa Rica	22	2020
Trinidad and Tobago	20	2020
Jamaica	17	2020
Bahamas, The	9	2020

YOUTH UNEMPLOYMENT IN BARBADOS AND THE OECS AREA

Table 2.1: The youth population of the sub-region

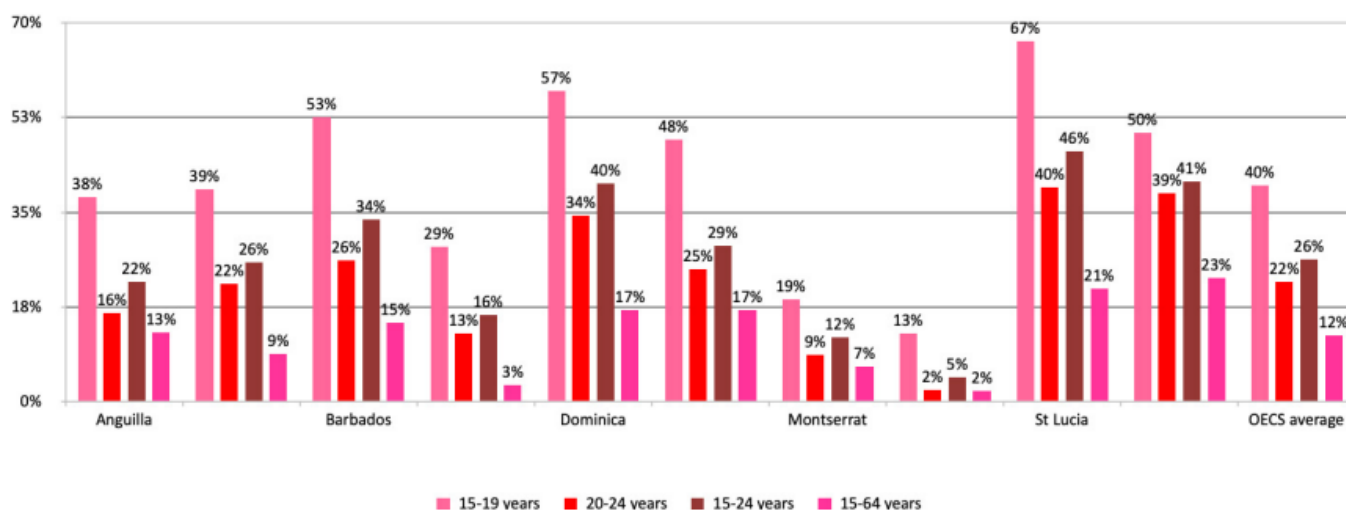
Country	Population				Percentages of youth population			Youth as % of total country population
	Youth population	Labour force		Not in Labour Force (NILF)	Labour force		Not in Labour Force (NILF)	
		Employed	Unemployed		Employed ¹	Unemployed ²		
Anguilla	1,830	840	240	750	46%	13%	41%	14%
Antigua and Barbuda	14,080	5,110	1,770	7,200	36%	13%	51%	15%
British Virgin Islands	3,650	1,490	290	1,870	41%	8%	51%	13%
Dominica	11,580	3,250	2,200	6,130	28%	19%	53%	17%
Grenada	17,830	6,340	2,560	8,930	36%	14%	50%	16%
Montserrat	510	290	40	180	57%	8%	35%	11%
St Kitts and Nevis	6,290	2,940	140	3,210	47%	2%	51%	14%
Saint Lucia	28,940	9,550	8,600	10,790	33%	30%	37%	17%
St Vincent and the Grenadines	18,390	5,150	3,550	9,690	28%	19%	53%	17%
OECS region	103,100	34,960	19,390	48,750	34%	19%	47%	15%
Barbados	37,200	11,400	5,700	20,100	31%	15%	54%	14%

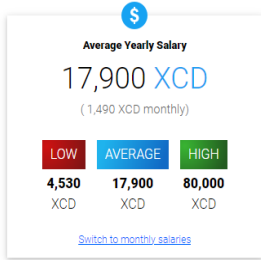
- The number of employed people as a percentage of the working age population is often known as the employment rate.
- The figures given in this column are the unemployment to population ratio. It is not the same as the unemployment rate, see Table 1.1.
- Some rows may not sum to totals due to rounding.

<https://www.unicef.org/easterncaribbean/media/2976/file/Youth%20unemployment%20in%20OECS.pdf>

Youth unemployment rate vary widely across the 10 countries, from under 5% to 46%. This wide range reflects the varying economic and labour market conditions in the 10 countries. The average youth unemployment rate across the sub-region, 26%, is more than double that for the working population as a whole (12%), and almost three times the rate of 9% for adults (25 to 64 years). A second recurring pattern is that unemployment rates of adolescents (15 to 19 years) are always much higher than those for young adults (20 to 24 years): 40% compared to 22%. Similarly, young adults always have higher unemployment rates than adults – 22% compared with 9%. Notwithstanding some outliers, these patterns are fairly stable across all countries.

Figure 2.1: Unemployment rates by age group



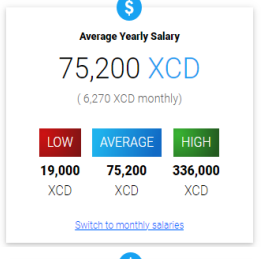


ORGANISATION OF EAST CARIBBEAN STATES (OECS)

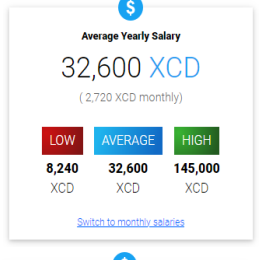
Dominica population 72,657 PPP\$11,950
A person working in **Dominica** typically earns around **17,900 XCD** per year. Salaries range from **4,530 XCD** (lowest average) to **80,000 XCD** (highest average, actual maximum salary is higher). (Average USD6,630)



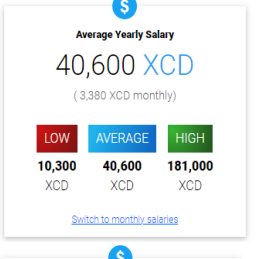
Anguilla population 15,003 n/a
What is the average salary in The Valley – Anguilla €66,368 per year, €31.91 Eur per hour. (Average XCD189,000 – USD70,077per year)



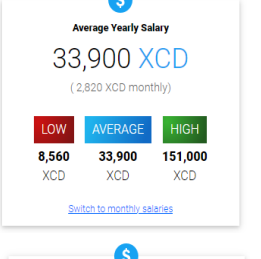
Antigua and Barbuda population 93,763 PPP\$21,010
A person working in **Antigua and Barbuda** typically earns around **54,100 XCD** per year. Salaries range from **13,700 XCD** (lowest average) to **242,000 XCD** (highest average, actual maximum salary is higher). (USD20,037)



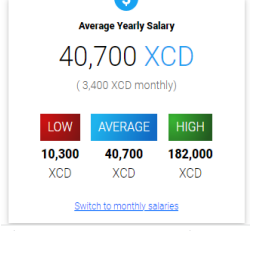
Grenada population 125,438 PPP\$15,037
A person working in **Grenada** typically earns around **75,200 XCD** per year. Salaries range from **19,000 XCD** (lowest average) to **336,000 XCD** (highest average, actual maximum salary is higher). (Average USD27,850)



Montserrat population 4,992 n/a
A person working in **Montserrat** typically earns around **32,600 XCD** per year. Salaries range from **8,240 XCD** (lowest average) to **145,000 XCD** (highest average, actual maximum salary is higher). (Average USD12,075)

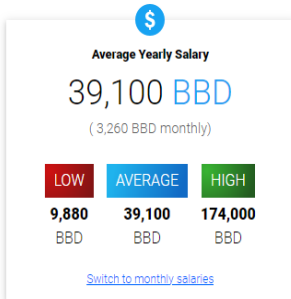


Saint Kitts and Nevis population 47,657 PPP\$29,097
A person working in **Saint Kitts and Nevis** typically earns around **40,600 XCD** per year. Salaries range from **10,300 XCD** (lowest average) to **181,000 XCD** (highest average, actual maximum salary is higher). (USD15,037)



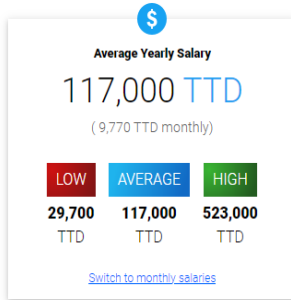
Saint Lucia population 179,857 PPP\$14,332
A person working in **Saint Lucia** typically earns around **33,900 XCD** per year. Salaries range from **8,560 XCD** (lowest average) to **151,000 XCD** (highest average, actual maximum salary is higher). (Average USD12,555)

Saint Vincent and the Grenadines population 103,948 PPP\$15,045
A person working in **Saint Vincent and the Grenadines** typically earns around **40,700 XCD** per year. Salaries range from **10,300 XCD** (lowest average) to **182,000 XCD** (highest average, actual maximum salary is higher). (\$15,075)

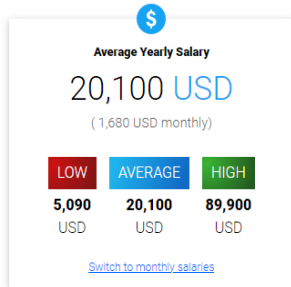


These Caribbean states are outside of the Organisation of East Caribbean States (OECS)

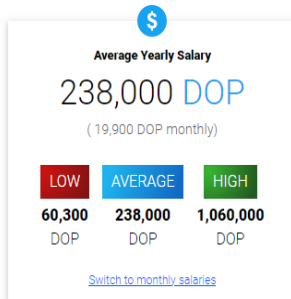
Barbados population 281,635 PPP\$15,111
 A person working in **Barbados** typically earns around **39,100 BBD** per year. Salaries range from **9,880 BBD** (lowest average) to **174,000 BBD** (highest average, actual maximum salary is higher).
 (1USD = 2.00 Barbadian Dollar. Average USD19,550)



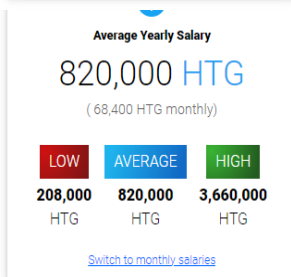
Trinidad and Tobago population 1,532,599 PPP\$25,308
 A person working in **Trinidad and Tobago** typically earns around **117,000 TTD** per year. Salaries range from **29,700 TTD** (lowest average) to **523,000 TTD** (highest average, actual maximum salary is higher).
 (1USD = 6.80 Trinidad & Tobago Dollar. Average USD17,200)



Puerto Rico population 3,255,516 PPP\$35,850
 A person working in **Puerto Rico** typically earns around **20,100 USD** per year. Salaries range from **5,090 USD** (lowest average) to **89,900 USD** (highest average, actual maximum salary is higher).



Dominican Republic population 11,281,678 PPP\$20,462
 A person working in **Dominican Republic** typically earns around **238,000 DOP** per year. Salaries range from **60,300 DOP** (lowest average) to **1,060,000 DOP** (highest average, actual maximum salary is higher).
 (1USD = 56 Dominican Pesos. Average USD4,250)



Haiti population 11,653,399 PPP\$3,153
 A person working in **Haiti** typically earns around **820,000 HTG** per year. Salaries range from **208,000 HTG** (lowest average) to **3,660,000 HTG** (highest average, actual maximum salary is higher).
 (1USD = 148 Haitian Gourde. Average USD5,540)



Cuba population 11,204,418 PPP n/a
 A person working in **Cuba** typically earns around **263,000 CUP** per year. Salaries range from **66,600 CUP** (lowest average) to **1,180,000 CUP** (highest average, actual maximum salary is higher).
 (1USD = 24 Cuban Peso. Average USD10,960)

Dominica

Population of Dominica is **72,427** as of Friday, December 23, 2022

https://www.indexmundi.com/dominica/age_structure.html

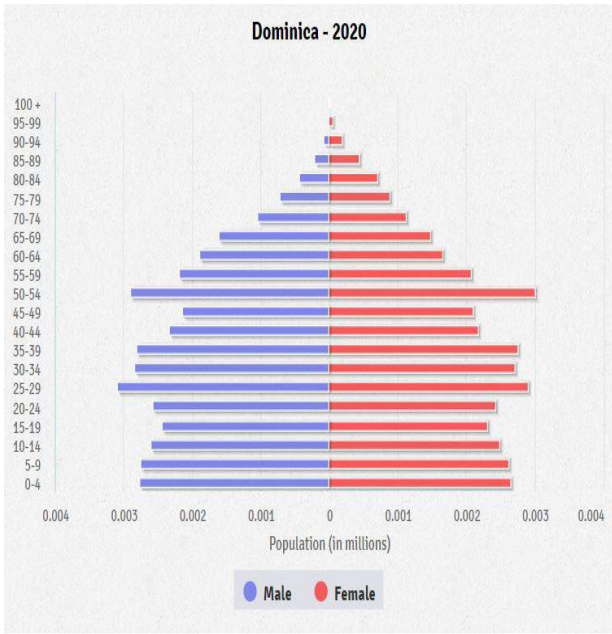
Age structure: 0-14 years: 21.41% (male 8,135/female 7,760)

15-24 years: 13.15% (male 5,017/female 4,746)

25-54 years: 42.79% (male 16,133/female 15,637)

55-64 years: 10.53% (male 4,089/female 3,731)

65 years and over: 12.12% (male 4,128/female 4,867) (2020 est.)



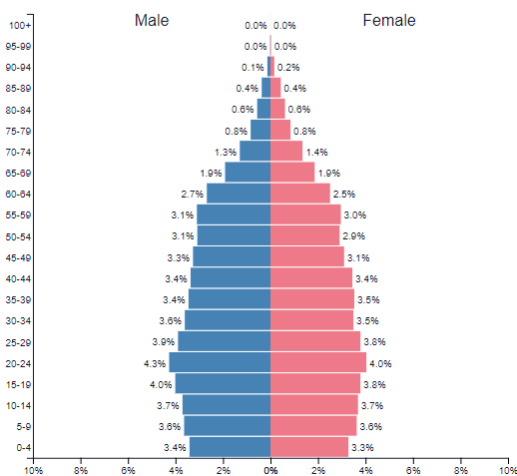
Median age 34.9 years

Saint Vincent and the Grenadines 2022

Population: 111,552

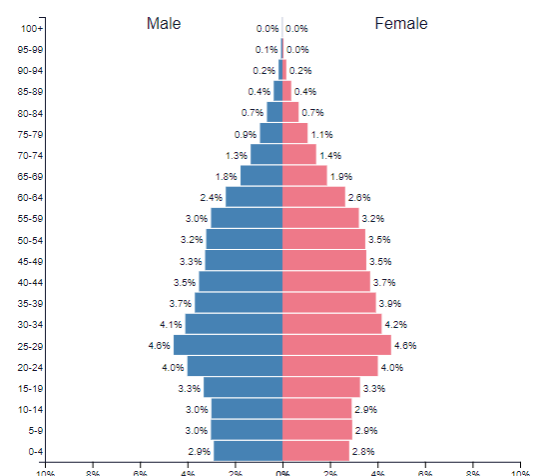
Saint Lucia 2022

Population: 185,112



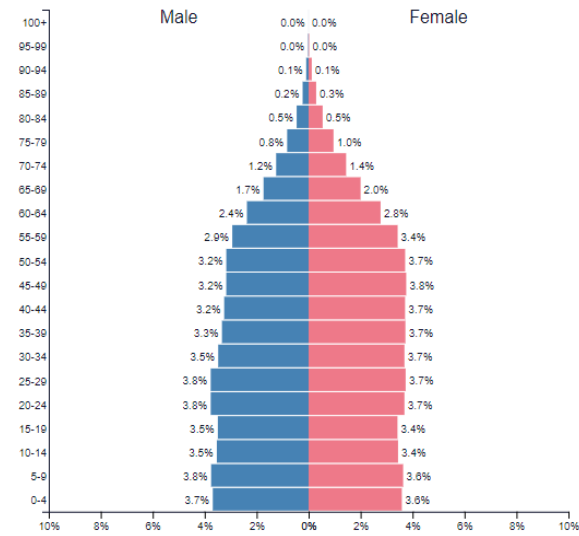
Saint Vincents and the Grenadines median age is approximately 32.9 years.

median age in Saint Lucia is 34.5 years.



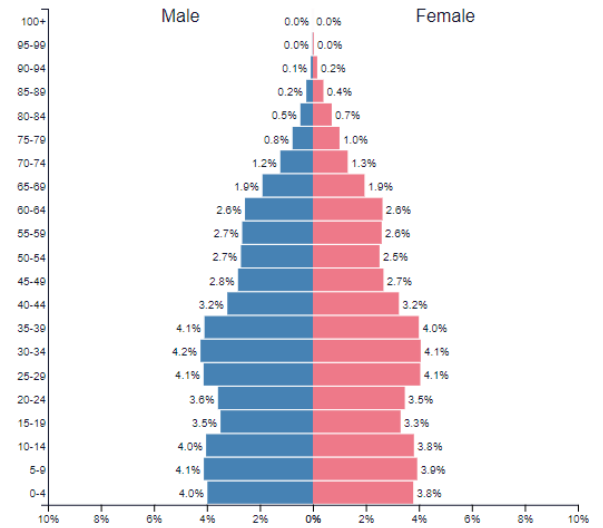
Antigua and Barbuda
2022

Population: 99,504



Grenada
2022

Population: 113,477



Median age **30.7 years**

Median age **30.8 Years**

Saint Kitts and Nevis Age structure

Population of Saint Kitts and Nevis is **54,129** as of Saturday, December 24, 2022

https://www.indexmundi.com/saint_kitts_and_nevis/age_structure.html

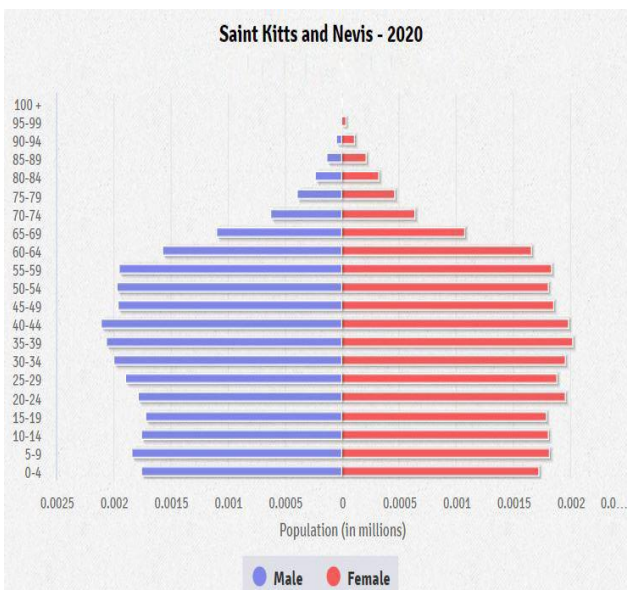
Age structure: 0-14 years: **19.87%** (male 5,357/female 5,336)

15-24 years: **13.46%** (male 3,504/female 3,741)

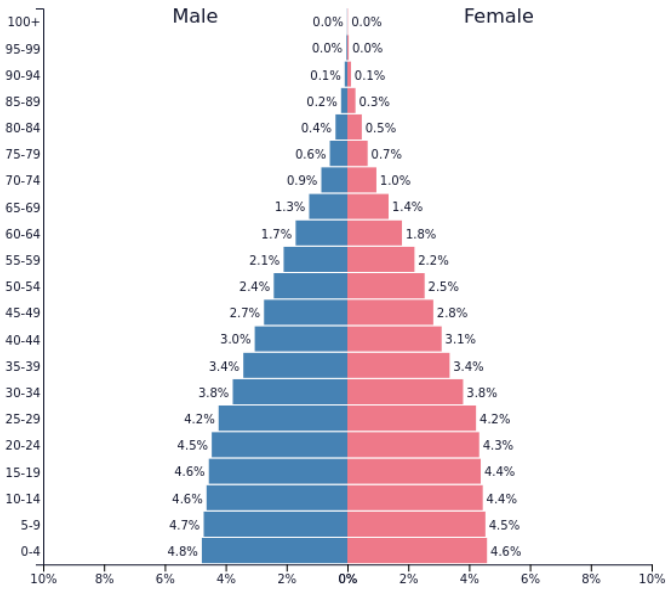
25-54 years: **43.64%** (male 12,010/female 11,477)

55-64 years: **13.03%** (male 3,527/female 3,485)

65 years and over: **10%** (male 2,540/female 2,844) (2020 est.)

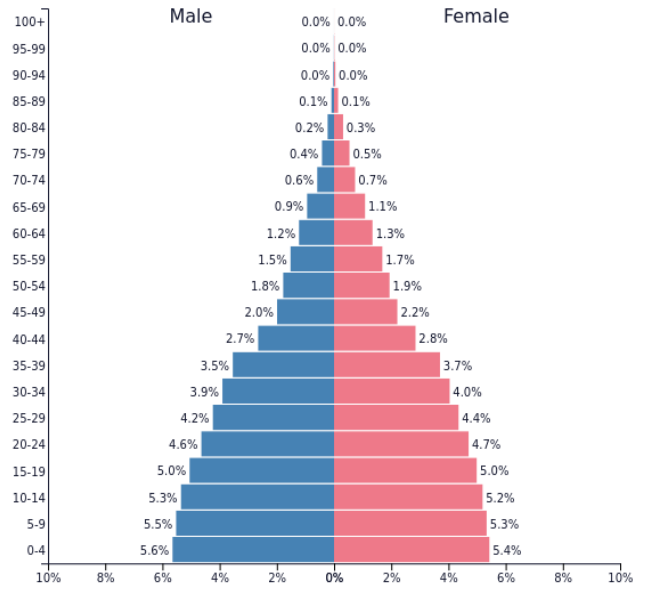


Median age **33.0 Years**



PopulationPyramid.net

Dominican Republic - 2019
Population: **10,738,956**



PopulationPyramid.net

Haiti - 2020
Population: **11,402,533**

Dominican Republic median age **26.0 years**

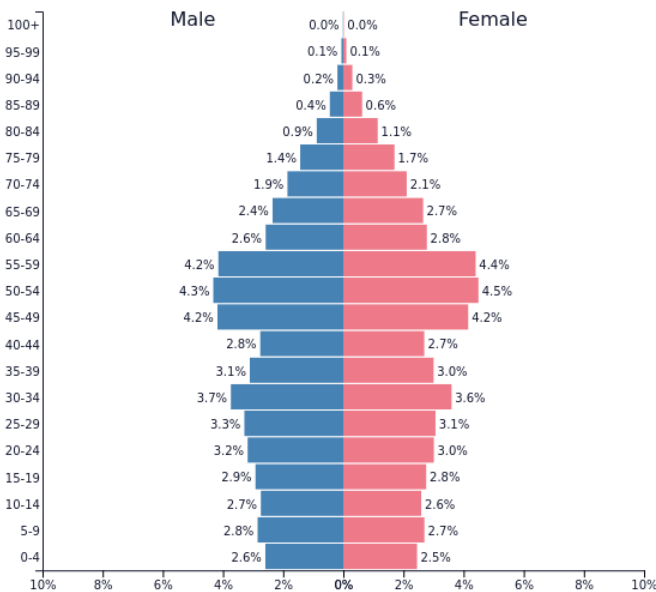
Haiti median age **24.0 years**

Cuba median age **40.2 years**

Caribbean median age **31.9 years**

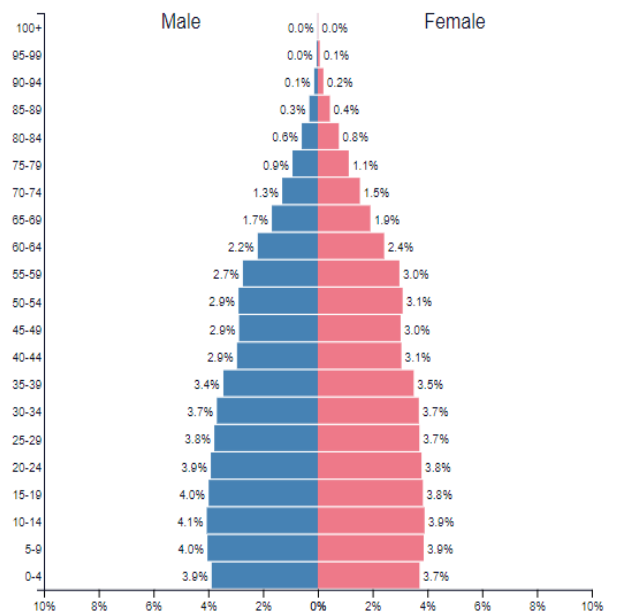
Caribbean
2022

Population: **44,017,287**



PopulationPyramid.net

Cuba - 2020
Population: **11,326,615**



COMMERCIAL IN CONFIDENCE

Migration data in the Caribbean

<https://www.migrationdataportal.org/regional-data-overview/migration-data-caribbean>

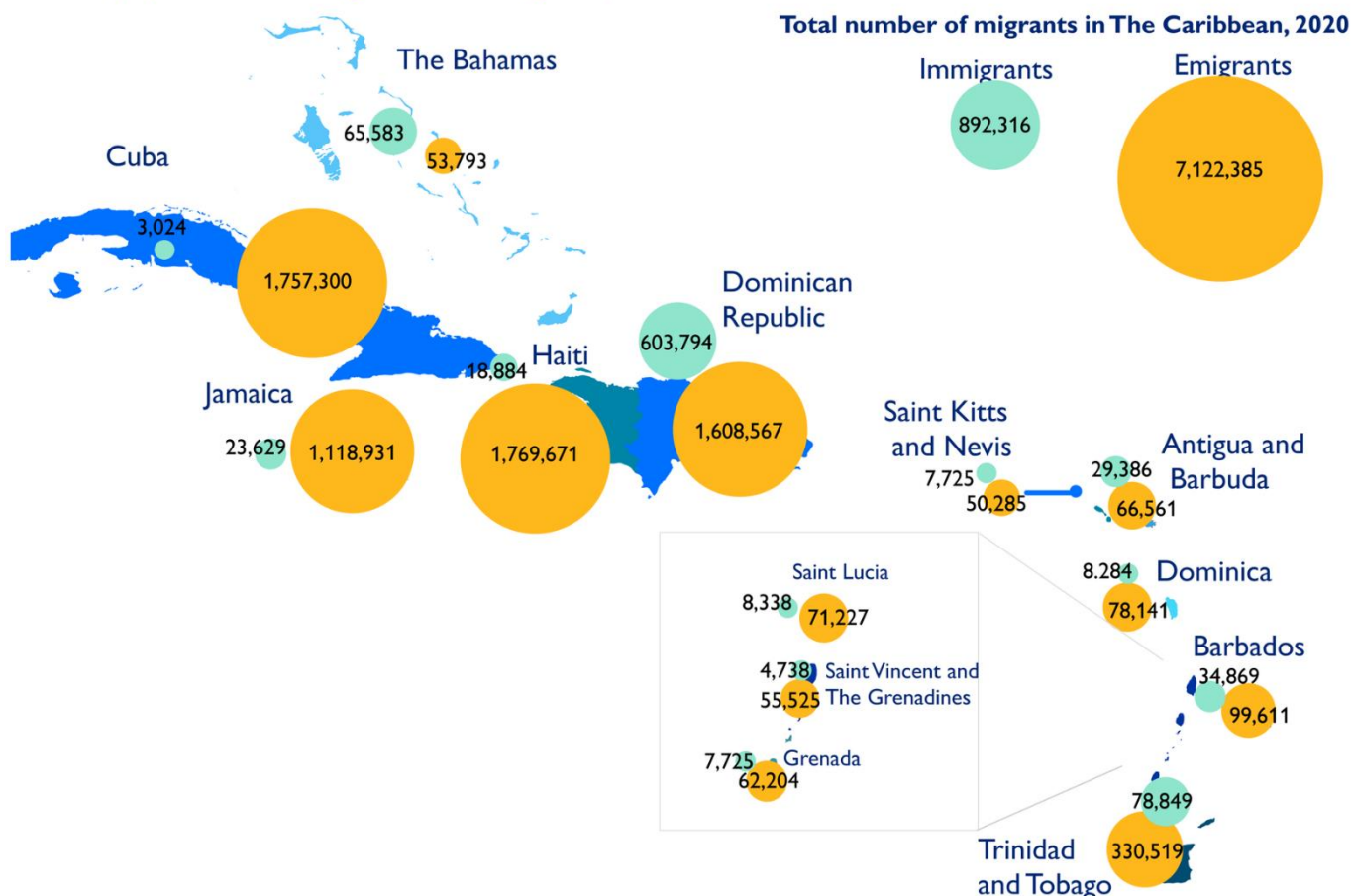
27 August 2021

Long-term migration patterns in the Caribbean can be characterised by two principal dynamics. The first, and most prominent, is emigration out of the region, mainly toward Northern America (with the United States being the main destination country) as well as Europe. The second is intraregional migration, characterised in large part by migration from Haiti to the Dominican Republic and in lesser part by emigration from Haiti and the Dominican Republic to other island territories and countries in the region, including the Bahamas (IOM, 2018). Intraregional migration and mobility, both permanent and temporary, of nationals between the Caribbean Community (CARICOM) and Organisation of Eastern Caribbean States (OECS) member countries / territories has also become more prominent in recent years.

More recently, the arrival of Venezuelan refugees and migrants has added to complex migration dynamics in the region, particularly in the Dominican Republic as well as in islands and countries in the southern Caribbean that are proximate to the Bolivarian Republic of Venezuela, including Trinidad and Tobago, Guyana and Curaçao (IOM and the United Nations High Commissioner for Refugees (UNHCR), Response for Venezuelans (R4V), 2021).

Internal displacement caused by recurring disasters related to seismic activity and hurricanes is also a priority issue in the region. In 2020, Hurricanes Eta and Iota as well as Hurricane Laura generated significant numbers of new displacements in the region, affecting the Dominican Republic, Cuba and Haiti, in particular (Internal Displacement Monitoring Centre (IDMC), 2021).

Total population of immigrants and emigrants, official UN member countries in the Caribbean, 2020



Source: United Nations, Department of Economic and Social Affairs, Population Division (2020). International Migrant Stock 2020 (United Nations database, POP/DB/MIG/Stock/Rev.2020).

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In the last year, the COVID-19 pandemic has generated significant changes in mobility, migration and tourism patterns in the region. Border closures and travel restrictions have severely impacted many Caribbean economies that depend on tourism for jobs and overall economic wellbeing. As a reactivation measure, some countries and territories have applied “travel bubbles” which seek to reactivate both intra-regional and extra-regional mobility into countries of the region (IOM, 2020).

Refugees and asylum seekers

By the end of 2020, there were just over 187,320 refugees and asylum seekers in the world from Caribbean countries (UNHCR, n.d. [Jun. 14, 2021]). Of these, the vast majority, or 93%, came from Haiti (104,991) and Cuba (69,349) (Ibid). The United States was the main country of destination for Cuban and Haiti refugees that year (Ibid).

Immigration

There was a total of 1.61 million immigrants living in the Caribbean region by 2020 (including intra-regional immigrants and immigrants from countries outside of the region). Of these 1.61 million, 46% (approximately 746,000) were immigrants from outside the region, mostly from South America and Europe (UNDESA, 2020).

The arrival of Venezuelan refugees and migrants to the region in recent years has also added to complex migration dynamics and has had a strong impact particularly (though not exclusively) in many small island states in the region (Inter-agency coordination Platform for Refugees and Migrants from Venezuela, 2020). Aruba, Curaçao, the Dominican Republic and Trinidad and Tobago in particular have experienced the arrival of an estimated 172.5 thousand Venezuelan refugees and migrants as of 14 June 2021, according to the Interagency Coordination Platform for Refugees and Migrants of Venezuela (R4V) (n.d. [15 jun. 2021]). Sixty-six per cent (66%) (or 114.5 thousand) of these 172.5 thousand were in the Dominican Republic (Ibid).

Displacement

Four Caribbean countries and territories were among the top 15 countries and territories most affected by extreme weather-related events in the world between 2000 and 2019 (according to the Global Climate Risk Index), including Puerto Rico (first), Haiti (third), Bahamas (sixth) and Dominica (eleventh) (German Watch, 2021).

Between 2010 and 2020, there were a total of 9.14 million new disaster-related displacements recorded in the Caribbean, and a stock of almost 100,000 still remained displaced by the end of 2020 (IDMC, 2021). In this 11-year period, the countries that recorded the highest number of new displacements (in absolute terms) were: Cuba (6.60 million, or 72% of all displacement caused by disasters in the region), Haiti (2.04 million, or 22% of new displacements), the Dominican Republic (305,800), Puerto Rico (97,640) and Dominica (36,174) (Ibid).

In 2020, several large-scale displacement events occurred in the region, and a total of 694,035 new displacements were recorded, caused mostly by Tropical Storm / Hurricane Laura, as well as the devastating Hurricanes Eta (Category 4) and Iota (category 5) that hit the region in November 2020 (IDMC, 2021; IOM, 2020).

In addition to sudden-onset disasters, many Caribbean countries are increasingly susceptible to slow-onset environmental and climate change, and these processes are predicted to play an increasingly prominent role as drivers of migration in the region, particularly internally within countries from rural areas to cities, but also across international borders (IOM, n.d. [14 jun. 2021]).

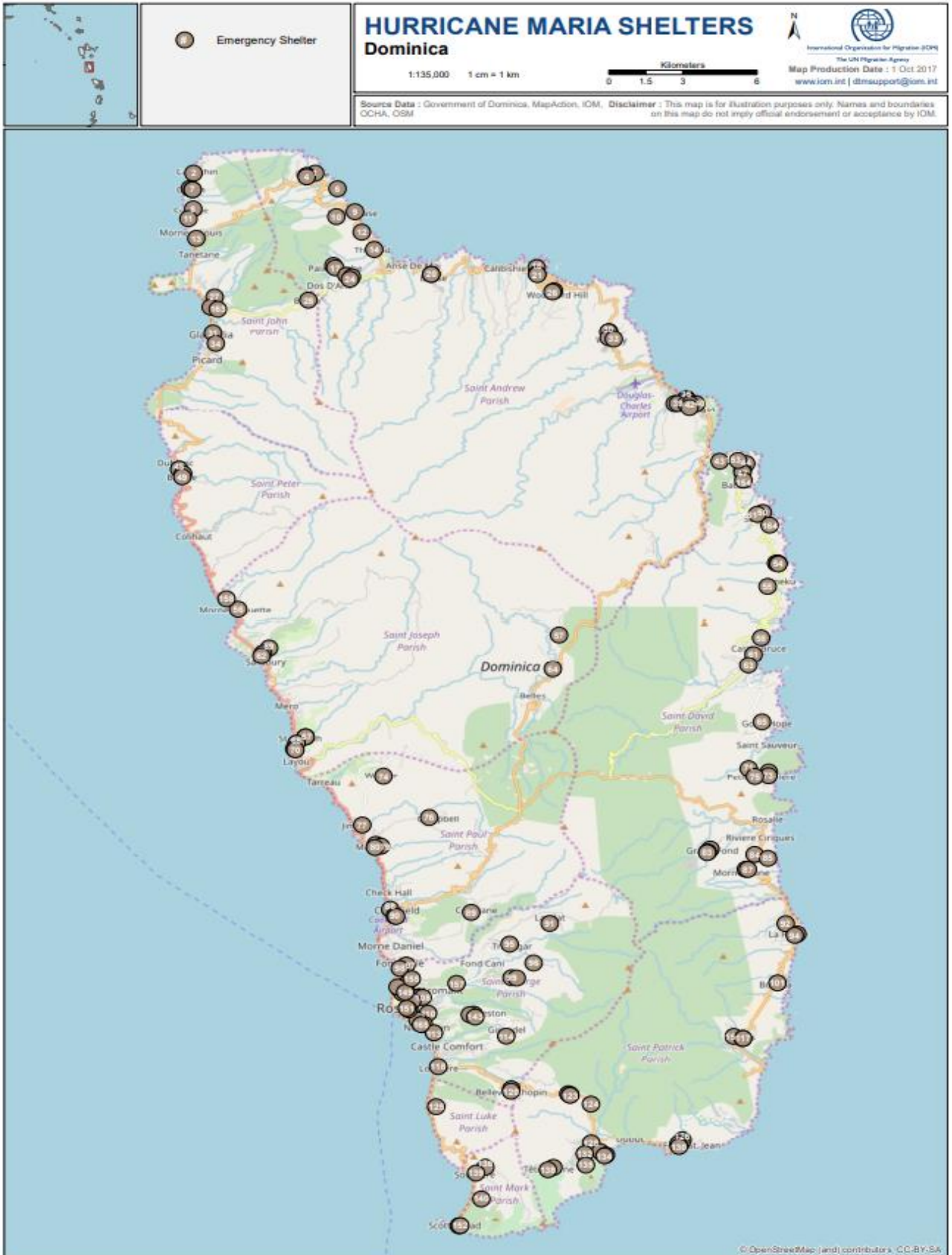
Return migration

Although very few countries and territories in the region collect and / or publish data on return migration, the phenomenon is a key component of the general migration dynamics in the Caribbean. IOM has previously identified four main categories of migrants returning to their Caribbean countries of origin, including (1) persons who were expelled by authorities in destination countries; (2) voluntary returns of economically active youth; (3) voluntary returns of older retirees who had emigrated from the Caribbean in the 1960s; and (4) migrants – particularly family units – who return to the Caribbean to raise their families, often to pay for their children’s’ private education (IOM, 2017).

Dominica witnessed the deadliest Hurricane Maria 18 September 2017 A category five storm, Hurricane Maria, with winds up to 160 mph, ravaged the Commonwealth of Dominica on 18 September 2017.

The sudden attack of rain and 160 mph (260 kph) winds which was categorized as category 5, in which the island suffered massive infrastructural damage, and around 30 people lost their lives.





The Dominica National Resilience Development Strategy 2030 (NRDS) enunciates the overall policy framework of the Government and summaries 43 resilience goals desired to assure that development is people-centred.

The Climate Resilience and Recovery Plan of Dominica aim to work on these areas:

- To build strong communities;
- To build a robust economy;
- To have a well-planned and durable infrastructure;
- To have an enhanced collective consciousness;
- To build strengthened institutional systems;
- Have protected and sustainably leveraged natural and other unique assets.



Hurricane Maria **destroyed over 90% of the Dominica's structures**. The Caribbean Disaster Emergency Management Agency gave IRIN an informal estimate of the exodus: 15,000 to 20,000 people of the total 73,000 living on the island of Dominica.

Similarly, over 200,000 people left nearby Puerto Rico after Hurricane Maria. Hodges says his preliminary findings show that many of the 200,000 people who fled to the mainland in the wake of Hurricane Maria have experienced high levels of depression, discrimination, and cultural stress.

HOW DOMINICA HAS RECOVERED FROM HURRICANE MARIA

<https://borgenproject.org/dominica-has-recovered/#:~:text=Recovery%20from%20this%20hurricane%20carried,serious%20problem%20that%20required%20attention.>

14 September 2022

On 18 September 2017, Hurricane Maria, a category five storm, destroyed Dominica. Recovery from this hurricane carried an estimated cost of US\$1.37 billion. However, rather than simply rebuilding as before, the government of Dominica saw the island's increasing poverty and vulnerability to natural disasters as a serious problem that required attention. As a result, Dominica has recovered through a combination of efforts aimed at reconstruction, health and education.

Roosevelt Skerrit, the Prime Minister of Dominica wrote in the country's 2018 development report that not only would it achieve the U.N.'s Sustainable Development Goals (SDGs) but it would also be the first fully climate resilient country. Looking at this development report, titled "National Resilience Development Strategy," it is clear that the country is doing this by putting the people first. The country has made great strides in creating social safety nets for civilians and reducing poverty. Four years after the release of this report, this article will analyse how Dominica has recovered from Hurricane Maria by putting people first.

Reconstruction

Hurricane Maria affected the housing sector the most, suffering an estimated US\$368 million in damages. In the aftermath, the Dominica government laid out a three-pronged plan for reconstruction. First, constructing new disaster-resistant homes. Second, rebuilding schools, hospitals, homes and clinics in a disaster and climate-resilient manner. Three, resettling communities to improve the quality of life and minimise the risk of disasters

As of 2021, the government of Dominica seems to be following through with this plan, having built and distributed more than 5,000 disaster and climate-resilient homes to families across the island. Much of the funding for reconstruction initiatives has come from Dominica's innovative Citizenship by Investment (CBI) program. This CBI program allows high-net-worth individuals to gain citizenship by investing in government funds or economic diversification programs.

These funds have not only been critical in constructing the 5,000 homes mentioned above, but also in the construction of multiple hospitals and health centres as well as a geothermal plant, according to PR Newswire.

Health

In the aftermath of Hurricane Maria, several health risks severely increased. These include gastroenteritis due to poor food and water sanitation, acute respiratory conditions and vector-borne illnesses such as dengue fever and Zika virus. Additionally, damaged infrastructure can lead to poor nutrition and the government expected an increase in mental health-related illnesses and substance abuse.

In the NRDS 2030, the government announced its strategic plan of action as follows

- "Service delivery
- Health workforce
- Health Information System

COMMERCIAL IN CONFIDENCE

- Access to essential medicine
- Financing
- Leadership / Governance
- Community Participation”

Long term, the country has improved its health care infrastructure. As previously mentioned, the construction of multiple hospitals and health centres has led to greater access to health care across the island. This trend should only continue as more health centres and hospitals are on schedule to undergo construction.

The COVID-19 pandemic put this new robust health care system to the test. Dominica handled the virus relatively well, registering as one of the least affected countries in the world while vaccinating nearly half of its population already.

Education

Hurricane Maria severely disrupted education. It destroyed many schools, and in the immediate aftermath, education was not at the forefront of people’s minds. However, the government of Dominica had made great strides in improving education in the country before Hurricane Maria and remained committed to education in the aftermath. The government identified education by the government as a “priority area in human development and capacity building.”

Investing in education outcomes is a perfect example of how Dominica has recovered from Hurricane Maria by putting people first. In the NRDS 2030, the government outlined its education plan, pledging to improve the quality, efficiency and effectiveness of the education system at all levels. Additional attention will go to tertiary schooling and vocational training to build what the government describes as a “critical mass” of well-educated and trained citizens that can help the development efforts of the country in several fields.

Dominica has certainly fulfilled this pledge. The country increased primary school enrolment from 1,418 in 2017 to 10,290 in 2019. Secondary school enrolment had a similar resurgence, increasing from 842 in 2017 to 6,566 in 2019.

In May 2022, the country commissioned three new primary schools, while also providing an update on the renovations to the country’s oldest school, a project that should reach completion in 2024. All of these schools are fully climate resilient and capable of providing a modern learning experience to students.

How Dominica Has Recovered

Less than five years ago, a natural disaster destroyed 90% of Dominica’s infrastructure, according to Globe Newswire. Today, the citizens of the country are in a better place than ever. The country is more resilient to the natural disasters that have plagued it for decades, health outcomes have improved and more people are in school than ever before. Dominica has recovered by putting its citizens first. Government leaders were able to leverage the country’s natural beauty, and the desire of foreign nationals to move there, into funding for projects to support the island’s civilians. Dominica’s recovery from Hurricane Maria is a textbook example of putting people first.

The cost of (not) building resilient infrastructure in the Caribbean

[HTTPS://BLOGS.IADB.ORG/SOSTENIBILIDAD/EN/THE-COST-OF-NOT-BUILDING-RESILIENT-INFRASTRUCTURE-IN-THE-CARIBBEAN/](https://blogs.iadb.org/sostenibilidad/en/the-cost-of-not-building-resilient-infrastructure-in-the-caribbean/)

4 March 2022

We all know that to build more resilient infrastructure, we need to invest more; but how much more is enough?



Our last blog showed that the Caribbean islands lose an average 2% of their capital stock in infrastructure because of climate-related events every year. This would be equivalent to having all the infrastructure capital stock in the Caribbean islands destroyed and rebuilt every 50 years, which means having to divert funds and political efforts that could otherwise be used, for example, on social matters.

Within this context, the importance of building better and stronger infrastructure appears clear, but this comes at an extra initial investment cost. Is there economic value in building resilient infrastructure considering their entire life cycle? And if so, is it the same for all building categories and in every Caribbean country?

The second publication from the “Building a more resilient and low carbon Caribbean” series demonstrates that using resilient materials and construction methods in the Caribbean makes economic sense for building owners across a wide range of building types and construction options.

How did we reach these conclusions?

The study calculated the **total estimated cost** of building and maintaining a series of **eight building typologies** during their life cycle (50 years), constructed with **building materials** and **construction methods alternative** to those most commonly used in the Caribbean (business-as-usual building construction methodology – BAU).

The **total estimated cost** included not only the construction investment costs, but also costs related to maintenance during their lifetime, hazard costs (the annual risk of damage from climate impacts), energy costs, and CO² costs (including CO² embedded in the building materials and from annual energy use).

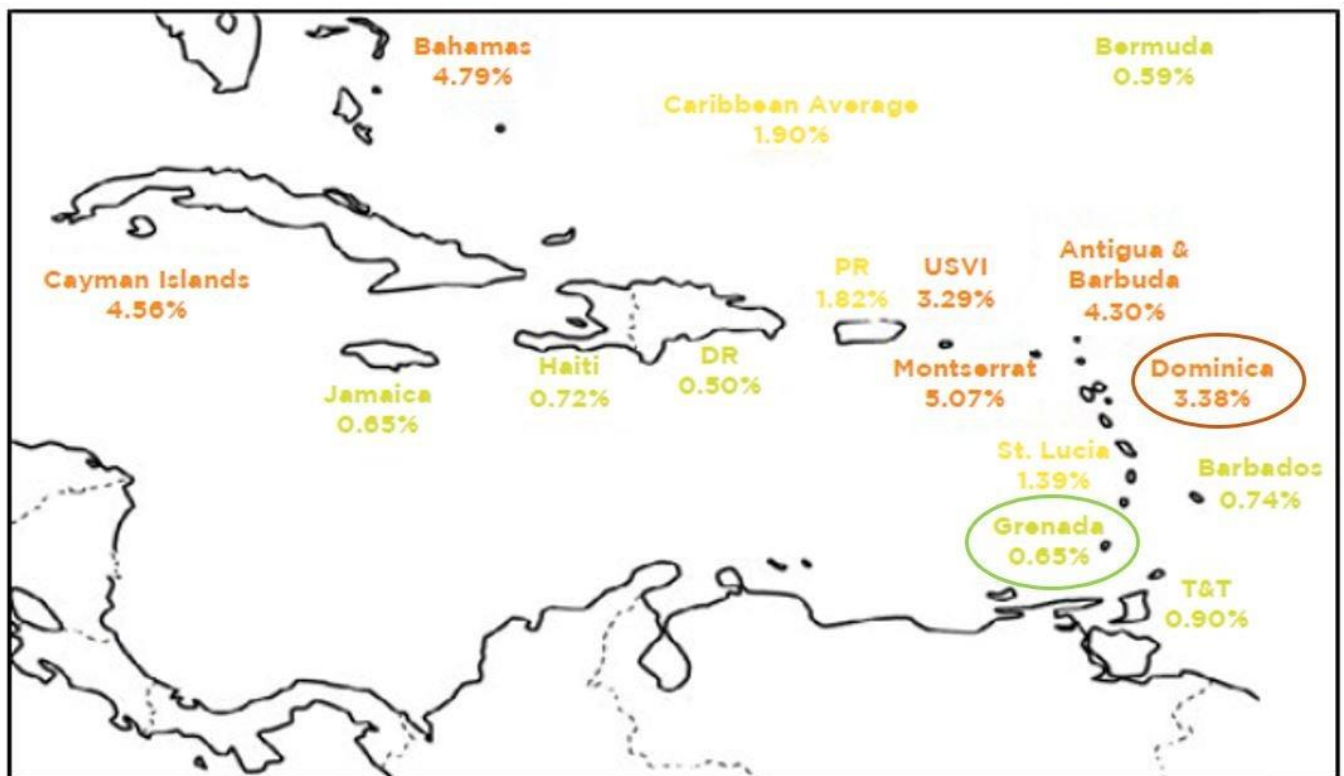
The **eight building typologies** analysed were: a standalone house, a standalone social house, an apartment building, a social housing apartment building, a hotel, an outpatient clinic, a hospital and a school.

The three options of **building materials** assessed in the study were: i) a wooden building; ii) a concrete block building; and iii) an in-situ reinforced concrete building. The study analysed the impact of using

more resilient materials in five key building components: foundation slab, roof, outer walls, inner walls, and window frames.

The two **alternative construction methods** modelled were: i) standard construction methods, with standard roofing and cladding connections, and standard glass windows without shutters; and ii) enhanced construction methods, with resilient design, including roof straps, enhanced shingle and cladding connections, and enhanced window glass and steel storm shutters. In addition, all concrete-based cases were analysed with three different concrete options: standard concrete, pre-conditioned resin aggregate (PRA) concrete and coconut fibre concrete.

Finally, two Caribbean countries with different risk areas associated to hurricanes were selected: Dominica (representing the High Hurricane Risk region), and Grenada (representing the Low Hurricane Risk region).



After calculating 101 different alternative options for each building category and in each country, the analysis concluded that using **resilient materials and construction methods in the Caribbean is economically beneficial** across a wide range of building types and construction options.

As shown in the graphic below, in the High Hurricane Risks area the economic benefit of using resilient materials and construction methods is positive for almost all of their combinations, with only a few exceptions, reaching up to 22% of savings compared to a building typically built in the Caribbean. On the other hand, in the Low Hurricane Risk area the economic benefit was much lower, showing a negative economic benefit relative to the BAU case in some cases, since the initial investment for building resilient construction is higher and the risk of damages is lower.

In simple words, considering the 50-year lifespan of a building, a resilient infrastructure solution in the High Hurricane Risk region **can actually be up to 22% cheaper than a business-as-usual infrastructure alternative**, and those with greener materials are the ones with the highest economic benefits. **Investing in greener and more resilient materials can be worth it!**

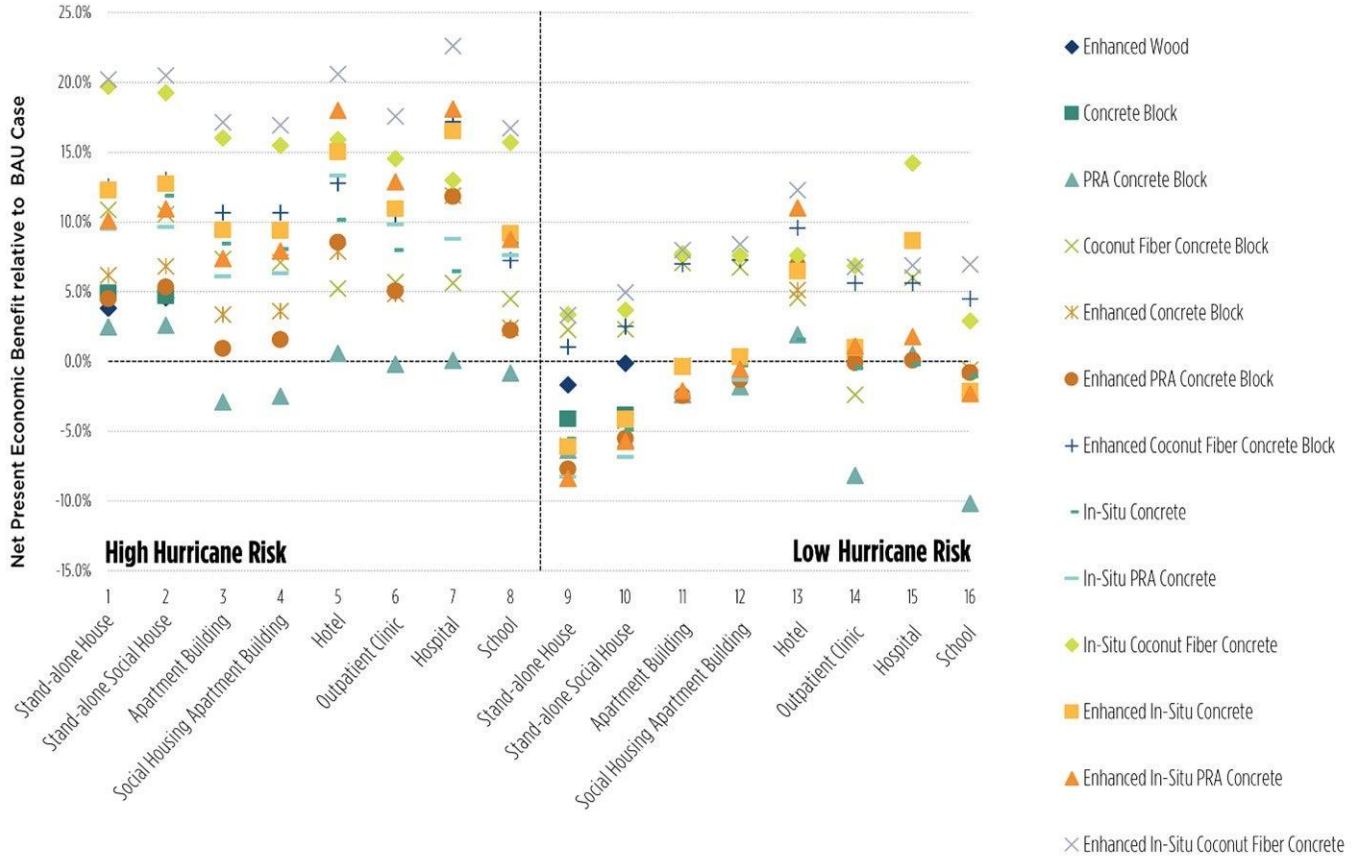


Table 1.1. GDP, population, and land area for selected countries and territories in the Caribbean

Countries	GDP per capita	Area (km ²)	Population (thousands)
Antigua and Barbuda	\$16,900	440	96
Bahamas, The	\$31,900	13880	386
Belize	\$5,000	22970	383
Barbados	\$16,300	430	287
Dominica	\$7,000	750	72
Dominican Republic	\$7,700	48670	10,627
Grenada	\$11,900	340	111
Guyana	\$4,600	214970	779
Haiti	\$870	27750	11,123
Jamaica	\$5,400	10990	2,935
St. Kitts and Nevis	\$19,900	260	52
St. Lucia	\$10,400	620	182
Suriname	\$6,000	16820	576
Sint Marteen (Netherlands)	\$15,400	34	41
Turks and Caicos Islands (UK)	\$27,100	950	38
Trinidad and Tobago	\$16,800	5130	1,390
St. Vincent and the Grenadines	\$7,400	390	110

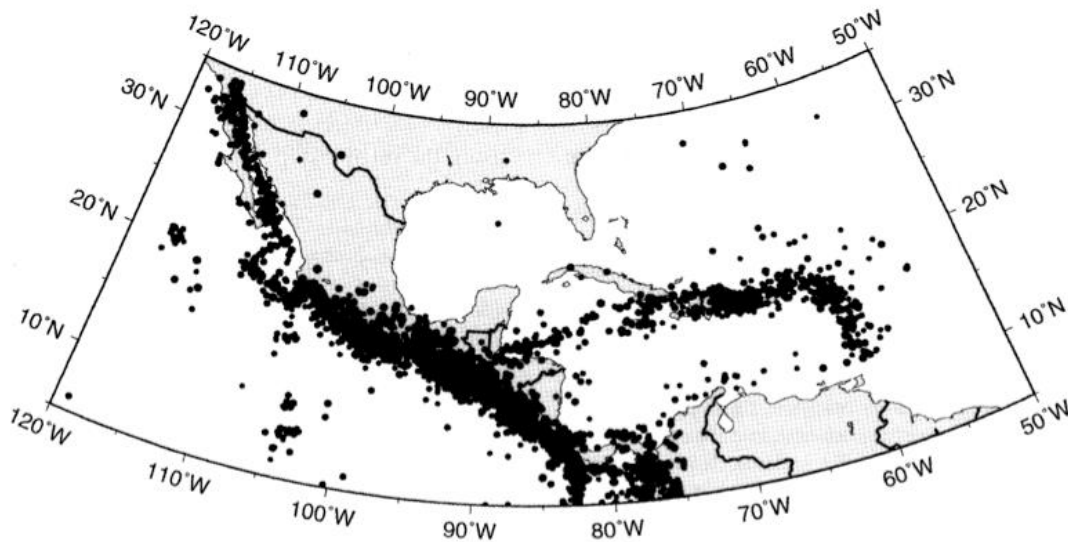
Source: WDI database.

CARIBBEAN TECTONICS

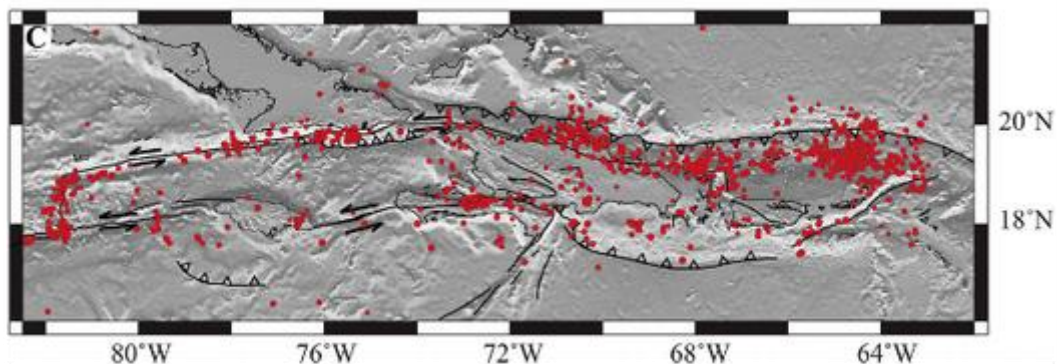
<https://caribbeantectonics.weebly.com/natural-hazards.html>

Natural Hazards of the Caribbean

Due to its extensive and interesting tectonic environment, the Caribbean region is rife with natural hazards. From earthquakes to tsunamis and volcanoes, the potential for disaster in this region is remarkable.



Seismicity of the Caribbean region. Dots show location of damaging earthquakes of magnitude 4.6 or greater (Shedlocke, 1999).



Earthquakes occurring along the boundaries of the Gonave plate from 1964-2010 (Beford et al., 2012).

Earthquakes

Seismicity in the Caribbean region is focused along the Antilles Arc, where the Caribbean plate overrides the North American plate (Shedlocke, 1999). In this region, shallow intraplate earthquakes dominate at plate boundaries (Shedlocke, 1999).

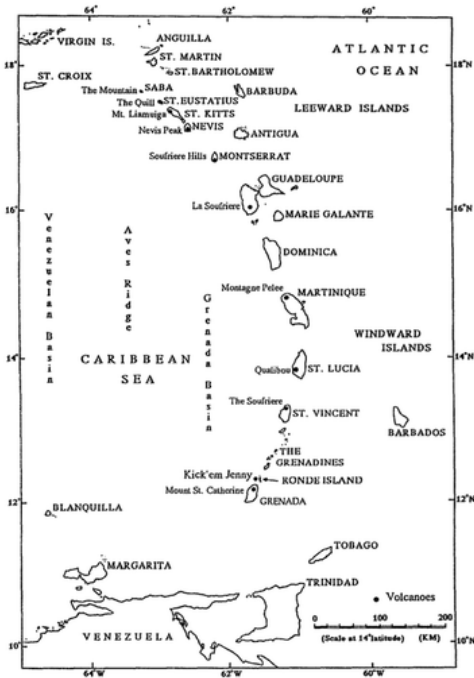
In terms of earthquakes, the Gonave microplate is of particular interest to study. Its hazardous seismic environment leaves the area vulnerable to massive earthquakes. Left-lateral slip along the Enriquillo-Plantain Garden fault zone at a rate of 6.8 mm/yr leads to an accumulated seismic moment deficit large enough to cause a $M \sim 7$ every 60-70 years (Benford et al., 2012). The annual to bi-annual large earthquakes may occur anywhere along the Gondave-Caribbean boundary causing devastating earthquakes, such as the 2010 Haiti earthquake. This devastating $M 7.0$ earthquake was caused by release

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of strain from the Léogâne fault. The Enriquillo-Plantain Garden fault zone still poses a threat to the region as it still hasn't released significant amounts of seismic strain (Calais et al., 2010).

Volcanoes

Volcanic activity in the Caribbean is extensive and often devastating. The Lesser Antilles, on the Caribbean plate, are comprised of a volcanic arc where there remain many live volcanoes. Volcanism along this arc is a result of subduction of North American lithosphere under the Caribbean plate (Kokelaar, 2002). In this region, volcanic eruptions have caused major destruction of infrastructure and the loss of over 40 000 lives (Smith and Shepherd, 1993).



Lesser Antilles Volcanic Arc (Smith and Shepherd, 1993)



Lesser Antilles Island Arc. Highlighted in red are islands with live volcanoes and the location of the submarine volcano, Kick em' Jenny (University of the West Indies Seismic Research Center)

The most frequently active volcano in this arc is Kick 'em Jenny, a submarine volcano that erupted most recently in December 2001 (Lindsay et al., 2005). Due to volcanic eruptions, this volcano has grown in height by approximately 60m over the last 30 years, standing at a height of about 500m above the surrounding seafloor (Smith and Shepherd, 1993). The hazardous effects of Kick 'em Jenny are largely unknown, however, the possibility of a tsunami being generated due to an eruption is highly likely, leaving nearby islands vulnerable (Smith and Shepherd, 1993).

Types of Natural Disasters in the Caribbean

<https://trapbag.com/natural-disasters-in-the-caribbean/>

13 April 2022

The Caribbean is comprised of many islands, municipalities, and boundary nations. Despite the abundance of great weather the Caribbean regions experience, it still is under threat from natural hazards.

Natural Disasters in the Caribbean Islands

The 13 countries of the Caribbean include Antigua and Barbuda, The Bahamas, Barbados, Cuba, Dominica, Dominican Republic, Grenada, Haiti, Jamaica, St. Kitts and Nevis, St. Lucia, St. Vincent and the Grenadines, Trinidad and Tobago. These places can all experience:

- **Hurricanes:** Caribbean countries are located in the Atlantic Region, which is prone to producing many hurricanes every year—June to December is hurricane season in the Caribbean. Between 2019 and 2020, the Caribbean islands faced nine category 3+ hurricanes. Large storms such as these can devastate homes, infrastructure, and economies. Durable flood protection is crucial to mitigating flood damage.
- **Earthquakes:** Many Caribbean countries are located along active fault lines, including the Virgin Islands, Haiti, Cuba, and the Dominican Republic. Many earthquakes of varying intensities regularly occur. Strong forms of protection, like TrapBags, can help to stabilise nearby structures, preventing expensive and dangerous damages from occurring.
- **Landslides:** Severe weather and flash floods can weaken land, causing rocks to detach and fall, and land and mud to gain traction as it tumbles—this is dangerous to surrounding life, eroding to the environment, and can incur expensive repairs for nearby structures. In 2018, flooding and landslides claimed the lives of four and displaced at least 4,000 people in Jamaica, Haiti and the Dominican Republic.
- **Floods:** Island countries, especially those that are low-lying, are extremely susceptible to experiencing the effects of extreme floods. In 2021, heavy rainfall in Barbados left parts of the country underwater.

Causes and Effects of Natural Disasters in the Caribbean

There are a variety of natural and manmade causes for natural disasters as well as a plethora of damaging effects to the environment, life and infrastructure.

Potential Causes

- **Deforestation:** The removal of trees weakens the water-absorbing root system in an area, making flooding more difficult to control and erosion more likely to occur. The land is often cleared for local agricultural purposes, and property development, which is used to increase tourism capabilities.
- **Erosion:** Floodwaters and deforestation can induce land erosion, increasing the likelihood of landslides. These not only can claim lives but also cause infrastructure and the environment to deteriorate, increasing the need for costly repairs.
- **Climate change:** Our planet is continually warming, which increases the temperature of the ocean as well as water levels. These factors impact the likelihood of unstable and extreme weather patterns, like hurricanes and tsunamis. The Caribbean Islands are extremely vulnerable to these issues.

- **Movement in the Earth's crust:** Seismic activity, like the natural shifting of tectonic plates, can induce earthquakes, sinkholes and tsunamis.
- **Changing ocean currents:** When ocean currents change, the water can become warmer, providing the perfect conditions for a tropical storm.

Possible Effects

- **Loss of life:** In 2019, category five Hurricane Dorian claimed the lives of at least 74 people.
- **Food insecurity:** Extreme flooding and drying droughts can heavily impact the food supply of a country—too much water or a lack of water can wipe out crops and livestock. Erratic rainfall patterns are causing more dry days to occur in the Caribbean.
- **Erosion:** Floods, high winds, landslides, and earthquakes can devastate land that many people in the Caribbean rely on for agricultural purposes.
- **Population displacement:** Floods and droughts significantly affect food sources, and leave communities (private properties and public infrastructure) uninhabitable, forcing people to leave their homes. In 2019, it was reported that Caribbean islands were experiencing huge increases in children being displaced due to severe storms.
- **Public property damage:** Without effective protection in place, all infrastructure is at risk when it comes to natural disasters. Schools, bridges, public transit, factories, and roadways can all become damaged or collapse as a result of high winds, flooding and landslides.
- **Private property damage:** In September 2019, Hurricane Dorian destroyed over US\$7 billion worth of structures.
- **Economic loss:** Hurricanes are the greatest reason for natural disaster-related losses in the Caribbean. In 2017, Hurricane Maria caused over US\$68 billion in damages to Caribbean islands.
- **How to Prepare for a Natural Disaster**

The phases of governmental disaster management provide a framework to deal with the reduction of and response to natural disasters.

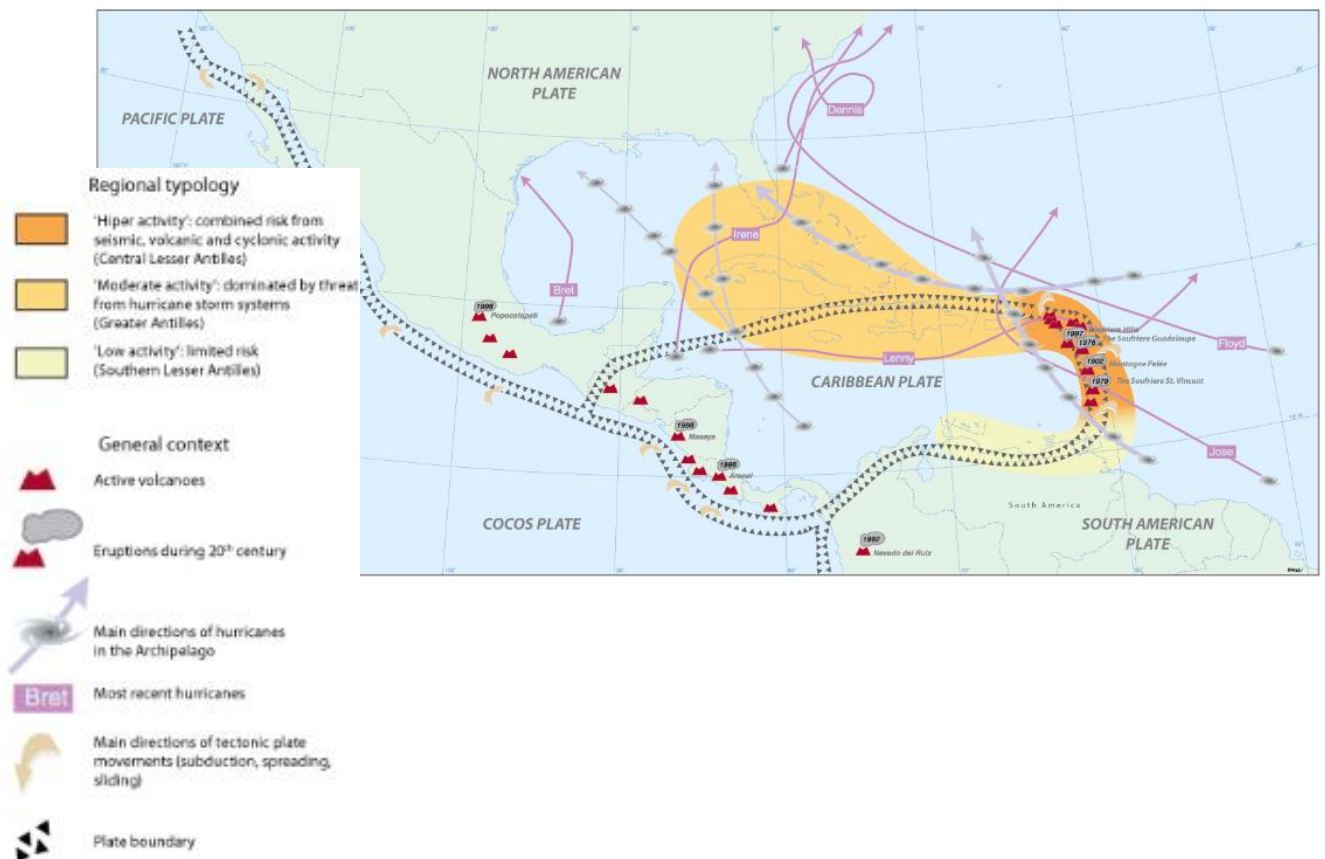
- **Mitigation of effects:** Ensure your community is equipped with effective forms of flood barriers, erosion control, and landslide diversion strategies. TrapBag® barriers are an incredibly durable form of protection that can be applied in a variety of ways to reinforce infrastructure, homes, riverbanks, and mitigate the effects of flooding.
- **Preparation:** It is important to provide your community with up-to-date knowledge before an emergency event.
- **Response:** After a natural disaster occurs, identify regions that most require assistance, whether through rescue efforts, medical attention, or food and water supply.
- **Recovery:** Rebuild the community's infrastructure and create a plan to better prepare for future events.

Prevention of Natural Disasters: TrapBag Barriers

To mitigate the damage extreme weather events can have on a community, effective barriers, like TrapBags, are essential. (Sand bags on steroids!)

- **Infrastructure support:** TrapBag barriers can stabilise bridges, roads, dams, and other forms of infrastructure during floods and storms, mitigating extensive damage, expensive repairs, and loss of employment. This is especially important in areas working towards economic development.

- **Flood barriers:** When rainfall is exceptionally intense, TrapBag flood barriers can divert the damaging flow of water away from at-risk areas like farmland and infrastructure. TrapBags can also be arranged as a seawall alternative, providing necessary protection to coastal communities experiencing tropical cyclones or rising sea levels.
- **Dams:** Reliable dams are crucial in the event of natural disaster-induced flooding. TrapBags can be arranged to block and redirect water, saving communities costly repairs later.
- **Erosion control:** Extreme winds, rising water levels, drought, earthquakes, and landslides can destabilise land. TrapBag barriers offer incredible protection from erosion, ensuring property values do not drastically decline, and the ecosystem stays intact.
- **Stormwater containment:** TrapBag stormwater detention basins help keep the people and their environment safe during and after storms. Contaminated runoff occurs when floodwaters accumulate debris from roadways and landfills. If not properly handled, this toxic water can destroy land and pollute water sources, which would be extremely detrimental in areas already plagued by drought.
- **Diversion walls:** Displaced earth can smash into buildings and homes during landslides, injuring people and causing huge amounts of structural damage. TrapBags can be filled with concrete to build incredibly sturdy protective walls that block and divert debris, saving millions of people from facing displacement.
- **Levees:** Levees are water barriers that prevent floodwaters from infiltrating elevated surfaces, like roadways and agricultural plots. The leak-proof structure of TrapBags makes them the ideal solution for protecting people and property.
- **Spill control:** Chemical and/or oil spills, like stormwater runoff, can be extremely detrimental to the environment, especially agricultural plots. Due to their incredible strength and durability, TrapBags are a great solution to retaining toxic chemicals.



5 REASONS FOR POVERTY IN DOMINICA

[HTTPS://BORGENPROJECT.ORG/POVERTY-IN-DOMINICA/](https://borgenproject.org/poverty-in-dominica/)



Dominica is a small island nation located in the Caribbean. With 29% of Dominica's population below the poverty line, poverty rates have slowly decreased since the early 2000s. Nevertheless, the country continuously faces setbacks that perpetuate the cycle of poverty for its people. Here are the top five reasons why poverty in Dominica has persisted.

5 Reasons Why Poverty in Dominica Has Persisted

1. **There is a persistent decline in Dominica's export industry.** For more than 50 years, Dominica relied on the banana industry as its primary source of income. However, in the late 1990s, the United States entered a partnership with Latin America as a new source for purchasing bananas. The new Latin banana industry caused overnight turmoil for Dominica, and the country has still not overcome the recession of its banana industry today.
2. **Dominican opportunities for work are decreasing.** The demands are receding due to the diminishing export industry. Today, Dominica's rates of employment lay between 25% to 30%, yet some experts argue it may be even higher. Dominica's banana industry used to employ more than 72,000 Dominicans per year. However, with Latin America taking over the banana industry, more than 160,000 Dominicans left their homes in search of occupations abroad, leaving 29% of households in poverty in Dominica.

3. **Major health concerns threaten Dominica’s population.** The HIV epidemic in the Caribbean islands displayed the highest rates in the Western Hemisphere. In Dominica, experts report one out of every 40 adults tests positive for HIV. Due to mismanaged health care systems and no HIV prevention programs, Dominicans end up vulnerable to the disease.

4. **Trade imbalances cause harsh prices on imported goods for Dominica’s citizens.** In 2018, Dominican exports stood at \$54.2 million compared to \$295 million worth of imports. This trade inequality caused a negative trade balance of \$240 million, resulting in increased imported prices for Dominicans.

5. **Severe weather harms Dominica’s agriculture.** The island of Dominica is prone to several natural disasters including hurricanes, volcanic eruptions, earthquakes and tsunamis. In 2017, when Hurricane Maria hit Dominica, more than 90% of the nation’s infrastructure underwent destruction. The Caribbean Development Bank (CDB) offered a grant for the Caribbean Disaster Emergency Management Agency (CDEMA) to Dominica following the disaster. Yet, the country is still recovering from Hurricane Maria.

In 2019, the government of Dominica established specific investment incentives for businesses to relocate to Dominica. The investments encourage both domestic and foreign shareholders, hoping to boost the economy and help lower the rates of poverty in Dominica.



Should you live in Dominica then for specialist medical services you may consider:

			distance	flight time
Barbados	for	cardiology	320 kilometres	0:40 minutes
Cuba	for	oncology	1,860 kilometres	3:30 hours
Trinidad	for	optometry	2,100 kilometres	3:00 hours
Guadeloupe	for	general	100 kilometres	ferry 3 hours

Country: Caribbean

<https://www.infoplease.com/atlas/caribbean>

[Antigua and Barbuda](#)

[Bahamas](#)

[Barbados](#)

[Cuba](#)

[Dominica](#)

[Dominican Republic](#)

[Grenada](#)

[Haiti](#)

[Jamaica](#)

[St. Kitts and Nevis](#)

[St. Lucia](#)

[St. Vincent and the Grenadines](#)

[Trinidad and Tobago](#)

Territory and Dependency: Caribbean

[Anguilla \(U.K.\)](#)

[Aruba \(Neth.\)](#)

[British Virgin Islands \(U.K.\)](#)

[Cayman Islands \(U.K.\)](#)

[Guadeloupe \(Fr.\)](#)

[Martinique \(Fr.\)](#)

[Montserrat \(U.K.\)](#)

[Netherlands Antilles \(Neth.\)](#)

[Puerto Rico \(U.S.\)](#)

[Turks and Caicos Islands \(U.K.\)](#)

[U.S. Virgin Islands](#)

Note: The Caribbean Islands are part of the North American continent.

Dominica CPA 2009 Main Report

Findings

<https://prais.unccd.int/sites/default/files/2018-08/Dominica%20CPA%202009%20Main%20Report%20Final.pdf>

On the basis of this most recently conducted study the level of poverty has fallen from 39% in 2003 to 28.8% in 2009 and remains at 29% in 2022. Absolute poverty, as measured by the indigence rate, has also declined from 10% in 2003 to 3.1% in 2009.

This reduction in poverty is mainly attributed to attempts by the Government, since the last study, to stabilise the economy, contain the debt, expand the social and physical infrastructure, and prioritise initiatives through targeted public expenditure. International assistance has been used to expand the physical infrastructure that would contribute to economic development – airport development, roads and highways and agricultural access roads. The introduction of a VAT, which has yielded expanded revenues allowing the Government to increase expenditures on targeted subsidies and transfers.

The main causes of poverty identified in the study have been due to external factors, including the continued reduction in protection for banana exports, the surge in food and energy prices and the global economic crisis, and the scourge of natural disasters. Since the outbreak of the coronavirus Covid-19 pandemic (2020 – 2023), the tourism sector has been decimated.

There has been a decline in remittance income as large numbers of construction workers were forced to return from abroad – Anguilla and from Antigua and Barbuda, in particular. The decline of banana industry was found to have impacted producers, families and communities and villages. The result is that the number of banana farmers has plummeted from 6,000 to 1,000 in 5 years and ex-banana farmers now find themselves dependent on wage employment.

Unemployment and lack of job opportunities are frequently cited need among poor persons in communities. This is particularly noted by men who saw their inability to find work as a threat to their tradition role as provide:

“The man must provide for his family but unemployment has made it difficult.”

In some cases women suggested that work was more likely to be available for men.

“It has more jobs for men.”

“Men more easy to get jobs.”

Additionally, while for many years Dominica has been sending to other countries in terms of migrant labour, in recent years there has been an inflow of labour from neighbouring countries, especially migrants coming from Haiti and the Dominican Republic. Haitians dominate this movement and they have entered as raw labour in agriculture. This phenomenon has created a major challenge in the labour market.

As a result of difficulties encountered in finding formal employment, there were many references on the part of both men and women, to considering participating in the underground economy to make ends meet.

Some understand the relationship between low educational attainment and failure to find work. Primary Level Education was the highest level of educational attainment for the largest number of men and women: 26.6% of male household heads and 23.5% of female household heads had gained at most a primary level education. In some cases some expressed the view that this lack of education explained the cycle of chronic poverty in which persons found themselves:

“I wanted a better education but my parents didn’t have enough money to send me to school so I had to go to work to support my brothers and sisters and myself.”

“Education is important, I don’t want to see my children turn out like me.”

Still, many parents found it difficult to provide their children with some of the “new basic necessities” for school:

“I don’t have a computer and in order for my child to get good grades their work must be typed, but I don’t have money for them to go into the café. That is rich people can do that.”

Gender relations in society surfaced as an issue of significance to many. Men prefer to remain in visiting relationships, a phenomenon confirmed by the data collected, while the women have children but remain ‘single’. As a result, they (women) have the responsibility for providing for their children. Many poorer women have found themselves engaging in transactional sex or getting involved themselves in the drug trade or other illegal activities in the quest to provide for their children.

“You are a single mother, you have children. You don’t have a job so you do some drugs to make a living.”

“Women become thieves or victims of thieves.”

“Poverty contributes to prostitution and drug trafficking.”

When their daughters are old enough, they are not averse to their relying on help from boyfriends, with the result that girls start to rely on transactional sex as a coping mechanism at an early age and this pattern is becoming accepted as a “norm” among poverty stricken sections of the society.

“... go and sell what God gave you to get money for the exam.”

This is further complicated by the high level of teenage pregnancies and increased risk of diseases among teenage girls.

“We go to the men for a little dollar to buy recess or to go to school, to buy soap to wash our clothes. You may end up having a child.”

The structure of the labour market and the nature of gender relations result in men exercising dominance and power over poorer women.

“You are going to be used by the big fellas.”

The ‘big fellas’ could regularly exact sexual favours. Occasionally, when income permits even ‘small fellas’ might still exercise occasional dominance. A relationship with a man may offer access to income.

“Some young men would approach you to have a relationship because they can offer you shoes, money and hook you up.”

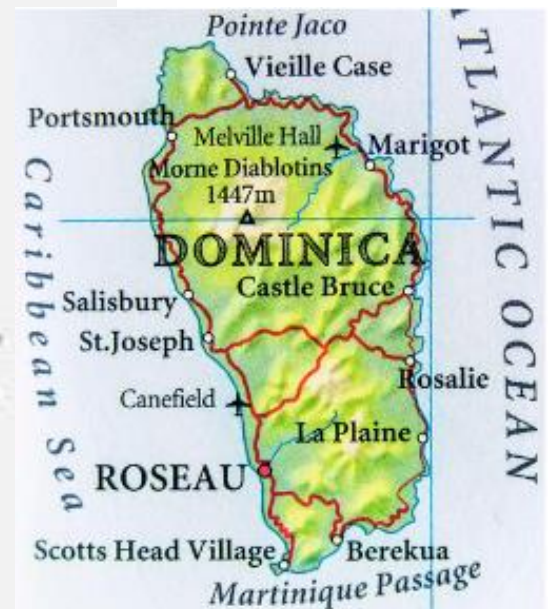
The failure of the country to generate productive goods and services at a level that is able to absorb its growing labour force, has resulted in the entrapment of many young people in poverty. The net result is that the country runs the risk of remaining trapped in low cycle equilibrium of structural poverty.

TABLE I: HEADCOUNT BY PARISH, 2009

Parish of Residence	Poverty Rate
	Percentage of Poor Individuals in Parish)
City of Roseau	12.8
Rest of St. George	16.3
St. John	10.2
St. Peter	23.7
St. Joseph	47.2
St. Paul	32.6
St. Luke	17.5
St. Mark	27.3
St. Patrick	42.7
St. David	40.4
St. Andrew	38.1
All Parishes	28.8

TABLE II: DISTRIBUTION OF POOR BY AGE

Cohort	Age Groups	% of Poor Population	% in National Population
Children	0-14	35.7	26.5
Youth	15-24	16.4	16.3
Adults	25-34	9.6	10.8
	35-44	13.4	13.5
	45-54	10.0	12.3
	55-64	5.2	8.5
Elderly	65 and Over	9.8	12.2
All Groups	Total	100	100



COMMERCIAL IN CONFIDENCE

9 FACTS ABOUT NGOS AND HEALTHCARE IN DOMINICA

<https://borgenproject.org/healthcare-in-dominica/>

1. **Dominica spends equivalent to US\$418 per capita on healthcare.** As of 2011, healthcare costs were 4.2% of the GDP. Those healthcare services are provided by the Ministry of Health. Also, as of 2017, there were 1.1 doctors per 1,000 people in Dominica.
2. **There are five hospitals in Dominica.** Four of these hospitals are government-owned, while the other one is privately owned. The Princess Margaret Hospital has one small intensive care unit, meaning it is most equipped to deal with emergency situations. However, the other three, the Marigot hospital, Grand Bay hospital and Portsmouth hospital, are not as prepared.
3. **Dominicans generally have somewhat long lifespans.** For men, life expectancy is 74.4 years, and for women, it's 80.5 years. Therefore, the total average life expectancy is 77.4 years, exceeding the global average of 72 years. However, as of 2019, 30.9 infants died out of 1,000 live births, which is a rate of about 3.29%.
4. **There are both primary and secondary healthcare services in Dominica.** There are seven health districts in which primary healthcare services are provided by clinics. These clinics serve about 600 people each within a 5-mile radius of the district in which they are located. Princess Margaret Hospital provides secondary healthcare to the people of Dominica.
5. **Some individuals are exempt from charge for medical treatment.** Those who are considered poor or needy, pregnant women, children younger than 17 years old are exempt from the medical care charges. People who may also have an infectious and contagious disease that can spread through multiple ways (such as bodily contact, contact with bodily fluids, or breathing in the virus) are also exempt from the charges that arise from medical care.
6. **The HIV/AIDS prevalence rate is 0.75%.** About 506 people out of a population of 72,293 people in the Dominica have HIV/AIDS. Countries that have a prevalence rate of HIV/AIDS that exceed 1% are considered to have Generalized HIV Epidemics, so Dominica is currently below that even though its rate is higher than places like the U.K. 70% of those infected by HIV/AIDS are male. In 2019, only 95 adults and children were receiving antiretroviral therapy in Dominica.
7. **The Citizenship By Investment program in Dominica helps rebuild medical buildings and infrastructure, as well as provide treatment abroad.** After Hurricane Maria in 2017, the CBI program helped fund the rebuilding of six hospitals and three healthcare centres in Dominica. Similarly, the program also sponsored 16 children to receive treatment abroad in 2017-2018. The treatment was critical for the of health of the children in Dominica.
8. **The Order of St. John is an NGO project working to improve healthcare in over 40 countries, including Dominica.** This international charity has over 300,000 volunteers and staff and provides multiple services such as healthcare, first aid and other methods of support. This organization, registered as an NGO in 1964, had an income of 1.44 million pounds in 2018. Its mission is to help improve the health of people around the world and alleviate worldwide sickness. Additionally, St. John

works to provide volunteers with disaster preparedness training in Dominica in the case of tropical storms or other natural disasters. The organization accepts donations, 100% of which go to their programs.

9. **Another NGO, EACH, also works in Dominica to provide healthcare communication.**

EACH works to promote healthcare communication that is concentrated around patients. EACH also works to provide healthcare communication research, skills and tools. They strive to ensure that patients worldwide receive specialised care with regard to autonomy and safer, efficient healthcare, as well as ensuring that patients are more likely to recover from diseases. EACH became a non-profit and charity organisation in 2014.

Many organisations and hospitals are working to provide effective healthcare in Dominica. The general public can help assist these organisations through donations or volunteering. Learning more about healthcare in Dominica, as well as in different countries around the world, can help one understand both the domestic and global situation of healthcare today.

The quality of healthcare in the Dominican Republic is different in different parts of the country. Private hospitals have the latest medical equipment, well-trained staff, and high standards of healthcare. On the other hand, public hospitals lack quality medical equipment and staff.

Which Caribbean island has the best hospital?
Medical Care

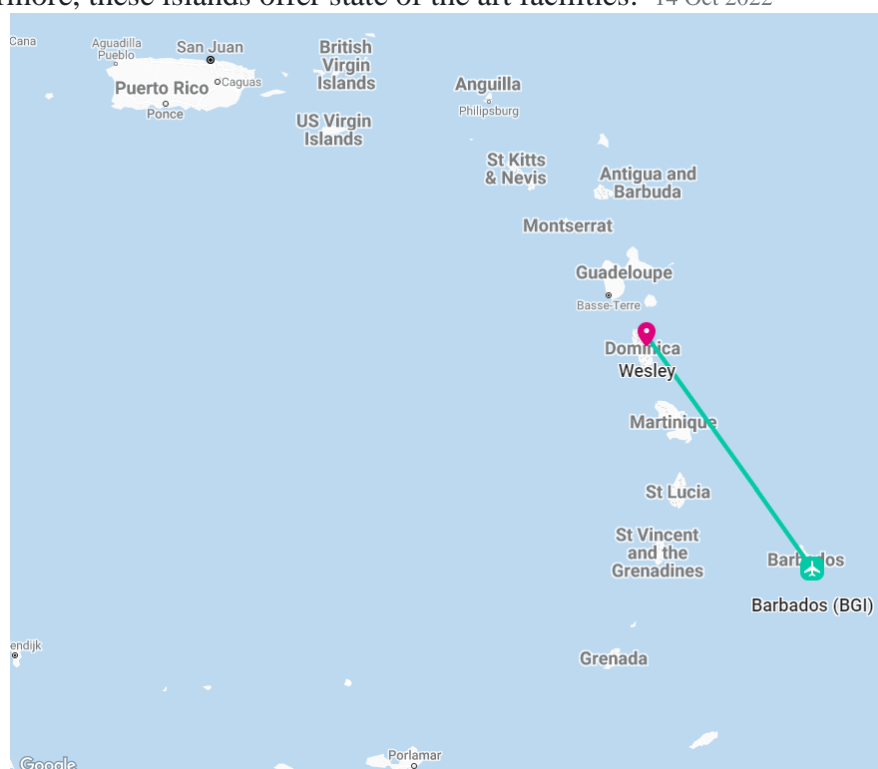


Barbados, Turks and Caicos, Bahamas, and the Cayman Islands offer some of the best healthcare in the English-speaking regions. Furthermore, these islands offer state of the art facilities. 14 Oct 2022

Flight time from Dominica to Barbados 1 hr 4 mins. Distance is 316 kilometres.

The Places with Some of the Best Clinics and Hospitals

Everyone wants to have access to a good healthcare system because they want to have that peace of mind that whatever happens, they will be taken good care of. And if you're planning to move to the Caribbean, do not worry because they have an excellent quality of medical facilities.



Here are places with some of the best clinics and hospitals in the Caribbean:

BAHAMAS

The Bahamas is one of the most visited places in the Caribbean, especially to western tourists, that's why they make sure that they have the best medical facility in the area.

There are three main public hospitals in the Bahamas – one in Freeport and two in the Capital, Nassau. There are also two private hospitals. But healthcare for visitors might be more expensive, that's why before coming to the Caribbean, make sure you have all the necessary medical and health insurance with you. It is also worth noting to come prepared with cash as some hospitals might require you to pay upon admission.

However, on some islands, medical facilities may not be available. So if anything happens, be prepared to be airlifted.

BARBADOS

Barbados has an efficient, developing, and accessible health care system. Their government made this sure so that they may provide the only best to their citizens.

There are two main hospitals in Barbados; both are well-equipped and have a large number of medical professionals in practice. The first one, **Queen Elizabeth Hospital (QEH)**, is a government-run facility specialized in emergency and specialized services such as surgery, psychiatry, obstetrics, etc. Second is the **Bayview Hospital**, a privately-run facility located in the capital of Bridgetown. Bayview Hospital also offers specialized services almost the same as Queen Elizabeth Hospital.

The Queen Elizabeth Hospital (QEH) is the country's primary acute care medical facility. The QEH is also an accredited teaching hospital affiliated with the University of the West Indies, Cave Hill Campus. It has 519 beds. The hospital has **seven main operating theatres**, including two fully integrated endoscopic theatres; a dedicated West Norfolk Breast Unit; and the midwife-led Waterlily Unit which provides expectant mothers with greater choice.^{30 June 2022}

Bayview Hospital is taking its current 22-bed, inclusive of a two-bed intensive care unit, three operating theatre service, to the next level. We shall be offering all of Barbados access to a seven-day a week, around the-clock emergency and accident service complemented by our own ambulance service, radiology, and diagnostic services.

CAYMAN ISLANDS

The Cayman Islands offers modern medical facilities in the Caribbean. There are three main hospitals here, two of which are privately-owned and one is public.

The first hospital is The Cayman Islands Hospital, also known as George Town Hospital, is mostly responsible for handling crucial emergencies for all the islands. Second, The Doctor's Hospital also formerly known as Chrissie Tomlinson Memorial Hospital., a private medical facility that has a state-of-the-art medical service and is popularly known because of their world-famous heart treatments and surgeries. Lastly, the Doctor's Express clinic, which is a premium health care facility.

Cayman has a lot of medical practitioners to assist you in any health conditions you have. A reminder for visitors is to have health insurance that provides full coverage to be able to access any treatments needed.

TURKS & CAICOS ISLANDS

Healthcare system in the Turks & Caicos Islands have improved in the past years, and they continue to develop for both public and private-owned ones.

In 2010, Turks and Caicos Island Hospital opened. It is developed through both public-private partnerships with InterHealth Canada (TCI) Ltd. Both offer high-quality medical services for emergencies, maternity, dialysis, etc. There are also several primary health care clinics in some islands. Local hospitals may handle most medical situations, but in some severe cases, there might be a need to relocate to nearby islands such as Nassau or even Miami through air ambulance.

Even if there are several pharmacies on the island, make sure to bring your own or also an extra of your medications as they might not be able here.

The most common healthcare issue here on this island is sunburn due to its high temperature. So always bring with you your sunscreens. Another common health issue here is dehydration, so bring lots of drinking water wherever you go.

FRENCH CARIBBEAN – MARTINIQUE, ST BARTS & ST MARTIN

Martinique is an island that is part of the French Republic located in the West Indies in the eastern Caribbean Sea. Their healthcare system is similar to France, so you can expect excellent medical facilities here. The biggest hospital in Martinique is CHU de Martinique, located in Fort-de-France. There are also plenty of smaller hospitals around the French Caribbean. Pharmacies, doctors, and medical emergency services are widely available too. For visitors, health insurance is an excellent idea before coming to Martinique.

On the other hand, St. Barts and St. Martin also has quality health care facilities. In St. Barts, there is a small hospital called Hospital De Bruyn, which is located in the capital Gustavia. However, some treatments may be limited here and are only available in Martinique. There are two hospitals in St. Martin, both of which are small but well equipped. One is in the French side of the island which is The Medical Center of Saint Martin LC Fleming, and the other one is in the Dutch side of the island called Saint Maarten Medical Center East of Philipsburg in the Cay.

COSTA RICA

Costa Rica offers some of the leading healthcare services in Latin America. They provide universal health care not only to their permanent residents but also to their citizens both from public and private. Health care system in Costa Rica is of the high standard, according to the UK's government assessment.

For visitors, initial medical emergency treatment is available for free. However, it's important to have medical insurance as some treatments may have succeeding charges. If you are planning to access private doctors and hospitals, it would be best to have international healthcare insurance to save on money.

Costa Rica is also popular to rank high in terms of dentistry and cosmetic surgery. They are popular in the fields of cancer therapy, eye surgery, and bariatric surgery. There's a full range of reconstructive and cosmetic surgery available in several clinics in Costa Rica. They can provide world-class services and yet affordable compared to the US. Dentists in Costa Rica are skilled and qualified. So whether it's just for a simple filling to complicated works, they can do it for you.

Aside from the main hospitals, there are also several clinics and medical facilities in the coastal areas, and they are popular with foreign visitors.

MEXICO

The healthcare system in Mexico is provided by public institutions. It is made up of two primary paths. First, the IMSS system is part of the national Social Security process, which was designed for their employees. Second is the Seguro Popular, and this is made for those who were not able to participate in the IMSS program due to financial reasons.

The quality of medical care in Mexico is high, although it may be limited in some areas. But rest assured that their government guarantees every citizen no cost to access healthcare services.

As you might know, the general emergency number in Mexico is 911. However, not all operators are English speaking. So it will be beneficial if you learn a little Spanish to help.

BETTER SAFE THAN SORRY

Mexico is mostly safe, but there are still some health risks wherever location you might be. So it is important to always have health insurance ready. Either travelling or relocation, always come prepared and ready. This way you'll have less of a headache when uncertainties come.

Should you live in Dominica then for specialist medical services you may consider:

			distance	flight time
Barbados	for	cardiology	320 kilometres	0:40 minutes
Cuba	for	oncology	1,860 kilometres	3:30 hours
Trinidad	for	optometry	2,100 kilometres	3:00 hours
Guadaloupe	for	general	100 kilometres	ferry 3 hours

Dominica, a small country in the Caribbean, has a population of about 72,000. Currently, general taxes are what finance healthcare services in Dominica. There are **seven healthcare centres and 44 clinics** around the country that provide primary healthcare at no cost. 4 Dec 2020

Traditional Healing in Psychology on the Caribbean Island of Montserrat, West Indies
<https://aura.antioch.edu/cgi/viewcontent.cgi?article=1785&context=etds>

This dissertation, by Yvette Cabey, has been approved by the committee members signed below who recommend that it be accepted by the faculty of Antioch University Santa Barbara (2022)

Dr. Brett Kia-Keating, EdD, Dissertation Chairperson

Dr. Stephen Southern, EdD Psychology, Second Faculty

Dr. Fanny Brewster, PhD Clinical Psychology, External Expert

The intimacy of the family unit, traditional customs, values, and spirituality has a direct impact on the life and wellbeing of a Caribbean individual. Around the world, mostly in non-Western countries, mental wellbeing and those in ill health are treated in ways that would be considered non-traditional by Western countries. In the Caribbean, some of these non-traditional practices include herbal remedies and private rituals. According to Moodley and West (2005), there is a mix of these traditional practices with contemporary religion in the Caribbean, which includes an awareness of the importance of culture and spirituality in the maintenance of wellbeing.

Montserrat is one of the Leeward Islands in the Caribbean surrounded by St. Kitts and Nevis, Antigua, and Barbuda, as well as Guadeloupe. Montserratian society demonstrates cultural expressions through their generous hospitality, traditional meals, close relationships to family, as well as music, traditional dance, and folk stories. Religious organisations are held in high esteem, their respect is not only shown through the fear of God, but it is also seen through relationships with each other and the views that are held about illness, health, and cure (Moodley & West, 2005).

Research on the traditional healing practices in Montserrat is important so that future generations, as well as the present generation, can benefit from the identification of the usage of medicinal herbs that can be utilised toward the healing of mental illness. Psychology plays a large role in traditional healing in Montserrat, not always in the traditional Western sense. In Montserrat, there is a holistic healing system consisting of herb bush, Masquerades, Jumbie Dance, setting of a Jumbie Table, pouring of libation, and belief in the ever presence of ancestors. A visitor to the island may hear about these practices or observe a person who specialises in one of them and this could be interpreted as witchcraft in the West. An Act outlawing these practices was passed in 1819 (Book of Deeds). Discussion of this law will be presented later in Chapter II under Obeah Practices, How Colonialism and the Church Shaped Traditional Medicine in Montserrat. Practitioners may perform certain rituals for the purpose of healing those who may be termed in Montserrat as crazy or “sick in the head.” Traditional healing methods that these healers may apply include herbs (bush and weed), dance and other rituals, and embody a holistic approach that allows individuals to embrace more natural and attainable methods. Some Montserratians may refer to medicinal herbs as weed; however, for this study the term bush (a more universal Montserratian term for it) will be referenced. Modified and updated use of these practices can be utilised in ways that are beneficial for Montserratian society and others. This is reminiscent of the West, where psychology plays a role in traditional healing, such as in a therapeutic setting where some therapists utilise experiential, humanistic, or holistic practices with the client.

According to Moodley et al. (2008), in Montserrat, there is a balance between body, mind, and spirit (consider body, mind which is within our spirit body, and soul which does it all), as the concept of wellness and wellbeing are permeated through the process of holistic healing. Collaborative studies on Traditional healing methods are on the horizon in the West, and there is growing interest in complementary, alternative, and traditional healing (Moodley et al., 2008).

Traditional alternative medicine is not new in the West. However, as new interests grow in the area, the use of herbs and other non-traditional Western practices may have a place in Western psychological healing remedies. This would be contingent upon more extensive research and peer review. (It is the process of peer review that constrains discovery of truth and progress for humanity.) It is hoped that this research on the use of the traditional healing practices of Montserrat would be a meaningful contribution to the Literature - **Mental Illness and the Use of Traditional Alternative Medicine**

In Montserrat, traditional alternative medicine is widely used, and traditional medicinal herbs (bush) grow abundantly in the natural environment or are cultivated in "house yards" (gardens). According to Brussell (2004), there is a need to preserve the ethnobotanical knowledge so that the identification and uses of these herbs for medicines, spiritual practices, food, and healing is not lost.

On the small island of St. Eustatius in the Dutch Caribbean there is a similar view amongst St. Eustatians regarding preserving the ethnobotanical knowledge (Verheijden & Van Andel, 2016). Mostly elders in St. Eustatius are known to be knowledgeable about ethnobotanical plants. These individuals are called Culture Bearers. These are people who have an extensive amount of information of their own culture and an advantage in the field that others coming in would have trouble matching (Burnim, 1985).

According to Verheijden and Van Andel (2016), there is a claim that the younger generation are not interested in ethnobotanical knowledge. This theory that the younger generation is not interested has not been proven, however, there are more medicinal and food options available at the hospital, supermarket and pharmacy that may be of more interest. Over a period of time there has been an adaptation to more medicinal plants than food plants. The ethnobotanical knowledge reflects the livelihood of the people, which has been recognised by the significance of traditional foods, and the frequency of illness and wellbeing of the people. The study indicated that those under the age of 20 have far less ethnobotanical information than their elders; however, the ethnobotanical knowledge has adapted to meet the needs of the people.

At one time in Montserrat, traditional healing methods were taught to individuals at a young age by their elders. However, since the 1995 volcanic eruption in Montserrat, some informants (Culture Bearers) died or were displaced, leaving generational transfer of information to perish. The decline of ethnobotanical knowledge is not only true for Montserrat. The information of elderly informants worldwide has been lost due to death and westernisation in many traditional cultures (Brussell, 2004). Shared medicinal plant information is beneficial in providing a blueprint for the next generation to come. These healing methods may prove useful to aid individuals in maintaining psychological wellbeing.

According to Kpobi and Swartz (2018), in African contexts, patients and caregivers seek the services of traditional alternative medicine (TAM). This is due to accessibility as well as shared values, concepts, and beliefs between patient and caregiver. Their research examined the beliefs that are held by TAM practitioners about mental disorders. The prevailing notions about causation were supernatural in nature.

Traditional / faith healers believed that evil spirits, demonic possession, curses, and spiritual punishment manifested as mental disorders. (Such interference from mind Mansion World spirits has now been blocked since 22 March 2017. This was done by Celestial Spirits.) Even though their views were dominated by supernatural factors, many of the healers did acknowledge that other factors such as drug misuse and traumatic brain injury were possible causes of mental disorders.

Treatments varied based on the orientation of the healer, but the common reported treatments included herbal remedies, dietary restrictions, psychosocial counselling, prayers, and incantations.

In many low-and-middle income countries, a wide range of faith-based practices using alternative treatments have gained popularity. (Until we address the core cause, mostly our Childhood Suppression and embrace Feeling Healing, all such healing practices are temporary at best.) There is evidence within the literature that there have been attempts at collaboration between mental health professionals and traditional healers (Burns & Tomita, 2015), however, the number of studies are limited, and it is not yet known whether this collaboration will prove useful.

Nonetheless, Kpobi and Swartz (2018) assert that in current global conversation regarding mental health, it has become commonplace to call for a closer collaboration between biomedical, or psychiatric treatment approaches and TAM. However, there have been small changes with the amount of research on whether collaboration will work or not. There is a need to recognise the diversity between traditional and alternative treatment options and biomedicine.

Both have different treatments: biomedicine treatments provide pharmaceutical care, and TAM (traditional alternative medicine) provides psychosocial and spiritual care. More advocacy is being proposed to address the quality, effectiveness, and different aspects of TAM. Also, according to Arazeeem (2011), there is a growing demand for traditional medicine in Africa. The research indicated that there is a need to have cooperation between both TAM and modern doctors to come to an understanding to implement regulation and standardisation, as well as to know their strengths and weaknesses.

Natural and Herbal Remedies for Mental Disorders

Complementary Alternative Medicine (CAM) has risen in the United States, and in 1992, Congress established the Office of Unconventional Therapies, which is now called the Office of Alternative Medicine (OAM). In 1998, OAM became the National Center for Complementary and Alternative Medicine (NCCAM). More than one-third of Americans indicated using some sort of CAM, and in fact, in 2007 the number of Americans who sought out a CAM provider exceeded the number of Americans who visited a primary care physician (FDA, 2007). As CAM has increased in the United States there has been some confusion whether certain CAM products are subject to the FDA and Cosmetic Act or Public Health Service Act (PHS Act; FDA, 2007).

There are two points to give guidance: (a) CAM used in therapy may be subject to regulation as a biological product, cosmetic drug, or food, and (b) neither the Act nor the PHS Act exempts CAM products from regulation. Alternative medicines have not always been popular in America. The implementation of the CAM program and increased interest in providers may signify a broadening mindset of Western culture towards treatments that have been used for centuries throughout the world.

In Caribbean, African, and Asian countries, collaboration seems to be more open than in the West (Campbell-Hall, et al., 2010). These countries are more willing to adapt to different modalities of treatment, possibly due to confidence placed in, and value given to treatment systems which they were forced to rely on in traumatic plantation and colonial times. Also, some of these systems date back further than Western medicine (Pan, et al, 2014). An example of this would be the popular use of traditional medicine in Montserrat. In contemporary times the longevity of traditional Montserratian healing methods can be enhanced by modern humanistic Western “talk therapy” and other approaches such as Cognitive Behavioural Therapy.

According to Collingwood (2016), Western clinicians are compromising their patients’ recovery when they avoid supplementing therapies. This avoidance is reflective of their lack of knowledge and their

unwillingness to use treatments that are not backed by drug companies and the FDA. Clinicians are less inclined to using supplemental treatments, which comes from being unfamiliar with indigenous treatment modalities. Consequently, prescription treatments backed by the FDA would more likely be the preferable choice, due to it having the regulation that is standard in the United States. Collingwood (2016) noted changes in the field of mental health with regards to a more open attitude to supplemental treatments including TAM. However, there is a need for more clinical trials and studies on the efficacy of different non-western traditional supplements as treatments.

Building a foundation of successful collaborative efforts can serve as a model within the mental health field and would be useful in replicating efforts. As more research, peer reviewed articles, and education are implemented, this will take the fear out of using a treatment that has not been supported by agencies such as the FDA. Psychiatrists are also integral in disseminating treatments to patients, and it would be beneficial for them to become more familiar with these diverse types of therapies, doses, and side effects to aid in alternative and complementary health for patients.

Significance of Nontraditional Treatments for Mental Illness

Further research into mental health treatment options is important. These methods were used in Montserrat from its origins before practices were subdued by colonial powers (Dobbin, 1986). The need for research regarding Montserratian use of herbal remedies and healing system, is foundational to advancing the science behind the efficacy of these treatments. This research and record can preserve Montserratian healing techniques, and their distinctive nature thereby protecting the Montserratian folk medicinal heritage. The efficacy of this approach to therapy is unknown due to the lack of scientific research to explain these treatments; however, they are accepted by a portion of Montserratian society because of the outcomes (Gautam et al., 2017) more scientific research there may be higher provenance of efficacy and perhaps stronger universal usage.

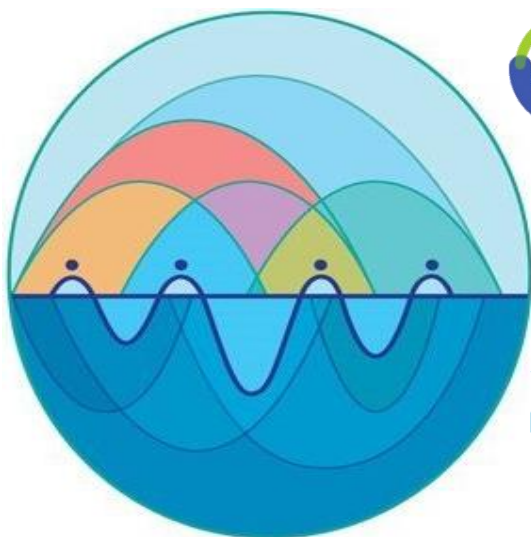
Non-traditional treatments such as meditation, yoga, acupuncture, and naturopathic medicine have been used for somatic disorder, anxiety, and depression. In the West, agencies such as the FDA only back treatments that are researched and tested, they do not support complementary methods (Arkowitz & Lilienfeld, 2013). Nonetheless, people around the world understand and embrace the significance of these types of non-traditional treatments through usage. Although, confidence in the usefulness of these methods is largely anecdotal they can be utilised for individuals with somatic disorder, anxiety, depression, as well as a host of other disorders. Non-traditional and complementary treatments are an alternative to contemporary healing. The efficacy of this therapy has been widely accepted and spread, however, there needs to be more published research (Gautam et. al., 2017). According to Arkowitz and Lilienfeld (2013), some people presume that natural substances tend to be safer than synthetic medications.

This belief may be attributed to herbal treatments dating back thousands of years. For example, one of the most widely studied herbal remedies in Western society is St. John's Wort. This plant is traditionally known to drive out evil spirits which is also used as an herbal medicine for depression. But may trigger a manic episode if used in combination with an antidepressant. Even more concerning is the possibility that it may cause death if taken with certain antidepressants. It may also reduce efficacy with birth control pills, heart medications, and other drugs (Arkowitz & Lilienfeld, 2013).

Traditional, Alternative, or Complementary Healing in Psychotherapy

According to Moodley et al. (2008), there has been an increase with people in the West who have taken an interest in traditional, alternative, or complementary healing in one form or another. Some are opting for traditional approaches alongside psychotherapy where such dual interventions address the mind-body-spirit holism that clients seek (Moodley et al., 2008). They further suggested that through the traditional healing process, clients also affirm their own cultural or ethnic reality, which is not only denied in conventional psychotherapy, but in society in general. “Talking therapies” have been unsuccessful with Black African people due to the perception of mistrust and insensitivity of health care practices towards them since the introduction of counselling psychology. Traditional healing practices, when compared to Western health care systems, seems to be “worlds apart” with different models of illness and health, operating within a different world view (Moodley et al., 2008). Traditional healers and healing could be a critical space towards wholeness and wellness of clients. For example, according to Fischer, Jome, and Atkinson (2010), implementing a treatment the patient is receptive to is better than applying a medicine because it is said to be the best. More therapists support the idea of integrating traditional healing practices into counselling and psychotherapy. If these practices are utilised it may reduce the complexity, confusion, and dilemmas of dual interventions for both clients and psychotherapists (Moodley et al., 2008).

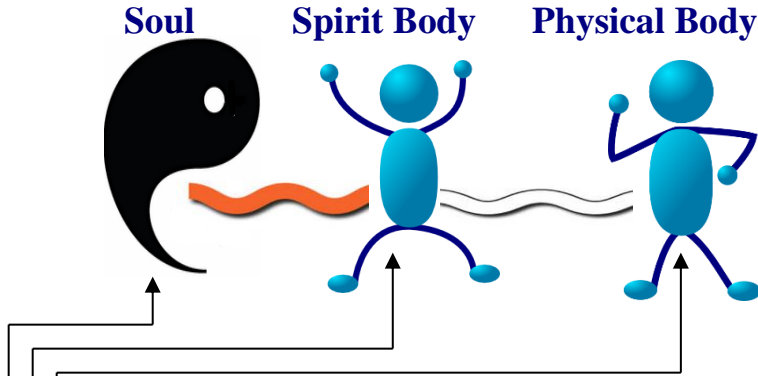
The focus of this dissertation is to address the following research question: How do herbs known as “Bush” in Montserrat benefit psychological wellbeing among the communities in Montserrat?



CARIBBEAN
SIDS

**SMALL ISLAND
DEVELOPING STATES**

HIERARCHY of HEALING SYSTEMS



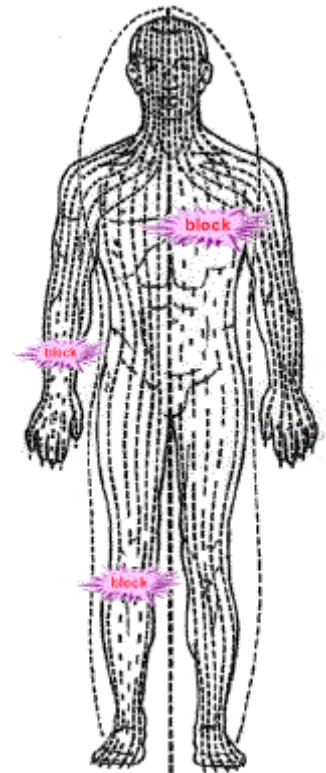
ALLOPATHIC – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven.

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

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.

EMOTIONAL PROCESSING and CLEARING deals with the cause. Soul level clearing and growth provides permanent solutions whereas the other two systems provide temporary relief.

If you focus on the soul, that is the most powerful tool to improve yourself. Improving your soul condition is the ultimate goal.



A Nation's Persona! National Psychic Barrier

The fascinating character of the Caribbean woman

<https://suntci.com/the-fascinating-character-of-the-caribbean-woman-p5078-129.htm>

Oliver Mills

The Caribbean woman is a highly complex, unpredictable, and cunning figure. She is also flexible in her choices, wise in her calculations, and deliberate in her actions.

These items of character have been inherited from her culture and traditions, and further refined in her interaction with the world, men, and the complicated environment in which she exists.

All this has fashioned the Caribbean woman into a force to be dealt with, and with a special collection of skills and strategies which she employs for survival, to get what she wants, and to manage situations to fit in with her desires and prospects.

The Caribbean woman, some say, is one to be approached delicately, since through her feminine intuition, and ability to envision the intentions of others she is able to prepare in advance the kind of response that matches and overcomes even the most subtle approaches employed by the Caribbean male.

He is no match for her wise calculations honed by her varied experiences in dealing with often aggressive others untrained in the fine arts of facilitating, and fostering situations which could attract her attention. What this boils down to, is that the Caribbean woman exhibits an intelligent behaviour which confuses the male with no common-sense ways of understanding or responding to her unique style of managing the issues presented by life.

This relates to the changing levels and quality of education the Caribbean female possesses which has fashioned a fascinating character. It is known that the Caribbean female is a higher achiever than her male counterpart. She performs better at the high school and college or university level than the Caribbean male, is more assertive, takes her responsibilities more seriously, and seeks to contribute positively to her community through civic and professional associations.

In subject areas such as law, medicine, the sciences, and engineering which were the preserves of the male, Caribbean women now dominate these disciplines in greater numbers. They have moved beyond being associated with the so-called caring areas of teaching and nursing, and have become the trail blazers in a number of other occupations. This testifies to the character, ambition, and drive possessed by the Caribbean woman.

The character of the Caribbean female is further shown in the values and morals she adheres to. Her values are shaped by her religious upbringing, her respect for ethics, and the desire to be a positive role model for others in the community. Her choices are the result of living by moral principles which direct her life, and to which she is committed.

The male in comparison tends to display an aggressive demeanour, and retain the values of the plantation.

He regards the higher, more responsible values as inhibiting and restrictive, rather than seeing them as contributing to character building and being more humane.

Having a cultured disposition reflected in speech, the kind of social events and company she keeps, and the fact that she travels and reads with the intention of continuously enriching her personality and knowledge, is another fascinating feature of the character of the Caribbean woman. These characteristics place the Caribbean woman in a social sphere where she is admired, appreciated, and where she becomes an icon and example for others to follow.

Few Caribbean males evolve to this level.

In the Turks and Caicos Islands, the characteristics of the female are both different and similar, based on the island of their birth.

In South Caicos, the female is assertive, courageous, very perceptive, and helpful. Agreements are made on her terms, and she continues to advance arguments until her position is understood, appreciated, and considered. There is also a sense of professionalism, and a spiritual quality to her thinking and behaviour.

The North Caicos female has positive character traits, is very good in the area of business, has well developed, educational responses to the various issues, and possesses excellent planning and managerial skills and knowledge. She is also a very effective politician with a sophisticated view of what development and progress entail for the country as a whole.

With respect to the Providenciales woman, she has a cosmopolitan outlook, is self-assured, very sensitive when wrong is being done, and will bring it to the attention of the sinner. She is also open-minded, and possesses a commanding personality.

These noble characteristics of the Caribbean woman generally, and women in the Turks and Caicos in particular, contribute to them having the kind of character that is fascinating, with the ingredients which make such women an asset to their societies, and the generators of positive change.

10 Fascinating Facts about Caribbean Culture

<https://www.worldatlas.com/articles/10-fascinating-facts-about-caribbean-culture.html#:~:text=The%20region%20is%20a%20melting,Caribbean%20region%20a%20unique%20identity.>



Traditional congo dance in Portobello. An afro colonial dance mixed with Spanish influences. Image credit: SL-Photography/Shutterstock.com

- **The Caribbean is a melting pot of cultures with influences from European colonisers, the native community who lived there before colonization, and the waves of immigration.**
- **In Jamaica, people believe that the soul of the dead can linger for nine days.**
- **African culture has left an indelible mark in Caribbean history.**

Colourful is one word to describe the culture of the [Caribbean](#) people. It's a mesmerizing mix of influences rooted in its rich heritage, shaped by its long history of colonization, and moulded by waves of immigration. The region is a melting pot of different languages, cuisine, music, and customs. Its culture is a beautiful blend of a colonial and native elements shaped by each country's socio-cultural experiences. It is this diversity that gives the Caribbean region a unique identity. Here are a few things about the Caribbean culture that will make you want to pack your bags and fly to the islands so you can experience it yourself.

10. Shaped By a Long History of Colonisation

The history of the Caribbean people did not begin when the Europeans came. Way before the Europeans landed on the region, the islands were home to a native population of around 750,000 people composed of three groups: the Ciboney or Guanahatebey, Taino Arawak, and Carib.

In 1497 Christopher Columbus founded an island in the Caribbean which then signalled the start of the Spanish colonization. The Spanish Empire claimed the Caribbean and most of Latin America. Around the 1600s the British, French, and Dutch seized Caribbean territories from the Spanish empire. The US then started colonizing parts of the Caribbean in the 1900s. These events created an interesting mix between the native Caribbean culture and those of the different colonizers.

9. Food Is an Important Aspect of Family Life



A typical Cuban dinner - Shredded beef, jerk chicken, black beans and plantains. Image credit: Mulling it Over/Wikimedia.org

Caribbean cuisine is a beautiful hodgepodge of different flavours made even more interesting by its colourful ingredients and distinctly flavoured spices or condiments. It is a feast for all the senses meant to excite not just the palate but the eyes and nose as well. And food in the Caribbean isn't just for sustenance. **Food** preparation is a social activity often done by several members of the family. Food is

then shared with extended members of the family. Mealtimes are considered a social activity where tummies are nourished and familial bonds are forged.

8. Diversity Is Reflected In Their Language

The Caribbean's multiculturalism is reflected in its many dialects and languages. Spanish is the official language in many countries like the Dominican Republic, Puerto Rico, and Cuba while French is spoken in areas including Haiti, Guadeloupe, Martinique, St Barthelemy, French Guiana, and St Martin. People in other areas like Aruba, Bonaire, Curacao, Saaba, St Eustatius, and St Maarten on the other hand can speak Dutch. Creole and Patois are spoken across the region. Although English is the most common language spoken by many locals which makes it easy for tourists to go around the islands.

7. Birthplace of Many Musical Genres



Musicians in a Caribbean village. Image credit: pxfuel.com

The Caribbean is the birthplace of many popular types of music that have spread throughout the world. Although many people only associate Caribbean music with reggae (the unofficial soundtrack of many Caribbean vacations) there are many other genres of music that originated in the region. There's calypso music that combines spiritual elements with bongos, maracas, and Spanish guitar, soca which originated in Trinidad and Tobago and uses dholak as well as dhantal, and dancehall which originated in Jamaica and is a high-energy form of rap-reggae among many others.

6. Distinct African Heritage



African slaves in a linen market in Dominica. Image credit: Yale Center for British Art/Public domain

African culture has left an indelible stamp in Caribbean history. Between 1662 and 1807 Britain brought around three million Africans to the Caribbean who were sold as slaves to work in plantations. The African people brought with them their music, dance, rituals, cuisines, and customs when they moved to the islands. These were then forged and shaped further by their experiences under the colonizers. They created dances, songs, and chants as a means of expression which reflected

their lives in the plantation. And their influence helped shaped the Caribbean’s unique culture.

5. Spiritual Diversity

A Hindu temple in Trinidad and Tobago. Image credit: Wikimedia.org



While many countries in the Caribbean especially those colonised by Spain have remained Catholic, others practice many other religions. In Trinidad and Tobago and other areas with a large concentration of Indian immigrants, for instance, a quarter of the population practices Hinduism, while many of those in the British islands practice Protestantism.

There’s also Santeria in Cuba that’s derived from Yoruba beliefs and rituals which include sacrificing an animal to the Yoruba deities, and

the Rastafarian movement that originated in Jamaica in the 1930s.

4. Carnivals and Parades Are Serious Business



A Caribbean carnival. Image credit: Peter Kudlacz/Wikimedia.org

Based on the region's folklore and customs, Caribbean parades are known the world over for their loud music, invigorating dance moves, and vibrant outlandish costumes. They showcase the best aspects of the rich Caribbean culture and their people's vibrant way of life. Each year different countries in the region host hundreds of festivals and carnivals and people take preparations seriously. Sometimes called a "carnaval" these fun street parties are meant to celebrate and commemorate events in history. Music is an important part of these parades as well as glittering (and intricately-designed) costumes and colourful floats.

3. Architectural Melting Pot



Old Square in Havana. Image credit: Brian Snelson/Wikimedia.org

The region's architecture reflects their rich influences (Amerindian, African, and European) which gave birth to a medley of styles evident in their buildings and homes. Old Havana for instance showcases colonial architecture highly influenced by medieval Spain and the Baroque art. The use of cast iron in many Caribbean structures was introduced by the French while the mechanical saws brought by the Americans gave rise to the use of intricate wooden lacework seen in

many facades of homes and buildings in the region.

2. Folklore Revolves Around Supernatural Creatures

Passed down through generations, Caribbean folklore originated in Africa and were introduced to the islands by the people who were brought there to work in plantations. Most of these stories involve some spine-chilling supernatural beings like the heartman born out of Barbadian folklore. The heartman terrorizes naughty children and carves out people's hearts. Another scary creature from their folklore is the La Diabla or the devil woman who appears beautiful from far away to lure victims but hides a hoof under her long dress and hideous face under a big hat. She is said to lure victims to their death or madness.

1. Different Way of Mourning the Dead

In Jamaica, people have a different way of bidding the dead goodbye. In a tradition called the Nine Night, Jamaicans hold nine-night celebrations. They believe that the spirit of the dead lingers for nine days to stay in the home or exact revenge on those who have wronged him. On the 9th night the spirit frees itself from the Earth and so the mourners send him off with a party filled with loud music, lots of dancing, and storytelling.



COMMERCIAL IN CONFIDENCE

CARIBBEAN

<https://www.quora.com/What-is-it-like-to-live-in-the-Caribbean>

Compared to the US and Europe, it's a lot more laid back, at least in the independent states of the Caribbean. You could say it's more free. The drinking age is 16 in most of the Caribbean, and even then, it's rarely enforced. Most people are comfortable driving with no seat belts. Things are a lot cheaper in the countries that aren't tourism spoiled. You can get a beachfront property for south of half a million US dollars. On the interiors of the islands, it's entirely possible to buy a perfectly good home for 5 figures. Living in the Caribbean as an expat is great if you're adventurous and crave freedom.

How is it like to live in Caribbean islands?

<https://www.quora.com/What-is-it-like-to-live-in-the-Caribbean>

Christine Rains, a Quora poster; I have a spent years living in the Caribbean. I love the gentle people and the easy going way of life, where people have time to say Good Morning.

As a resident. What makes us smile, is the illusion that some visitors have, that they will be sipping a Pina colada in a hammock, slung between 2 palm trees, while we work two jobs.

The only way that this can happen is if a film crew can find two palm trees, 6 feet apart, on the right beach. Not all islands even have white coral beaches and have black sand beaches, because they are volcanic. People often ask me: "where is the beach?" That is strange, too, because there is not one, but many.

The other thing that I am often asked for is: "I don't want much. All I want is a small place, with air conditioning, that is right on the beach." Of course, this is what everybody wants and the price can be in the thousands, whatever your currency.

Today, it is very expensive to live on a Caribbean island. Just think. Everything has to be imported: cars, building materials.....even fruit. Because the cost of living is so high, it drives the people, who were born there, away from their island, in order to find a place where they can get a job and eke out a living.

Wages are low; food is expensive; housing is impossibly expensive because tourists occupy all the high quality homes. Many women from poorer Caribbean countries, have to farm out their children to relatives, so that they can care for rich people's children, especially in Canada. The majority of Caribbean people struggle to survive.

If they are lucky enough to come from a wealthy family, who can afford to fund an education, then there is a chance that they can leave their beautiful Caribbean island to have a career in another country, usually the U.S. (In turn, this creates a brain drain.) If you family is very rich, such at St. Lucia, which appears to be run by five families, one can be sent to the UK to get a degree and return to a life of privilege as an important lawyer. Such education is costly. The majority of people are without privilege, have a life that often involves labour, such as carpenter or mason. In countries like St. Vincent, which was abandoned by the UK when they stopped buying their bananas, people's lives fell apart. People were happy to struggle

COMMERCIAL IN CONFIDENCE

down almost vertical cliffs, so that they could eat. Half of their bananas were rejected because they were the wrong shape. Caribbean people are not complaining people. People lost homes and businesses when Britain pulled out.

After that, many people were forced to leave their homeland to be able to earn enough money to send home to feed their children. If you come from a very poor part of the Caribbean you can leave to work on a cruise boat. Even that is not easy because unsophisticated kids are tricked into having to pay punitively high commissions to buy jobs. Most of these people come from Jamaica, Dominica, St. Vincent and Guyana. The dream is always to earn enough money to go home.

With the number of tourists coming to the island, air conditioning is in demand and some people can make a good living with that. Being a taxi driver is a high prestige job. Many ladies clean villas for tourists. This applies in the more popular tourist islands, like the Virgin Islands, St. Maarten and Grand Cayman, which are more prosperous. In a beautiful island like Mustique, which was purchased for virtually nothing, from the people of St. Vincent, by an Englishman, the people can now be maids and servants in their own country. They cannot even live on their most beautiful island. This seems to have been lost on Princess Margaret, who spent time in a multi-million dollar house, not bothering, or taking any social action on behalf of the natives who barely existed in St. Vincent and the Grenadines and were brought in to clean the homes of millionaires.

The nature and the beaches are beautiful, but when the majority of Caribbean islanders struggle to survive, it is sad that only rich and for the most part, white tourists, can afford the Pina colada life that you see in the pictures.



COMMERCIAL IN CONFIDENCE

Are Caribbean people more friendly than Europeans?

<https://www.quora.com/Are-Caribbean-people-more-friendly-than-Europeans>

I would say yes, at least in most islands and in most parts. My answer is based on the number of visitors to Saint Lucia who remark on how friendly people are. The same is said of many of the other islands and in general it is true – once you approach people with a friendly manner, most will respond very openly. It is a generalisation of course – there will be people who look to rip you off and we have plenty petty and serious criminals too. We are not some TV paradise. So you do also hear of visitors ending up in trouble – women and grown (older) men believing the 'chat' the hustlers throw down, and getting into relationships where they are taken seriously for a ride. But these are foolish visitors and the hustlers are, if you are not gullible, easy to spot.

The rest of us are genuinely hospitable and open compared to my experience of Europe



If we are limited to 6 differences between Caribbean people based on the island of origin:

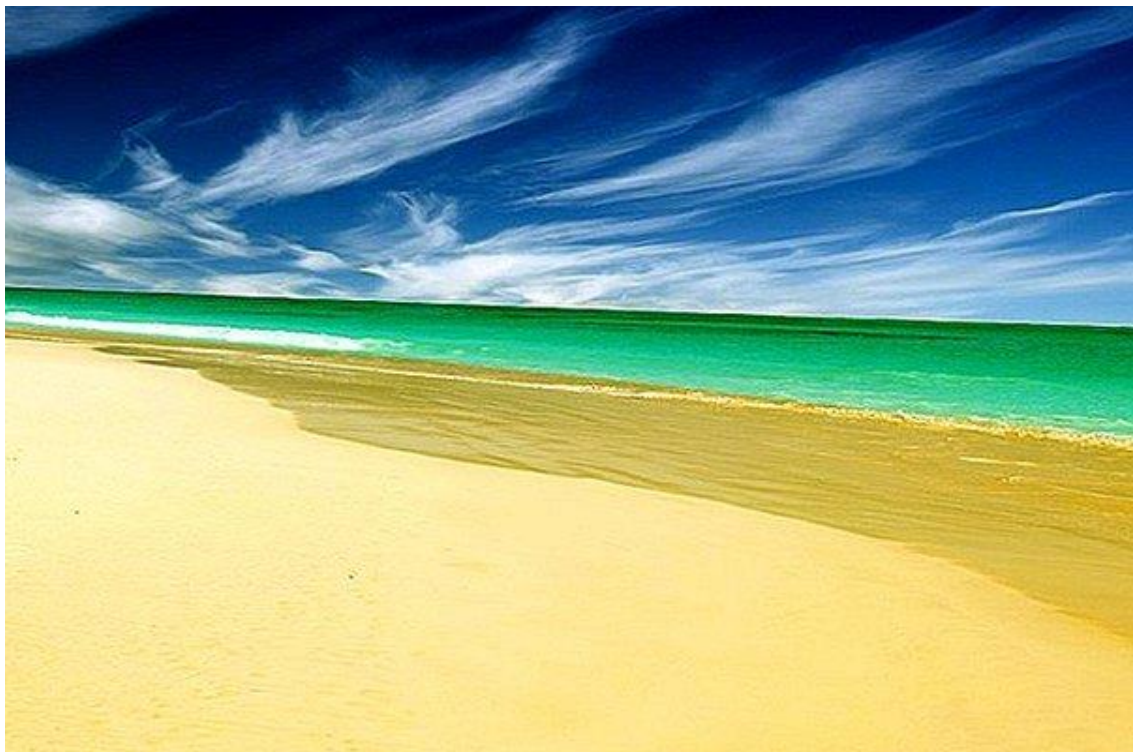
1. Language – the Caribbean is a diverse region with a number of spoken languages: English, French, Spanish, Creole, Dutch and Patois.
2. Culture – each island is influenced by the immigrant populations which entered – both in terms of religion and the immigrant culture. Trinidad and Tobago are highly Indian- and Hindu-influenced, whereas Cuba has a largely Spanish-influenced/Catholic society, and Haiti is Catholic and voodoo, French and African inspired.
3. Size – the larger islands tend to dominate culturally. Trinidadian soca, Dominicano reggaeton and Jamaican dancehall are heard across the regions.
4. Economy – most of the islands are tourism-based economies and their peoples worldviews are thus reflected. An island like Trinidad, which has a booming oil and gas economy, is less inclined to tourists.
5. Food – Jamaican jerk chicken, Trinidadian roti; all different, but united in our use of, and love of, scotch bonnet peppers and culantro!
6. Ethnicities: some islands are largely African-descendants; others are more cosmopolitan in their current ethnic makeup. Trinidad and Tobago, for instance, boasts a large mixed population, from the major ethnicities which entered the country: African, Indian, Chinese, Arab, European (French, English, Spanish, Scottish, Dutch), Jewish and native Caribbean, or any admixture thereof.

It depends on your wealth.

If you have money life is pretty good. If you dont have money, life is pretty bad.

Making US\$4,000 a month= you living really happy. You can do most things that the population would regularly do. Party, Eat, Beach or live in a nice house.

If you have no money then things become a struggle.



COMMERCIAL IN CONFIDENCE

What do people not like about living in the Caribbean Islands?

<https://www.quora.com/What-do-people-not-like-about-living-in-the-Caribbean-Islands>

The Caribbean is made up of many different islands and while similar, each island and country is a bit different. These are some general broad terms for the whole of the Caribbean.

1. **Political corruption;** I don't think I have to explain this and corruption exists everywhere in the world but it's getting so out of control it's draining the economies of the Caribbean.
2. **Nepotism;** while this is true for many places outside the Caribbean; here to get a good job or get something done with the government it's always 'who you know'. If you have the right connections you can get a job or something done in a matter of weeks while another person might take years. Getting a good job doesn't depend on how qualified or how hard you work, but it's who you know.
3. **Laid back attitude;** while this can be more relaxing in some ways in other ways to get simple things done is a hassle and take weeks or even years. People are generally so lazy. If you need some construction done, or a car fixed never rely on appointments, etc. A plumber, carpenter, etc., will show up as he pleases. It's so inefficient
4. **Race / ethnicity / colourism;** this is a huge factor. The racial hierarchy is still firmly in place. Unknown to most people, the Caribbean is not just black; there are whites, Latinos, East Indian, Chinese, mixed, Arabs; those at the top of society are usually the whites and Arabs while at the bottom are poor blacks.
5. **Small land space and disinterest with agriculture** means almost all food has to be imported and then which also means expensive. Shopping is very limited here and many people travel to the US to shop (especially Miami).
6. **Traveling within the Caribbean is very expensive.** It's cheaper to fly to Miami or Toronto rather than another Caribbean island. It is annoying when you just want to visit another island for a small vacation without the big hassle of a big city like Miami or NYC.
7. There is a general **disinterest of improving each country** and the population is very complacent. Those who wish to progress get frustrated and end up leaving for the US, UK or Canada. We love to party and party hard; we will party for almost any reason; various governments know this and use it to their advantage to distract people from real issues.
8. **Brain drain;** unless you're connected somehow to the affluent and political class, your chances of moving up in society is slim to none; there is also minimal help from the government in training; many end up migrating and never coming back.
9. **Poor infrastructure;** potholes, poor road networking, inadequate garbage collection, inefficient and disruptive water tanks (2019 and people still depend on rainwater to fill home tanks), blackouts are common.
10. **Small populations:** Apart from the DR (Dominican Republic) and Cuba the rest of the Caribbean has very small populations; hence word goes around fast and everyone is connected to each other somehow. This in turn everyone eventually knows each other's business. People who you don't even know exist can know everything about you. You can make a friend randomly and realise he knows your cousin. This can also make finding a wife or husband hard because everyone can be related somehow.
11. **Eventually it gets boring.** There's not much to do. Sure we have nice beaches but how many times can you go to one? Sometimes the boredom can get to you and drive you crazy.

The most common issue that people have is the so-called "Island fever". It's not specific to Caribbean Islands, though, as it's a phenomenon found by living on any small island. It's a feeling of being

disconnected from the outside world, of always seeing the same people, the same smaller selection of stores, of limited social options.

On more affluent islands like Grand Cayman, some can afford to fly elsewhere to deal with that feeling - many go to Miami. ON smaller more remote islands getting away is a lot more tough.'

Add to this the difficulty of getting most goods - you can't just order online with Amazon or whoever and get it delivered in a few days. You have to find an importer who is willing to bring it in, and then deal with customs and the like.

It's difficult for those of us who have not lived on the island for long to relate to - it seems like a paradise. But that island fever feeling is very, very real.

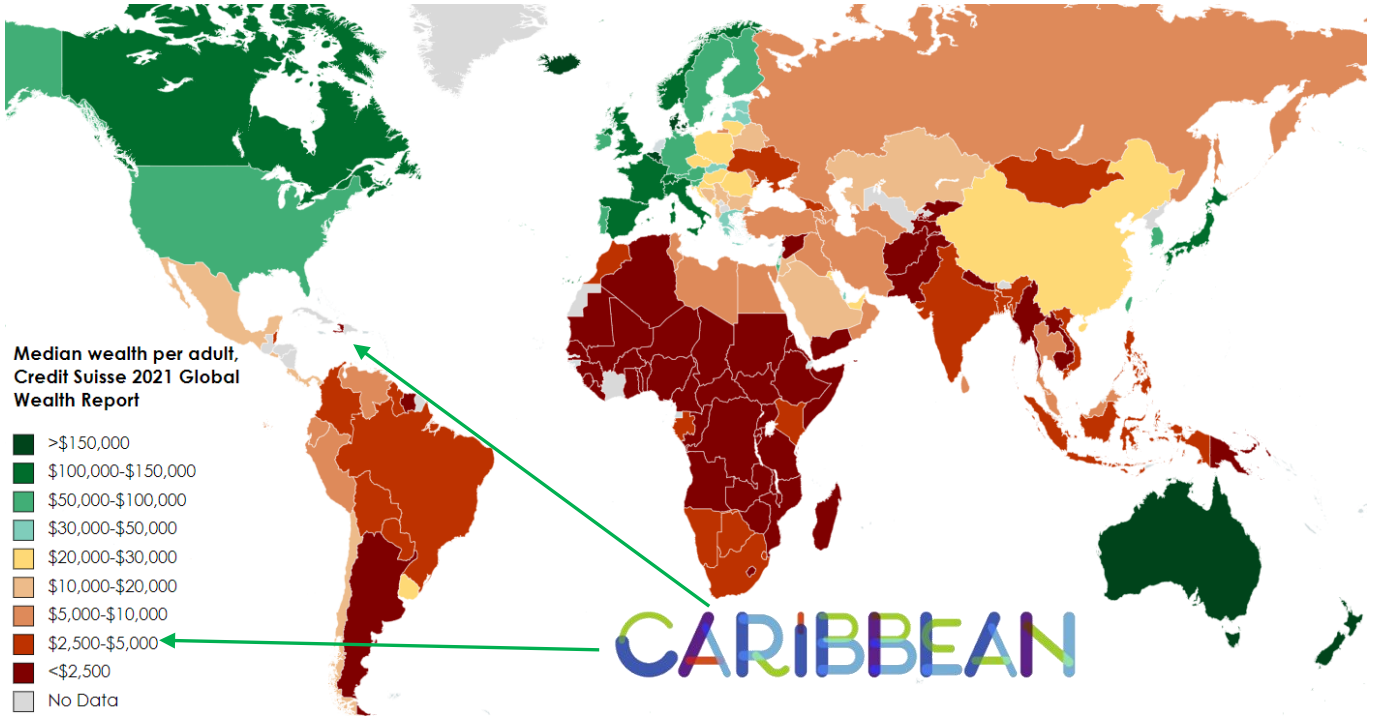
Are all of the Caribbean Islands poor?

Not all. But most are below average. There are some extremely wealthy Caribbean nations, but most have economies that lack diversity and are over-dependent upon tourism and manually intensive agriculture. Most of the island nations lack the scale to develop significant regional industries, and the fragmentation of legal and regulatory regimes is an impediment to development, as are the relatively small (and discrete) local labour pools. There is also undeveloped financial infrastructure, making raising capital challenging, and complicating cross border payment systems. Lastly, the Caribbean is a logistical nightmare, and shipping and transport costs to even get from one island to another – let alone to major markets – is highly problematic.

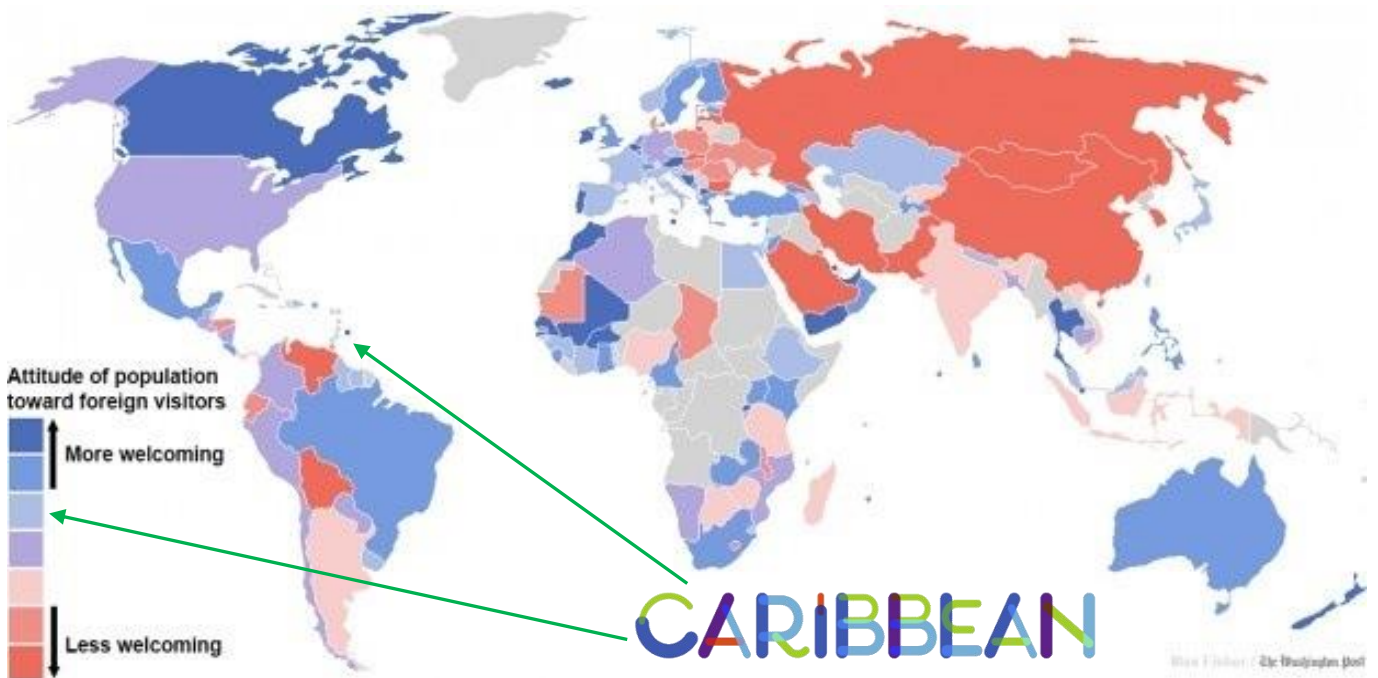
This is going to vary from Island to Island, but a general rule of thumb will include the following, in no particular order:

- Limited Healthcare resources.
- Cost of goods are generally higher than in USA (except for locally produced agriculture and seafood).
- Limited choices for shopping. So, many depend on shopping on Amazon and using a USA Based Post box / freight forwarding service "Skybox".
- Inept or corrupt government services and politicians.
- Limited access to hard currency.
- Undisciplined drivers.
- Unreliable utilities.
- Inadequate police service.
- Nepotism and having to "know someone" in order to get something done.

Median Wealth per Adult



CARIBBEAN



COMMERCIAL IN CONFIDENCE

Caribbean MoC	No. of Countries	Average MoC	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income 2021 PPP
280	1	280	75.8	0.748	6.0	.688	US\$17,850

CARIBBEAN OECS overall population calibration is MoC 280

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

Correlation of Levels of Consciousness and Societal Problems

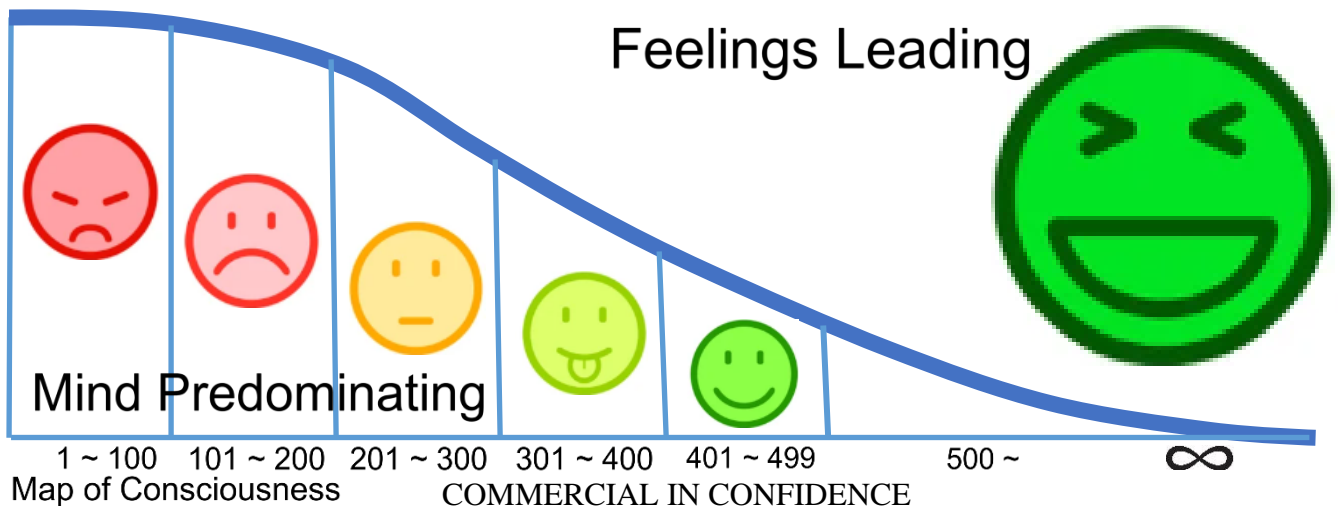
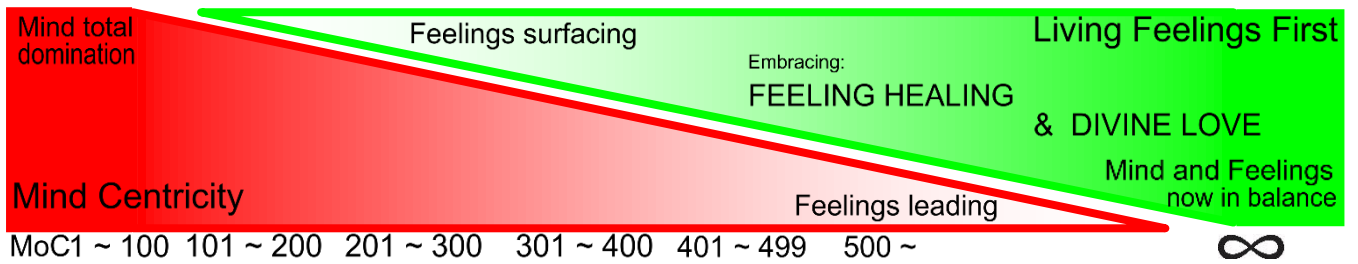
Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate "Life is OK"	Rate of Criminality
600+	0%	0.0%	100%	0.0%
500-600	0%	0.0%	98%	0.5%
400-500	2%	0.5%	70%	2.0%
300-400	7%	1.0%	50%	5.0%
200-300	8%	1.5%	40%	9.0%
100-200	50%	22.0%	15%	50.0%
50-100	75%	40.0%	2%	91.0%
<50	97%	65.0%	0%	98.0%

Living Mind-Centric versus Living Feelings First

Mind Total Domination: We are without a moral compass when rejecting our feelings!!
 The mind cannot discern truth from falsehood! The Mind is addicted to untruth!
 The mind is addicted to control of others and of the environment!
 We present a false façade of pleasantness, cooperation, kindness and yet we are very disturbed and distressed through ongoing suppression of our true self.
 When totally suppressing our feelings, we have no empathy, perception and remorse, yet this is the majority of people worldwide!

Soul Based Feelings: They are always in Truth. Truth is Love. Through our feelings we have all we need to know, we are fully self-contained in what our Feelings will reveal to each of us!
 Our feelings will set us free!

“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.”



Living Mind-Centric versus Living Feelings First

Some 500,000 years ago, a Planetary Prince was assigned to Earth as well as the skin colours expanded through the Sangik Family from red only to include orange, yellow, green, blue and indigo. The orange, green and blue colours died out. Then 200,000 years ago, our spirit oversight induced Earth's humanity to live mind-centric and to ignore our feelings. Earth is 1 of 37 humanities within the System of Satania to have joined into Rebellion. Adam and Eve lived more than 38,000 years ago and introduced the crimson skin with blonde and red hair and blue and green eyes. The Rebellion and Default on Earth is now ending, having formally ended on 31 January 2018 but will take 1,000 years to work its way out.

Until 2,000 years ago, Earth's humanity could only progress through the mind spirit Mansion Worlds 1, 2, 4 and 6. For almost 1 million years there was no possibility to progress anywhere other than to the dead end of perfecting our minds and that is in rebellion to the co-regents of our Local Universe of Nebadon and also to our Heavenly Mother and Father. Even today there may be around 230 billion personalities residing in the mind spirit Mansion Worlds 1, 2, 4 and 6.

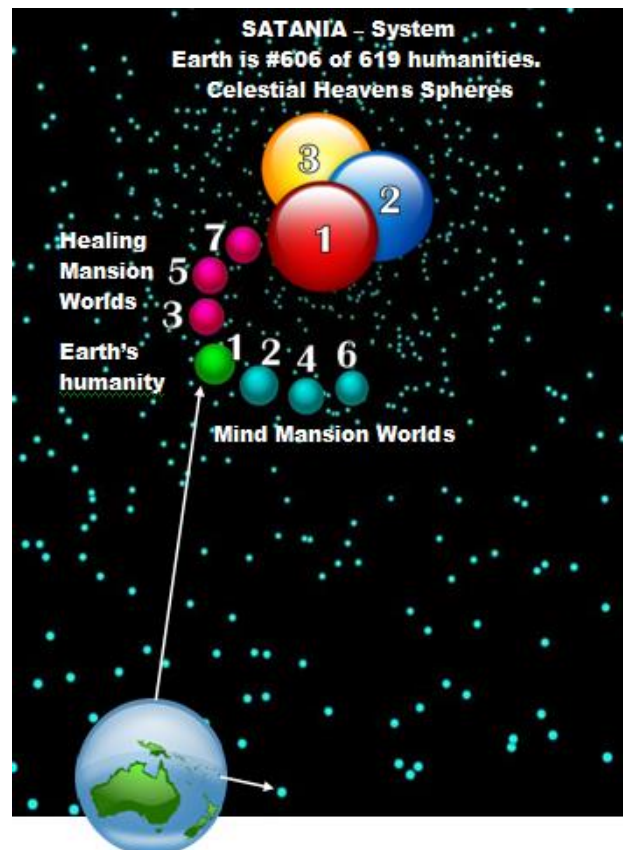
It was not until 2,000 years ago that the Regents of Nebadon opened the Healing spirit Mansion Worlds 3, 5, and 7, also the Celestial Heavens 1, 2 and 3. Prior to then there were no Celestial Spirits. The first to enter were five ladies from Egypt who Mary Magdalene tutored after escaping there after Jesus' very traumatic Friday. The numbers slowly built up to what maybe around 25 billion now. Contact with Celestials has been restricted until now.

Meanwhile, advanced mind Mansion Worlds who with their addiction for control, have aided 'healers' on Earth to heal people. The mind is extra-ordinarily powerful and with their assistance temporary suppression of many illness have been facilitated.

Angelic healing took place during the life of Jesus. Jesus did not heal people, however Angelic healing did take place. The physical body is healed but the underlying emotional injury and errors of belief remain to be healed by the person in question.

On 22 March 2017, interference with Earth's humanity by mind spirits from the mind Mansion Worlds has been mostly blocked from interacting with Earth's humanity. Spirit assisted 'healing' is no longer possible.

Possibly in the latter part of 2022 and then ongoing, the conditions and circumstances may be in place for Angelic healing to unfold yet again for Earth's humanity. Firstly it is to be what is necessary for the soul. Secondly, aspiring to live Feelings First and even considering embracing Feeling Healing is a precursor for assisted healing. One's longing and circumstances are fundamental to the possibilities. This is a time of great change and for those who embrace the changes, this is a most exciting time in the history of humanity.



NEW FEELINGS WAY

Mother *Father*
PARADISE SUPREME BEING

HAVONA
ORYONTON
Superuniverse
NEBADON
LOCAL UNIVERSE
Celestial
HEAVENS

Living Feelings First, longing for the truth of our feelings and expressing them, both good and bad, is the new Feelings Way. It is the only way we can heal ourselves of our Rebellion and Default; our minds controlling domination of our true personality. It opens us up to our soul-based truth, and the love that follows.

For the past 200,000 years, all of humanity has been enslaved to the controlling natures of minds. We now have been shown how to heal ourselves and set ourselves on the pathway to Paradise, to our Heavenly Mother and Father.

DEAD END
STOP

Possibly around 200 billion spirits live in Worlds 1, 2, 4 and 6. Many are ancient spirits content in their mind ways; some are perfecting their mind worship by advancing into the 4th; with those having perfected it in the 6th believing they are gods!

7
Divine Love
Healing
World

5
Divine Love
Healing
World

3
Divine Love
Healing
World

1
Natural Love
spirit
Mansion World

2
Mind
Mansion
World

6
Mind
Mansion
World

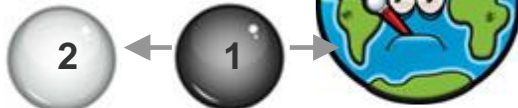
4
Mind
Mansion
World

NEW WAY
FEELINGS

I'D TURN BACK
IF I WERE YOU!

**MANSION
WORLDS**

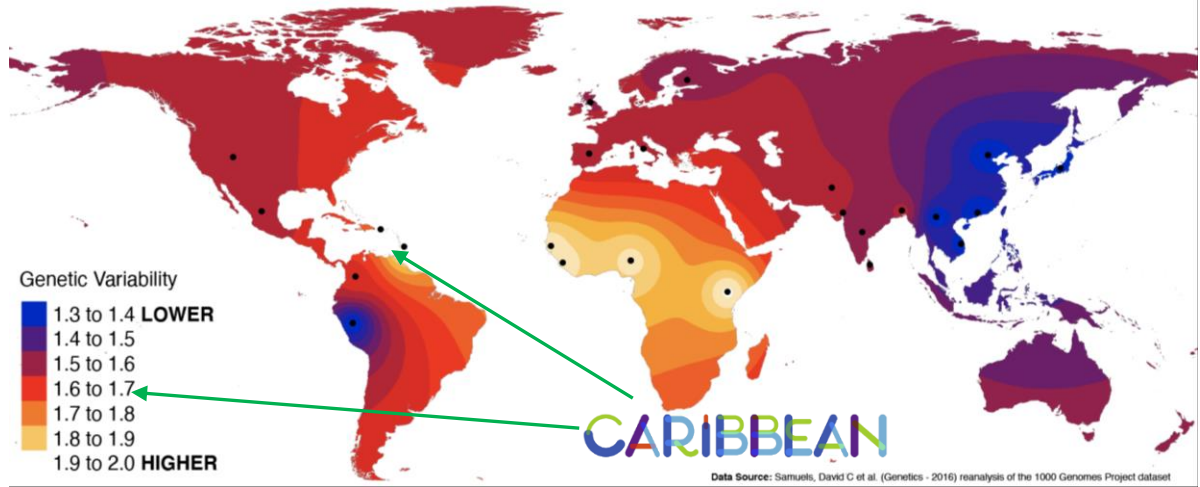
1st Earth plane is the darkest of the 2 Spheres of Isolation – Hells.



Our soul condition, personality traits, mannerisms, errors, beliefs and behaviour, ALL transfer with us, upon death, into the 1st Mansion World. Our controlling emotional and mental addictions all continue with us when living in the mind Mansion Worlds 1, 2, 4 and 6. Doing our Spiritual Healing moves us into the Healing worlds 3, 5 and 7, to be set free of them.

COMMERCIAL IN CONFIDENCE

Map of global human genetic diversity



Ancient DNA retells story of Caribbean’s first people

<https://www.floridamuseum.ufl.edu/science/ancient-dna-retells-story-of-caribbeans-first-people/>

23 December 2020

Two waves of people, thousands of years apart

These blades represent early Archaic Age technology and were used for cutting, digging, making tools such as spears and points and preparing brush for structures.



The genetic evidence offers new insights into the peopling of the Caribbean. The islands’ first inhabitants, a group of stone tool-users, boated to Cuba about 6,000 years ago, gradually expanding eastward to other islands during the region’s Archaic Age. Where they came from remains unclear – while they are more closely related to Central and South Americans than to North Americans, their genetics do not match any particular Indigenous group. However, similar artifacts found in Belize and Cuba may suggest a Central American origin, Keegan said.

About 2,500-3,000 years ago, farmers and potters related to the Arawak-speakers of northeast South America established a second pathway into the Caribbean. Using the fingers of South America’s Orinoco River Basin like highways, they travelled from the interior to coastal Venezuela and pushed north into the Caribbean Sea, settling Puerto Rico and eventually moving westward. Their arrival ushered in the region’s Ceramic Age, marked by agriculture and the widespread production and use of pottery.

Over time, nearly all genetic traces of Archaic Age people vanished, except for a holdout community in western Cuba that persisted as late as European arrival. Intermarriage between the two groups was rare, with only three individuals in the study showing mixed ancestry.

Many present-day Cubans, Dominicans and Puerto Ricans are the descendants of Ceramic Age people, as well as European immigrants and enslaved Africans. But researchers noted only marginal evidence of Archaic Age ancestry in modern individuals.

“That’s a big mystery,” Keegan said. “For Cuba, it’s especially curious that we don’t see more Archaic ancestry.”

Changes in pottery styles not linked to new migrations



These effigy vessels are examples of Saladoid pottery, characterized by white paint on a red background and ornate shapes.

During the Ceramic Age, Caribbean pottery underwent at least five marked shifts in style over 2,000 years. Ornate red pottery decorated with white painted designs gave way to simple, buff-coloured vessels, while other pots were punctuated with tiny dots and incisions or bore sculpted animal faces that likely doubled as handles.

Some archaeologists pointed to these transitions as evidence for new migrations to the islands. But DNA tells a different story, suggesting all of the styles were developed by descendants of the people who arrived in the Caribbean 2,500-3,000 years ago, though they may have interacted with and taken inspiration from outsiders.

“That was a question we might not have known to ask had we not had an archaeological expert on our team,” said co-first author Kendra Sirak, a postdoctoral fellow in the Reich Lab. “We document this remarkable genetic continuity across changes in ceramic style. We talk about ‘pots vs. people,’ and to our knowledge, it’s just pots.”

Genetics reveal family connections across islands

Highlighting the region’s interconnectivity, a study of male X chromosomes uncovered 19 pairs of “genetic cousins” living on different islands – people who share the same amount of DNA as biological cousins but may be separated by generations. In the most striking example, one man was buried in the Bahamas while his relative was laid to rest about 600 miles away in the Dominican Republic.

“Showing relationships across different islands is really an amazing step forward,” said Keegan, who added that shifting winds and currents can make passage between islands difficult. “I was really surprised to see these cousin pairings between islands.”

Uncovering such a high proportion of genetic cousins in a sample of fewer than 100 men is another indicator that the region’s total population size was small, said Reich, professor of genetics in the Blavatnik Institute at HMS and professor of human evolutionary biology at Harvard.

“When you sample two modern individuals, you don’t often find that they’re close relatives,” he said. “Here, we’re finding relatives all over the place.”

Revising estimates of Caribbean population size

A technique developed by study co-author Harald Ringbauer, a postdoctoral fellow in the Reich Lab, used shared segments of DNA to estimate past population size, a method that could also be applied to future studies of ancient people. Ringbauer’s technique showed about 10,000 to 50,000 people were living on two of the Caribbean’s largest islands, Hispaniola and Puerto Rico, shortly before European arrival. This falls far short of the million inhabitants Columbus described to his patrons, likely to impress them, Keegan said.



These figures were carved by late Ceramic Age people after AD 1200. Keegan has likened Caribbean history to a kaleidoscope, “dynamic combinations of elements, constantly in motion.”

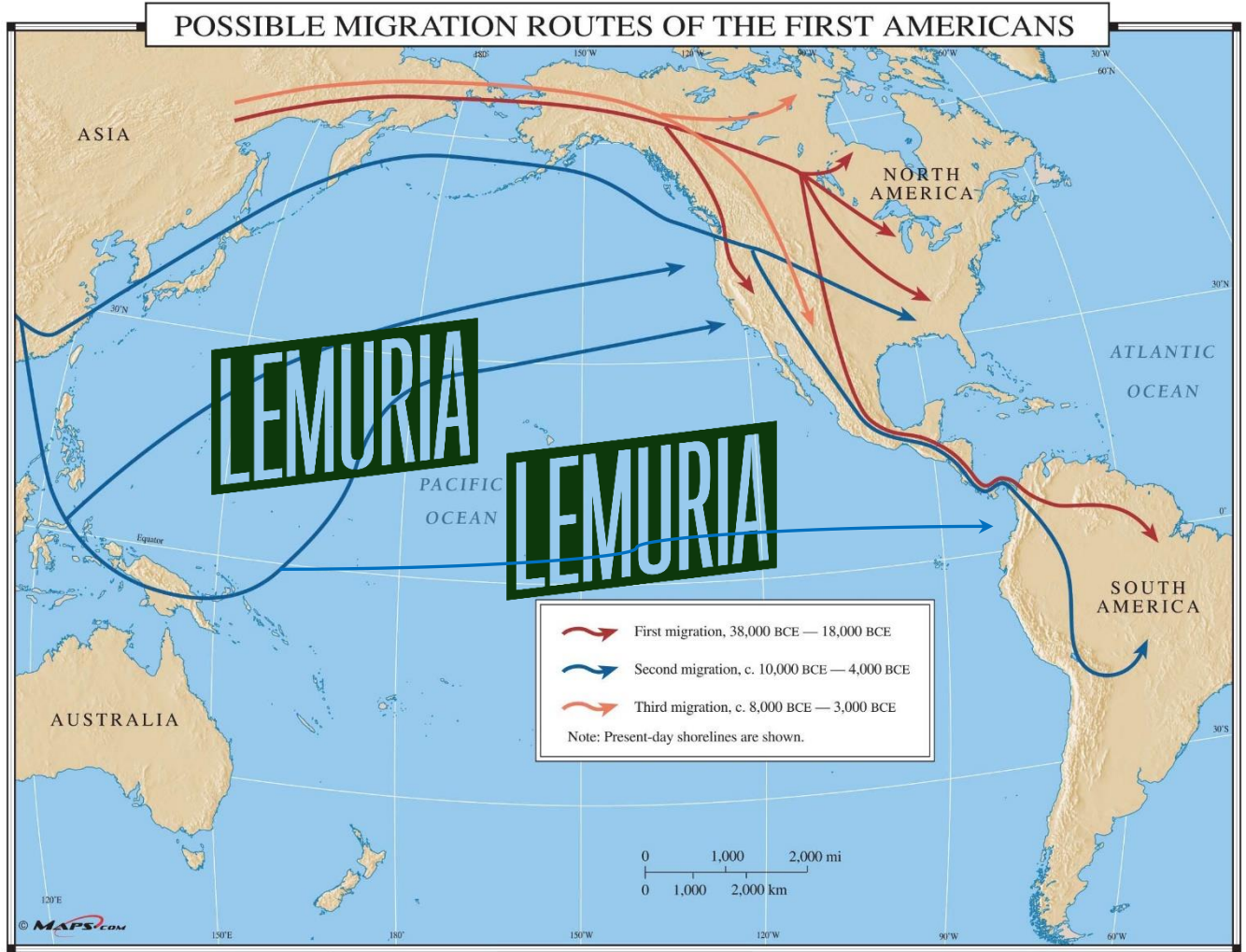
Later, 16th-century historian Bartolomé de las Casas claimed the region had been home to 3 million people before being decimated by European enslavement and disease. While this, too, was an exaggeration, the number of people who

died as a result of colonisation remains an atrocity, Reich said.

“This was a systematic program of cultural erasure. The fact that the number was not 1 million or millions of people, but rather tens of thousands, does not make that erasure any less significant,” he said.

For Keegan, collaborating with geneticists gave him the ability to prove some hypotheses he has argued for years – while upending others.

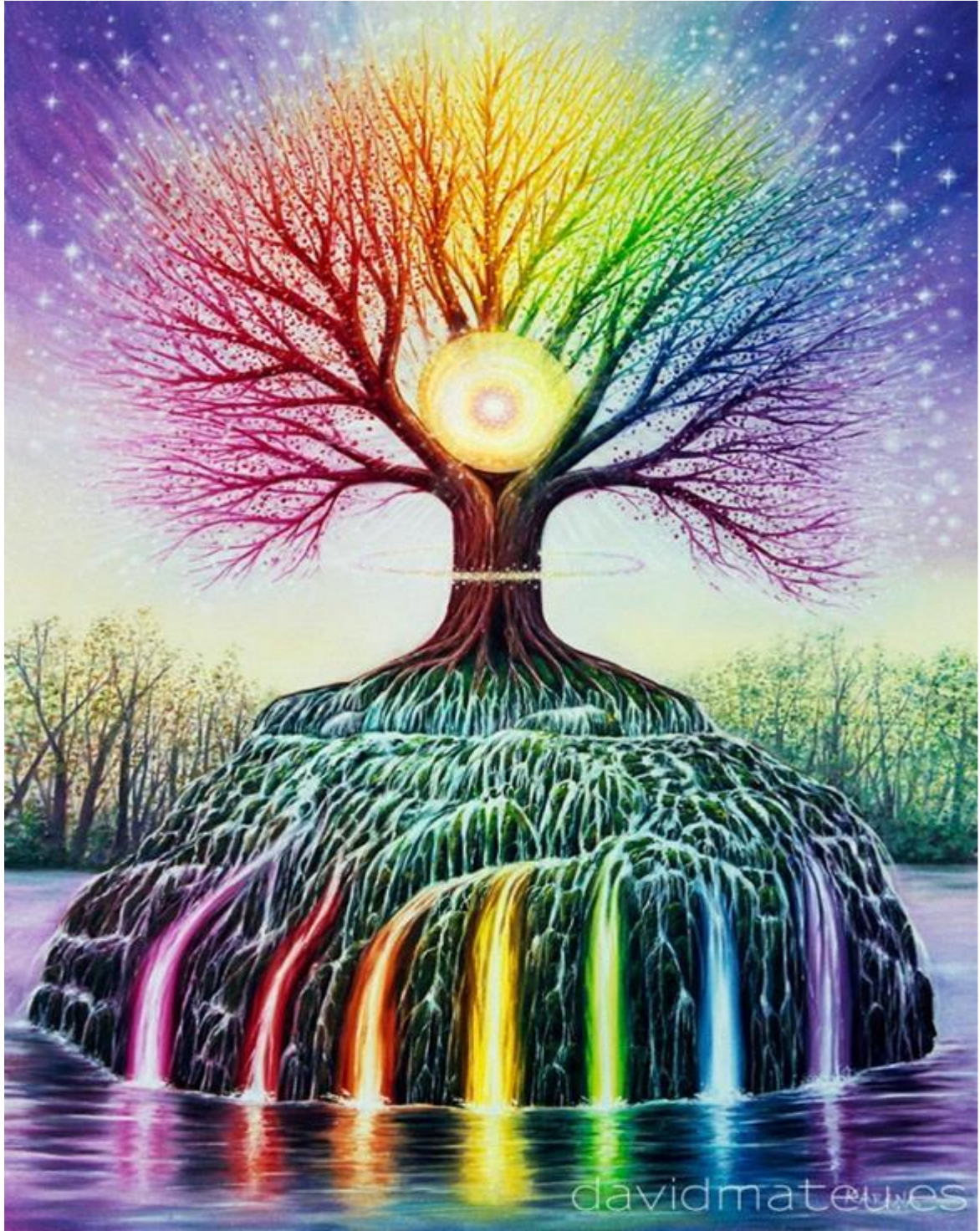
“At this point, I don’t care if I’m wrong or right,” he said. “It’s just exciting to have a firmer basis for re-evaluating how we look at the past in the Caribbean. One of the most significant outcomes of this study is that it demonstrates just how important culture is in understanding human societies. Genes may be discrete, measurable units, but the human genome is culturally created.”



visualvoyage Distributed By Universal Map POSSIBLE MIGRATION ROUTES OF THE FIRST AMERICANS #001

Lemuria, also referred to as Mu, was an island continent in the Pacific Ocean basin. The continent enable its people to travel to Asia as well as north and south America. Sailing had been mastered a long time ago. There were some ten racial groupings on Lemuria. Thus, the Indian natives throughout north and south America would have mostly come from or through Lemuria.

Lemuria submerged with the advent of the pole shift that preceded the last pole shift. Lemuria submerged around 25,000 years ago. The last pole shift was around 12,500 years ago and that resulted in the submergence of Atlantis in the Caribbean / Atlantic Ocean regions. These are cyclical events of between 12,000 to 13,000 years apart. A severe pole shift event is typically followed by a moderate event, the last two have been severe.



Our skin colours as and how they arrived:

Being the colours of the rainbow!

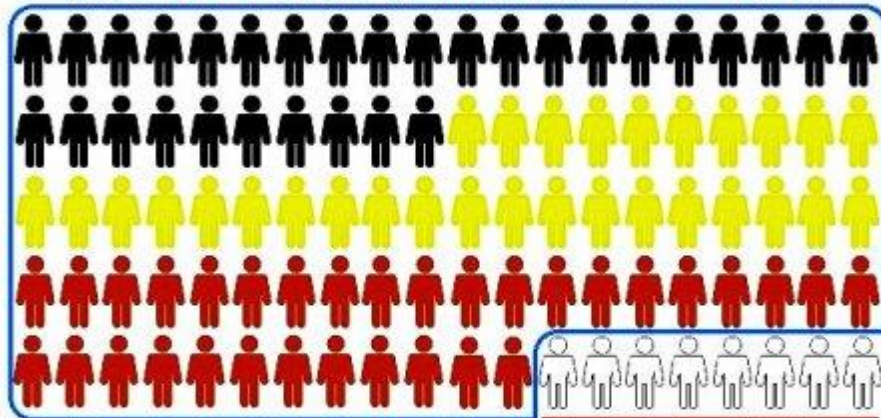
Red by Andon and Fonta from south of the Caspian Sea some 993,500 years ago (also brown and black hair with brown and black eyes).

Orange, Yellow, Green, Blue and Indigo by the Sangik Family from the north eastern tablelands of India some 500,000 years ago (they had 19 children 5 red then 2, 4, 2, 4, 2 in order of colours).

Crimson by Adam and Eve from the Garden of Eden more than 38,000 years ago (also blonde and red hair with blue and green eyes).

COMMERCIAL IN CONFIDENCE

GLOBAL POPULATION BY RACE



"Minorities"

Majority

**Non-Whites are the overwhelming majority on this planet.
Whites are a tiny minority.**



A humanity is endowed with seven colours, just like the rainbow in the sky!
 993,500 years ago, our first humans were the twins, Andon and Fonta and they were redskins having an appearance approaching that of the Eskimos. These red skinned people travelled far from south of the Caspian Sea, reaching Tasmania – Australia’s south, 950,000 years ago!
 Re: The Urantia Book



500,000 years ago the Sangik family in the north- eastern highlands of India had 19 children, 5 red, 2 orange, 4 yellow, 2 green, 4 blue, and 2 indigo (black) – the first and only rainbow family!

These formed groups and sometime later the orange, green and blues died out – killing each other!



Adam and Eve materialised on Earth more than 38,000 years ago and introduced the remaining colour, violet (white). As you can see, there are no black or white people!



Earth’s humanity now has four colours, red, yellow, indigo and violet. They will intermingle and blend to become of an olive complexion!



OLIVE SKIN IN A NUTSHELL

COMMERCIAL IN CONFIDENCE



The World Bank – Organisation of Eastern Caribbean States

<https://www.worldbank.org/en/news/factsheet/2022/10/27/world-bank-organisation-of-eastern-caribbean-states-oecs>

27 October 2022

Overview

Six members of the Organisation of Eastern Caribbean States (OECS) are also member countries of the World Bank Group (WBG), namely: Antigua and Barbuda, Dominica, Grenada, Saint Kitts and Nevis, St. Lucia, and St. Vincent and the Grenadines.

As OECS countries recover from the COVID-19 crisis, they continue to address their medium-term development priorities, and build resilience to climate change and other external shocks. The health impact of COVID-19 has been relatively contained, thanks to the early implementation of lockdowns and social distancing measures, with 89,700 total COVID-19 cases and 1,023 deaths reported as of 10 October 2022, in the six countries. Between 28% and 70% of the OECS countries' population has received at least one dose of the COVID-19 vaccine. However, the economic impact of the pandemic has been disproportionately severe due to the near shutdown in tourism, the region's main source of economic activity and employment.

Moreover, OECS countries are highly vulnerable to climate change as it increases the frequency and severity of the extreme weather events that regularly strike the Caribbean.

OECS countries are small states with a combined population of approximately 625,000. Small size limits access to economies of scale, which in turn shapes the structure of the economy by limiting diversification and the composition of international trade, and increases exposure to volatility, natural disasters, and other shocks. Size also affects returns to scale in the public sector, which has implications for government capacity and the organisation and financing of service delivery.

Economic growth in the OECS has been volatile due to the concentration of activities in a few sectors and the impact of natural disasters. Growth volatility in the region is among the highest in the world, and over twice the average for the Pacific Islands between the years 2000 and 2019. The OECS is heavily reliant on tourism, which accounts for 35% of GDP on average and provides more than half of all jobs. As a result, economic performance is heavily influenced by developments in the tourism sector as well as the business cycles of the tourism source markets – the USA, Canada, and Europe. This was especially noticeable in the aftermath of the Global Financial Crisis (GFC), as well as during the ongoing COVID-19 pandemic. The dependence on tourism also amplifies the impact of weather-related extreme events as they curtail tourist arrivals, further disrupting economic activity.

Real GDP growth has also been relatively low, and the income gap with peer countries has widened since the GFC. The region expanded at an average annual rate of 1.6% between 2009 and 2019, comparably lower than the averages of 2.6% and 4% recorded by the Pacific Islands and the upper middle-income countries (UMIC), respectively. Grenada, the region's fastest-growing economy in recent years, expanded at an annual average of 3% after the GFC. There was a pickup in growth after major category 5 Hurricanes Irma and Maria struck in 2017, with real GDP growth rebounding from 0.1% to an average 3.1% in 2019. Increased tourist arrivals and large construction projects, such as Dominica's post-hurricane reconstruction, fuelled the growth acceleration.

Economic activity in the region contracted sharply in 2020 due to the impact of the COVID-19 pandemic, and recovery in 2021 has been slow. In addition to the health impact of COVID-19, the pandemic's socio-economic impact on OECS countries has been severe, pushing the region into a deep recession. OECS countries are estimated to have contracted by 13.9% in 2020. To contain the spread of infections, international travel was almost completely halted, resulting in a 70% drop in earnings from tourism. Non-tourism related economic activities also contracted due to disruptions in international logistics, as well as the domestic implementation of social distancing measures including curfews and business closures. Job losses are also estimated to be high, with women likely to be disproportionately affected due to their high participation in the services sector. Estimates in St. Lucia suggest that over 70% of households have seen their incomes fall since the beginning of the pandemic, and nearly 45% of the working population pre-pandemic had stopped working by May 2020 (WB High Frequency Phone Survey, HFPS, May 2020). Similarly, 70% of Dominican households reported a loss in employment or a reduction in salary as of June 2020.

The eruption of the La Soufrière volcano in April 2021 has compounded the effect of the pandemic in St. Vincent and the Grenadines, resulting in additional loss of livelihoods and assets.

OECS countries pursued moderately active fiscal policies over the past decade, with a sharp jump in fiscal deficits in 2020. After a period of improvement post-GFC, the average fiscal surplus peaked at 3.4% in 2016, before gradually deteriorating to a deficit of 2.6% of GDP in 2019. The average fiscal deficit climbed to 7.1% of GDP in 2020 in the context of the pandemic. The deterioration in the fiscal balance prior to 2020 was mainly attributed to large reconstruction projects in Dominica post-hurricane, and a decline of Citizenship-by-Investment (CBI) inflows to Dominica.

In this context, average total revenues fell from 32.2% of GDP in 2016 to 29% of GDP in 2020. Average total spending rose to 35% of GDP in 2020, an increase of 4.1% points relative to 2019, reflecting increased spending on goods and wages to combat the impact of the pandemic. The countries have been proactive in accessing concessional financing, including from the Bank and the International Monetary Fund (IMF), to supplement financing from regional and domestic sources. Notably, the OECS IDA-recipient countries participated in the Debt Service Suspension Initiative (DSSI) to free up additional fiscal space.

Public debt increased sharply in 2020-2021, reversing recent declines. Improved fiscal management and fiscal consolidation efforts helped reduce the debt burden of the OECS countries prior to the pandemic. Public debt fell from 73.7% of GDP in 2016 to 69.1% of GDP in 2019, with some countries, such as Grenada, showing substantial reductions in debt levels by over 40 percentage points of GDP. In view of significant COVID-related borrowings and economic contraction in 2020, the debt stock is estimated to have climbed to 85.9% of GDP in 2021, with St. Lucia and Antigua and Barbuda increasing by the largest margins.

Poverty in Eastern Caribbean countries remains relatively high with official **poverty rates ranging from 18 to 30 percent**. The lack of up-to-date socioeconomic data is a key area of concern in the OECS, with Grenada and St. Lucia being the only two countries with recent poverty and inequality data. In Grenada, the country previously with the highest level of poverty in the OECS, the poverty rate declined from 38 to 25% between 2008 and 2018, in line with significant growth in per capita incomes. In St. Lucia, poverty declined from 29% to 25% between 2005 and 2016. The most recent poverty indicators for the other countries, though over a decade old, show poverty rates between 18 and 30 percent of the population. Inequality in OECS countries ranges from moderate to high, with Gini index values between 0.37 and 0.48.

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Economic Outlook

Prior to the pandemic, some OECS countries initiated measures to reshape their budgets to strengthen fiscal sustainability. Following major debt restructurings under an IMF program, Grenada approved the Fiscal Responsibility Act (FRA) in 2014 and undertook reforms which successfully reduced public debt from 102% of GDP in 2014 to 59% of GDP in 2019. Development Policy Credits (DPCs) in Grenada have supported the country's fiscal rule, including by contributing to (i) the establishment of the Fiscal Responsibility Oversight Committee, (ii) incorporating SOE contingent debt in the debt reports and fiscal risks statements, (iii) a negotiation framework for the public sector wage; and (iv) other reforms to enhance public investment efficiency and enhance revenue measures. In 2019, St. Vincent and the Grenadines approved a Fiscal Responsibility Resolution which outlines declaratory fiscal responsibility principles, and sets targets for spending, fiscal balances, and public debt levels.

In 2021, Dominica approved the development of a Fiscal Rules and Responsibility Framework with the support of Bank technical assistance. The Bank has also provided technical assistance to the Government of Saint Lucia in developing and implementing a rules-based Fiscal Responsibility Framework. The COVID-19 DPC in St Lucia supported the government's continued commitment to the fiscal rule. Antigua and Barbuda and St. Kitts and Nevis, which are more vulnerable to natural disasters and have high debt levels, have accumulated fiscal buffers using the relatively large CBI inflows. With the joint support by IMF, CDB, and the Bank, OECS countries are expected to achieve the 60% debt target by 2035 (deferred by the ECCB from 2030 to 2035 in light of the significant impacts from the COVID-19 pandemic).

WBG Strategy

Strengthened Resilience to Climate Change and Other Shocks

- The marine ecosystems of the OECS currently provide food, livelihoods, and income to millions of people through tourism, fisheries, and other sectors. Protection of the marine and coastal natural assets is critical to maintain the health and diversity of the natural capital underpinning economic activity and development.
- Water security has been identified as a threat to the region's natural assets and long-term development given the dependence of OECS countries on tourism and agriculture. In view of this, it would be important to preserve the natural endowment of water and waterways.
- Reduce the region's reliance on fossil fuels and leverage its renewable energy potential. Increasing energy independence through a diversified energy matrix, including by developing the region's

geothermal potential, will contribute to the stabilisation and enable reduction of electricity prices, positively impacting industrial competitiveness, household disposable income, and resilience to external economic shocks.

- Strengthen the investment climate to attract private sector finance in clean energy. The Bank will continue providing TA to design options for a Regional Renewable Energy Infrastructure Financing Facility for the OECS to strengthen private investments in the sector in partnership with the Eastern Caribbean Central Bank (ECCB) and aims to provide financing to support implementation of the Facility.
- The Bank will continue its long-standing support to the Eastern Caribbean's climate and disaster risk management, focusing on ex-ante resilience to natural hazards and climate change impacts. Vulnerability to natural hazards is at the crux of the region's development challenges, as it hurts economic growth, contributes to mounting debt stocks, deters business creation, and hampers poverty reduction.
- Investments through disaster vulnerability reduction projects in the four OECS Blend countries will help strengthen the resilience of the islands' infrastructure against the impacts of natural hazards and climate change.
- The Bank will continue supporting disaster risk financing instruments underpinned by technical assistance to help governments design and implement national disaster risk financing strategies. The pandemic has had a disproportionate impact on output, government revenues, and debt to GDP levels in the Eastern Caribbean, and has redirected resources away from critical risk reduction activities.

Improve Fiscal, Debt, and Public Financial Management (PFM)

- The crippling economic impact of the COVID-19 pandemic has led to surging debt levels in OECS countries, reversing some of the gains made in recent years. Public debt levels had fallen significantly in the OECS countries prior to the pandemic.
- Supporting OECS governments in the implementation of fiscal management reforms to safeguard fiscal and debt sustainability. Through policy-based lending, technical assistance and the Performance and Policy Actions (PPAs) under the IDA Sustainable Development Financing Policy (SDFP), the Bank will support the implementation of fiscal responsibility frameworks across the OECS, as well as enhanced debt transparency through the annual publication of debt management reports.
- Supporting PFM reforms to strengthen the resilience and inclusiveness of budget policies, accounting, auditing, and procurement practices. The region has made progress in PFM in the last decade by improving the budget preparation and external audit practices.

Strengthen Social and Financial Protection for the Poor

- Poverty reduction in the OECS has been hampered by weak coverage and inefficiencies of the social protection (SP) systems. Social safety nets are critical to protect the poor and vulnerable from the impact of external shocks which regularly strike OECS countries.
- The WBG contributed to the strengthening of the SP policy framework, increased the coverage of cash transfer programs, and improved the implementation of social programs across the region.

- The WBG supports the collection of household surveys and publication of up to date and reliable poverty data in the OECS. Currently, household surveys to monitor and analyse poverty and other socioeconomic dimensions in the OECS are conducted about once every ten years or more. The Bank aims to improve the capacity of OECS countries to produce and publicly disseminate statistical data in a timely manner for evidence-based policymaking at both the country and regional levels.

Strengthen Health Services Delivery and Skills Enhancement Program

- Productivity growth and poverty reduction in OECS countries have been constrained by poor learning outcomes in school, the overall lack of skills in the population, and the mismatch between workforce skills and labour market needs. The Bank is working on boosting human capital development to increase labour force productivity and reduce poverty and unemployment.
- The World Bank will explore options for supporting secondary and post-secondary education agendas at a regional level, that will support innovation.
- Though the OECS countries were relatively successful in containing the spread of COVID-19, vulnerability to extreme weather events and frequent disease outbreaks have highlighted weaknesses in health systems' preparedness for public health emergencies. This will require continuing to strengthen core public health systems at both national and regional levels, including disease surveillance and laboratory systems, as well as adoption of a multi-sectoral One Health Approach.
- Bank support will help address shortcomings in infectious disease surveillance, epidemic preparedness, and response and improve continuity of care following a natural disaster. Investments in national and regional health systems will strengthen their capacity and preparedness for public health emergencies.
- Substantial health sector strengthening support is envisioned in St. Vincent and the Grenadines through a proposed Health System Resilience Strengthening Project to improve the health system's capacity to plan for and respond to emergencies and maintain core functions when crises hits.
- The Bank will explore opportunities to strengthen gender-based violence prevention and response in OECS countries focusing on institutional gaps, coordination and referral challenges, and preparedness of first responders.

More and Better Jobs

Enhance the Enabling Environment for Businesses

- The WBG will help increase access to credit for small and medium-sized enterprises (SMEs) to enable business recovery and development, higher employment, and growth, and facilitate provision and expansion of better jobs for women. SMEs contribute to more than 50% of employment and GDP in the region.
- The programme will facilitate economic transactions, increase financial inclusion, spur innovation and support the increased adoption of digital financial services in OECS countries. Specifically, the Bank will support the modernisation of policy, legal, and regulatory frameworks and underlying payment infrastructure to enable innovators within the ECCU to roll out new non-bank digital payment products and services.

- The WBG will provide additional support to strengthen tourism competitiveness and sustainability in Eastern Caribbean countries. Tourism is the single most important economic sector in the OECS, accounting for the largest share of GDP and employment. However, the region has been losing competitiveness with respect to other parts of the world, reflecting high pricing due to high energy and connectivity costs, as well as a limited menu of tourism offerings for visitors. The OECS Regional Tourism Development Project aims to support the sector's recovery and medium-term growth by enriching and diversifying tourism offerings.
- IFC supports this objective through advisory services, such as the Business Regulations and Regional Competitiveness Project. The project aims to support governments in the Caribbean region to design and implement business regulation reforms that would facilitate the creation of regional markets, take digital government service delivery to new frontiers, and unlock sector-specific bottlenecks to open new markets for private investment.
- MIGA will continue to seek opportunities to promote cross-border investment and lending through its guarantee instruments.
- Help strengthen the agriculture and fisheries sector as a source of growth, employment and resilience to economic shocks. The COVID-19 pandemic was a painful reminder of the Eastern Caribbean's vulnerability to global economic shocks due to its tourism-dependence, as the halt in international travel led to deep economic contractions of up to 20% across the island countries.

Increase Digital and Physical Connectivity

- Support digital connectivity and development in the Eastern Caribbean as a driver of growth, job creation, and improved service delivery. Digital technologies can help the OECS small states overcome their challenges of scale by improving the efficiency of economic transactions and government services. They can also be used to develop the digital services industry in the region.
- The Caribbean Digital Transformation Project – the first Bank-financed regional project on digital development – seeks to support increased access to and use of broadband, digital financial services, and the skills needed to actively participate in an increasingly digital marketplace and society.
- Bank support will help deepen digital government reforms in Grenada, improving the access to and efficiency of government services and facilitating tax compliance for individuals and businesses. The Digital Government for Resilience Project seeks to enhance the efficiency, usage, and resilience of digital government services in the country.
- Contribute to strengthen the region's air and sea transport connectivity by improving operational safety and navigation efficiency of air transport in the Eastern Caribbean and strengthening the disaster resilience of airports in Grenada and St. Lucia.

Implementing the Regional Partnership Framework

- Four OECS Blend countries have access to IDA financing on small economy terms (10 years grace period, 40 years maturity and no interest). The IDA indicative country allocation for the four OECS Blend countries is approximately US\$70-75 million per country during the IDA19 period and is expected to remain around similar levels in IDA20.

- A series of core analytics and advisory work. Analytics, such as Country Economic Memoranda, Public Expenditure Reviews, and Poverty Assessments, will serve to inform the reform agenda supported by the envisioned DPOs.
- **Building Implementation Capacity.** Capacity is severely constrained in small island states, calling for greater consolidation, more selectivity, and less complexity in Bank-supported interventions. Key lessons learned to address capacity challenges include employing greater selectivity, consolidating the program, and developing deeper synergies with development partners. The Bank has provided technical assistance to OECS countries financed through the Canada “Caribbean Resilience Facility”.

Results

Fostering Conditions for Growth and Competitiveness

Focused on supporting the OECS countries in strengthening macroeconomic stability and advancing structural reforms to revive competitiveness and growth.

In a context of high public indebtedness, support was given to fiscal and PFM reforms considered key to provide a macroeconomic environment more conducive to growth. Moreover, support was given to governments in addressing institutional bottlenecks for private sector development to improve the business climate and attract investments, including inadequate access to finance, cumbersome business regulations, low connectivity, and limited innovation and entrepreneurship. Support also sought to **strengthen productivity by building human capital through improvements in health and education.**

Improve Macro-Fiscal Policies for Debt Management and Public Procurement

- The Bank supported important improvements in fiscal policy and PFM.
- Bank support also informed the public procurement regulatory framework to improve the efficiency of public spending.

Enhanced Transparency and Statistical Capacity of Public Sector Information System

- Enhanced transparency by supporting the implementation of Open Data policies.

Strengthened Regulatory Frameworks for Competitiveness and Productivity

- The Bank supported the OECS in strengthening its banking sector to improve access to finance, highlighted by firms as a key constraint for business development in the Enterprise Survey (2010).
- Energy regulatory frameworks were enhanced, contributing to addressing challenges in the sector.
- Progress was made to adopt Public-Private Partnership (PPP) policies.

Improved Business Environment and Conditions for Female Entrepreneurship

- Helped increase the capacity and geographical reach of regional broadband networks in four OECS countries.
- The OECS made progress in implementing business climate reforms to enhance competitiveness.

Improved Human Capital Results for Higher Quality Standards for Education and Health

- Jointly with the Global Partnership for Education, the Bank supported the implementation of an OECS Education Strategy (2012-2021) to improve educational outcomes in the region.

Enhancing Resilience

The challenges of small states make the OECS countries highly vulnerable to the impact of external shocks. Like most small states, OECS countries are characterised by: (i) limited economies of scale due to the small market size; (ii) relative geographic isolation; and (iii) few opportunities to establish effective risk-sharing mechanisms to insure resilience against shocks. This results in highly specialised open economies strongly dependent on a single sector (tourism) and few trading partners (USA, Canada, and Great Britain), heightening vulnerability to economic shocks. It also entails that natural disasters affect a very large share of the population all at once, which heightens vulnerability to natural and climate shocks. The result is high levels of volatility which constrain growth and investments, result in higher public debt to finance crisis response spending, and the loss of livelihoods and human lives from the impact of disasters, particularly among the poor and vulnerable.

The Bank helped OECS countries build cross-cutting resilience to shocks along the fiscal / financial, physical / infrastructure, human / social, and environmental dimensions. Results included the strengthening of social safety nets to better protect the poor and vulnerable against the impact of shocks. The Bank also supported the development of disaster risk financing (DRF) strategies, contributed to the strengthening of the region's infrastructure resilience, and helped protect OECS countries' vast ocean resources which are the main source of income for most of the population. Support was also given to Dominica's reconstruction in the aftermath of category 5 Hurricane Maria, which decimated the island in September 2017.

Improved Targeting of Social Protection Systems

- World Bank program helped strengthen social protection systems to help the poor and protect them from the impact of recurrent external shocks through improvements in Social Safety Nets (SSN).
- The Bank helped consolidate and strengthen the targeting of cash transfer (CT) programs to improve their efficiency and increase coverage among the poor and vulnerable.

Improved Capacity to Prepare for, Respond to, and Mitigate Natural Disasters

- World Bank supported the formulation and adoption of National Disaster Risk Financing Strategies.
- Contingent financing through the CAT DDOs contributed to regulatory reforms to enhance infrastructure resilience.
- The Disaster Risk Management Programme strengthened hydro-meteorological (hydro-met) systems for disaster preparedness.
- The Bank contributed substantial rapid response financing to Dominica in the aftermath of category 5 Hurricane Maria, which struck the island in September 2017 and caused damages and losses exceeding 220% of GDP.

Better Management of Marine and Coastal Natural Assets

- The Bank has supported critical improvements in the OECS' management of its vast marine and coastal resources to develop its "blue economy" in a sustainable manner.
- Policy-based lending support contributed to important reforms to reduce plastic pollution and coastal environmental degradation.
- Bank support also contributed to strengthen the capacity for ocean governance in the region.

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

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

Violence is never Justified

Never is hatred, nor discord, nor war among men justified – no matter what the cause – and if men will only learn the Truth there will never exist such feelings or acts. Militarism is all wrong. Jesus 25 December 1915

Children of Dominica

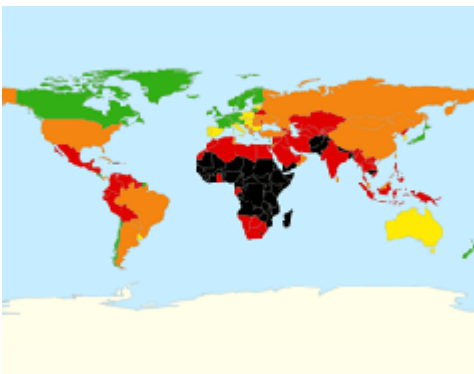
Realising Children's Rights in Dominica



<https://www.humanium.org/en/dominica/>



The Commonwealth of Dominica, commonly known as Dominica, is an island nation in the Caribbean Sea, situated north of Barbados and south of Antigua. It is not to be confused with the Dominican Republic. While Dominica has taken several steps forward regarding the protection of children's rights, the situation remains very concerning. Life imprisonment and detention in adult prisons are just some of the violations of children's rights in Dominica. In order to fulfil its obligations under the UN Convention on the Rights of the Child, Dominica must continue with and step up its efforts to protect children's rights.



Realization of Children's Rights Index : 7,28 / 10

Red level : Difficult situation

Population: 73.286

Pop. ages 0-14: 22,3 %

Life expectancy: 77,7 years

Under-5 mortality rate: 20 ‰

Main problems faced by children in Dominica:

Discrimination

Dominica has a major problem with discrimination, most notably toward disabled children and gay people.

Discrimination toward [children with disabilities](#)

While there are two schools which disabled children may attend in the capital city Roseau, disabled children living in rural areas have very limited access to education.

Discrimination toward [gay people](#)

Consensual homosexual sex is a crime in Dominica, punishable by up to 25 years' imprisonment or involuntary commitment to a psychiatric institution.

Justice

The death penalty

While the death penalty has not been applied in Dominica since 1986, the death penalty still exists under Dominican law.

Juvenile justice

Some of most concerning of the violations of children's rights in Dominica relate to juvenile justice. There are no special courts for minors in Dominica and children are not separated from adults in the country's penal institutions.

Although children cannot receive the death penalty, they can be sentenced to life imprisonment. Boys may also receive the [sentence of whipping](#).

Health



The rate of teen pregnancy in Dominica is particularly high, as is the prevalence of alcohol abuse among young people. The lack of psychological support services for young people, particularly rural and Carib Indian children, is also very concerning.

Abuse

Corporal punishment, legalised in 1997, is widespread throughout the country.

According to a study undertaken by the United Nations in 2009, more than 90% of Dominican children report that they have been victims of physical abuse at home or at school. Women are also often victims of domestic abuse in Dominica.

[Child Trafficking](#)

Dominican law prohibits the trafficking of girls under the age of 18 for sexual purposes, but remains silent in relation to boys. Dominican law is also silent on the trafficking of children for the purposes of [labour exploitation](#).

Children of the Caribbean Foundation
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Beverly Hills, CA 90210
Phone: (310) 651-8317 (USA)
Phone: (646) 968-0405 (Caribbean)
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Consider inviting all children focused organisations to join together to address all the issues relating to children – Pascas Foundation (Caribbean SIDS) Inc to be the host.



COMMERCIAL IN CONFIDENCE

Violence against children in Latin America and the Caribbean:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6791289/>

Violence in childhood is a global health and human rights issue. **Latin America and the Caribbean (LAC)** are recognized as among the most violent geographic areas globally, particularly for young people. An estimated **58% of children 0 – 17 years of age in LAC (more than 99 million) experience physical, sexual, or emotional abuse each year.** Health consequences include physical injury, mental health problems, and increased risk of substance use, among others. Violence drains the health, social, and judicial sector budgets, with expenditures for treating survivors and prosecuting perpetrators. Furthermore, early exposure to violence has been linked to multiple forms of violence perpetration and victimisation in adulthood.

Preventing and responding to violence against children is a global priority, as evidenced by the 2030 Sustainable Development Goals (SDGs) and the priorities of the Pan American Health Organisation (PAHO) and LAC governments. All LAC countries are signatories to the United Nations Convention on the Rights of the Child and have supported the Organization of American States' resolutions on violence and human rights. Many countries have developed national laws and policies to address violence in childhood; for example, at least 10 LAC countries prohibit corporal punishment in all settings.

To effectively prevent and respond to violence in childhood, an understanding of the epidemiology of violence is needed, including how exposure to physical, sexual, and emotional violence differs by age, sex, and perpetrator. Effective prevention efforts may vary depending on the type of violence, the perpetrator, and the age and sex of those exposed. For example, strategies for preventing physical violence against primary school-aged boys may differ substantially from those for preventing sexual violence against adolescent girls. Similarly, interventions addressing IPV will differ from those addressing violence by parents or guardians. To date, no data synthesis has been conducted in LAC to comprehensively explore the patterns of violence among boys and girls of various ages or the relative perpetrator composition.

CHILD SEX OFFENDERS

**child molesters,
child rapists,
&
child sexual abuse**

Child Sex Offenders have no typical profile.

Extracts from Gold Coast Bulletin, page 10, 19 January 2023.

Former NSW Police (Australia) senior forensic psychologist Dr Sarah Yule, Gary Jubelin and Criminologist Dr Kelly Richards outline their findings.

Parents are being urged to be hyper-vigilant of those in their inner circle because there is no such thing as a “typical profile” of a child-sex offender. Countries have observed that around 70% of the time it is the father and the child’s uncles!

And, troubling, experts who study the minds of paedophiles have found their deviant behaviour isn’t always driven by sexual pleasure – in many cases, it is revenge.

Forensic psychologist Dr Karen Owen said ever paedophile or sex offender she had met was different.

“Our task is trying to establish exactly what led them down that path”, she said. “For some, there’s about 20% whose primary arousal is to children and it is about sexual gratification.”

Dr Owen, the former manager of Corrections Victoria’s (Australia) sex offender programs who now consults to the Department of Justice, is one of a number forensic psychologists featured in the second episode of News Corp’s Predatory podcast. The eight-part series, hosted by actor Madeleine West and former NSW Police detective Gary Jubelin, aims to provide a road map for parents and victims, in an all-to-often shunned subject area. Queensland University of Technology criminologist Dr Kelly Richards, who has studied some of the nation’s most repulsive child-sex offenders, said she was constantly “baffled” by the reasons given for their behaviour.

“I think we assume that people do this because they are sexually attract to children,” she said. “But when you ask perpetrators, they say extraordinary things. They’re saying, ‘I did this to get back at my ex-wife’, or ‘I did this to get back at my mother-in-law’, or ‘I enjoyed the risk-taking’, and ‘I got a real buzz out of doing something really deviant’. I mean, just extra-ordinary and baffling explanations. One case involved a man who subjected his step-daughter to abuse ‘because she wasn’t sort of the perfect little feminine girl’.

“It’s ghastly, there’s no other way of explaining it”, said Dr Richards, who has embarked on a AU\$1 million four-year study looking at motivations of child-sex abusers that she hopes will save kids from abuse.

Dr Owen said there were other reason behind the offending though – men who had trouble forming relationships, or were avoiding their own personal problems. “they’ve managed to create these distortions about how, you know, it’s not hurting the kids they really enjoy the sexual contact and all of those kinds of things”, Dr Own said.

COMMERCIAL IN CONFIDENCE

Forensic psychologist Dr Sarah Yule said of biggest concern to parents was that there was not a typical profile of a child-sex offender.

“You can’t spot them by looking at them, but there can be certain grooming behaviours that they engage in, when they’re kind of testing the waters, when they’re first trying to target a victim”, Dr Yule said in the podcast.

She said child-sex offenders often lurked under the radar because of continued naivety that someone close to a person’s family or friendship group could be capable of it – which meant “addressing some of those myths and broadening people’s understanding”.

Forensic psychologist Dr Katie Seidler said she found child-sex offenders polite and compliant, but defensive, because many suffered, shame and guilt for what they had done. “The best word to describe them is ‘pathetic’; they’re pathetic people”, she said.

“At the core of what drives sexual-offending behaviour is attachment and intimacy problems; it’s not sexual deviance. For some, it is obviously, but the main driver is attachment intimacy problems.

“They’re not nasty. The rapist in jail can be a bit misogynist and nasty and not particularly pleasant to deal with. But on the whole, compared to other groups, they’re actually quite pleasant, quite compliant, and accommodating.”

TIPS to KEEP YOUR KIDS SAFE FROM ABUSE:

- Learn lessons in Protective Behaviours education and teach them to your children.
- Ensure your children know the anatomical names for their genitalia and private parts.
- Discuss safe and unsafe secrets with your child.
- Educate yourself around the ‘six stages of grooming’ and how a child sex abuser can groom children.
- Help your child identify five trusted, safe adults in their family / friend network who they can talk to if they feel unsafe.
- Be an approachable parent. Have the difficult conversations with your children and be honest around topics which have the greatest impact on their safety.

CREEPS BENEATH the CALM VENEER

Gary Jubelin is a former NSW homicide detective.

Predator adults having sex with innocent children. That’s what we are talking about here. If that crime doesn’t disgusts you, then you and I have a problem.

There are often grey areas involved in criminal acts but not when it comes to an adult abusing an innocent child for their own sexual gratification.

When I was working as a cop, I often encountered paedophiles and found them to be extremely manipulative, deliberately presenting themselves as decent people. This false persona creates situation where they have access to children, because people trust them.

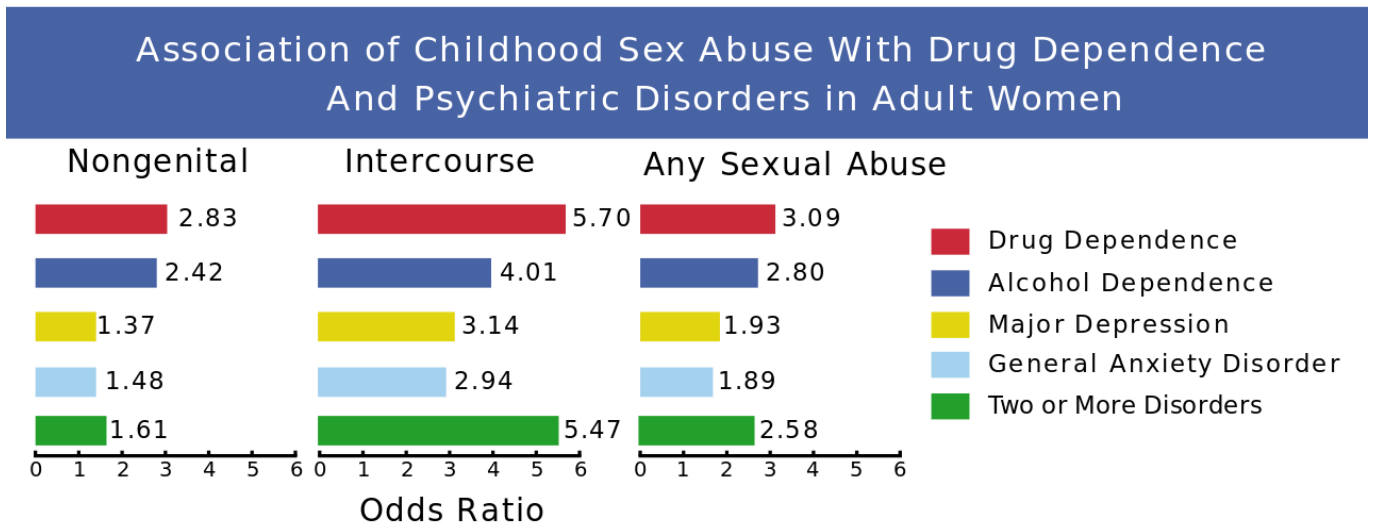
Their powerful sexual urges were difficult to suppress. They were often preoccupied with finding their next victim. That’s what notorious paedophile Jeffrey Hillsley did when he befriended a man to get access to a 10-year-old girl.

It was quite chilling when I interviewed Hillsley, listening to him describe how he killed the friend in 2003 before raping his step-daughter. Thankfully, Hillsley is doing life in prison, but it reaffirmed to me just how dangerous predatory paedophiles are.

What also concerns me about children being sexually abused is the number of people who are aware of this occurring but choose to remain silent. Why does this happen? One would think any decent person would stand up and support a child who has been sexually abused, but from what I have seen that is not necessarily the case.

Quite often, these matters are swept under the carpet because it is too confronting, or there are concerns it could break up families if the abuse becomes public.

That’s simply not good enough. If you are aware of the sexual abuse of a child and choose not to come forward, you are complicit in the act – if not legally then certainly morally.



A study funded by the USA National Institute of Drug Abuse found that "Among more than 1,400 adult females, childhood sexual abuse was associated with increased likelihood of drug dependence, alcohol dependence, and psychiatric disorders. The associations are expressed as odds ratios: for example, women who experienced non-genital sexual abuse in childhood were 2.83 times more likely to develop drug dependence as adults than were women who were not abused.

LAW OF COMPENSATION

Note: The full amount of pain and suffering experienced by a victim of sexual abuse will and is experienced by each complicit person as well as by the perpetrator through the law of compensation.

Globalisation, Human Trafficking and Tourism in the Caribbean

<https://humantraffickingsearch.org/resource/globalization-human-trafficking-and-tourism-in-the-caribbean/>

2020

Sex tourism is a new phenomenon created out of the citizens of the global North's desires to travel to the exotic lands of the Global South. Much like human trafficking, this topic is actually quite old and has gained a lot of international attention due to its portrayal in films, books or the media. Both of these occurrences have foundations based in Westerner's interactions with non-Europeans or "Others". These interactions included first slavery, colonization and now what we like to call globalization. While globalization might have had positive effects for all of those involved, it also created new avenues to reinforce inequality and exploitation across gendered, sexed and racial lines.

To gain an overall understanding of each of the major concepts, I will define them using various sources of literature. First, there needs to be a link made between sex tourism and human trafficking. The former is described as; "An ambiguous term with some observers applying it strictly to organized tours in which sex with prostitutes is the main attraction, while others extend the concept to those who travel for other reasons but hire prostitutes while away." (Eirienne, 2009)

Within sex tourism there is a more sinister form known as child sex tourism. A report written by the United Nations Human Rights Office of the High Commissioner stated that "this is an exploitation of children for sexual purposes by who those who travel to engage in sexual activities with children" (Combating Child Sex Tourism, 2013). This includes child trafficking, child prostitution, child pornography and the selling of children for sexual exploitation. As one can perceive from the definitions given above, sex tourism is a form of human trafficking in itself.

The sordid state of underage sex tourism in the Caribbean

<https://nypost.com/2018/10/23/the-sordid-state-of-underage-sex-tourism-in-the-caribbean/>

23 October 2018

In the travel brochures for the Dominican Republic there are blue skies, palm trees and sandy beaches – it's no wonder it attracts 6.1 million tourists each year. But barely concealed under the blissful facade is the antithesis of the Caribbean vacation cliché: a thriving underage sex trade.

In an "SBS Dateline" investigation, "Evil in Paradise" airing on Tuesday night in Australia, it's clear that this seedy side of the Dominican Republic is attracting tourists in record numbers and the tiny island nation is getting a reputation as a popular destination for those who wish to have sex with children. "SBS Dateline" is an investigative news show similar to "60 Minutes" or "48 Hours."

In the Dominican Republic's capital of Santo Domingo, 17-year-old Candy says she's been selling sex since she was 14.

"[My clients] are mostly tourists. They pay me good money because they like a body like mine. I tell them [about my age] because often telling the truth gets more money," she reveals.

Poverty stricken, Candy lives in a small room with her baby boy in a house she shares with her brother, sister and her two children. She pays her way through life with regular customers who fly in from Europe.

"I work a lot. One week I worked four or five times a day. I spend the money on the kids and the house," she says.

In a place where it is legal to sell sex on the streets, many young girls like Candy think they've found a lucrative payday in trading their youthful bodies for an income. In fact, according to the International Justice Mission, one in four people offering sex on the street are thought to be children.

Journalist Krishnan Guru-Murthy travelled to the country to interview some of these young women for the story. After talking with some teenage sex workers he concluded the people who solicit them know they are minors.

"Their faces look so young," Guru-Murthy says. Adding, "You couldn't possibly mistake them for grownups and any man who wants to pay them for sex is a child abuser."

Boys are being abused by sex tourists too.

But it's not just girls being lured into the prostitution trap. According to the report, sex tourists, those mostly coming from Europe and North America, are also interested in living out their young boy fantasies and target the poorer children, ones they encounter on the beach selling souvenirs and trinkets.

"They want to try a Dominican boy, a young boy," says Supiro, a local man who has worked as a sex worker since he was a child and now helps children involved in the sex trade. "In their country, they can't do that. They can live out their fantasy here."

Poverty and a lack of law enforcement is blamed for the flourishing black market industry.

COMMERCIAL IN CONFIDENCE

An anonymous tourist told Dateline, “The cops, they are rotten. It’s a poor country. People need to eat. The tourists bring the chica (female sex workers) to lunch, to have a good meal. They’re happy. You know how much they can make a day? If you stop sex here, it will be empty.”

As the program discovers, for many young people in Santo Domingo, sex work isn’t a choice, it’s a matter of survival.

Candy tells the reporter her entire family relies on her income, saying, “My son needs [diapers] and I don’t have money, I can’t relax until I get the money.”

Is there any hope?

One woman is offering thousands of underage sex workers a chance to escape what they think is their only path in life.

Xiamara, a school teacher, is volunteering her time to educate young girls who work on the street in a bid to get them out of the dangerous world of abuse and into school. “We have a project for girls who wish to change direction in their lives,” Xiamara tells the program.

Thankfully, efforts like this may not be in vain.

Candy told reporters she’s started attending school again with a hope of getting out of prostitution: “Thank God I’m studying now. When I finish I want to work in a call centre.”



HUMAN TRAFFICKING: The FACTS

<https://www.caritas.org/includes/pdf/coatnet/traffickingfacts.pdf>

The headline facts

- An estimated 2.5 million people are in forced labour (including sexual exploitation) at any given time as a result of trafficking. Of these:
 - 1.4 million – 56% - are in Asia and the Pacific
 - 250,000 – 10% - are in Latin America and the Caribbean
 - 230,000 – 9.2% - are in the Middle East and Northern Africa
 - 130,000 – 5.2% - are in sub-Saharan countries
 - 270,000 – 10.8% - are in industrialised countries
 - 200,000 – 8% - are in countries in transition
- 161 countries are reported to be affected by human trafficking by being a source, transit or destination country.
- People are reported to be trafficking from 127 countries to be exploited in 137 countries, affecting every continent and every type of economy.

The Victims

- The majority of trafficking victims are between 18 and 24 years of age.
- An estimated 1.2 million children are trafficked each year.
- 95% of victims experienced physical or sexual violence during trafficking (based on data from selected European countries).
- 43% of victims are used for forced commercial sexual exploitation, of whom 98% are women and girls.
- 32% of victims are used for forced economic exploitation, of whom 56% are women and girls.
- Many trafficking victims have at least middle-level education.

The Traffickers

- 52% of those recruiting victims are men, 42% are women and 6% are both men and women.
- In 54% of cases the recruiter was a stranger to the victim, 46% of cases the recruiter was known to victim.
- The majority of suspects involved in the trafficking process are nationals of the country where the trafficking process is occurring.

The Profits

- Estimated global annual profits made from the exploitation of all trafficked forced labour are US\$31.6 billion. Of this:
 - US\$15.5 billion – 49% - is generated in industrialised economies.
 - US\$9.7 billion – 30.6% is generated in Asia and the Pacific.
 - US\$1.3 billion – 4.1% is generated in Latin America and the Caribbean.
 - US\$1.6 billion – 5% is generated in sub-Saharan Africa.
 - US\$1.5 billion – 4.7% is generated in the Middle East and North Africa.

Prosecutions

- In 2006 there were only 5,808 prosecution and 3,160 convictions throughout the world.
- This means that for every 800 people trafficked, only one person was convicted in 2006.

Overview of corruption and anti-corruption in Antigua and Barbuda, Barbados, Dominica, Guyana, Jamaica, St Lucia, and Trinidad and Tobago

<https://www.u4.no/publications/overview-of-corruption-and-anti-corruption-in-antigua-and-barbuda-barbados-dominica-guyana-jamaica-st-lucia-and-trinidad-and-tobago>

As mature democracies facing few structural impediments to strengthening their anti-corruption frameworks Antigua and Barbuda, Barbados, Dominica, Guyana, Jamaica, St Lucia and Trinidad and Tobago each have substantial room for improvement in their attempts to counter corruption. Most of these countries have established legal and institutional anti-corruption frameworks of a global standard but perform below what can be expected in terms of actually getting to grips with corruption issues. Antigua and Barbuda, Barbados, Dominica, Guyana, Jamaica, St Lucia and Trinidad and Tobago all face pressure from criminal organisations seeking to launder money or using the territories of these small states to facilitate illicit flows of drugs and people. These pressures come with heightened risks of state capture. Recent oil discoveries also increase the pressure on Guyana to undertake substantial improvements quickly.

Main points

- Antigua and Barbuda, Barbados, Dominica, Guyana, Jamaica, St Lucia, and Trinidad and Tobago are all stable and consolidated democracies where citizens and media enjoy fundamental civil liberties.
- Most of the countries have established global standard legal and institutional anti-corruption frameworks. Nonetheless, there is room for improvement across the board. All of the countries assessed in this paper could implement anti-corruption measures more efficiently.
- The countries in question all face a number of pressures. These include crime-related risks such as money laundering and organised crime. Corruption acts as a facilitator of these crimes.
- The citizenship by investment programmes run by some countries in the English-speaking Caribbean comes with significant corruption risks.
- In other cases, the discovery of new natural resources increases the stakes of improving the performance in attempts to counter corruption.

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

Conception is individualisation of our unique personality!

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

We perpetrate their erroneous ways!

It's all about
Experiences
 &
FEELINGS

John the
Typist



**BE FEELINGS
EXPRESSIVE!**

Freedom is Truth

Before being conceived, we each have had nothing to do with the culture or heritage of the family and its people into which we are now born.

After we pass over into our spirit lives, we each will have little or nothing further to do with the culture or heritage of our family that we lived with on Earth.

We each are one of many voices within our communities.



We are to embrace our experiences and limitations of our family upbringing which our soul has desired for us to have. We are spirit personalities having a physical experience and this physical life here on Earth is the commencement of our incredible journey which will take us through many universes.

We are not to accept the limitations, the psychic barriers of our family, nor those of our national culture and its ethos. The people of a community, a region, a state, a nation respond to and reflect a common set of values, customs and culture, which is passed down through the generations, this is a psychic imposition or barrier that inhibits evolution, our true self expression and our growth in potential and personality.

Now, it is this time in history that, individually, we each are to free ourselves of the Rebellion and Default that has been imposed upon us by hidden controllers, both of those from within the spirit worlds and of their defacto agents here in the physical.

We now have the option to embrace and enjoy the freeing truths that our soul can and will expose to us – we are fully self-contained. We are to look within, to our feelings, and to long for, to ask for the truth that our feelings will exquisitely and amazingly reveal to each of us.

The wonders of intuitiveness and spontaneity are ours to behold, experience and enjoy – this is of our choosing. We can continue living a limiting mind-centric life or embrace living Feelings First – The New Way – with its infinite potential. The gateway is now open and the pathway is defined.

This we are to share with all of humanity as we are Freedom’s voice.

MoC 904

ONE SECOND TO MIDNIGHT



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Our Solution and Pathway Home

We are to bring our feelings back into balance with our mind.



Feelings First with Mind to follow in support.

Beliefs suppress TRUTH. Result is; Health degrade, Discomfort, Pain, Illness, Disease and Viruses

To heal yourself with truth can only be done one way, and that is by sincerely wanting to live true, to live a life in which you want with all your heart to see the truth in each and every experience, so that as you live your body is being 'built' on truth, and so will remain rock solid, and will not feel fragile and collapse under you when disease suddenly strikes you down. Truth, Truth, Truth, and more TRUTH. You have to want to eat drink and sleep truth. To beg and ask and long with all your will for the Mother and Father to help you see and know the truth, the truth of everything that you do, everything you are, everything you feel – the whole truth of yourself. And so whilst you're of it, including, the truth of your rebellious state. "Mother and Father, please help me see, know and BE the truth You want me to live."

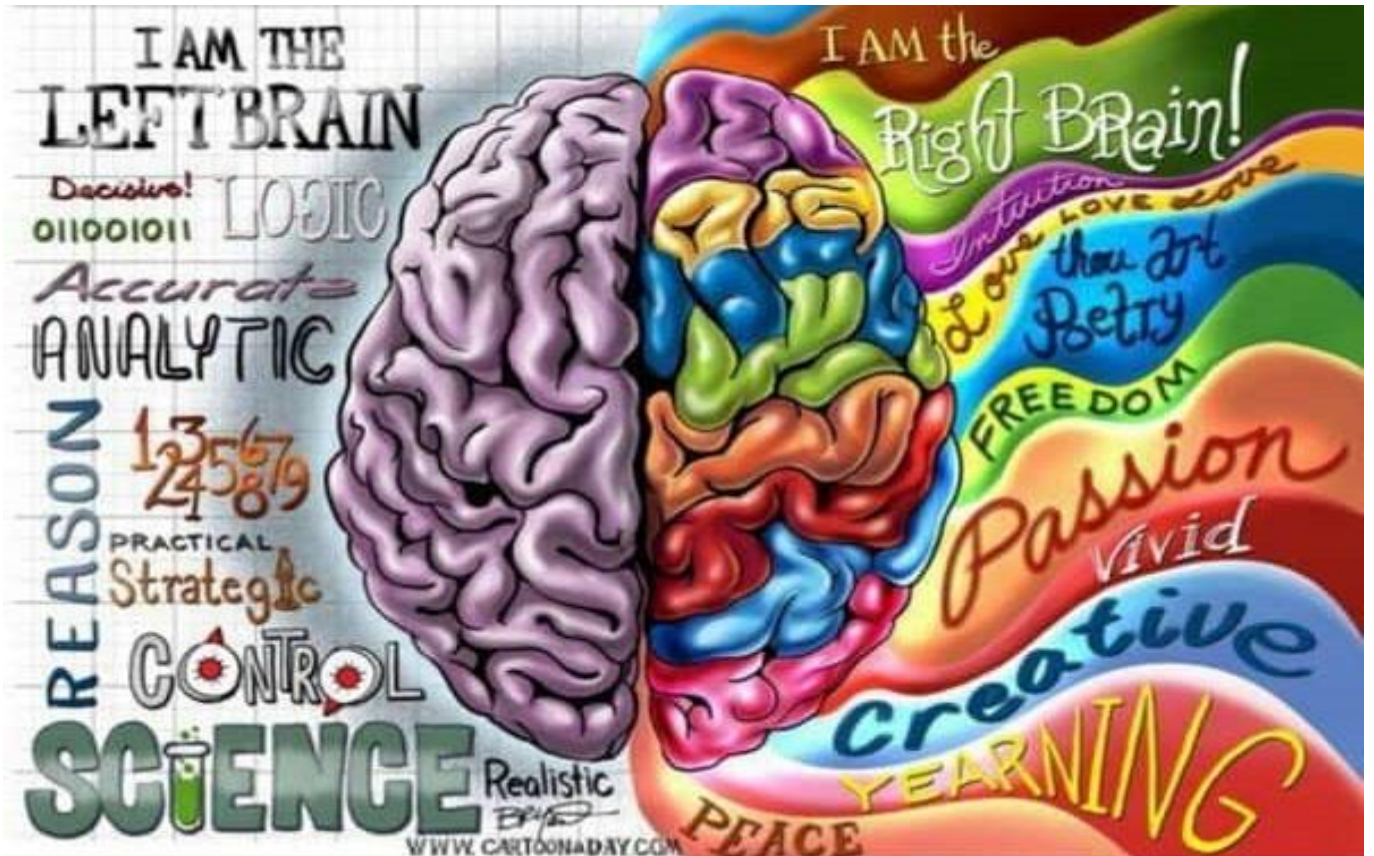
Kindly visit www.pascashealth.com then Library Download page, in Pascas Care Letters click to open:



[Pascas Care Letters Mind into Balance with Feelings.pdf](#)



[Pascas Care Letters Mind causes Discomfort Soul brings Healing.pdf](#)



The more comprehensively that our parents and early educators indoctrinated us to suppress our feelings, the greater we become 'left brain' centred and dominated. The greater we are mind-centric and addicted, the less are our truth loving feelings surfacing – we cannot discern truth from falsehood. Academics demonstrate mind worship, whereas nurses demonstrate passion, love and the truth of their feelings. The more extensively that we close off our feelings, the greater the propensity for psychopathic (no feelings) action resulting in domestic violence, mass shootings (schools), and on a national scale, war. Mind development is limited to 499 on Dr Hawkins' Map of Consciousness (limit of science), whereas Living Feelings First, our potential is infinite.

H₂O is water, hydrogen and oxygen in harmony. Hydrogen (mind) on its own is explosive. Oxygen (feelings) on its own is life giving. Mind and Feelings in harmony is when we are living Feelings First with our mind following in support of our Feelings. Should we embrace Feeling Healing and with the longing (asking) for Divine Love, then our potential is infinite.



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Purpose of Life

Purpose of our life is to:

Achieve individualisation. This is truly the moment of our sentient experience beginning. This occurs at the moment of incarnation which is when our newly forming foetus begins to pump blood, usually day 16 after conception. From that moment we are beginning to experience life.

We have a life purpose. We are each a unique personality with individual propensities to experience. Should our physical life be cut short then we will go on and have the experiences that we need in the 1st spirit Mansion World. If we miscarry or are aborted then we will become spirit born, be adopted to spirit parents and have a similar life to that should we have gone on and lived on Earth.

Presently we are each subjected to Childhood Suppression which we continue on throughout our lives suppressing our feelings and our true personality. This is providing us with unique life experiences as this does not typically occur with any other humanities throughout the universes. Our physical life on Earth is mostly very difficult, however this will provide each of us with unique capabilities to aid newly emerging humanities on worlds further out into space. Yes, we have an enormous journey to enjoy.

Our time of death is predetermined. We often do crazy things – but our life span is predetermined.

What we experience is also predetermined. A few are to be wealthy and become burdened with responsibility. Many are to be poor and enjoy the freedom without trappings of assets and obligations.

Most will have families while on Earth. No matter who we are, we will each parent at least three children before we can enter the first of the Celestial Heavens. We are to experience parenting, even though that may be in the spirit Mansion Worlds.

We are to live FEELINGS FIRST! We are to express our feelings, both good and bad, to a companion. We are to long / ask for the truth of what our feelings are drawing to our attention. What enters emotional needs to be expressed emotional. Should we long for our Heavenly Mother and Father's Love, then we are SOUL HEALING. Our mind is to follow supporting what our feelings are leading us to embrace – this the opposite as to how we have been brought up to live.

As we complete our FEELING HEALING, then and only then can we connect with our Soul Partner who is always of the opposite sex. Our soul is a duplex that manifests two personalities. And we can grow to interact with our Nature Spirits and Spirit Guides!

It's all about
Experiences
 &
FEELINGS

BE FEELINGS
EXPRESSIVE!

HUMANITY'S DEVELOPMENT WORLDWIDE over the past 200 Years

EXTREME POVERTY

<https://ourworldindata.org/a-history-of-global-living-conditions-in-5-charts?linkId=62571595>

Max Roser published 2020

Global poverty is one of the very largest problems in the world today. Is it possible to make progress against this problem? To see where we are coming from we must go far back in time. 30 or even 50 years are not enough. When you only consider what the world looked during our life time it is easy to think of the world as static – the richer parts of the world here and the poorer regions there – and to falsely conclude that it always was like that and that it always will be like that.

Take a longer perspective and it becomes very clear that the world is not static at all. We can change the world. The countries that are rich today were very poor just a few generations ago.

To avoid portraying the world in a static way – the North always much richer than the South – we have to start 200 years ago before the time when living conditions really changed dramatically.

The United Nations measure 'extreme poverty' as living on less than US\$1.90 per day. This is an extremely low poverty line that draws attention to the very poorest people in the world.

These poverty figures take into account non-monetary forms of income – for poor families today and in the past this is important, particularly because many of them are subsistence farmers who live largely from their own food production. The extreme poverty measure is also corrected for different price levels in different countries and it is adjusted for price changes over time (inflation) – poverty is measured in so-called 'international dollar'. As a consequence of these adjustments one international dollar has the same purchasing power as one US-dollar in 2011.

The first chart shows the estimates for the share of the world population living in extreme poverty. In 1820 only a tiny elite enjoyed higher standards of living, while the vast majority of people lived in conditions that we would call extreme poverty today. Since then the share of extremely poor people fell continuously. More and more world regions industrialised and thereby increased productivity which made it possible to lift more people out of poverty: In 1950 two-thirds of the world were living in extreme poverty; in 1981 it was still 42%. In 2015 – the last year for which we currently have data – the share of the world population in extreme poverty has fallen below 10%.

The US\$1.90 poverty line is very low and focuses on the very poorest in the world. The world is also making progress against poverty relative to higher poverty lines. In fact, no matter what poverty line you choose, the share of people below that poverty line has declined globally.

That is a huge achievement, for me as a researcher who focuses on growth and inequality maybe the biggest achievement of all in the last two centuries.

It is particularly remarkable if we consider that the world population has increased 7-fold over the last two centuries. In a world without economic growth, a 7-fold increase of the population would have resulted in less and less income for everyone, it would have been enough to drive everyone into extreme poverty. Yet, the exact opposite happened. In a time of unprecedented population growth our world managed to give more prosperity to more people and to continuously lift more people out of the worst poverty.

Increasing productivity was important because it made vital goods and services less scarce: more food, better clothing, and less cramped housing. Productivity is the ratio between the output of our work and the input that we put in our work; as productivity increased we benefitted from more output, but also from less input – weekly working hours fell very substantially.

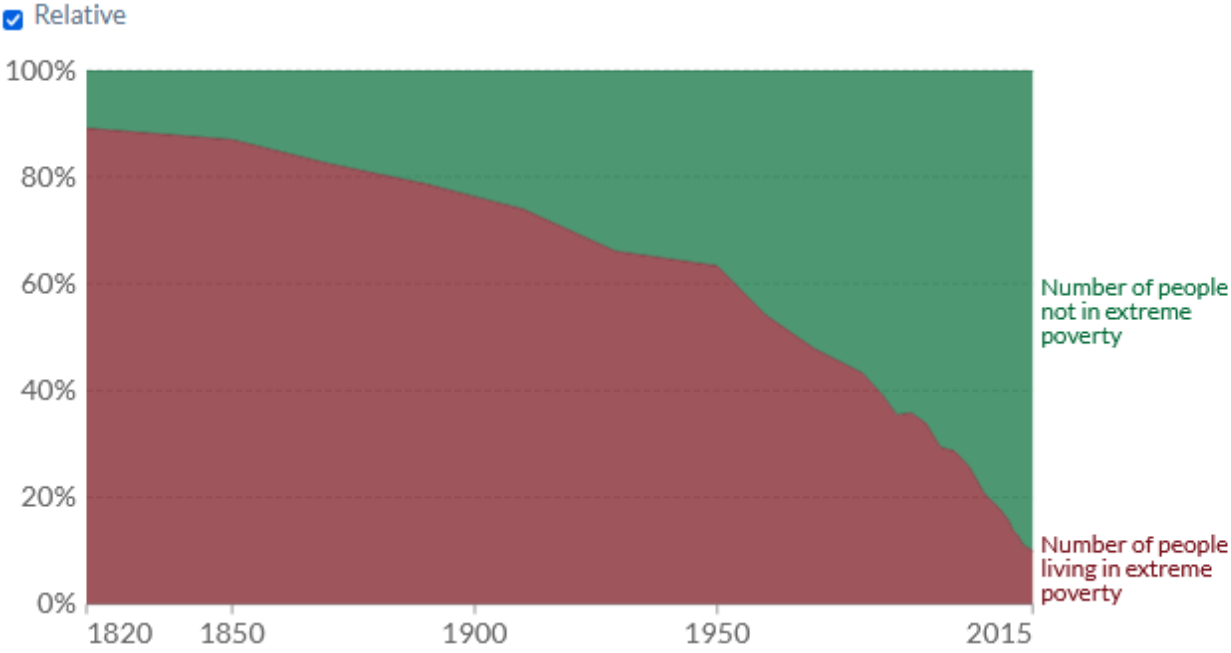
Economic growth was also important because it changed the relationship between people. In the long time in which the world lived in a non-growth world the only way to become better off was for someone else to get worse off. It was a zero-sum economy. Your own good luck was your neighbours’ bad luck. Economic growth changed that, growth made it possible that you are better off when others become better off. The ingenuity of those that built the technology that increased productivity – modern transportation, production machinery, and communication technology – made some of them very rich and at the same time it increased the productivity and the incomes of others. It is hard to overstate how different life in zero-sum and a positive-sum economy are.

Unfortunately the media is overly obsessed with reporting single events and with things that go wrong and does not nearly pay enough attention to the slow developments that reshape our world. With this empirical data on the reduction of poverty we can make it concrete what a media that would report global development would look like. The headline could be “The number of people in extreme poverty fell by 130,000 since yesterday” and they wouldn’t have this headline once, but every single day since 1990, since, on average, there were 130,000 people fewer in extreme poverty every day. If you prefer to rely on a higher poverty line the numbers are even more impressive. The daily headline would point out

World population living in extreme poverty, World, 1820 to 2015



Extreme poverty is defined as living on less than 1.90 international-\$ per day. International-\$ are adjusted for price differences between countries and for price changes over time (inflation).



Source: Ravallion (2016) updated with World Bank (2019) OurWorldInData.org/extreme-poverty/ • CC BY Note: See OurWorldInData.org/extreme-history-methods for the strengths and limitations of this data and how historians arrive at these estimates.



that the number of people living on more than US\$10 per day increased by a quarter of a million on any average *day* in the last decade.

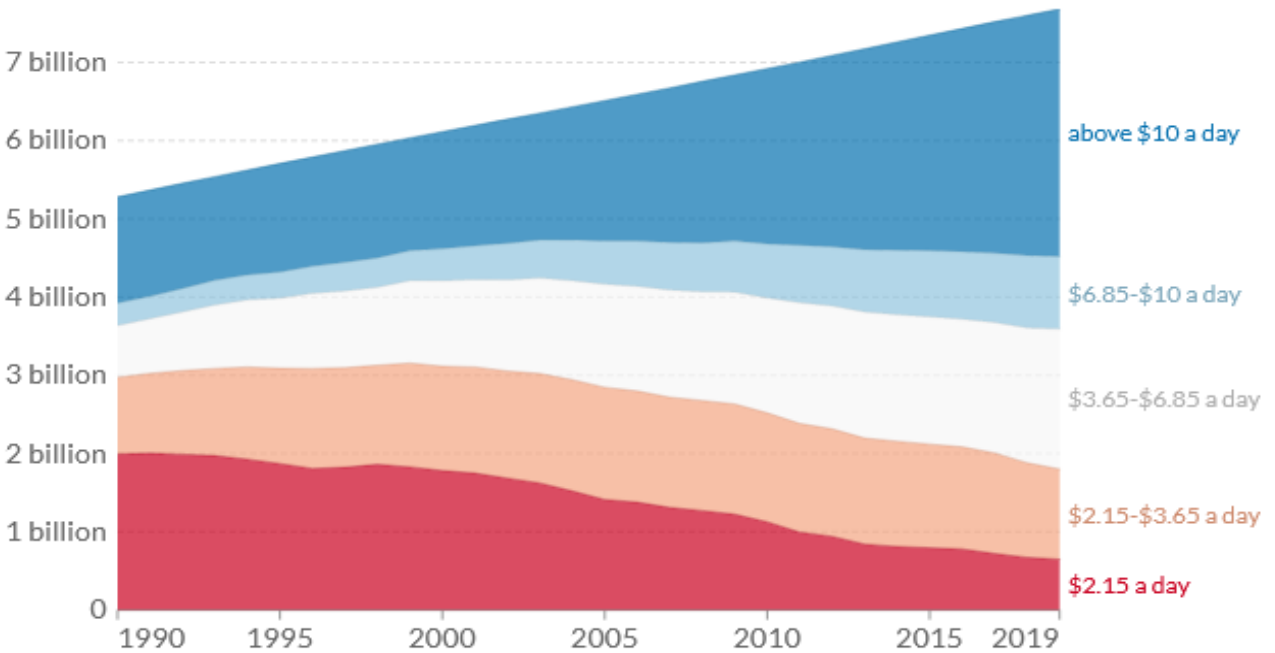
That it is possible to make progress against poverty is important to know because even after two centuries of progress, poverty remains one of the very largest problems in the world. The majority of the world population *still* lives in poverty: Every tenth person lives on less than US\$1.90 per day and two-thirds live on less than US\$10 per day. In rich countries a person is considered poor when she or he lives on less than US\$30 per day; if we rely on this poverty definition then we find that 85% of the world live in poverty. Much more progress is needed.

Distribution of population between different poverty thresholds, World, 1990 to 2019



This data is adjusted for inflation and for differences in the cost of living between countries.

↔ Change country or region □ Relative



Source: World Bank Poverty and Inequality Platform OurWorldInData.org/extreme-poverty • CC BY
Note: This data relates to household income or expenditure, measured in international-\$ at 2017 prices.



LITERACY

How did the education of the world population change over this period? This chart shows the increasing share of the world population that is able to read and write. Today’s education – including in today’s richest countries – is again a very recent achievement. It was only in the last two centuries that literacy became the norm for the entire population.

In 1820 only every 10th person older than 15 years was literate; in 1930 it was every third and now we are at 86% globally. Put differently, if you were alive in 1800 there was a chance of 9 in 10 that you

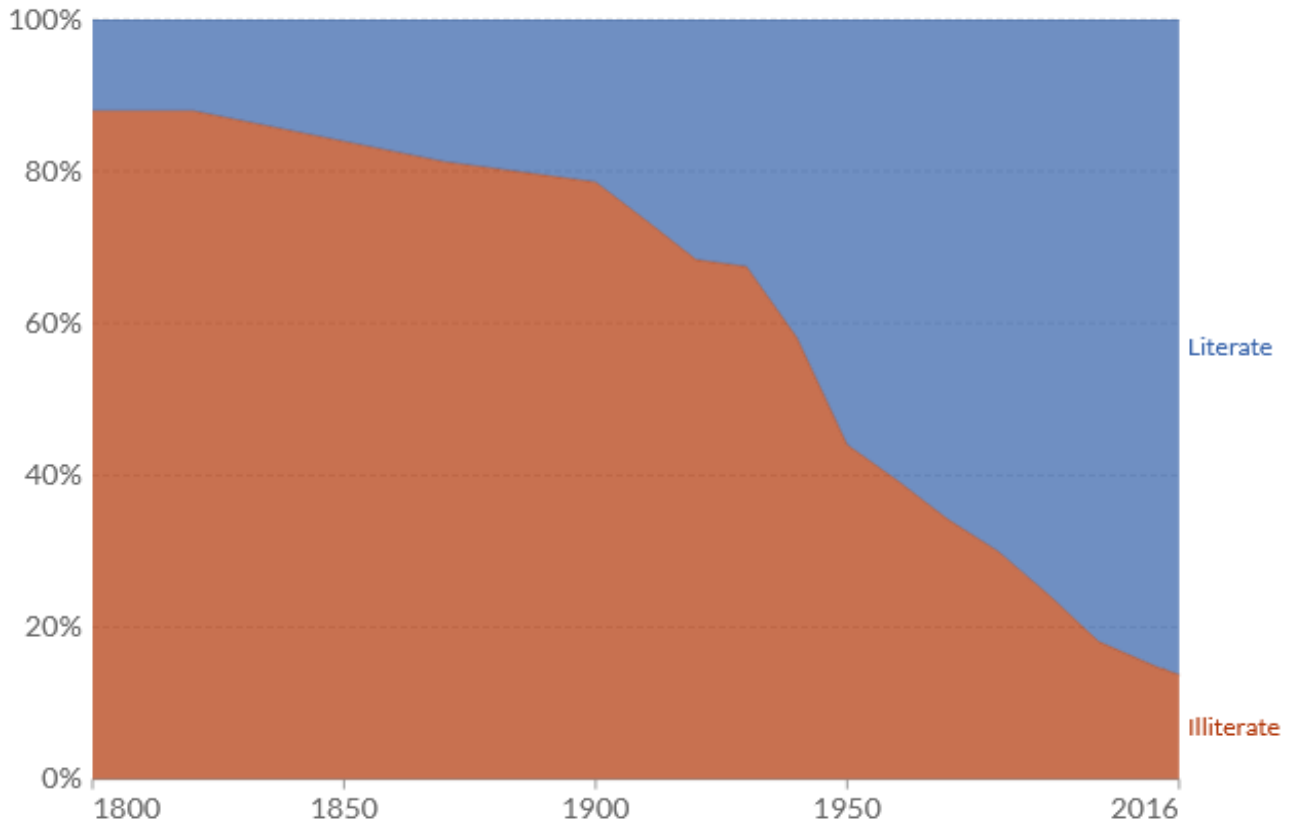
were't able to read; today more than 8 out of 10 people are able to read. And among today's young population the chances are much higher since many of today's illiterate population are old.

If you think science, technology, political freedom are important to solve the world's large problems and you think that it helps to read and write to solve problems then consider the figures in absolute numbers. Today there are about 4.6 billion people who can read and write. In 1800 there were fewer than 100 million people with the same skill.

Literate and illiterate world population

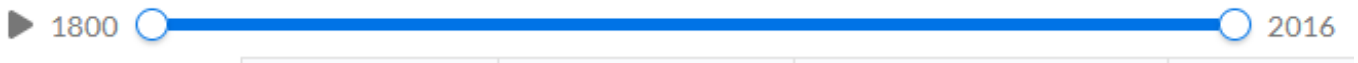


Among people aged 15 and older.



Source: Our World in Data based on OECD and UNESCO (2016)

OurWorldInData.org/literacy • CC BY



HEALTH

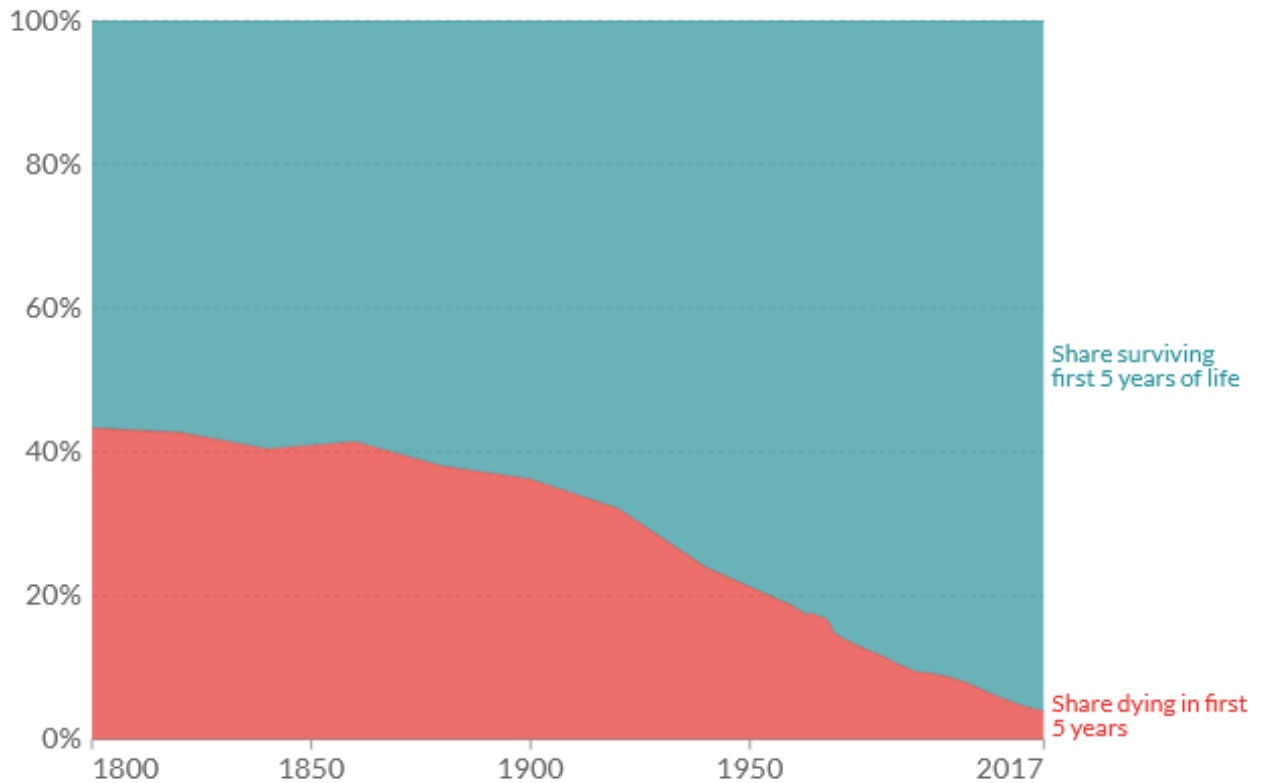
One reason why we do not see progress is that we are unaware of how bad the past was.

In pre-modern times around *half* of all children died. The chart here shows that in 1800 the health conditions were such that around 43% of the world's newborns died before their 5th birthday. The historical estimates suggest that the entire world lived in poor conditions; so that there was relatively little variation between different regions, in all countries of the world more than every third child died before it was 5 years old.

It would be wrong to believe that modern medicine was the only reason for improved health. Initially, rising prosperity, public health interventions, and the changing nature of social life mattered more than

Global child mortality

Share of the world population dying and surviving the first 5 years of life.



Source: Gapminder and the World Bank

OurWorldInData.org/child-mortality • CC BY



medicine. It was improvements in housing and sanitation that improved our chances in the age old war against infectious disease. Healthier diet – made possible through higher productivity in the agricultural sector and overseas trade – made us more resilient against disease. Improving nutrition and health also made us taller.

But surely science and medicine mattered as well. A more educated population achieved a series of scientific breakthroughs that made it possible to reduce mortality and disease further. Particularly important was the discovery of the germ theory of disease in the second half of the 19th century. In retrospect it is hard to understand why a new theory can possibly be so important. But at a time when doctors did not wash their hands when switching from post-mortem to midwifery the theory finally convinced our ancestors that hygiene and public sanitation are crucial for health.

The germ theory of disease laid the foundation for the development of antibiotics and vaccines, and it allowed humanity to finally gain some ground in the age-old battle against the microbes. Public health mattered hugely: Everybody benefits from everybody else being vaccinated, and everybody benefits from everybody else obeying the rules of hygiene.

With these changes global health improved in a way that was unimaginable to our ancestors. In 2017 child mortality was down to 3.9% – 10-fold lower than 2 centuries ago. You have to take this long perspective to see the progress that we have achieved.

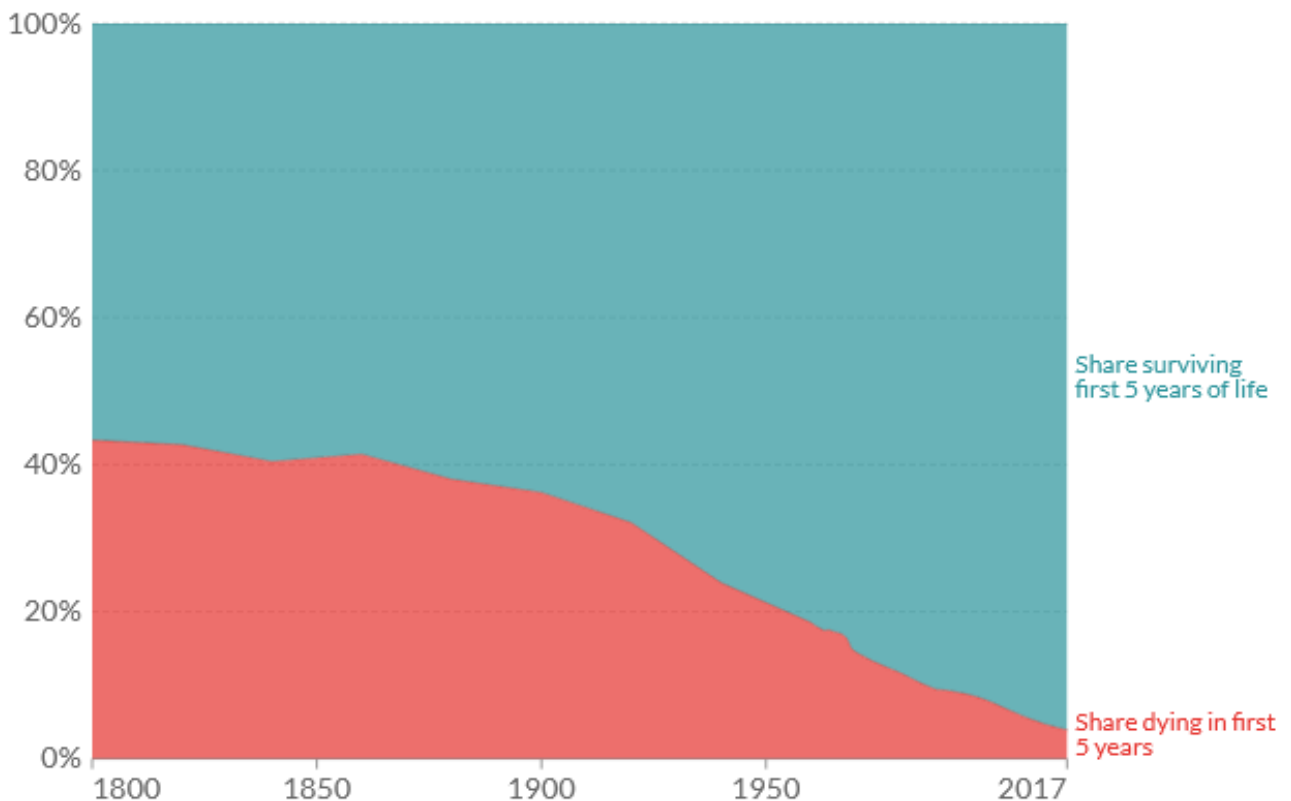
The same data on child mortality also shows us just how large of a problem child mortality still is. On average 15,000 children die every day.

More progress is urgently needed and, as our history suggests, possible.

Global child mortality

Our World
in Data

Share of the world population dying and surviving the first 5 years of life.



Source: Gapminder and the World Bank

OurWorldInData.org/child-mortality • CC BY



FREEDOM

Political freedom and civil liberties are at the very heart of development – as they are both a means for development and an end of development.

Journalism and public discourse are the pillars on which this freedom rests, but qualitative assessments of these aspects bears the risk that we are mistakenly perceiving a decline of liberties over time when in fact we are raising the bar by which we judge our liberty. Quantitative assessments can therefore be useful when they help us to measure freedom against the same yardstick across countries and over time.

There are various attempts to measure the types of political regimes that govern the world’s countries and to capture something as complex as a political system is necessarily controversial. There is just no way around that. In this analysis I rely on the Polity IV index as it is the least problematic of the measures that present a long term perspective. The index measures political regimes on a spectrum from +10 for full democracies to -10 for full autocracies; regimes that fall somewhere in the middle of this spectrum are called anocracies. To this I added information about the world’s countries that were ruled by other countries as part of a colonial empire.

Again I want to give a long-term perspective to get an idea of how political freedom has changed over these last 200 years.

The chart shows the share of people living under different types of political regimes during this period. Throughout the 19th century more than a third of the population lived in colonial regimes and almost everyone else lived in autocratically ruled countries. The first expansion of political freedom from the late 19th century onward was crushed by the rise of authoritarian regimes that in many countries took their place in the time leading up to the Second World War.

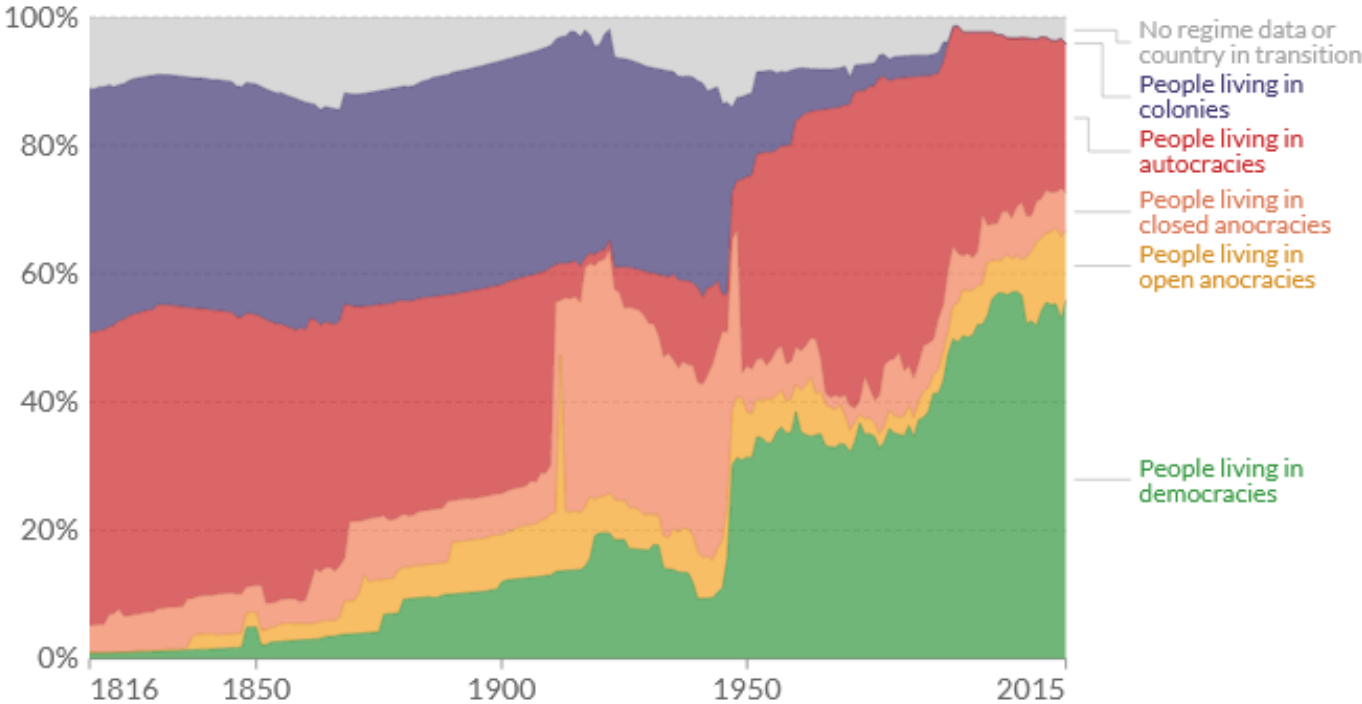
In the second half of the 20th century the world has changed significantly: Colonial empires ended, and more and more countries turned democratic: The share of the world population living in democracies increased continuously – particularly important was the breakdown of the Soviet Union which allowed more countries to democratise. Now more than every second person in the world lives in a democracy.

People living in democracies and non-democracies



Political regimes based on the Polity IV data by the Center for Systemic Peace (2016).

Relative



Source: OWID based on Center for Systemic Peace (2016) and Wimmer and Min (2006) OurWorldInData.org/democracy • CC BY



The huge majority of those living in an autocracy – 4 out of 5 – live in one autocratic country: China.

POPULATION

The world population was around 1 billion in the year 1800 and increased 8-fold since then. (8 billion December 2022)

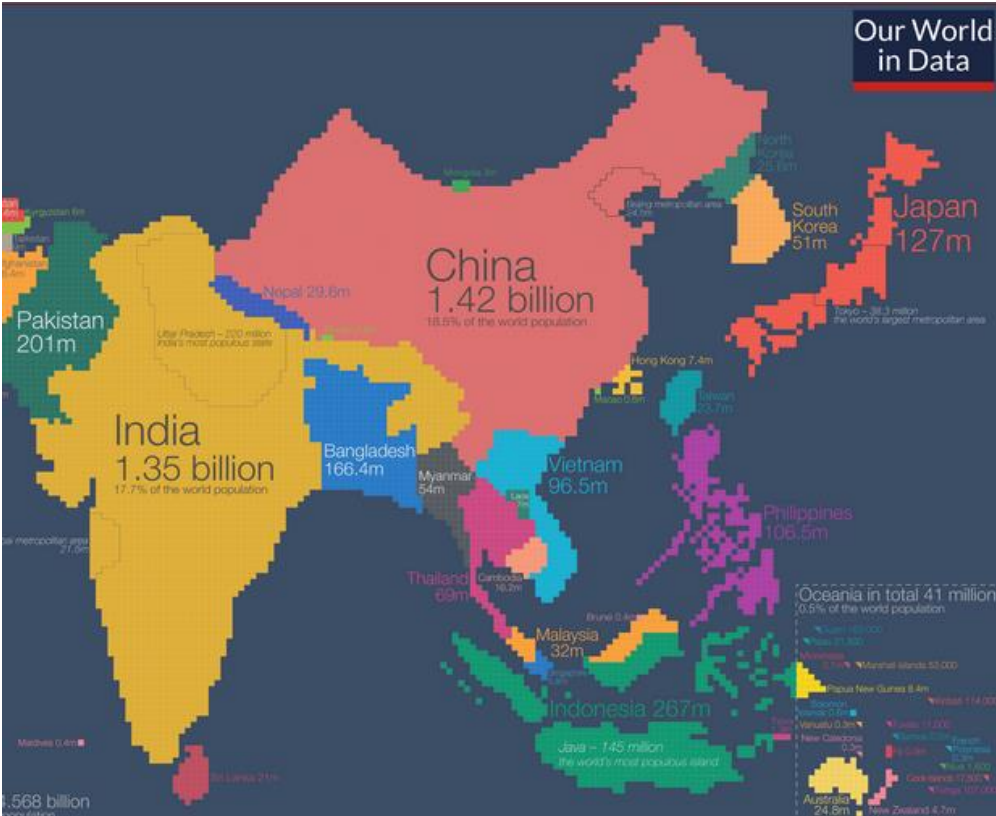
The increase of the world population should evoke more than doom and gloom however. First of all, this increase shows a tremendous achievement. It shows that humans stopped dying at the rate at which our ancestors died for the many millennia before.

In pre-modern times fertility was high – 5 or 6 children per woman were the norm. What kept the population growth low was the very high rate with which people died and that meant that many children were dead before they reached their reproductive age. The increase of the world population followed when humanity started to win the fight against death. Life expectancy doubled in all world regions.

Population growth is a temporary phenomenon, it is the consequence of fertility and mortality not declining simultaneously. The fast population growth happened when fertility was still as high as it was in the unhealthy environment of the past, but mortality has already declined to the low levels of our time.

What we have seen in country after country over the last 200 years is that when women gain more independence, education, and prosperity and realise that the chances of their children dying declined they chose to have fewer children. Rapid population growth comes to an end. This transition from high mortality and high fertility to low mortality and low fertility is called the demographic transition. In those countries that industrialised first it lasted at least from the mid-19th century to the mid-20th century – it took 95 years for fertility to decline from above 6 children to less than 3 children per woman in the UK. Countries that followed later sometimes achieved this transition much faster: South Korea went from more than 6 children per woman to less than 3 in just 18 years, Iran even went through it in only 10 years.

Just as countries went through this transition so is the world going through this transition. Global fertility has more than halved in the last 50 years, from more than 5



children per woman in the early 1960s to below 2.5 today. This means that the world is well into the demographic transition and the global population growth rate has in fact peaked half a century ago.

Now that we see fertility declining around the world we approach the end of population growth: The global population has quadrupled over the course of the 20th century, over the course of this century it will not double. And at the end of the century the UN expects a slow annual population growth of 0.1% whereas the demographers from IIASA expect an end of global population growth as soon as 2075.

EDUCATION

None of the achievements over the last 2 centuries could have been made without the expansion of knowledge and education. The revolution in how we live was not only driven by education it also made education more important than ever.

Contrary to many other social aspects where forecasts are of limited use, education is an aspect where we can make some useful projections. The simple reason is that the educational composition today tells us something about the education of tomorrow – a literate young woman today will be a literate old woman in 2070.

As we've seen before, education – measured by the basic skill of literacy – has already improved. And we know that it will continue as the younger cohort today is much better educated than people in older cohorts.

This visualisation shows the projection of the IIASA demographers for the size and the educational composition of the world population until 2100. It is an interesting look into the future: With today's lower global fertility the researchers expect that the number of children will decline from now – there will never be more children on the planet than today. And as mentioned before the IIASA researchers expect the world population to peak in 2070 and to decline thereafter.

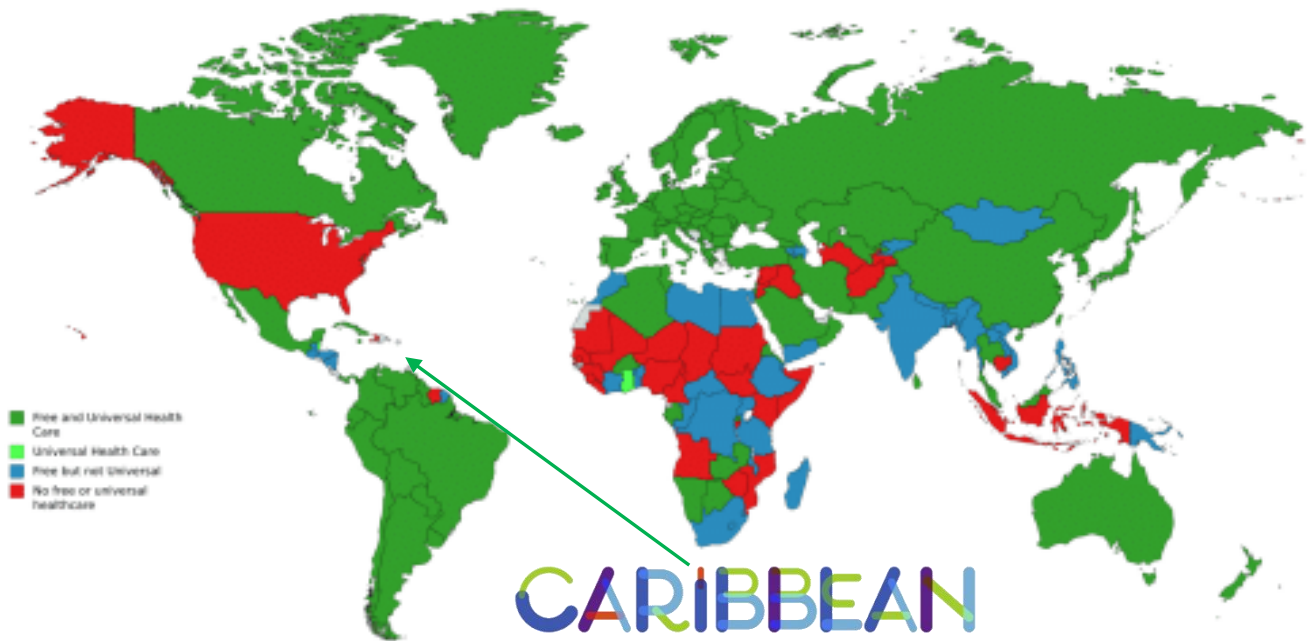
Focusing on the educational breakdown the projection suggests that by 2100, there will be almost no one without formal education and there will be more than 7 billion minds who will have received at least secondary education.

With the great importance of education for improving health, increasing political freedom, and ending poverty this prospect is very encouraging.

Education is the primary driver of improving conditions of life, health needs education to be successful to improve, and political freedom is to progressively expand as truth becomes more expansive.

Nothing advances without education and education needs to be free of influences and controls imposed by vested interests. Education is to be truth founded, this is not how it is throughout any system to be found around the world. While education is based on mind centricity then it cannot be truth orientated as the mind cannot discern truth from falsehood, the mind is addicted to untruth and the mind is a control addicted.

Thus, you now can deduce that all the systems that are institutionalised around the world need to be dismantled and rebuilt.

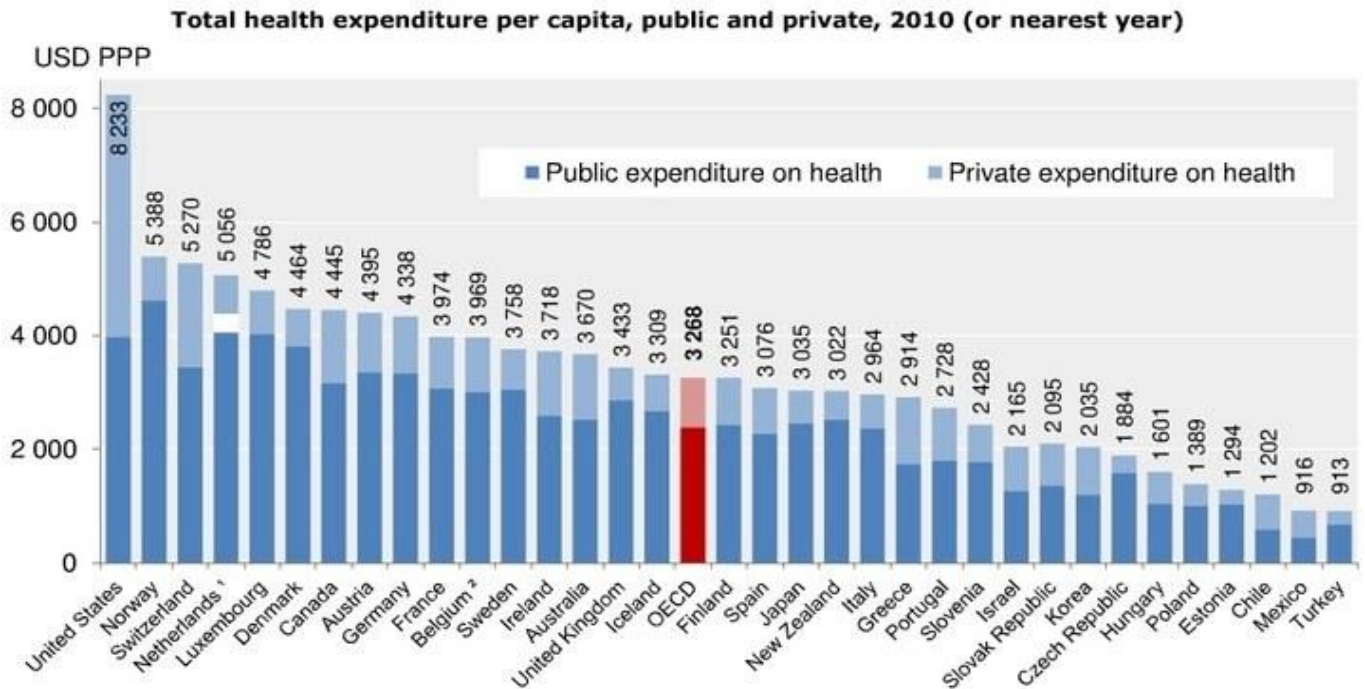


A map of countries with universal healthcare. Red means no universal or free healthcare.

Universal health care: *not a radical idea.*

<input checked="" type="checkbox"/> Australia	<input checked="" type="checkbox"/> Greece	<input checked="" type="checkbox"/> Norway
<input checked="" type="checkbox"/> Austria	<input checked="" type="checkbox"/> Hong Kong	<input checked="" type="checkbox"/> Portugal
<input checked="" type="checkbox"/> Bahrain	<input checked="" type="checkbox"/> Iceland	<input checked="" type="checkbox"/> Singapore
<input checked="" type="checkbox"/> Belgium	<input checked="" type="checkbox"/> Ireland	<input checked="" type="checkbox"/> Slovenia
<input checked="" type="checkbox"/> Brunei	<input checked="" type="checkbox"/> Israel	<input checked="" type="checkbox"/> South Korea
<input checked="" type="checkbox"/> Canada	<input checked="" type="checkbox"/> Italy	<input checked="" type="checkbox"/> Spain
<input checked="" type="checkbox"/> Cyprus	<input checked="" type="checkbox"/> Japan	<input checked="" type="checkbox"/> Sweden
<input checked="" type="checkbox"/> Denmark	<input checked="" type="checkbox"/> Kuwait	<input checked="" type="checkbox"/> Switzerland
<input checked="" type="checkbox"/> Finland	<input checked="" type="checkbox"/> Luxembourg	<input checked="" type="checkbox"/> U.A.E.
<input checked="" type="checkbox"/> France	<input checked="" type="checkbox"/> Netherlands	<input checked="" type="checkbox"/> United Kingdom
<input checked="" type="checkbox"/> Germany	<input checked="" type="checkbox"/> New Zealand	<input checked="" type="checkbox"/> United States

US spends two-and-a-half times the OECD average



1. In the Netherlands, it is not possible to clearly distinguish the public and private share related to investments.

2. Total expenditure excluding investments.

Information on data for Israel: <http://dx.doi.org/10.1787/888932315602>.

Source: OECD Health Data 2012.

In Japan

1. No attempt is made to rely on supply and demand. The cost of services is controlled by the government
2. There is one national insurance plan, not hundreds (each of which changes its fine print regularly).
3. Lawsuits are avoided.
4. The best doctors work in hospitals, where there is greater efficiency than in private practice.
5. It works. A better way to handle health insurance. A better way to keep medical costs reasonable. A better way to be efficient.

Why is Japan's healthcare so much cheaper than America's?

In the US, we're taught in business school that it's OK to price items as high as we can get away with. Sellers are taught that it's up to the consumer, not the seller, to say "no." This is the process of the so-called *Free Market*, based on the theory of supply and demand. However, this model doesn't work for medical care for at least four reasons.

The Free Market

Free Market Principles don't work for the medical industry (which is why so many countries don't depend on them). Why?

1. Consumer demand is "inelastic."

2. There is inadequate *competition*, particularly for pharmaceuticals companies, which modify their drugs slightly at the end of patent expiration so they can start all over again.
3. When costs will be fully covered by *insurance* with no (or very high) limits on costs, suppliers and providers are likely to raise their prices to the limit, especially for unique medicines or treatments.
4. There is too much *marketing pressure* on doctors to buy expensive test equipment and prescribe the latest and most expensive drugs. Unfortunately, many doctors and buyers respond to this attention. It works.

Insurance: *It's also about medical insurance, which drives up costs even further.*

1. Paying for insurance rather than services suppresses consumer resistance to price, since the consumer's only concern is his co-pay.
2. Insurance is supposed to be about pooling risks and sharing costs. In a profit-oriented industry like ours, however, it's about maximizing corporate profits, principally by denying coverage to those likely to need it and selling insurance to those that probably won't.
3. The huge number of confusing insurance policies and inconsistent coverages/deductibles make rational choice next to impossible. Is it an accident that insurance options are confusing? Hardly.

Other factors in the USA

1. The risk of malpractice litigation adds costs (and paperwork)
2. The inefficiency of private practice adds costs

Conclusion

Some industries just don't lend themselves to a 100% free market approach. Imagine a for-profit police force. It would protect and serve only the wealthy and raise rates to astonishing levels in urban areas with crime, drugs, or gangs.

It seems the medical and medical insurance industries are two others unsuitable for pricing through free market principles. Within those industries can be many superb private, for-profit companies; however *the management of those industries should be national and not profit based.*

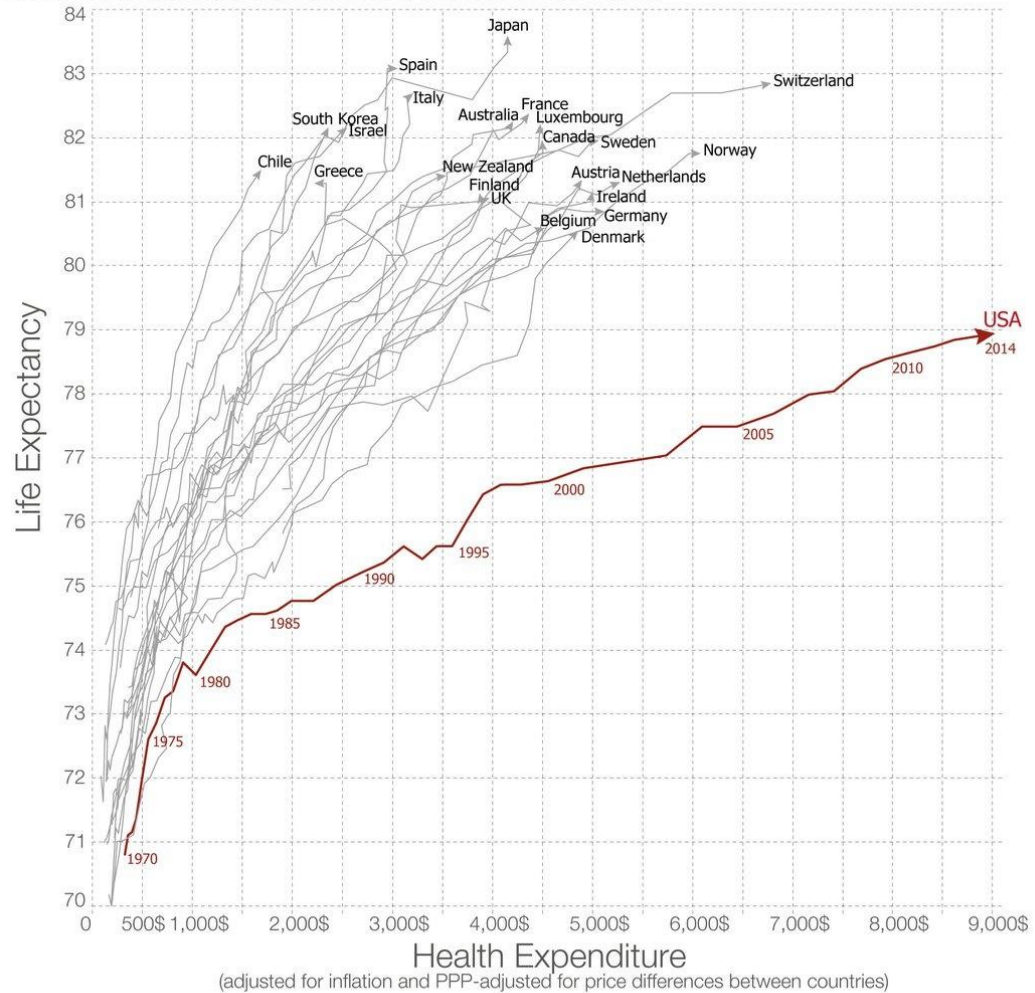
Why does the Japanese healthcare system require a 30% copay and isn't free like every other universal health care system?

Universal healthcare systems are not completely "free." Often times they'll require copays for certain medications and services. The difference is that unlike in the US' private insurance-based system they aren't allowed to get out of control and blatantly price gouge people. They're just another tool to financially manage the system.

The health care system of Japan is not unique, it simply does what it's designed to do, which is to provide adequate and wide-ranging health care at a reasonable cost. Everyone over the age of 21 is required to enrol, even housewives and students. Fees and premiums are based on income and ability to pay. Things like acupuncture and Chinese herbal medicines are covered by insurance and even pregnancy in some but not all prefectures. You can keep your insurance even if you move jobs or are unemployed and cover is not tied to your employer.

Life expectancy vs. health expenditure over time (1970-2014) Our World in Data

Health spending measures the consumption of health care goods and services, including personal health care (curative care, rehabilitative care, long-term care, ancillary services and medical goods) and collective services (prevention and public health services as well as health administration), but excluding spending on investments. Shown is total health expenditure (financed by public and private sources).



Data source: Health expenditure from the OECD; Life expectancy from the World Bank Licensed under CC-BY-SA by the author Max Roser. The interactive data visualization is available at OurWorldinData.org. There you find the raw data and more visualizations on this topic.

Costs and Fees in the Japanese Healthcare System

<https://www.internationalinsurance.com/health/systems/japan.php#:~:text=In%20general%2C%20the%20government%20pays,total%20cost%20of%20medical%20service.>

Japan’s public healthcare system is known as SHI or Social Health Insurance. SHI applies to everyone who is employed full-time with a medium or large company. Approximately 5% is deducted from salaries to pay for SHI, and employers match this cost.

Everyone who does not qualify under SHI receives cover through the Japan National Health Insurance (NHI) plan. Those eligible for the NHI plan are self-employed individuals such as expats and digital nomads. It also extends to those who work for small businesses and unemployed people. The amount you pay into the NHI is based on your income.

In general, the government pays for 70% of healthcare costs associated with medical appointments, hospital visits, and even prescriptions. Patients pay for the remaining 30% of the healthcare costs, which is better than paying for the total cost of medical service. However, this ratio may change in favour of the patient, depending on their income level.

The cost of medical appointments and hospital visits is determined by a government committee that includes physicians among its members. Every two years, fees are adjusted based on the committee's recommendations. This allows the government to respond appropriately to changes in the economy to ensure healthcare remains affordable.

Japan's 47 regions are responsible for implementing the rules, regulations, and fees schedule. They also have the flexibility to establish their local budget to reflect and respond to regional health concerns.

The regional municipalities also administer "nursing care." This service costs an additional 2% contribution required of citizens over 40. This cost covers the expenses associated with long-term care and nursing homes.

Adjusting the schedule fee also prevents physician fraud and over-recommending certain services to claim the associated fee. If the committee determines that particular tests are being over-recommended, it will drop the cost of that test to make it less lucrative to the prescribing physician.

The Differences between Private and Public Care

In Japan, for-profit organizations are not permitted to run hospitals and clinics. By law, Japanese hospitals are considered non-profit. Physicians make governing and administrative decisions in hospitals. Clinics must also be owned and operated by physicians. The for-profit healthcare industry is primarily focused on elective and cosmetic procedures.

Approximately 90% of eligible citizens and residents are enrolled in the public healthcare system. The majority of people also have secondary private health insurance in Japan. In general, private insurance plays a supplementary role, offering additional life and critical illness benefits. It also offsets the cost of other procedures such as orthodontics. The 30% cost which the patients have to shoulder during medical visits can also be covered by private carriers.

Pros and Cons of the Japanese Healthcare System

While physical healthcare standards are superb, Japan is not as progressive in terms of mental healthcare. Practices like isolation or restraints, long discounted as primary treatment tools in other countries, are relatively common in Japan. Accessing mental health treatment remains stigmatised, particularly among women.

Japan also struggles with hospital wait times. The majority of the population does not have a family physician. Instead, they visit specialists directly whenever they feel sick. But patients are unsure where to turn when they suffer from multiple symptoms. Even if their discomfort is minor, they turn to hospitals, where numerous specialists work. As such, doctors and nurses tend to non-urgent cases in hospital emergency rooms.

The issue of wait times and capacity is a serious one. There have been tragic cases of patients who needed urgent care but were turned away by multiple hospitals before finally succumbing to their ailments. Sadly, the issue of wait times and hospital capacity will not change any time soon.

Japanese citizens have the longest life expectancy globally, and the country's healthcare system is constantly looking at ways to serve its large and aging population better. By 2050, 40% of the Japanese people will be over 65 years old. Thus, the government must establish a better healthcare system.

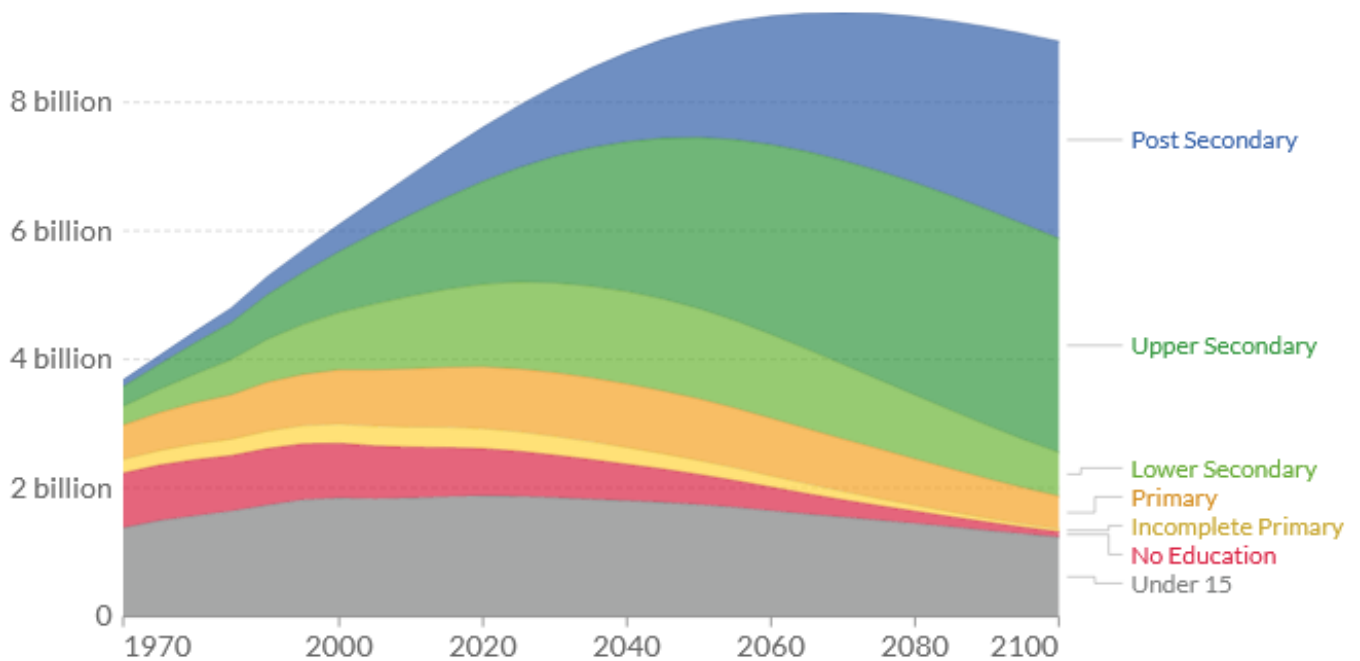
Language barriers are a significant problem for patients who are non-native Japanese speakers. While many hospitals often have English language staff, this is not always the case in Japan.

Projected world population by level of education

This visualization shows the Medium projection by the International Institute for Applied Systems Analysis (IIASA).

The researchers who created this projection describe it as their "middle of the road scenario that can also be seen as the most likely path".

Relative



Source: Global Projection, Medium SSP2 - IIASA (2016)

OurWorldInData.org/future-population-growth • CC BY

▶ 1970 ○ 2100

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

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

Family planning and contraception are not abortion. Abortion is not a contraceptive! However, abortion is the extreme demonstration of interfering with another's will.

All a child needs is its parents' love!

COMMERCIAL IN CONFIDENCE

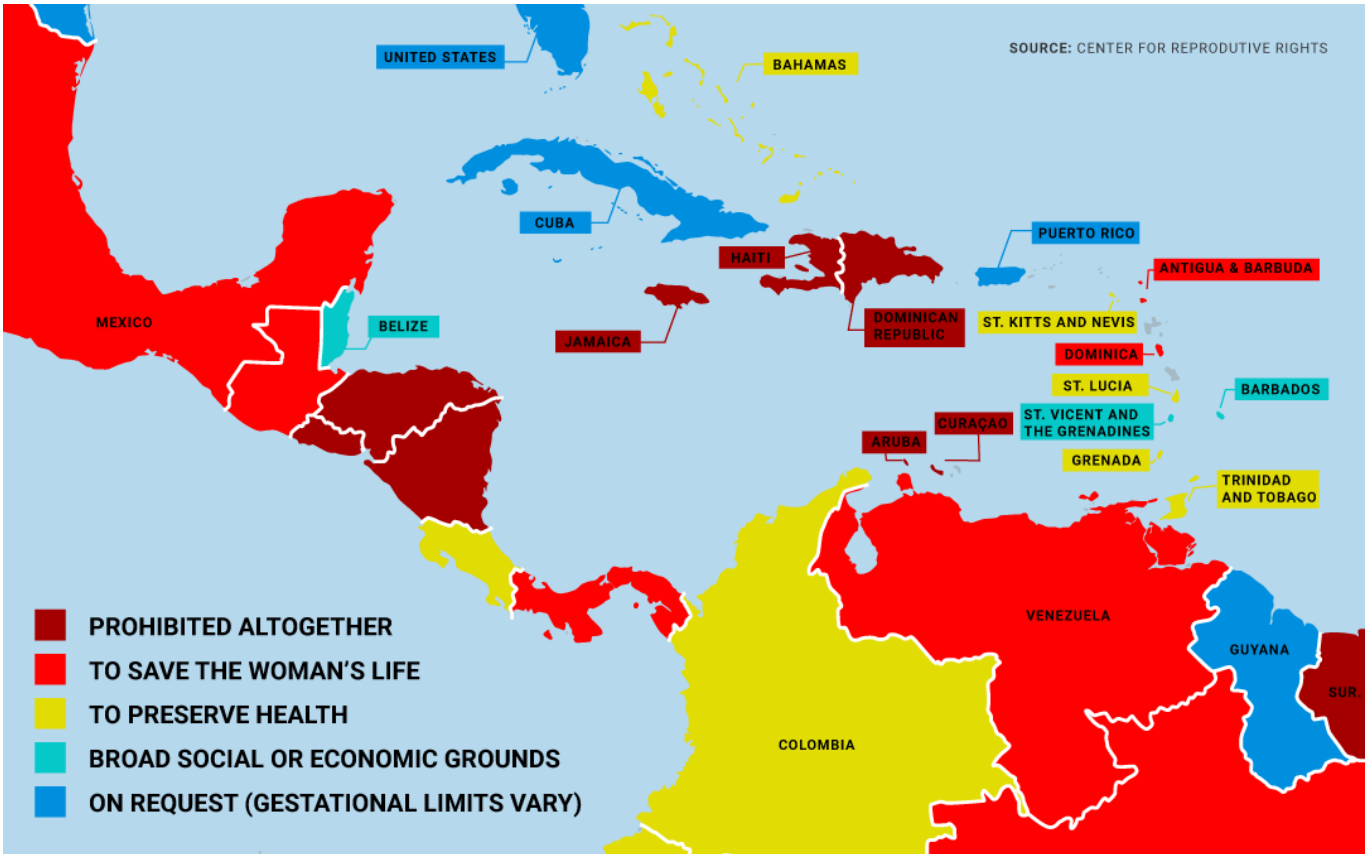
Caribbean Abortion Laws – Comparative Guide

<https://www.globalcitizensolutions.com/caribbean-abortion-laws/>

It is impossible to talk about a single Caribbean abortion law, since legislation in the region is a patchwork of different orientations, mostly leaning towards the conservative side, reflecting the history and religious beliefs of the population. This population is composed by 44 million people, who are nationals of dozens of territories, amongst them 13 sovereign nations.

In global terms, by the end of the 19th century, abortion was legally restricted in almost every country. These laws usually came from the imperial European countries, which imposed the same laws on their colonies, including territories in the Caribbean. Several of these laws have never been updated, contrary to what has been done in the European countries from which they originated. Today, the laws in the region range from the most progressive, allowing abortion on request, in Cuba and Guyana, to total prohibition in Aruba, Curaçao, Dominican Republic, Haiti, Jamaica and Suriname.

Legal status of abortion in the Caribbean



On demand

The only two Caribbean countries in which it is possible for a woman to interrupt a pregnancy on request (which means she doesn't have to give a reason or justify her decision) are Cuba and Guyana. The most progressive legislation is in Cuba, where, since 1965, it is possible to interrupt a pregnancy on request up to the tenth week through the national health system.



Three decades later, in 1995, Guyana passed legislation making abortions legal on request up to the eighth week of pregnancy.

On broad social or economic grounds

In Barbados, Belize, Saint Vincent and Grenadine, abortions are permitted in “broad social or economic grounds”. It can mean that a woman is allowed to interrupt a pregnancy if she doesn’t have economic conditions to raise a child, for example.

To protect the woman’s health

However, the majority of countries in the region have more restrictive abortion laws. In some of them, abortions are permitted to preserve the woman’s health, like Bahamas, Grenada and, in the case of Trinidad and Tobago, Saint Lucia, St Kitts and Nevis, the law includes mental health in its text.

To save the woman’s life

In some other countries, abortions are allowed “to save the woman’s life”. This is the case in Antigua and Barbuda and Dominica.

Prohibited altogether

In seven countries, abortions are prohibited by the law in all cases – even when the pregnancy endangers the woman’s health or life. These are Aruba, Curaçao, Dominican Republic, Haiti, Jamaica and Suriname.

However, it is worth mentioning that regardless of what the Caribbean abortion law says, women who can afford to pay for private abortions frequently have access to the procedure, even in the countries where it is altogether prohibited.

Incidence and trends

According to the Guttmacher Institute, a New York-based research and policy group focused on sexual and reproductive health, the highest annual rate of abortion globally between 2010-2014 was in the Caribbean.

In that period 37% of total pregnancies in the Caribbean ended in abortion, compared to 25% globally, with one in four unsafe.

These figures are not affected directly by the legal status of abortion. For example, the number of unwanted pregnancies that end in abortion in Guyana, where abortion is legal on request, is 47%. In Jamaica and Suriname, where abortion is illegal in any circumstance, a very similar percentage of unwanted pregnancies ended in abortion: 44% in Jamaica and 47% in Suriname.

In Jamaica, an Abortion Policy Review commissioned by the government in 2007 – the most recent figures – stated that “complications of unsafe abortions constitute the eighth leading cause of maternal deaths in Jamaica and the second in the adolescent age group”.

While the country, with a population 2.9 million, still follow abortion laws that were written in 1864, the present practice is quite different. The Caribbean Policy Institute (CAPRI) roughly estimates that upwards of 22,000 pregnancies are aborted annually in Jamaica. Many of these abortions are unsafe and present a high risk of complications or death according to CAPRI.

How Caribbean abortion laws are changing

As we can see, Caribbean abortion law is still very much on the conservative side, but movements to change that have seen advances in the last decades. Public opinion has also been changing, with fewer and fewer people supporting a complete ban on abortion.

A poll in Jamaica, that was part of the policy review of 2007, showed that 58% of Jamaicans supported amending the law to allow abortions in “special cases” (incest, rape, risk to the health or life of the woman).

In Barbados, movements aimed at changing the conservative abortion laws in the country started in the 1970s. After years of debates, in 1983 the parliament approved a new law, the Medical Termination of Pregnancy Act, allowing women throughout the country to access abortion services legally and safely. The law made Barbados the first English-speaking Caribbean country to make abortion broadly legal. It allows the termination of a pregnancy to protect a woman’s life or physical and mental health, for economic and social reasons, in pregnancies resulting from rape, and in cases where the foetus suffers severe abnormalities.

In the 25 years that followed the change in legislation, the maternal mortality ratio in the country plummeted by 53%.

In Guyana, the Congress started discussions and public consultations on abortions and maternal health in 1971. The next few decades were fraught with initiatives and setbacks on the topic, until finally, in 1995, the English-speaking country approved the second most progressive abortion law in the Caribbean, behind only the Cuban law.

In Antigua and Barbuda, changes in abortion law may be happening right now. The Parliament has announced a meeting in July 2022 to discuss changes in the abortion law. The current legislation has been the same since 1895, and at the moment the procedure is illegal, but no one is prosecuted for abortions. In this situation, the main benefits of changing the law will be the reduction of unsafe procedures, as women will be able to interrupt the pregnancy in safe conditions.

The strongest argument used by all campaigners for the legalisation of abortion is that, whatever the law mandates, abortions do happen. In the Caribbean, the prohibition of abortion affects only the less financially secure women, who can’t pay for private procedures. These procedures happen more or less in the open, with doctors and clinics available for those who can pay.

Also, the Caribbean is a region with lots of movement between the countries, so the women who have the resources will simply travel to a different island in search of a specific procedure or even to have an abortion done outside of her own community, in order to avoid stigma.

As we can see in this article, Caribbean abortion laws are many, representing different points of view, and also being enforced differently in each country. In the whole region, there is no lack of debate about how to move forward with this topic in the following years.

Marriage is a man-made institution.

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

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

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

An UNBORN BABY'S 1st HEARTBEAT OCCURS 16 DAYS after CONCEPTION:

A research team funded by the British Heart Foundation (BHF) at the University of Oxford says a baby's first heartbeat is now far earlier than was previously understood. [Dr. Susan Berry](#) 12 Oct 2016

Further research confirms that the heart first starts to beat between 16 to 19 days after conception.

What happens when a child dies? 15 March 2013
Speaking with Mary Magdalene and Jesus, book 1

From the first heartbeat the incarnating person is technically living a physical life, and so if death occurs, it will move into one of the spirit nurseries. If it should 'die' before the first heartbeat, the soul merely 'withdraws', initiating incarnation when the next opportunity arises for its soul-personality. And of course as you know, there is no reincarnation, so when your soul starts you in Creation and you achieve your **first heartbeat**, then you're underway, be it on Earth or in spirit to Paradise, this being your ascension of truth.

As soon as the spirit body separates from the physical connections, there is no longer any pain, this of itself, as you might well imagine, greatly adding to one's good experience. The dying person, be it a child or an adult, has a good experience in death, especially once the pain has gone should there be pain; it's the people they might leave behind on Earth who don't understand this and who are suffering feelings of loss and deep grief, that have the harder time of it.



An unborn child is taken to spirit nurseries to be cared for. And within those nurseries they are looked after through the remaining time of their gestation period; then are 'born' into spirit life; then to carry on growing up as a spirit child of the Mansion Worlds. Many of them, just as with unwanted physical children, are fostered out or adopted by spirits wanting to be parents, this enabling a lot of people (who are now spirits), who for one reason or another couldn't have children on Earth, to have the experience of parenting. Even carrying the child to full term can be simulated so as to give the 'mother' the experience of being pregnant. The 'father' having his experiences as well. And of course lots of people who become spirits love being involved with children and so become spirit parents or simply involved in looking after the infants and young children of the nurseries.

The Heart commences to Beat as early as Day 16 after Conception:

Until now, researchers thought that the first time our heart muscle contracted to beat was at 8 days after conception in mice or around day 21 of a human pregnancy. Now, a team funded by the BHF at the University of Oxford has demonstrated earlier beating of the heart in mouse embryos which, if extrapolated to the human heart, suggests beating as early as **16 days after conception**.

<https://medium.com/british-heart-foundation/when-does-our-heart-first-start-to-beat-36bcba072c1>

MISCARRIAGE and ABORTION

This is a communication from Benjamin John who is John's unborn son having miscarried at twelve weeks into term:

Benjamin John, from within 2nd Celestial Heaven:

Thursday, 18 May 2017

"I am Benjamin, John, although that is not the name my spirit parents gave me. And it was myself coming to you as you have had me on your mind from time to time. I am not part of what is going on with you John, I have my own very separate life to you, however I am a Celestial and Beth and I have occasion to speak together through work that we do. (At twelve weeks into term, Benjamin, as we grew to call him, miscarried, being around April 1975.)

"I came to you, as I have come periodically to you and Carolyn, more of out of curiosity as to what my life might have been like had things been different and were I to be one of your Earth children.

"As it was, I had a very happy upbringing with my spirit parents, we lived on the first Mansion World in one of the big cities and I had four brothers and two sisters and was very artistic, going to what would be the equivalent of art college, where I developed my artistic skills to quite a high degree.

"And that was all before I was introduced to the Divine Love, which I did through you, following it up with Beth as she came to me when I expressed interest in it, which just so happened to be coincidental on one of my periodic visits to you. You were very taken with the Padgett Messages and were involved with AJ (Miller) and Mary Luck (that was from July 2009 until November 2011), and I spent some time with you and them and the other people and spirits involved with them, as there were quite a gathering of spirits who attended all they were doing.

"Beth soon put me straight about the Divine Love and the Healing, and then I embarked upon it, having to do it like we all do, coming to understand that my upbringing was not so different from many on Earth, and possibly even so, had I been your flesh child. My art, I put on hold as I worked continuously on myself, meeting my soulmate, and now we are living in the Second Celestial sphere.

"And from here, we intend moving on, we have no feeling for having anything to do with the physical Earth and all the changes that are soon to take place which Beth and yourself, John, are involved in, no, that's not for us, as my soulmate was also 'Spirit Born', as we call ourselves and those of us who never got born on Earth, as we want to ascend on our journey to Paradise.

"I will come and meet you when you come over and we'll spend time getting to know each other, there will be, no doubt, many questions you will want to ask me about how my life has been and how I've turned out, and I will be more than happy to answer them, but then I will leave you, as it will be for me to move on, as you are to remain – so I understand from Beth – for a time working still with Earth.

"I came to you now for you to know that I am okay, very well in fact, fully in love with my life and my beautiful partner, and that I have no hard feelings about you or Carolyn, or about anything I might have missed out on, now having worked through all such issues through my Healing.

“You might be interested to know that I got ‘married’ as some of us spirits do, and we adopted children of our own, however the relationship failed as I wanted to move on into the Divine Love, and we’ve all gone our separate ways. All of which, again, I have healed and worked through, not unlike how it is for many people on Earth.

“And really I came to say goodbye rather than hello, for I am leaving Earth as you might say, wishing to, as I said, move higher into the Celestial spheres of Nebadon (our local universe – Jesus and Mary Magdalene are co-regents). There are a lot of spirits like myself and my partner who are wanting to move higher to Paradise, we feel a strong pull within us to do so, as you too will feel when your time comes to leave the lower Celestial spheres and start on our spiritual ascent in earnest.

“However as I said, I will descend to spend time with you when you need it, and then our true separation will come, and we’ll see what our Mother and Father has in store for us.

“I will not be coming back to you now that we’ve made contact this way through James. You can think to me and I will acknowledge such thoughts and respond accordingly, but as I said, Satia and myself, Nariko (that’s a good enough approximation James) are, together with our soulgroup, heading Paradiseward. (We each have been named by our Heavenly Parents, these names we adopt when entering the Celestial Heavens. These names could be those given by parents or be soul names.)

“I am looking forward to our time together John, when your time comes and you are ready for my visit, and until then I wish you all the best with your endeavours. You are, as you know, in very good hands with Nanna Beth, as you like to call her, and so I will say goodbye and thank you for your time John. Thank you James.”

Miscarriages are of the consequence of parents’ emotional injuries and errors of belief. As these are continually ‘fire hosed’ upon the newly forming embryo and personality it is little wonder that any newly arriving child survives to be born. Some 50 million miscarriages is an approximation of what unfolds each year worldwide.

We may generally consider that the newly arriving personality is unaware of what is unfolding outside of the womb. This is incorrect. The newly arriving child is totally aware on an emotional basis of all that is taking place with and between its parents, also close family members. We each will go on and recall all of this all the way back to the moment of conception. I, John, feel that I understand the pain and drama of my mother back to about a month before I was born. My mother had been diagnosed with tuberculosis and was to be quarantined for six months. Consequently she had to separate me from her within a week of my birth for six months. I then had three ‘mothers’, Aunt Bell, Aunt Mamie and housemaid Pauline (from Mame’s household). Then when my real mother came home – well envisage my confusion please.

Rejection of a child by its parents is a dreadful and ongoing injury bringing pain endured throughout life.

We each may have observed, from time to time, a child being separated and lost from its parents when in a supermarket or shopping complex. The distress of the child requires great care from those who come to its aid. This is only a momentary event for any child but will take years to have the pain healed if it is allowed to express the pain – otherwise the emotional injury will remain with it.

When a child is rejected by its parent or parents while in the womb, this is fully felt and its abortion is anticipated by the child. It does not matter if the ‘morning after’ pill is involved or at any time up to full term, the rejection by its parents is a long term disaster for the aborted child.

Then we have the missing girl babies. Demographic statistics clearly identify around 60 million girl babies missing in each of India and China. In China, the practice of having a bucket of water available in a birthing room has been the practice in some regions should the baby being born is a girl.

Should a child be aborted or miscarried prior to incarnation which is the moment when the newly formed foetus begins to pump blood, typically at day sixteen (16) after conception, then the personality will withdraw to later find a new host parent pair. Should the incarnation process be achieved, then the individualisation of the personality is complete and the physical experience is fulfilled and the child does not need to return to the physical world should abortion or miscarriage be imposed upon the newly forming foetus and child. The child will then go on to be spirit born, as Benjamin outlined above.

A child in the womb is no different to a child that is already born.

Should a child not be wanted, then every precaution to avoid conception needs be considered. If a child is conceived then it needs to be embraced and loved and be allowed to be born.

The pain we cause another will be fully experienced by those who cause that pain. We each will be put into the position of being the victim. We will each go through the pain, stress and trauma of our victims to the full extent as if we are our victim. This is what compensation entails. We each are personally and fully responsible for all of our actions. There is no avoiding or escaping, even though we may put the inevitable off for some time.

John (me) is extremely blessed and grateful for the communications from his unborn son, Benjamin, as he is also from his brother-in-law, Kevin, his nephew Bradley, first cousin, Raymond, grandmother, Nanna Beth, mother, Marie, and his sister Marjorie. Together they have written more than one million words (equivalent to ten books) all from the spirit Mansion Worlds and mostly from within the three Celestial Heavens. This is the first time in history that such a family group has communicated this way. These writings, being guidance and revelations, are a gift to all of humanity. These writings will be published in multiple languages.

My family have all demonstrated that we are all more alive than ever, when we are dead!

Childhood Suppression is the elephant in the room.

We as parents bring up our children in the only manner that we know – how we were brought up. Thus, for generation after generation we endeavour to clone our children to be ‘little me’s’. We infuse our children with all of our emotional injuries and errors of belief and by the time they are six years old their wonderful pure and pristine personality is now a confused cocktail of three or more personalities, its own personality and of its parents and close family members.

This cocktail produces personalities sometimes calibrating less than 80 on Dr David R Hawkins’ Map of Consciousness (MoC) scale and that is the domain and region of psychopaths. This is the development of adolescent delinquency. This represents a little more than 1% of the population but with the availability

of high powered automatic weapons, this makes such personalities extremely dangerous. The combination of guns and psychopaths is the foundation for mass murder.

Worldwide, 2 out of 3 will experience a miscarriage, further, 2 out of 3 will be involved in an abortion.

Worldwide, more than 1 in 5 women will suffer domestic violence.

Worldwide, more than 1 in 4 children will suffer child abuse. When we consider verbal abuse then it is 100% that children suffer abuse – “don’t be stupid, you are an idiot, etc.”

So, we receive a precious gift of a perfect personality that calibrates near to 1,000 on Dr Hawkins’ Map of Consciousness and only around 55% survive through to birth! Then we see the newly born baby with birth defects and no one tells the parents that they imposed these defects through infusing their own emotional injuries and errors of belief upon the child – all because we as parents have not endeavoured to heal ourselves before bringing the child into this physical world.

Then, we as parents continue our onslaught upon the child totally ignoring its true personality that its Heavenly Mother and Father endowed it with because we as parents ‘know better!’

Apart from cloning our children, we teach it to embrace, if not worship, its mind, suppressing its true and loving feelings. “If you don’t stop crying, I will give you something to cry about!” Consequently, we are all locked in to being unable to grow and evolve beyond 499 on the Map of Consciousness. We cannot even recover our original state, let alone continue on advancing way beyond our original state.

So, as adolescents and teenagers we get bored with stealing cars and taking drugs, with go and fetch some military grade automatic weapons and shoot up a school because I didn’t get given the grades that I should have. The co-conspirator of these crimes are the parents!!!

We now have been shown how to heal our emotional injuries and errors in belief. This commences by striving to live feelings first, having our mind to follow assisting in implementing what our feelings prompt us to embrace. Then by expressing our feelings, both good and bad to a companion, we are commencing our Feeling Healing. We are to long to know the truth of what lies behind our feelings – we will be shown. What enters emotionally must be expressed emotionally. Then should we long for our Heavenly Mother and Father’s Divine Love we are commencing our Soul Healing.

This is the Great U-Turn for humanity.

GREAT
-Turn

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COMMERCIAL IN CONFIDENCE

House of Assembly of Dominica

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

The **House of Assembly** is the legislature of Dominica. It is established by Chapter III of the Constitution of Dominica, and together with the President of Dominica constitutes Dominica's Parliament. The House is unicameral, and consists of twenty-one Representatives, nine senators, and the Attorney General as an *ex officio* member. The Speaker of the House becomes the thirty-second member if chosen from outside the membership of the House.

Representatives are directly elected in single-member constituencies using the simple-majority (or first-past-the-post) system for a term of five years. The Representatives in turn decide whether the senators are to be elected by their vote, or appointed. If appointed, five are chosen by the president with the advice of the Prime Minister and four with the advice of the Leader of the Opposition. The current Senators are appointed.



The Cabinet of Dominica is appointed from members of the House of Assembly. However, no more than three senators may be members of the Cabinet.

Since the election held on 6 December 2022, the Dominica Labour Party holds 19 of the 21 directly elected seats, and independent candidates hold two elected seats. The new House of Assembly included a record ten women.

President **Charles Savarin** has held the mainly ceremonial post of President of Dominica since 2013. President Savarin was re-elected in 2018 to a new five-year term Charles Angelo Savarin is a politician from Dominica who has been President of Dominica since 2013. He is a member of the Dominica Labour Party and served for a time as Minister for National Security,

Immigration, Labour and the Public Service.

President MoC 345
Government MoC 340
Opposition MoC 335

House of Assembly of Dominica

Type	
Type	Unicameral
History	
Founded	1978
Leadership	
Speaker	Joseph Isaac ^[1] since 10 February 2020
Structure	
Seats	32 members

Structure	
Seats	32 members
Political groups	Governing party <ul style="list-style-type: none"> █ Dominica Labour Party (19) █ Government Senators (5) Opposition party <ul style="list-style-type: none"> █ Opposition Senators (4) Independent <ul style="list-style-type: none"> █ Independent (2) Other members <ul style="list-style-type: none"> Attorney General and Speaker (ex-officio) (2)
Elections	
Last election	6 December 2019
Meeting place	
	Roseau
Website	
	www.dominica.gov.dm ↗ houseofassembly.gov.dm ↗

People Prosperity Parameters

- Political Freedom – representative government with consensus making
- Rule of Law – clamp down on corruption
- Economic Freedom

Botswana commenced their growth with 12 kilometres of sealed roads, 100 high school graduates and 22 university graduates. Their gross domestic product grew from US\$1,300 per person to US\$20,000 in a life time. Now it is to freely grow further through:

- Living Feelings First – feelings with the mind following in assistance in contra-distinction to living mind centric
- Feeling Healing – addressing childhood suppression and the underlying causes of all physical issues, ailments and social ills that plague society
- Divine Love with Feeling Healing being Soul Healing
- Such truth is freedom and love

We work for the people – and the people do the rest!

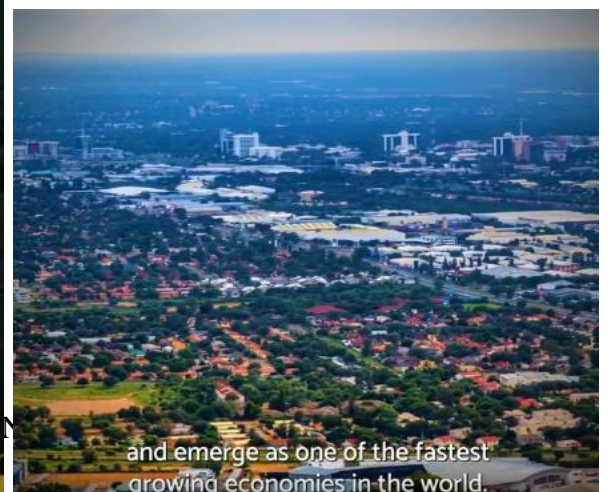
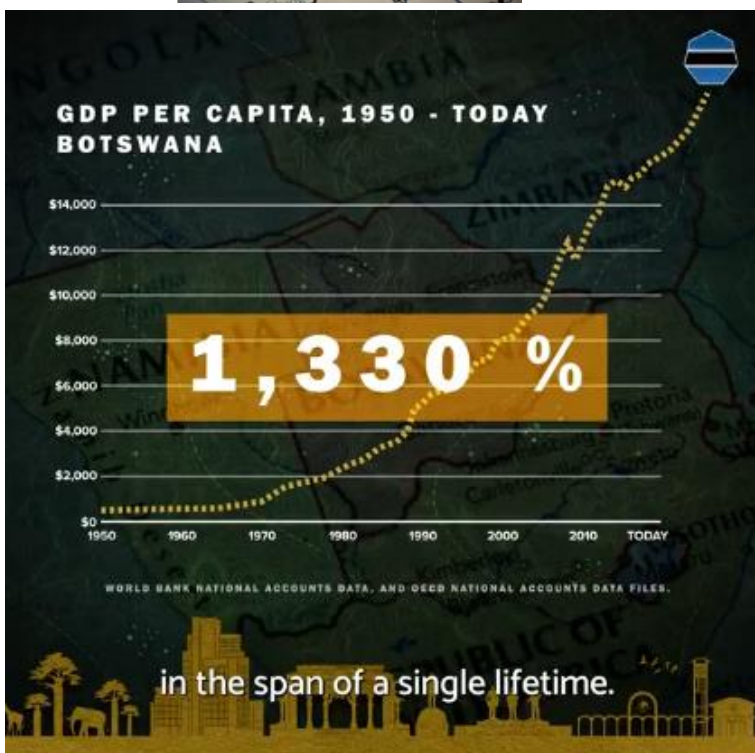


WHY BOTSWANA IS THE RICHEST COUNTRY IN AFRICA

BOTSWANA:

- 12 KM (represented by a car icon)
- 22 (represented by a diploma icon)
- 100 (represented by a graduation cap icon)

and only about 100 that had ever graduated from high school.





<https://freedomhouse.org/country/dominica/freedom-world/2022>

Overview

Dominica is a parliamentary democracy and has been governed by the Dominica Labor Party (DLP) since 2000. While the country is committed to democratic governance and civil liberties are generally upheld, several concerns persist; these include effective management of elections, judicial efficiency, and government corruption—notably relating to the country’s Citizenship by Investment (CBI) program.

FREEDOM IN THE WORLD 2022

Dominica **93**
/100
FREE

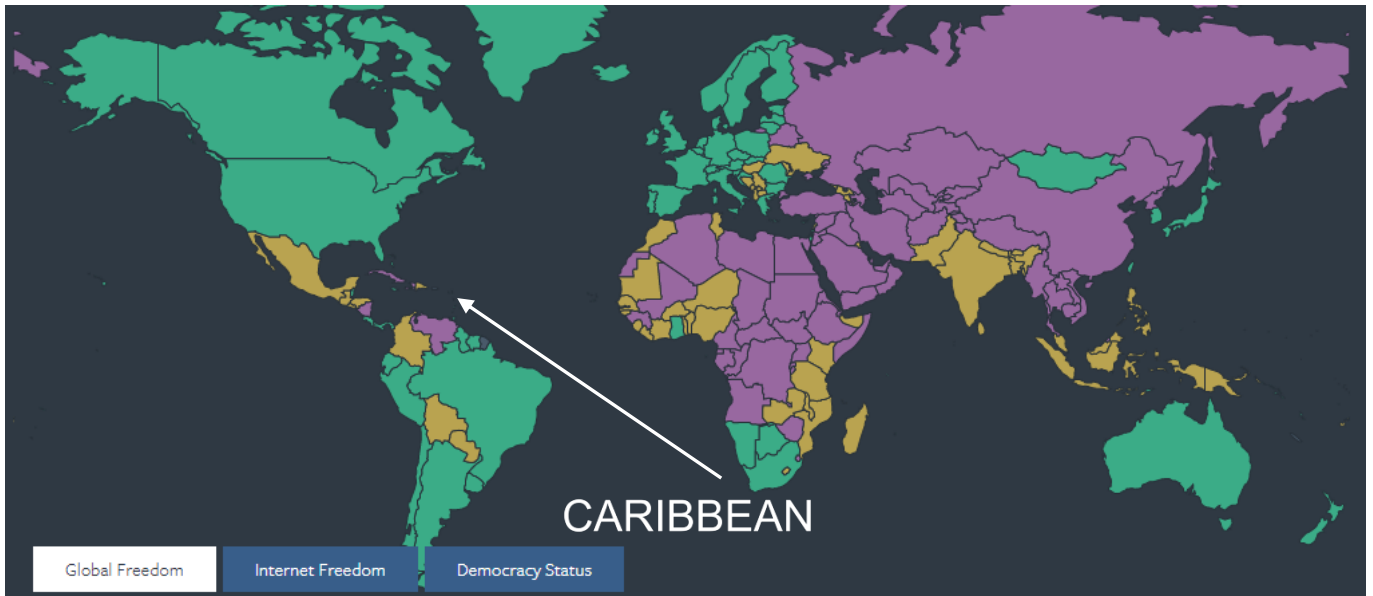
Political Rights	37 /40
Civil Liberties	56 /60

LAST YEAR'S SCORE & STATUS 93 /100 Free

Key Developments in 2021

- In March, the Caribbean Court of Justice (CCJ) ruled that respondents from the ruling DLP must respond to a summons over allegations that they improperly worked to influence voters during the 2014 electoral period. In May, 12 party members pleaded not guilty to the charges.
- In May, an appeals court dismissed a case brought by the opposition United Workers Party (UWP), which argued that the 2019 electoral results in 10 constituencies should be overturned due to fraud and bribery. In December, the CCJ agreed to consider the case and is expected to hear the UWP’s petition in 2022.
- The country’s first COVID-19 death was recorded in August. Some 6,718 cases and 47 deaths were reported to the World Health Organization (WHO) during the year.

Visit the above website for a detailed review.



The State of Democracy

Global Democracy Index rates, by country/territory (2021)*

Full democracies

● 9.00-10.00

● 8.00-8.99

Flawed democracies

● 7.00-7.99

● 6.00-6.99

Hybrid regimes

● 5.00-5.99

● 4.00-4.99

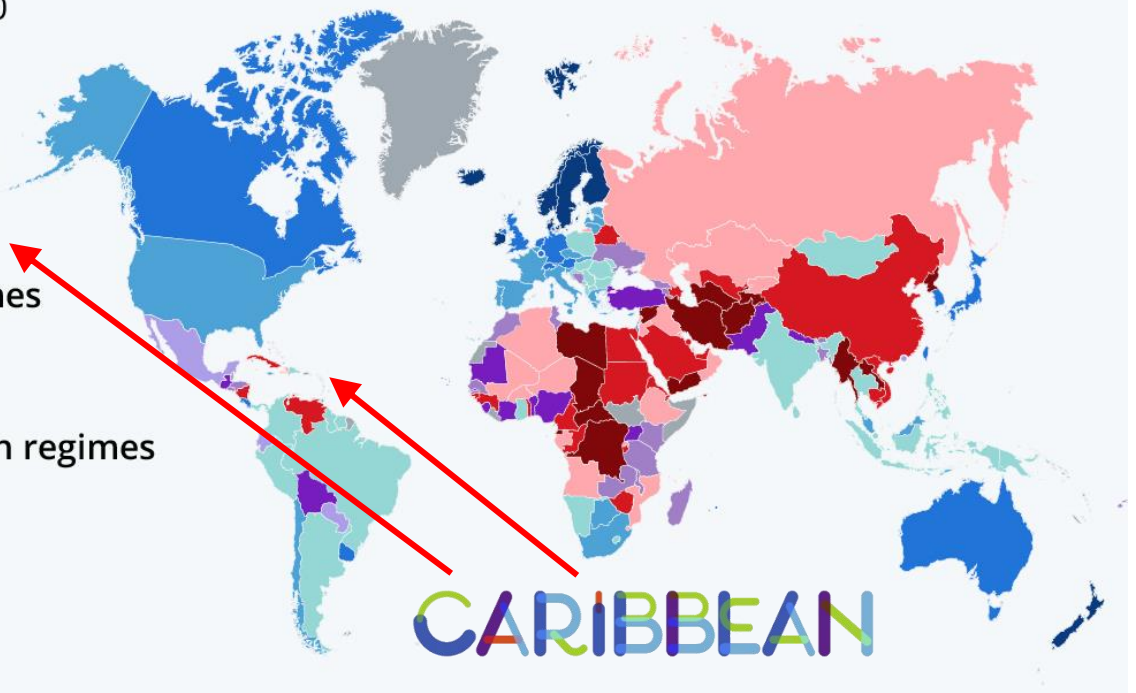
Authoritarian regimes

● 3.00-3.99

● 2.00-2.99

● 0-1.99

● No data



* takes into account electoral process and pluralism, civil liberties, the functioning of government, political participation and political culture

Source: The Economist Intelligence Unit



Year 2021

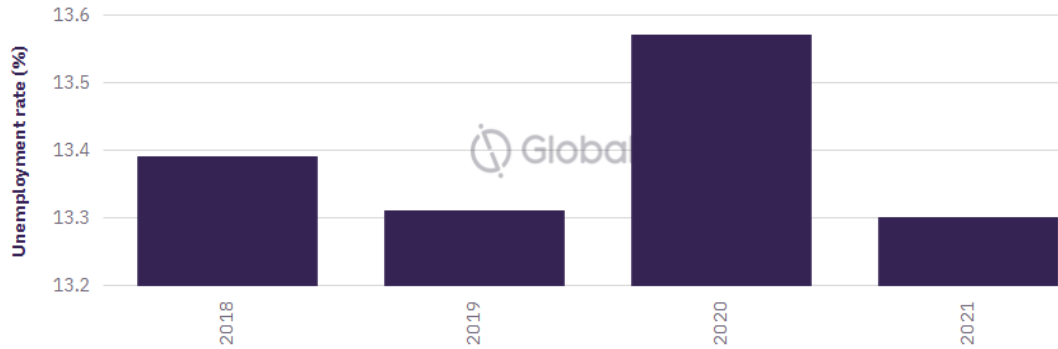
Type of regime ⇅	Score ⇅	Countries		Proportion of World population (%) ⇅
		Number ⇅	(%) ⇅	
Full democracies	9.01–10.00	21	12.6%	6.4%
	8.01–9.00			
Flawed democracies	7.01–8.00	53	31.7%	39.3%
	6.01–7.00			
Hybrid regimes	5.01–6.00	34	20.4%	17.2%
	4.01–5.00			
Authoritarian regimes	3.01–4.00	59	35.3%	37.1%
	0–3.00			

COMMERCIAL IN CONFIDENCE

Unemployment in Dominica and Caribbean



The Unemployment rate of Dominica



Employment conditions in Dominica are unequal, with an unemployment rate of 11.1% for men and 17.6% for women. Unemployment among the poor was 25.9%; female unemployment among the poor (33.9%) was higher than for men (20%).

In 2009, 86% of the 32,093 people in the job market were employed and 14% unemployed. In 2008, the general literacy rate in Dominica was 86%, the highest level of illiteracy was among people aged 60 and older. Dominica’s literacy rate is now reported at 94%.



Organisation of Eastern Caribbean States



One Community · Growing Together

<https://dominicanewsonline.com/news/homepage/news/general/dominica-has-third-highest-unemployment-rate-in-caribbean/>

20 May 2016 – Joblessness continues to be a big problem in several Caribbean nations. In the Caribbean, youth unemployment rates are among the highest in the world, a recent Caribbean Development Bank report showed. Here are ten Caribbean nations with the highest unemployment rates overall according to latest data:

1: Grenada

Grenada has the highest unemployment rate in the Caribbean region. Data as of 2014 shows that Grenada has an unemployment rate of 28.9% the government of Grenada says. This marked a drop from 32.5% in 2013. Youth unemployment is over 50%.

2: St. Lucia

Coming in at second on the list of Caribbean nations with the most unemployed is St. Lucia which according to latest data has an unemployment rate of almost 25%. Unemployment in Saint Lucia rose by 8% during the 2008-2014 period, and joblessness among young people aged 15 to 24 rose by 15%.

3: Dominica

Dominica has an unemployment rate of 23% according to latest data available with young people between the ages 15-24 especially impacted. The rate of unemployment for poor households is 40% while non-poor households' rate of unemployment is 16%.

4: St. Vincent and the Grenadines

St. Vincent and the Grenadines has an unemployment rate of 18.80% according to latest data. In St. Vincent and the Grenadines, one in four young people between 18 and 29 years is unemployed.

5: Jamaica

Jamaica ranks in the fifth spot on the Caribbean nations with the most unemployed. The unemployment rate for youth is considerably higher at 30.3%, and the average unemployment rate for women is double that for men: 18.5% versus 9.3%, according to the World Bank.

6: The Bahamas

The Bahamas' unemployment rate stood at 16.2% according to the Bahamas Department of Statistics for 2014, released this year. That's 31,665 people unemployed and most are women than men.

7: Dominican Republic

The Dominican Republic has an unemployment rate of 14.9% as of 2015 with more women being among the jobless. Youth unemployment is in excess of 31%.

8: Belize

Belize came in the ninth on the list with an unemployment rate of 14.2% as of 2013, the Statistical Institute of Belize says. Most of the unemployed on the island are women.

9: Puerto Rico

Latest data available as of 2013 shows Puerto Rico's unemployment rate at 11.70% with men and young people between the ages 15-24 especially among the jobless.

10: Guyana

Guyana rounds out the top 10 with an unemployment rate put at 11.10% as of 2013 that includes a whopping 40% of youth unemployment.

Prakash Loungani and Zidong An, writing in the blog: "Unemployment: Troubles Ahead for Emerging Markets" recently offered some much needed advise to governments. They noted that "restoring the health of labour markets in the Latin America and Caribbean region will require a return to stronger growth as well as more targeted measures to tackle barriers in the creation of private sector jobs, which may vary from country to country."

“In particular,” they added. “It would be useful to provide assistance for job seekers through a mix of placement services, retraining and—in some instances—subsidies to encourage formal sector employment.”

<https://www.oecs.org/en/oecs-yes-blog/146-dark-cloud-of-youth-unemployment>

The majority of us want to live comfortably, be successful and live our own dreams. However, there are several external factors that affect the youth today such as poverty, crime, lack of educational opportunities within a territory, unemployment, one's own mind-set and the list goes on. I believe that the Caribbean region possesses a talented pool of individuals. With the right resources and opportunities available, these individuals would be able to invest in themselves.

They would be able to see themselves as a valuable product to the region and the wider world. With this positive vision, persons will be motivated to achieve, however the external factors listed above have clouded the youth's vision. Some may even allow these clouds to rain on every strategy or plan they may come up with. How can the youth stay motivated? What can each territory within the OECS do to encourage the youth?

Statistics within the Caribbean region in relation to unemployment have affected the youth in several ways. According to data from the study, *Youth are our Future: The imperative of Youth Employment for Sustainable Development (2015)*, commissioned by the Caribbean Development Bank stated that “Youth unemployment rates in the Caribbean are among the highest in the world. Nearly 1 in every 4 young people in the Caribbean is unemployed, compared to 2 in every 25 adults. Unemployment among young women is more than 30 %, compared to 20% for young men.”

The CARICOM Commission on Youth Development (2010) report states that “Youth unemployment in the Caribbean is high, gendered and dangerous to social stability. More than a quarter of the Region's unemployed is between 25 and 34 years of age, including graduates of secondary and tertiary institutions. College graduates resent the fact that they are asked for 3 to 5 five years' experience to qualify for a professional job (USAID, 2008). Females, despite their increased presence in the labour force, have higher unemployment rates, encounter greater barriers to entering the workforce, earn lower wages, and perform a higher proportion of insecure, vulnerable and unpaid jobs than their male counterparts. (UNECLAC, 2005).” Due to these challenges, the youth may decide to go abroad in search for employment. According to the World Bank (2008), the Caribbean region loses an excess number of professionals, students, technicians, youth to developed countries such as North America, UK, Holland and other developed countries around the world. This occurs each year primarily in back-and-forth migratory patterns.

To help combat unemployment, more career based Internships could be implemented. This would not only provide an opportunity for youth but also necessary work experience would be earned. Apprenticeship / career training programs could be implemented as well. Moreover, these internships / programs give employers an opportunity to scout future employees.

In addition, mentorships and career counselling could help motivate and change certain mind-sets within the Caribbean youth. We as human-beings can help and encourage one another to excel through these programmes.

Without change, the region cannot move forward. Firstly, policies to assist youth employment will need to be altered / changed because high youth unemployment rates are a growing issue within the region.

Policies could include a curriculum of how to be in the workforce based on the subject taught could be implemented. E.g. For science subject, teaching students how to behave, proper time management, etc. in a lab / hospital. Also, accessible tertiary education – governments could pay tuition fees in order to help out its citizens. By doing this, persons become more qualified and marketable in a country.

Businesses / employers could provide solutions by linking with schools / youth to develop skills. Entrepreneurs could come during certain periods as guest lecturers to help educate the youth. They could provide various exercises such as personality tests, mock work interviews, maintaining certain composure due to specific situations at work, etc. In addition, the International Labour Organization (2012) stated that, strengthening the link between the education system and the labour market is essential because the youth would be better equipped for the workforce. They suggested ideas such as improved access to vocational training, on-the-job training programmes, soft skills training, combination of in-classroom and workplace training and better apprenticeships.

Also, according to the following statistics from the World Bank Report (2007), *School and Work: Does the Eastern Caribbean Education System Adequately Prepare Youth for the Global Economy*:

1. **“79% of GDP is produced by the service economy in the countries of the Organisation of Eastern Caribbean States (OECS).** This signals the importance of training people to work in this crucial sector of the economy.”
2. **“79% of expected new jobs in St. Kitts and Nevis in 2006 were in the tourism sector.** The training and education systems need to groom school leavers and unemployed youth to fill these vacancies.”
3. **“41% of business firms in Grenada rate workers with lack of skills and education as a severe obstacle to their competitiveness;** an indication that the education and training systems are not grooming school leavers and the unemployed for the available jobs.”
4. **“48% of business firms provide training to their employees in Grenada,** suggesting that the incidence of job training and further education of the OECS labour force is low by comparison to international data.”

However, there are certain programmes and policies in the region. Caribbean Development Bank (2015) stated that USAID’s A Ganar Programme is established in Caribbean countries such as Jamaica, St. Vincent & the Grenadines, Dominica and Suriname. Such a programme builds life and employability skills through sports. Also, Youth Business Trusts occur within the region. They provide finance and mentoring services to young entrepreneurs. Jamaica, St. Lucia, Antigua & Barbuda, Dominica, Barbados, Belize, Guyana and Trinidad has this programme.

Caribbean Development Bank (2015) suggested policies in response to youth unemployment. These included, remedial employment training / re-training seminars, minimum wages and employment protection in Caribbean, activation measures and active labour market policies such as employment subsidies (“tax benefits that encourage firms to employ more workers”), training schemes such as technical and vocational, etc.

In conclusion, yes, the unemployment rates in the Caribbean region are high. However, it is up to each country to invest in their own human capital. Countries have provided workshops, specific programmes but is it enough? We are educating and training our youth but not providing a plethora of job

opportunities in every sector. Most countries in the Caribbean rely on the tourism sector for economic growth. The youth end up filling those jobs because they are available, but is the region producing and promoting square pegs in round holes? Others go abroad to follow their dreams thus contributing to brain-drain because their own country does not provide enough. WE in the Caribbean region have a melting pot of rich talents that need to be used within OUR region.

In modern Caribbean society, it is evident that the youth are pioneers of the future. Therefore, it is essential to promote regional integration so that we as ONE nation could encourage SOLIDARITY, UNITY and CHANGE. What do you think needs to be done to solve our unemployment crisis? What can you do to promote change? Let us UNITE to create remedies for this unemployment epidemic the youth is facing. The CHANGE begins with YOU! It is only through collaboration that the dark cloud of unemployment, will give way to sunshine.

Literacy throughout the Caribbean:

<https://worldpopulationreview.com/country-rankings/literacy-rate-by-country>

Country	Literacy (%)	Year
Cuba	100	2015
Barbados	100	2014
Antigua and Barbuda	99	2015
Trinidad and Tobago	99	2015
Cayman Islands	99	2007
Grenada	99	2014
Costa Rica	98	2018
Panama	95	2015
Dominica Commonwealth	94	2003
Dominican Republic	94	2016
Puerto Rico	92	2017
Saint Lucia	90	2001
Jamaica	89	2015
El Salvador	89	2017
Honduras	87	2016
Nicaragua	83	2015
Guatemala	82	2015
Haiti	62	2016

The LEADING ISSUE is that CHILDREN ARE NOT PRIORITISED:

‘I had a pretty good upbringing’ in comparison to other people!

- Parents have NO understanding of Love.
- Parents have NO understanding of Law of Free Will.
- Parents have NO understanding of blocking emotions.
- Parents have NO understanding of causal / core emotions.



The elephant in the room is Childhood Suppression. It is through Childhood Suppression that we, as parents, impose upon our children all of our emotional injuries and errors of belief, thus perpetrating the stagnation of humanity from one generation to the next. It is only through our personal Feeling Healing that we can start to mitigate this cycle and slowly alleviate each of the social issues that every nation demonstrates.

OUR FORMING YEARS are MOST DYNAMIC and TRAUMATIC:

Age-group	Age
Gestation	conception to birth
Newborn	0 days to 1 month
Infant	1 month to 1 year
Toddler	1 to 3 years
Preschool	3 to 6 years
School age child	6 to 12 years
Adolescent	12 to 18 years

Our childhood formative years are from conception through to age of 6 years. Commencing at conception, we begin to take on all of the injuries and errors of belief of our parents and carers. We capitulate to adopting the ‘personality’ that our physical parents impose upon us, to the detriment of our true personality.

POTENTIAL to BENEFIT your CHILD through our own FEELING HEALING:

This steps down each seven years as the child matures



From conception to age 6 or 7

From 8 to age 14

From 15 to age 21

From 22 to age 28

As we heal, we directly heal our children similarly.

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

INFLATION

Money is talked about as a constant and that everything else is not. A loaf of bread is constant and so is an apple – money is not, it is printed at the whim of those who own the printing presses.



When I was a young adult, 2 cents could buy what \$1 is needed to pay for today. Inflation (printing of extra money) has reduced the buying power by 98%. Examples:



An imperial gallon of petrol used to cost 20 cents. That is 4.546 litres, a litre of petrol costs AU\$2.20 today and that equates to AU\$10 a gallon. That is a fifty fold diminishment of purchasing power.

A typical packet of 20 cigarettes will now set you back on average around AUD \$40 (£22 / US \$30), which is a hell of a lot of money if you burn through darts like a chimney. A packet of 20 Ardath cigarettes was 20 cents.

A single scoop ice cream in the cone is now AU\$2.79 (Baskin Robbins). As a single scoop was 5 cents then four for 20 cents costs more than AU\$10.

The Sunday papers were 5 cents each and stacked with comics and weekend sport. Now they are around AU\$3.00 each, so four is now more than AU\$10.

We have experienced a 98% drop in the purchasing power of our dollar and we are about to experience a further 98% drop in purchasing power.

Imagine paying AU\$500 for a gallon of petrol!!!

As of a consequence to major disruptions to supply chains around the world due to excessive demand by consumers and Covid-19 and now the Ukraine invasion by Russia, the printing presses of the world have printed a mountain of money for a smaller supply of goods and the consequence is inflation.

COMMERCIAL IN CONFIDENCE

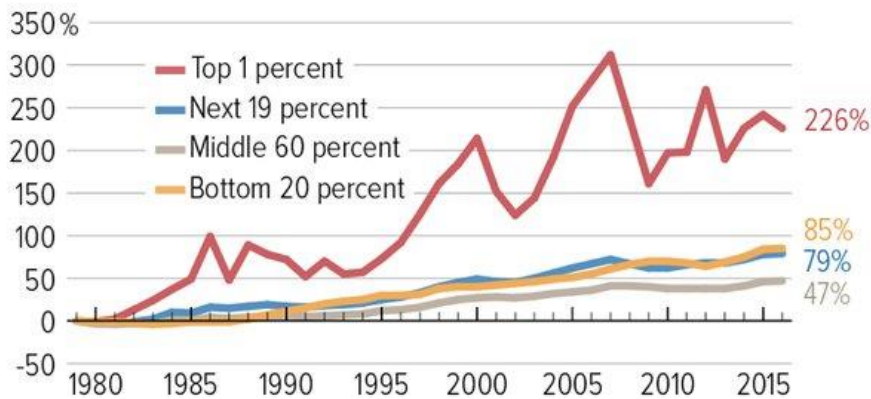
Authorities tell us to look up there whereas we need to look not only at our governments BUT the major corporations that are the dominant price gougers. You will find the chain becomes very small, all leads back to a few very obscure and secretive families.



The era of very, very low inflation has ended. Headline inflation in Europe is 7.4% and core inflation 3.5%, way above the ECB's target of 2%. Hong Kong – As inflation soars around the world, the world's second-largest economy has kept it at bay. Consumer prices in China increased just 1.5% in March from a year earlier. The USA Consumer Price Index increased 8.5% for the year ended March 2022, following a rise of 7.9% from February 2021 to February 2022.

Income Gains at the Top Dwarf Those of Low- and Middle-Income Households

Percent change in income after transfers and taxes since 1979



Dominica increases Geothermal Energy Capabilities to Reach Climate Resiliency Goals

<https://www.globenewswire.com/en/news-release/2022/06/08/2458957/0/en/Dominica-increases-Geothermal-Energy-Capabilities-to-Reach-Climate-Resiliency-Goals.html#:~:text=The%20hotter%20the%20resource%2C%20the,location%20to%20manifest%20geothermal%20energy.>

8 June 2022

Roseau, June 08, 2022 (GLOBE NEWSWIRE) -- As part of the Commonwealth of Dominica's aims to become the first climate-resilient country in the world by 2030, as announced by President Roosevelt Skerrit following the devastation ravaged on the island nation by Hurricane Maria in 2017, the nation is actively investing in sustainable development projects. These include developing and enhancing its renewable energy capabilities, as well as sustainable housing, healthcare and educational facilities.

The Commonwealth of Dominica already obtains 28% of its energy requirements from renewable energy sources such as hydropower and wind. However, it currently has a small power system that relies heavily on diesel to produce electricity. The average price of electricity on the island is amongst the highest in the world, close to US \$0.33/kWh and customers are exposed to the volatility of international oil prices.

In March 2019, the World Bank approved a US\$27 million project to support the construction of a 7MW small geothermal power plant in the Rosseau Valley area of Dominica, which aims to increase the share of renewables, diversify the country's energy matrix, and identify a clear road map for private sector investment in geothermal development.

Geothermal power plants essentially work the same as coal or nuclear power plant, the main difference being the heat source. With geothermal, the Earth's heat replaces the boiler of a coal plant or the reactor of a nuclear plant. The hotter the resource, the less fluid needs to flow from the ground to take advantage of it, and the more useful it is. Brimming with hot springs, geysers, and volcanic activity where the Earth is particularly hot just below the surface, Dominica is the perfect location to manifest geothermal energy.

"The Geothermal Power Plant shows Dominica's commitment toward resilience. Projects like the geothermal plant are putting the Nature Isle ahead of the world in combatting climate change while relieving the nation of its reliance on imported fossil fuels," said Micha Rose Emmett, CEO of the world's leading government advisory and marketing firm, CS Global Partners

The Geothermal Risk Mitigation Project will significantly lower electricity costs in Dominica and increase the share of renewable energy in the country's energy mix from 25% to 51%, reducing greenhouse gas (GHG) emissions by 38,223 tons of CO² per year.

The Dominica Geothermal Development Company Ltd (DGDC) is implementing the project and is financed by a US \$17.2 million credit from the International Development Association (IDA), US \$9.95 million from the Clean Technology Fund (CTF), as well as grants from the UK's Department for International Development – US \$10 million from DFID and US \$2 million from the SIDS DOCK Initiative – and technical assistance from the Government of New Zealand and the Agence Française de Développement. Economic Diversification Fund proceeds from the country's Citizenship by Investment (CBI) Programme are also providing part of the funding.

The DGDC has decided to build a **binary cycle power plant**, which whilst more costly than alternative geothermal plant models, is the most environmentally friendly and accordingly, the long-term benefits accrued by not causing pollution, far outweigh the additional cost.

Work on the geothermal plant is well underway, and in February 2021, the Government signed a US \$12.5 million contract with an Iceland-based company to drill two wells. Dr Vince Henderson- the Parliamentary Representative for the Grand Bay Constituency and Minister for Planning, Economic Development, Climate Resilience, Sustainable Development, and Renewable Energy of Dominica recently visited the site to observe the progress of the project and confirmed that the completion of the geothermal project is to take around 18 months, with the plant expected to be operational by the end of 2023.

The geothermal plant will have a substantial and positive impact on the island's national advancement and the lives of its citizens. In addition to the creation of local jobs related to the construction and maintenance of the plant, the Government is hoping to use the energy generated to power 23,000 homes with clean geothermal energy, which represents approximately 90% of Dominica's entire population. It will also **provide electricity** to the French islands of **Guadeloupe and Martinique**, which in turn will encourage foreign exchange.

About Dominica's Citizenship by Investment Programme

Though small in size, Dominica is considered the best second citizenship to invest in, according to an independent study by the Financial Times' PWM publication, which particularly highlighted the programme's stringent due diligence, efficient times and affordability. After applicants pass the due diligence checks, citizenship hopefuls then choose to either invest in real estate or contribute to a government fund. The latter is known as the Economic Diversification Fund (EDF), and it sponsors public and private sectors in Dominica that need financial support or have economic potential, such as the Geothermal Risk Mitigation Project.

Each eligible person to become a citizen of Dominica adds at least USD 100,000 to the EDF. If they apply jointly as a family, which is possible under Dominica's Citizenship by Investment Programme, these contributions amount to USD 200,000 for a family of four and another USD 25,000 for any additional dependents. Ultimately, the money goes towards modernising the local infrastructure, schools, and hospitals, and even towards developing thriving industries like tourism and IT.

Successful applicants, often within three months, attain the rights that come with Dominican citizenship, like travel to over 75% of the world, including key business hubs like China and increased business prospects and the ability to pass citizenship on for generations to come.

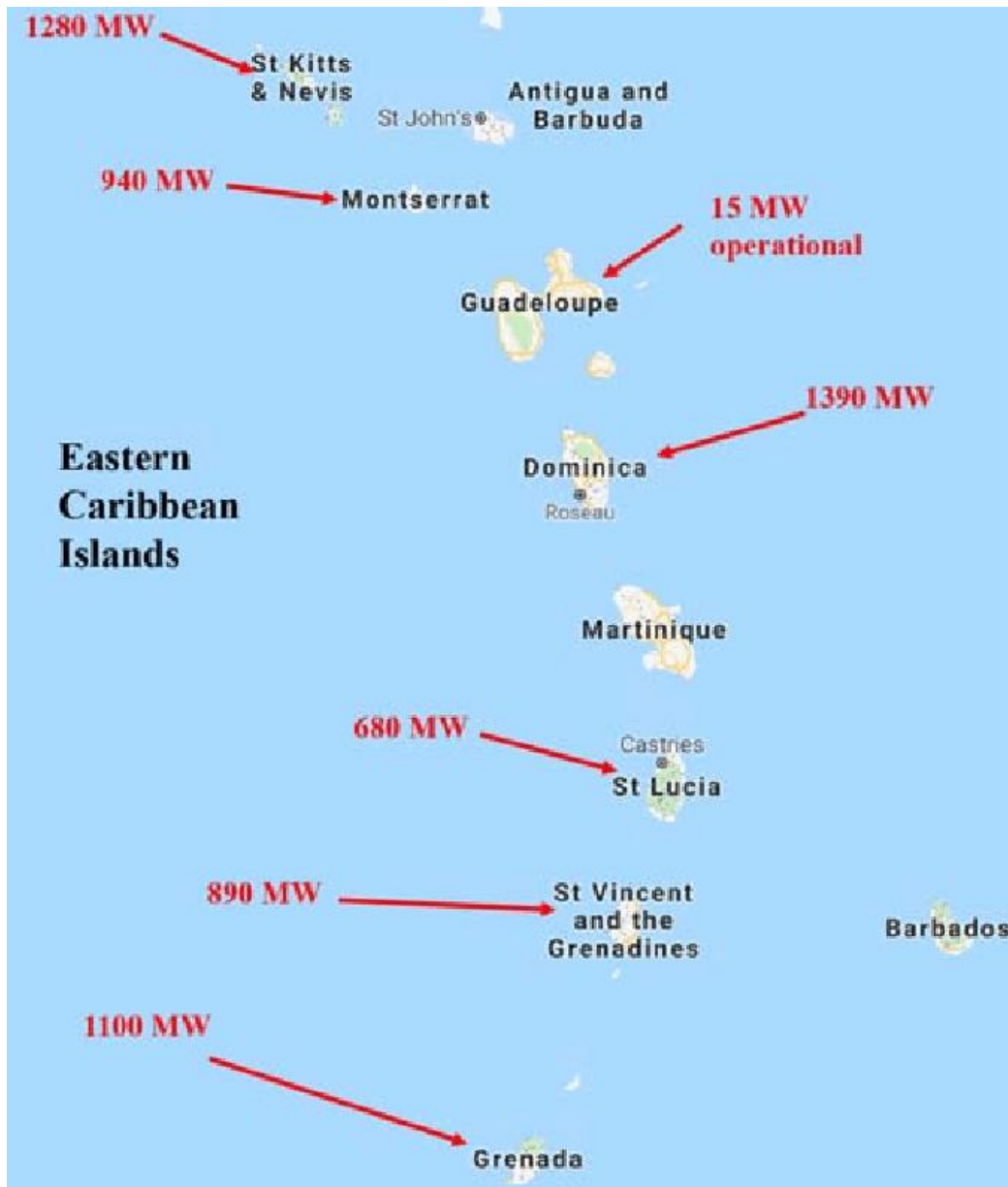
Considering the flow of foreign investment through programmes like citizenship by investment, Dominica is prepared to set long-term goals that exceed sustainability expectations on a global scale.

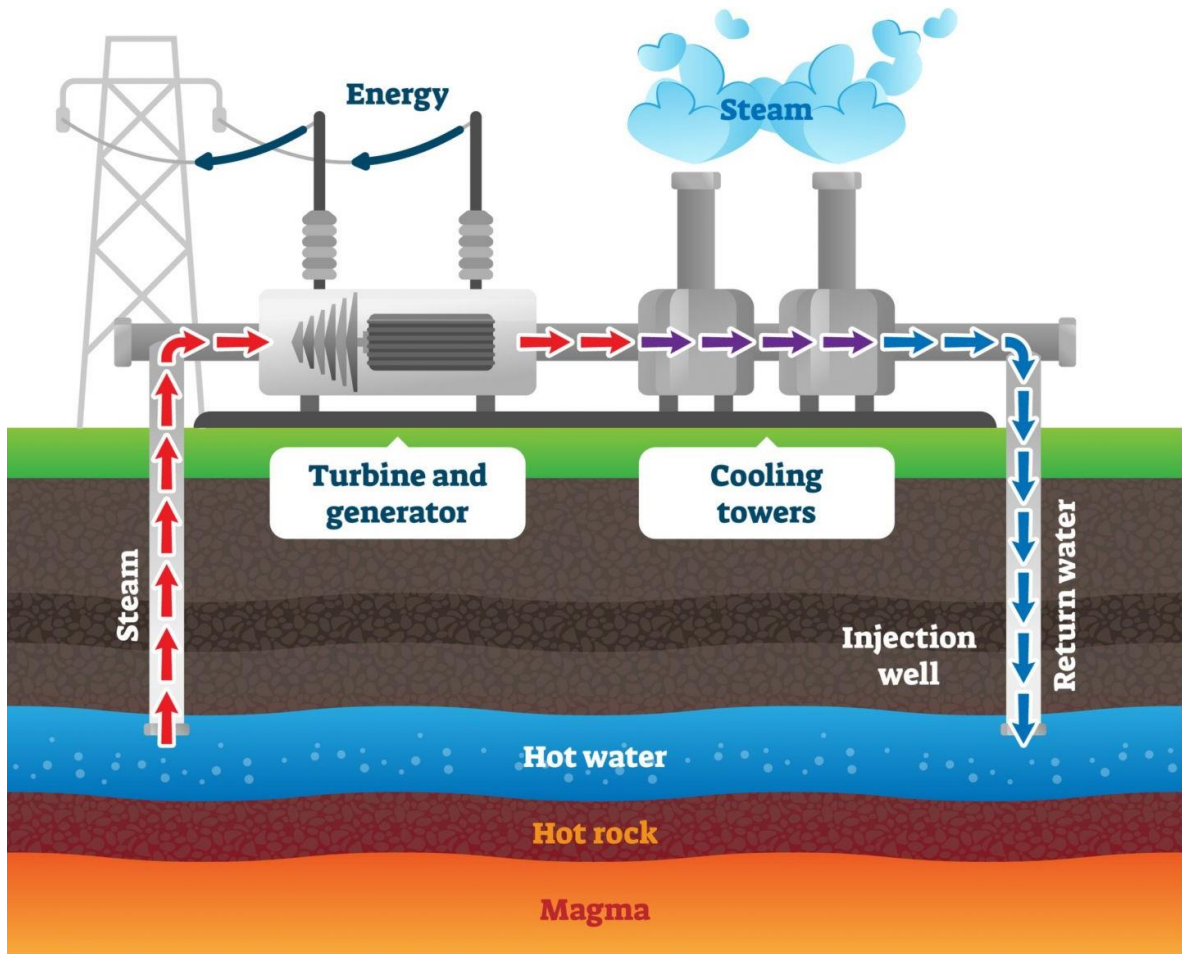
The government of Dominica has allocated a part of the revenue generated from the Citizenship by Investment Programme to fulfil the United Nation's Sustainable Development Goals by 2030, which include improving marine life, forest management, and youth and women-led grassroots movements for better land stewardship. Additionally, Citizenship by Investment funds have provided a much-needed lifeline in rebuilding, focusing on housing through Dominica's 'housing revolution'. The project aims to build over **5,000 hurricane-proof homes** across the island for displaced families.

Accordingly, those applicants who pass the vetting process and are allowed to invest can rest assured that their contribution is channelled towards the betterment of their new home country and the lives of their fellow citizens.

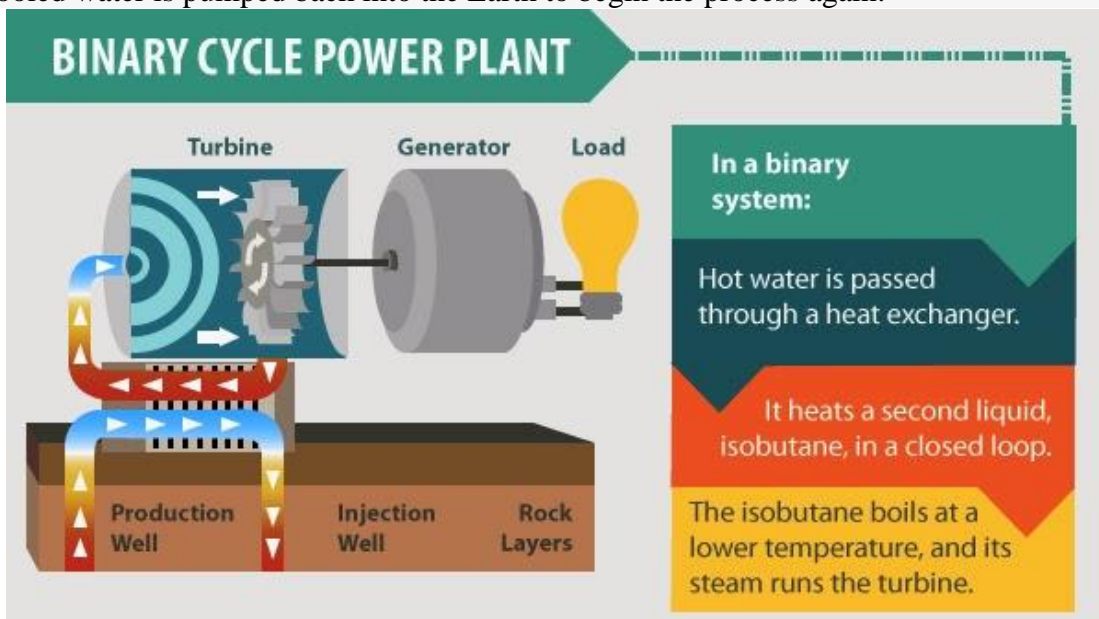
PR Dominica
Commonwealth of Dominica
001 (767) 266 3919
cbiusecretary@dominica.gov.dm

Exploitable potential geothermal energy for ECIs of interest



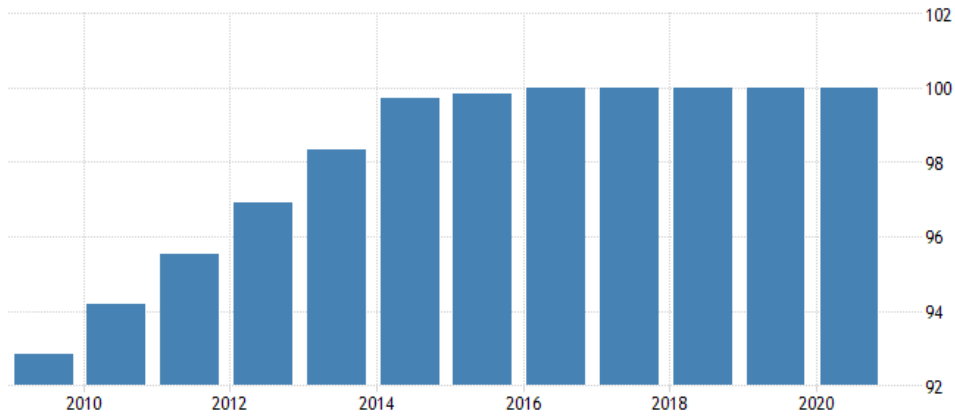


1. Hot water is pumped from deep underground through a well under high pressure.
2. When the water reaches the surface, the pressure is dropped, which causes the water to turn into steam.
3. The steam spins a turbine, which is connected to a generator that produces electricity.
4. The steam cools off in a cooling tower and condenses back to water.
5. The cooled water is pumped back into the Earth to begin the process again.



Electrification rate in Caribbean OECS

Access to electricity (% of population) in Dominica was reported at 100 % in 2020, according to the World Bank collection of development indicators, compiled from officially recognized sources.



CARIBBEAN OECS electrification rate:

Antigua and Barbuda	100.0%
Dominica	100.0%
Grenada	93.6%
Saint Kitts and Nevis	100.0%
St. Lucia, and	99.5%
St. Vincent and the Grenadines	100.0%
then	
Anguilla	high
Aruba	100.0%
Cuba	100.0%
Guadeloupe	high
Martinique	high
Barbados	100.0%
Dominica Republic	100.0%
Jamaica	100.0%
Haiti	46.9%



Internet penetration rate in Dominica

<https://datareportal.com/reports/digital-2022-dominica>

Internet use in Dominica in 2022

There were **50.3 thousand** internet users in Dominica in January 2022.

Dominica’s internet penetration rate stood at **69.6%** of the total population at the start of 2022.

For perspective, these user figures reveal that **22.0 thousand** people in Dominica did *not* use the internet at the start of 2022, meaning that **30.4%** of the population remained offline at the beginning of the year.

CARIBBEAN OECS internet user rate:

Antigua and Barbuda	73.0%
Dominica	69.6%
Grenada	57.0%
Saint Kitts and Nevis	81.0%
St. Lucia, and	53.0%
St. Vincent and the Grenadines	56.0%
then	
Anguilla	81.6%
Aruba	97.0%
Cuba	71.0%
Guadeloupe	69.3%
Martinique	64.1%
Barbados	82.0%
Dominica Republic	77.0%
Jamaica	68.0%
Haiti	35.0%





Are we communicating?



Or deeper into the impersonal?

COMMERCIAL IN CONFIDENCE



THIS IS HUMANITY **stupidified!**



Getting the Hell out of here!!

How do you feel about this ... ?

Should we start by asking; “what do you feel about this ... ?” then we go straight to our mind and start intellectualising a response. However, by asking; “how do you feel about this ... ?” then we might pause and reflect upon our feelings and even consider our feelings.

There are two very distinct ways of living. Firstly, we all have been guided, taught, coerced and directed to live mind-centric. ‘Use your brain Mary / Johnny’ has been hammered into each us. We have been literally brought up to worship our mind / brain.

Well folks, let us consider this! When we die we lose nothing of our intelligence and memory. When we are dead we are more alive than ever! Yes, we may lose a lot of weight but our faculties, senses, feelings, memory and intelligence continues with us, all in perfect working order. Our brain is nothing more than a dumb computer terminal, it is an interface between our physical self and our spirit body mind which in turn is an interface to our soul which is the source of all that we are and is our being.

Thousands of years ago, a couple of ‘bright sparks’ prompted us, being Earth’s humanity, to embrace our minds as being all powerful and the pathway for us to becoming mini-gods. And we see around us those who act and appear to believe that they are already ‘mini-gods’!

Our parents from the very moment of our conception start to impose their will upon us, even though they are mostly unaware that we are commencing to form. All through our gestation period in the womb we are absorbing the emotional injuries and errors of belief of our parents and those close by in our family circle. We are already being conditioned to live mind-centric, to embrace our mind and to suppress our feelings.

So, what is so brilliant about our minds? Our mind cannot discern truth from falsehood. It does not know innately what is right or wrong and it cannot discern what is best for us and what is not. It cannot make the right choice. And this is how we are indoctrinated to live by our parents. Further, our mind is addicted to untruth – so now you can see why we mostly get it all wrong. So that no one misses out on our adopted pathway of chaos and disaster, our mind is a control addict! We impose our will upon all others all the time. Look at what is continually being put to us by everyone and everything all the time!

Then our educators continue with the same impost, our religious and spiritual instructors do the same, then our employers, and to cap it all off, the multiple layers of government impose their ‘LAWS’.

YOUR BRAIN IS A SUPERCOMPUTER

Update its software:

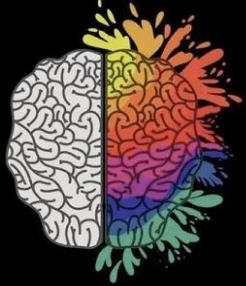
- Books
- Podcasts
- Experience

Protect its battery:

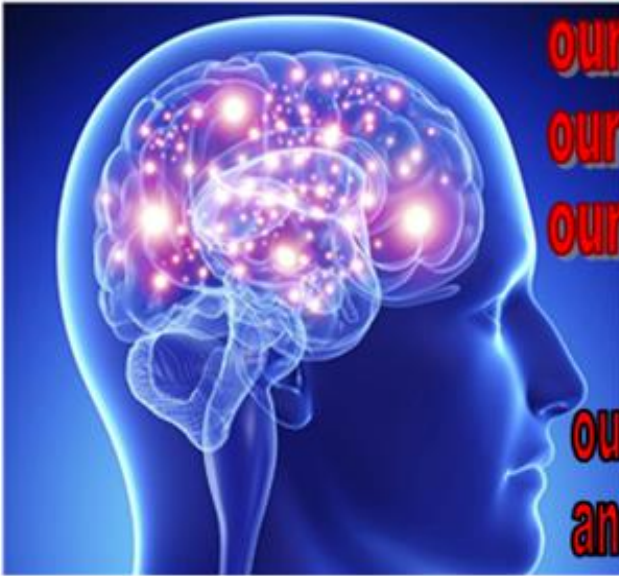
- 8 hours sleep
- Connect with nature
- Technology detox

Clean its hard drive:

- Meditate
- Journal
- Self-talk







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

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

ASSUMPTIONS are the product of our MIND!

HEALING ends
MIND-CONTROL!



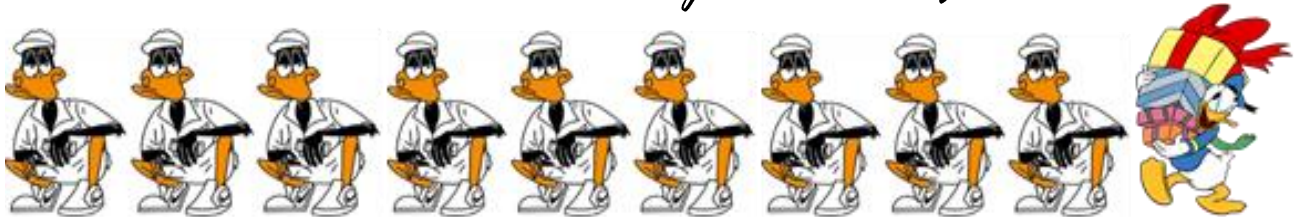
**our SOUL is our TRUTH!
our FEELINGS are our TRUTH!
FEELINGS FIRST, mind to follow!**

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

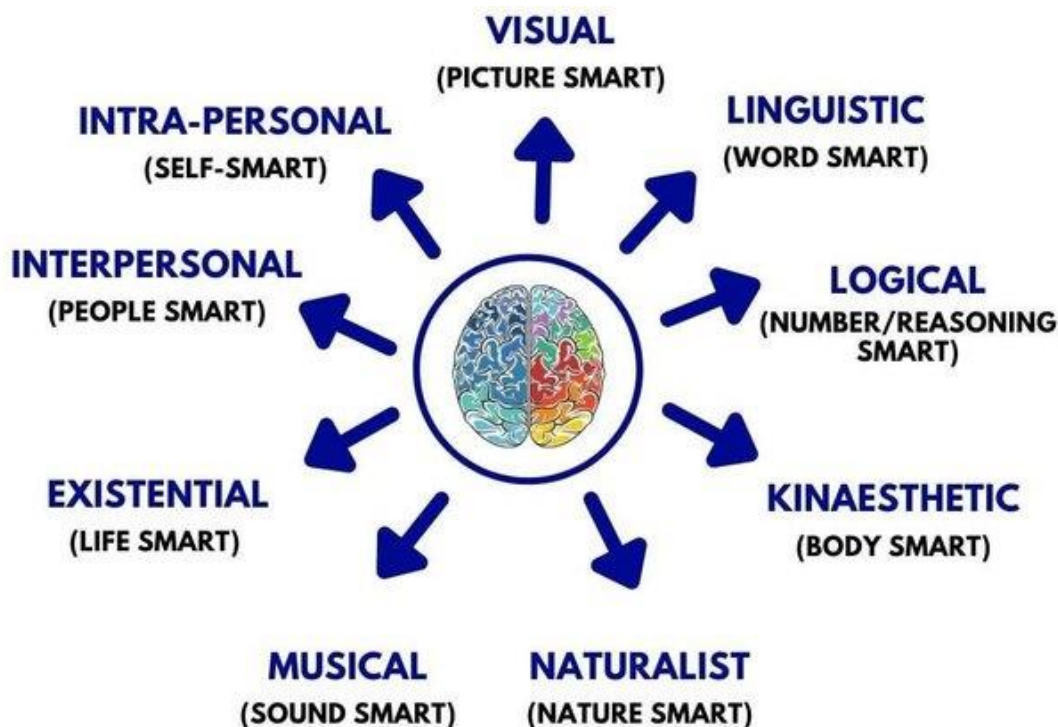
Assumptions are the product of the mind, so how does that make you feel? When someone starts a conversation with; 'I think!' then you know they are going to discuss an assumption or a series of assumptions. Kindly observe your own assumptions. The error rate is about 98% with 2% only being flukes. When we act upon an assumption we invariably have to backtrack and rework what we have done. Look at research papers. When you start to count the number of 'assumptions' that the research is based on then it will end up being a disaster. Mostly the number of 'assumptions' will tally up well into the double digits and they call it 'research'.

Now that you can consider that our minds are addicted to untruth and that assumptions are generally 98% in error, then you are allowed to consider that all institutionalised systems are not just flawed, they are grossly in error, they are subjecting us to suppression and control and that all that we have accepted and embraced has been of great harm to us, continually for many thousands of years. You may also consider that we are continually to 'look up there' when we are to look somewhere else to discover the truth of what we are being deceived about. There is nothing that we will not need to dismantle and then rebuild on truthful foundations. NOTHING!

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



THE 9 TYPES OF INTELLIGENCE



A STATE of MIND!

Middle class is a state of mind. The poor have got nothing to lose and live in the moment. The rich are in cahoots with government to pass laws to suit their interests.

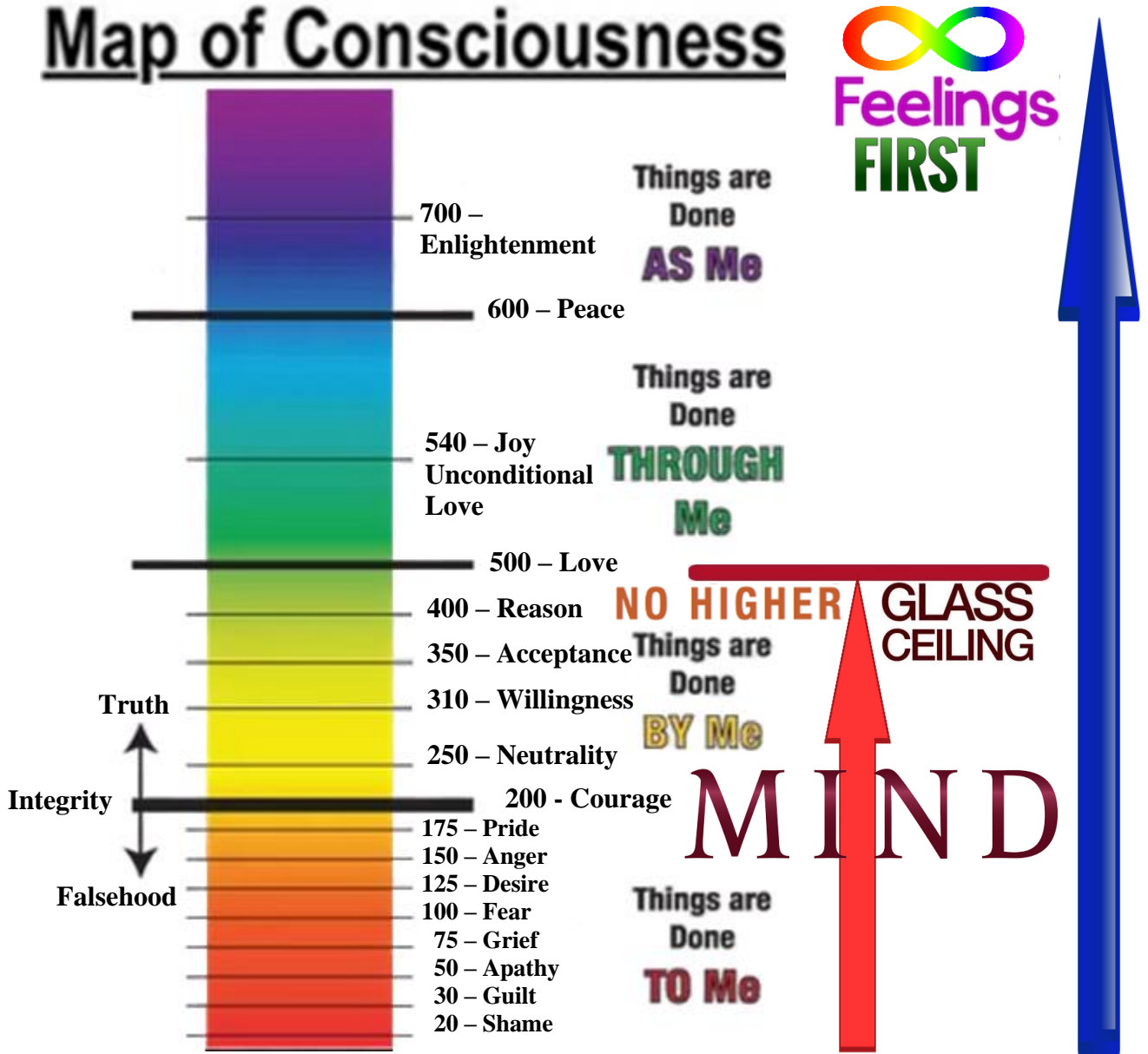
Many who are told that they are at a given level of competency or incompetency tend to accept this as a rock solid truth and this becomes a lifelong barrier to their progress. This is a controlling mechanism recognised and utilised for thousands of years by high level invisible controllers.

The Caste System of India is one such powerful mechanism. The Caste System now has been repackaged for our modern environment, it is now the Intelligence Quotient (IQ) assessment process. The consequences are the same. It has become a psychic barrier that will require long term continuous attention to address the false dichotomy that many have embraced as a belief.

We each have an enormous innate potential. We will each go on and achieve incredible capabilities – once we heal ourselves of our childhood suppression – the elephant in the room!

To bridge and overcome these barriers we are to strive to live feelings first having our minds to follow, our mind assisting in implementing what our feelings are guiding us to consider and embrace. Not the other way round as it has been these past 200,000 years of Rebellion and Default.

Map of Consciousness



ALL spiritual and religious systems and institutions apparently espouse to lead us to higher levels of consciousness on a pathway to Heaven. Instead, they have all supported the way of life of being mind-centric. While we ignore and suppress our feelings, our soul based feelings which are always in truth, then we cannot progress beyond 499 on Dr David R Hawkins’ Map of Consciousness scale. We cannot progress beyond what is the ceiling of consciousness for those now in the 1st spirit Mansion World. There are seven Mansion Worlds that we are to progress through before we can enter the 1st of the Celestial Heavens. These spiritual and religious systems and institutions continue to do the begging of the ‘bright sparks’ who imposed this entrapment and suppression upon all of humanity. These spiritual and religious systems and institutions are not doing anything to advance humanity – they are aiding our controllers!

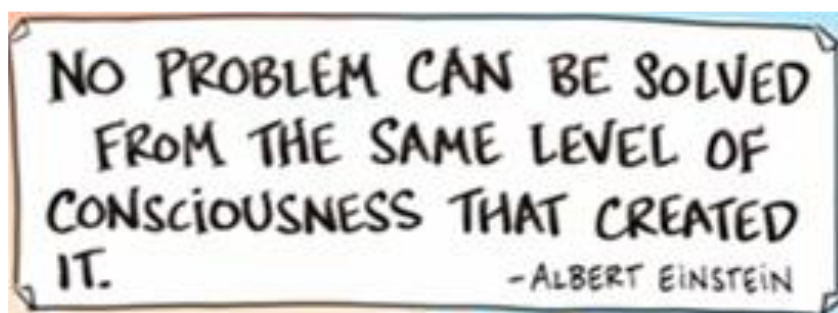
EINSTEIN'S THEORY of INSANITY



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

After some 200,000 years, there are a pair now here on Earth who are of a higher consciousness than those who created the problem that has engaged all of Earth's humanity, and this couple have

taken on the extremes of the Rebellion and Default and are healing themselves of it in demonstration for humanity to emulate and follow in the doing of their own Feeling Healing. This is the culmination of 4,000 years of progressive steps, physically commencing with Machiventa Melchizedek, then Jesus and Mary of Magdalene, and now the Avonal Pair. Yes, all of these personalities are each of a higher level of consciousness than those who created the Rebellion and Default on Earth. And no, doing the same thing over and over is not the pathway forward.



Yes, it is clear to many that democracy, whatever that means to each of us, is flawed within the most powerful nation that purports to support and promote it around the world. Democracy in which ever nation it is said to be in has been hijacked for the benefit of the few. Deception prevails.

It is not a nation drinking through the straw, draining the wealth of other nations. It is the hidden silent few draining the many within the umbrella of national structures and arrangements. These crafty few families have for many generations drained the collective wealth of the majority without being brought to account. These few families control governments, if they cannot then they control the second tier of the

administration of those governments and are always positioning and training compromised replacements in all the critical positions to do their begging and be their puppets.



How could they possibly do this? Specific secret societies are a conduit and network worldwide. Should you look at the societies that each of the presidents of USA have been active members of then you see the controlling pathway. These secret societies typically link up through Lodges at their highest and secluded levels, which in turn may lead back to, say London and then to a Club. It is in one such Club that the majority of United States America then future presidents have been anointed. Funding of election corresponds with the acceptance and endorsement of appropriate 'policies'. The hidden controllers have

been successful for the majority of US presidential elections through this pathway. Donald J Trump spoiled the election of Hilary Clinton, so that was a failure for this covert controlling group.

Over the decades we can all see the ever expanded tentacles of suppressive debt being imposed upon families. All systems are structured to make us all obedient consumers and corresponding debt slaves. Home finance was limited to 80% of valuation then with 'insurance' systems it is now 95% and greater. Consumer finance became more and more accessible for motor vehicles, then large home appliances and now it is almost instant on everything. Credit card finance can be almost unlimited. And now it is education financing that literally guarantees a funded student a life of debt slavery whereas education was free for all and needs to become free for all once again. And if you should have ill health in USA then medical expenses may most likely send an uninsured into bankruptcy.

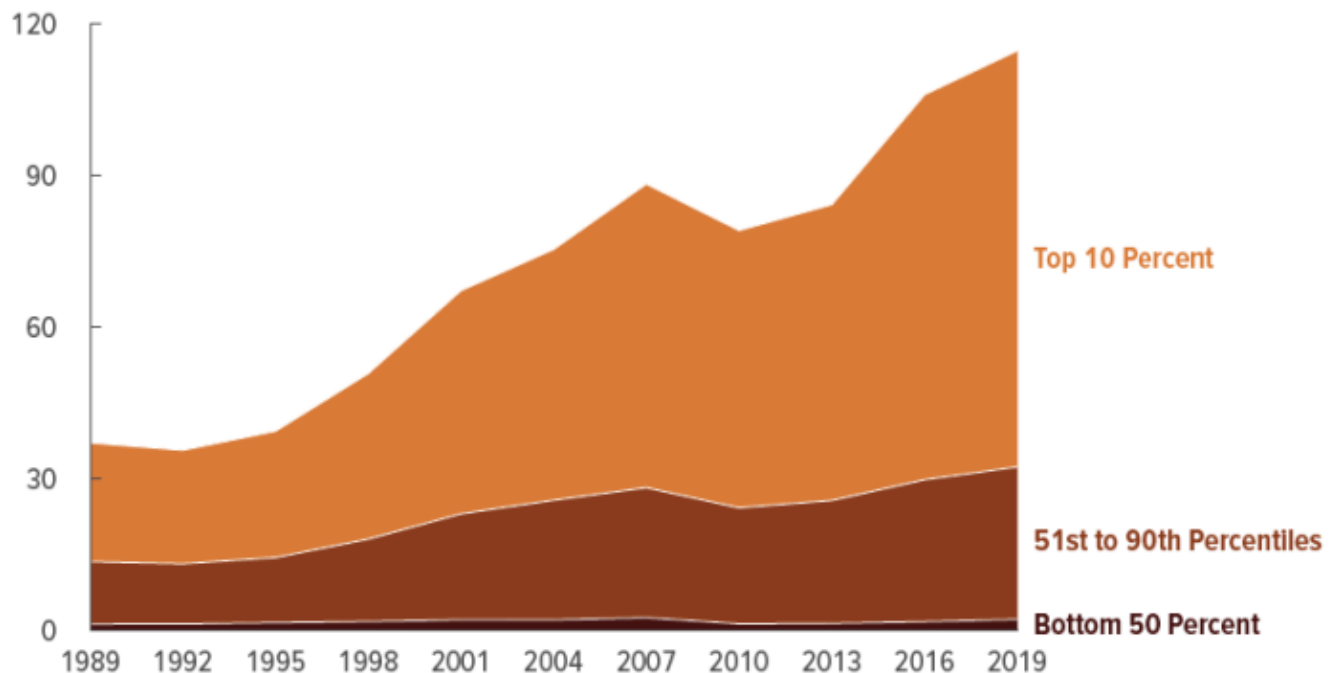
Step back and look at processed food. The ultimate control and ownership of processed food may lead you to the same few mega-wealthy families who control such food distribution networks worldwide. The nutrition value of highly processed package food is NIL!

These hidden secret controllers may appear benevolent but they are also the funders of wars – BOTH SIDES. Then consider looking at the ultimate ownership of military industry complexes!

Total Family Wealth, by Wealth Group

Trillions of 2019 Dollars

Distribution of family wealth in the USA.



Modern Slavery is a Brutal Reality Worldwide

<https://www.statista.com/chart/4937/modern-slavery-is-a-brutal-reality-worldwide/>

2 December 2021

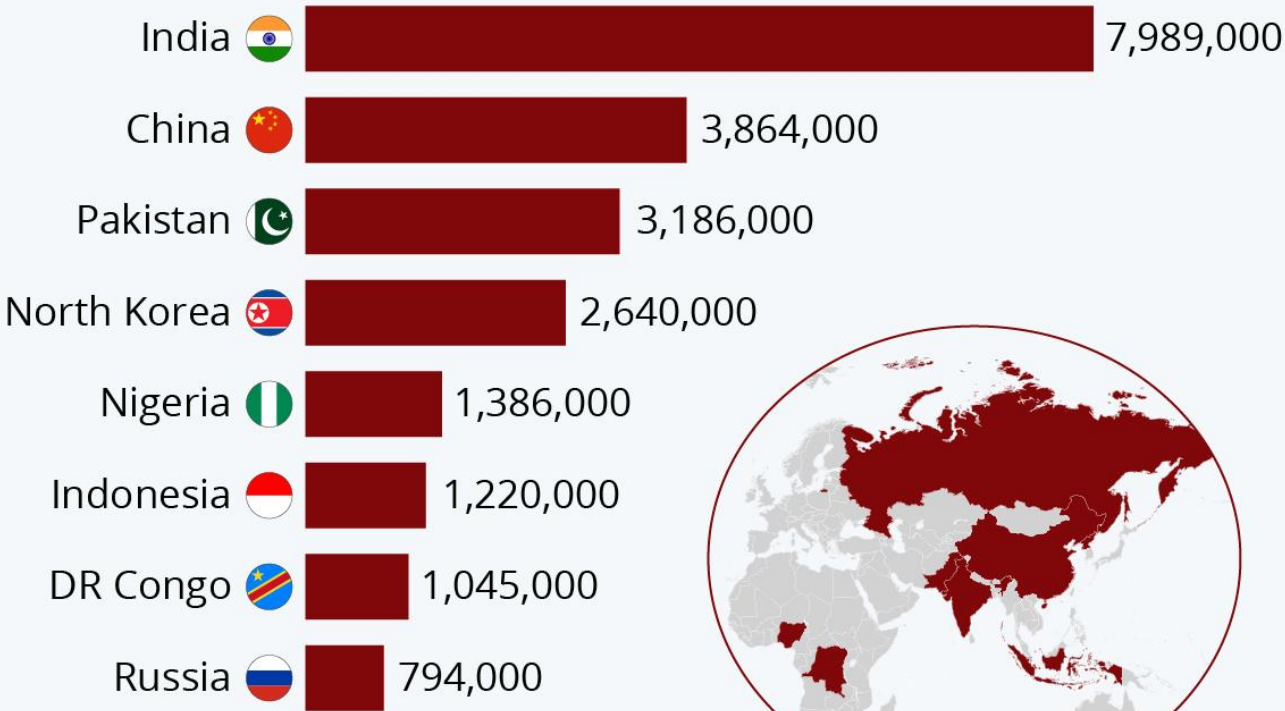
An estimated 40.3 million people are in some form of slavery in 167 countries around the world, according to the 2018 Global Slavery Index published by the Walk Free Foundation. While some countries have shown signs of improvement compared to the last iteration of the publication by the non-profit, in 2016 the situation in most places has gotten worse as our chart indicates.

The Walk Free Foundation categorises modern slaves as victims of workplace abuse, debt bondage, forced marriage and sex trafficking among other factors.

[Nedlands, Western Australia 6009, +61 08 6460 4949, info@walkfree.org](mailto:info@walkfree.org)

Modern Slavery Is A Brutal Reality Worldwide

Estimated number of people living in modern slavery in 2018*



* Latest available data.
Source: Walk Free Foundation




GLOBAL SLAVERY INDEX
<https://www.globallslaveryindex.org/2018/findings/regional-analysis/americas/>

Regional rank	Country	Estimated prevalence (victims per 1,000 population)	Estimated absolute number of victims	Population
1	Venezuela, Bolivarian Republic of	5.6	174,000	31,155,000
2	Haiti	5.6	59,000	10,711,000
3	Dominican Republic	4.0	42,000	10,528,000
4	Cuba	3.8	43,000	11,461,000
5	Honduras	3.4	30,000	8,961,000
6	Trinidad and Tobago	3.0	4,000	1,360,000
7	Guatemala	2.9	47,000	16,252,000
8	Nicaragua	2.9	18,000	6,082,000
9	Barbados	2.7	1,000	284,000
10	Colombia	2.7	131,000	48,229,000
11	Mexico	2.7	341,000	125,891,000
12	Guyana	2.6	2,000	769,000
13	Jamaica	2.6	7,000	2,872,000
14	Peru	2.6	80,000	31,377,000
15	El Salvador	2.5	16,000	6,312,000
16	Ecuador	2.4	39,000	16,144,000
17	Suriname	2.3	1,000	553,000
18	Bolivia, Plurinational State of	2.1	23,000	10,725,000
19	Panama	2.1	8,000	3,969,000
20	Brazil	1.8	369,000	205,962,000
21	Paraguay	1.6	11,000	6,639,000
22	Argentina	1.3	55,000	43,418,000
23	United States	1.3	403,000	319,929,000
24	Costa Rica	1.3	6,000	4,808,000
25	Uruguay	1.0	4,000	3,432,000
26	Chile	0.8	14,000	17,763,000
27	Canada	0.5	17,000	35,950,000

INEQUALITY:

From the end of World War II until the early 2000s the number of democracies and the proliferation of human rights was generally increasing, but since then, it has been slowly decreasing. What is a good explanation for this change?

Two internal Western factors and one external.

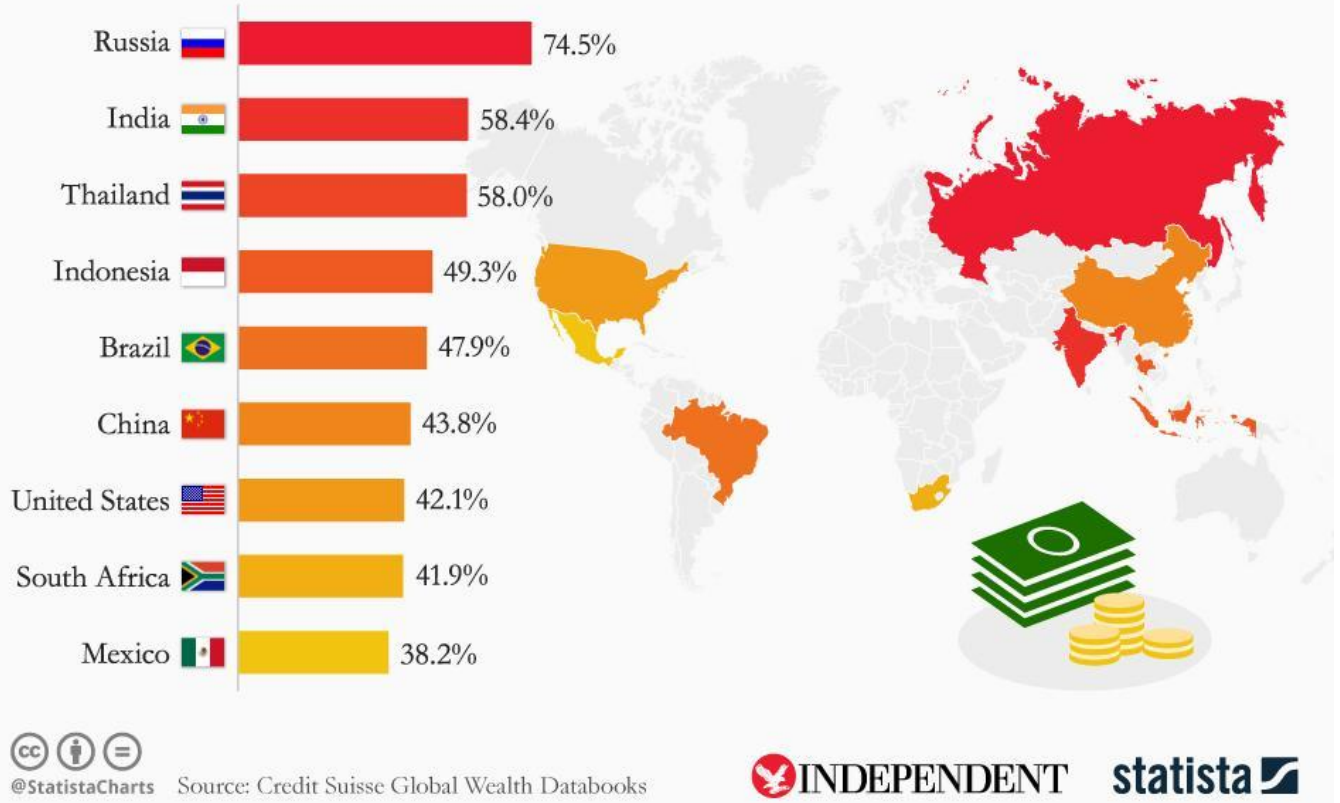
- Unprecedented rise in *inequality*, in some countries to the pre-WWI levels. More and more people are getting less and less of the cake, and the fact that the cake is growing nicely, somehow doesn't make them happy



- Exhaustion of the welfare model as the foundation of liberal democracy, because of the *demographic decline*. Millennials and their kids must work more and harder for the same pay to uphold the comfortable lifestyle of retired people. They can't do anything within the democratic framework. The numerous, long-living, fun-loving baby-boomers outvote and outcompete the youngsters in politics, hands down and dentures out.
- The epic success of the *meritocratic autocracy* in China. It seemingly substitutes the short-sighted unpredictable chaos of democratic consensus-building with an impenetrable, depoliticised, benevolent stability and long-term planning horizon of one-party rule.

The world's most unequal countries

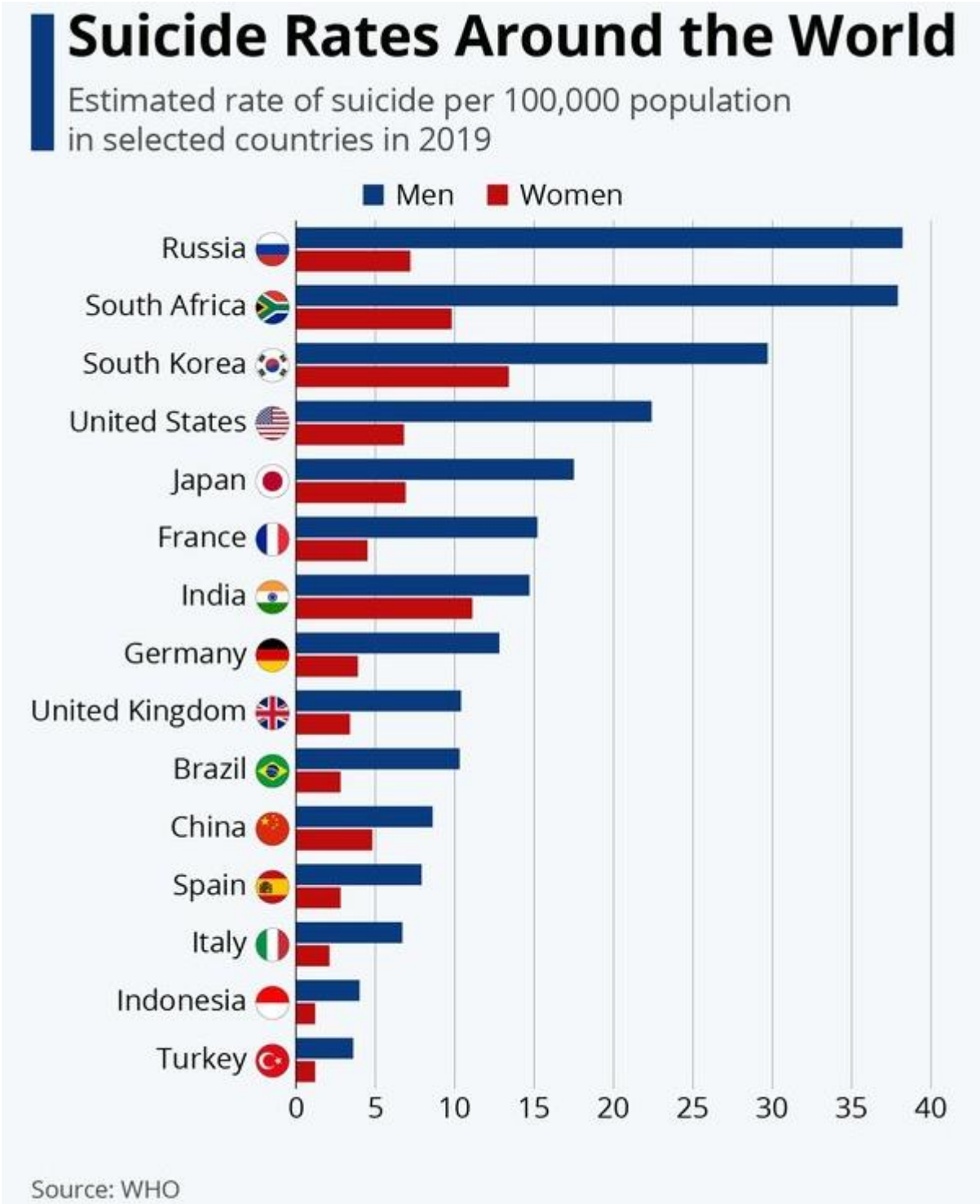
Share of total wealth of richest 1% in selected countries in 2016



**Military Expenditure worldwide pa US\$2 Trillion
vs Humanitarian Aid worldwide pa US\$50 Billion**

Never is hatred, nor discord, nor war among men justified – no matter what the cause – and if men will only learn the Truth there will never exist such feelings or acts. Militarism is all wrong. Jesus 25 December 1915

Violence is never Justified



Suicide mortality rate (per 100,000 population) in the Caribbean was reported at 5.4 in 2019, 8.4 men, 2.1 women, according to the World Bank. Specifically, Cuba 14.5, Haiti 9.6, St Lucia 7.9, Dominican Republic 4.9, St Vincent and the Grenadines, Grenada 0.7 and Barbados 0.6.

“The True Liberation of Women is Through the Truth of Their Feelings.”

Imagine women came to understand their True Liberation is through the Truth of their Feelings.

It's time for the true Women's Revolution:

Liberation of the Feminine:

Women are Spiritual – live true to your feelings.

Put your feelings first – always. Let your feelings speak, DON'T DENY THEM.

I am my feelings. I care what I feel. I deserve the right to allow my feelings the right to exist. Let me OUT – Let my feelings have their Say. I will no longer keep them back, hold them in, shut them up. I want to be Heard. I want my feelings to have their say. I want to hear what my own feelings are telling me. It's time to face the truth, and my feelings are the way to it. My feelings won't like being suppressed, not once I get my mind out of their way.

Viva La Feelings – Women are Feelings. Women are Spiritual. Our Feelings are our true spirituality. Deny our feelings and we are denying our spirit. The suppression and forced repression of our feelings is to end. Bring Them ALL Out. Open your mouth and let your feelings come out, let your feelings have their say, and Long for the truth of Them. Want to know the truth of your feelings. My feelings are the Way to My Truth. I want to be true, beginning with being true to my feelings. And through my feelings I will be guided and shown how to live.

God loves all Feelings. You can only love God with your Feelings. Give ALL your good and bad feelings to God. Bring them out, stop keeping them hidden and bottled up. If you don't, you'll never uncover the truth of yourself, nor will you really get to know yourself or God.

Your feelings are the key to your successful relationships. Block your feelings and you're blocking your relationships. Express your feelings and want them to show you the deeper truth of yourself, and your relationships will become true too.



Long Live My Feelings. MeTOOandmyFEELINGS. I am Woman let me FEEL. It's time to honour what I feel. Liberate the true feminine by liberating ALL your feelings. It can be very difficult, there will be many obstacles within yourself and outside of yourself, however if you want to truly set yourself free of your pain and suffering, then seek and long with all your heart for the truth of your feelings – for your feelings to show you the truth God wants you to see about yourself. And slowly you will heal, slowly you will change and overcome all such difficulties.

James Moncrief 18 March 2018

Living FEELINGS FIRST

FEELINGS FIRST **For Kids**

COMMERCIAL IN CONFIDENCE

The subject of WOMEN'S LIBERATION:

19 May 2003

As it has been evolving, women have been gaining equal rights with men. And so they should, men shouldn't make them feel inferior in the first place, women should always have felt equal, but men need their power over women, as women – their mothers – have made them feel so powerless.

What I want to point out is that women are setting out to be the equal of men, but that is being equal with men who are negative minded, and negative willed. Women want to compete, gaining equal status in the negative, in controlling things negatively, just as they see men do. And if this is what a woman wants then she should be able to have it, but what we want you to understand is that this sort of women's liberation is only liberation within the negative. And we want ALL WOMEN AND MEN to be equally liberated from their negative rebellious and unloving minds. So it's a different type of liberation: true spiritual liberation, we are suggesting.

Women are the true spiritual leaders, however if they merely persist in competing with men for power within the negative they will gain nothing. They will be selling out their soul and selling themselves out with a false liberation.

Jesus – co-regent of Nebadon with Mary Magdalene

12 June 2003

One day you will revere the child as the most precious thing on your world, and everything will start to be designed with children taken into full consideration. If you think that humanity seems to be changing fast in its exploration of relationships, think again, it hasn't even got going.

The great changes heralded in the forthcoming age are to be changes in relationships between you all. Things will become secondary, as you start to sort out once and for all, the truth of your relationships together. Women's liberation is only the first up-welling allowing women to feel somewhat more equal with men, but still all in the wrong ways. From here, at least being wrongly equal you can start to tackle the bigger issue of being all wrong. And then look at how you are torturing your children. This will be the biggest eye opener and the hardest for most to accept. The private and sacred ground of the parent-child relationship will soon come under closer scrutiny with the braver of you accepting the truth and wanting to see it, and then wanting to do something about it all. This will show up just how lacking in love you are and how much you are playing games of charade when it comes to happy families.

The purging of humanity, to come clean and admit just how evil it is, will be a big challenge. Not all will be able to do it in this age, but great steps forward will generate enough momentum to carry it on into the future ages. Your torture of one another and of yourselves cannot go on. You are all crying out for help and relief from the pain and torment, so now you can do something about it. So many people say nothing makes sense, and that's because it doesn't. It can't add up in the negative, but at least now you know the way to do something about it. The upsurge you experienced towards the end of last century will only continue getting stronger with each generation.

Mary Magdalene – Jesus' soul partner

Hello Ladies; please allow your feelings to be the pathway to liberation. There is no need to endeavour to be equal or like men. They have no answer for those who aspire and live through their feelings. As you do so then you will automatically realise that you are not only equal but then leading the men. John

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

 [Pascas Care Letters Women's Liberation and Mother.pdf](#)

WOMEN LEAD

Saturday, 19 August 2017

Helen – 3rd Celestial Heaven: **No man has any real power, that's the irony of the Rebellion and Default, you only believe you do, but it's a farce, and as much as women feel so dominated and powerless, they actually have all power because mostly the men leave the child raising in the hands of women. So the child turns out to be as the woman wants it, although most women aren't aware of that or of the actual power they wield, still that's how it is, with you living in what seems on the surface a man-dominated and run world, yet scratch that surface and dig deeper and you'll see it all comes from your early childhood and it was mothers who were mostly in control for you then.**

Women want their liberation, they want the power they believe they are being denied, yet ironically as well, they've already got it, they've always had it, as the men don't want to take over rearing the children. However women have failed to realise that they've had their own freedom in the palm of their hands, nursing their babies, and could have parented their children to take that power into their own hands. However that hasn't happened fully yet, however women are trying to get it now, which is just taking back the power they believe is rightfully theirs, yet is just the power of being rebellious and evil, so it's not that great, as they would see should they ever succeed in getting it fully from the men.

Pascas Papers are to help women embrace the truly spiritual way of life on Earth, helping them understand the importance of their very own feelings, helping them understand that to deny them is hurting them, is going against themselves, is being very unloving and disrespectful to themselves, so if they truly want to be loving of themselves, and so loving of their children and do the right thing, then they'd better start living true to their feelings and stop denying them.

And so it's the most momentous time for humanity coming right up. We women Celestial spirits are on the march, and as the Mother told you James last night, you are to help us and give us all the support you can, and do as we ask of you so long as your feelings agree with it, which you are doing now by allowing me to write all of this with you, so the **Revolution Of Woman Power is commencing, and it's very thrilling to say the least! So don't worry about your hair falling out Crystal, looks aren't everything you know, and there are far greater things for you to do.**

**Feeling Healing with
Divine Love is the key**



**to enter the
Celestial Heavens:**

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

WOMEN are the TRUE SPIRITUAL LEADERS of HUMANITY!

Our soul manifests a male and female personality – it is a duplex! One soul – two personalities! Our soul is the centre of our two personalities. We are children of our Heavenly Parents, our Mother and Father.



We are meant to live through the guidance of our soul based feelings – not live by our mind. Our mind cannot discern Truth. Our mind is addicted to Untruth. Our mind is a Control Addict.

High level spirits seduced humanity to live through their minds, thus bringing about the Rebellion – 200,000 years ago! Then the Adamites Defaulted on their mission – more than 38,000 years ago.

The Rebellion is against love, the Default is all the difficulties we have in our relationships because of our rebellion. Healing the Default is becoming true, to ourselves and in our relationships, and ending our unlovingness – our rejection of love, so ending the Rebellion.

Okay, because we are amongst billions of people who have been forced to join the Rebellion and Default, we are one of them – experiencing all the crud and wrongness we can possibly get ourselves into. Yep, we are rebelling against our soul, which also means we are rebelling against our soulmate / soul partner and also our Heavenly Mother and Father.

As we are rebelling against our soul partner, the other personality originating from our common soul, we are being toxic to him or her. We carry this pattern into our relationships with others of the opposite sex. Many commit heinous crimes against their soulmates / soul partner only to discover this upon completing their Healing.

REBELLION

When we are living true to our feelings, we will be living true to the will of our soul no longer with our mind getting in the way. And so too will we be living True to God's Will. We live God's Will by living fully expressing all we feel as we long for the truth of such feelings. Our feelings are to guide us in life, not our mind; our true feelings are Our Way, which is also: God's Way.

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

And it is the women that will lead the way in Healing, not only of themselves but also for men.

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

Feelings First Spirituality, The New Way
Feelings are your own truth and personality
LIVE FEELINGS FIRST

COMMERCIAL IN CONFIDENCE

HUMANITY is within a kind of dormancy, or even more like a stupor!

We, all of humanity, have been reduced to the barest of self-expression, having been reduced to the least creative life we can all live, that which the Earth is currently reflecting with everything and everyone trying to be the same. The pressure to keep going this way is to end. Steadily the pressure to go the opposite way, to increase creative expression, and this is not only meant through the creative arts, but in every aspect of life, socially, collectively and individually, is going to open things out enormously. It's going to be an explosion of light, that which is to end the darkness, something that's never been seen before.

It's the light in our souls, it's the light that comes from the truth we are to be living that will change us – that changes us all, light from our soul. **If one applies themselves to their Healing, thereby ending their unconscious self-denial, they will as they Heal, change and start expressing all the buried attributes, characteristics and talents, any natural part of themselves that's been denied because of their unloving parenting.** We are nothing like how we should be due to our self-denial. So many people are living completely false lives, so when they become true, they will almost be the complete opposite to how they have been.

We are to be alive and vital, real expressions of our soul, to be living fully Healed lives as Celestials while living on Earth. Continually coming to terms with all we have been through, we all take a long time to integrate and understand it all, but we will virtually be New People.

We on Earth are used to our anti-self-conditions. For the people who knew us before Healing, we will seem like completely different people, although with the same basic personality traits and characteristics. However all the self-hating, denying patterns and consequential behaviour will be gone, with all our loving self being expressed. **We are all but the living dead, whereas the Healed are the living living. And there's a huge difference.**



We and those who are Healed are like chalk and cheese, we can't relate to them anymore, and they certainly can't relate to us. **Healing is taking someone who was all but crippled right the way through their childhood and undoing all that retardation within them.** Doing one's Healing is changing the whole programming of every structure within you, all in keeping with getting older and naturally ageing with your mind and feeling systems ageing as well, working right down on the deepest will levels, it all changing, all to rid you of your wrongness and make you become right. It's a huge undertaking.

Yet it all follows on, it's not like you'll be so different from the old you that may as well not have existed, it's all there, all the new you to become, with only snippets currently being exercised and expressed, with **the rest of you in a kind of dormancy, or even more like a stupor.**



Once you have finished your own Healing, you'll be like a new person.

Notes derived from Celestial Nanna Beth 20 – 23 April 2018

**PASCAS
PERS**

COMMERCIAL IN CONFIDENCE

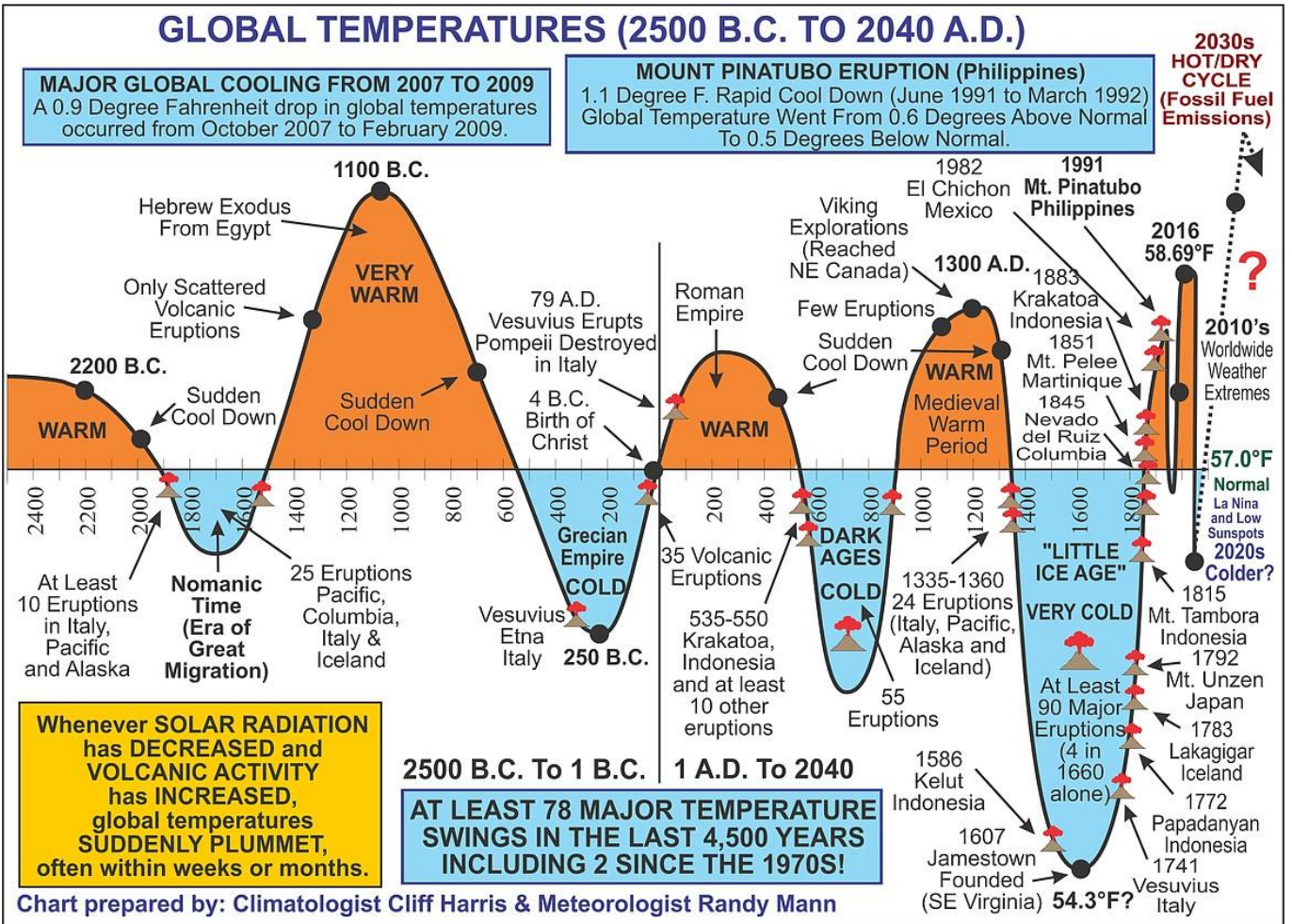
EARTH CHANGES – ENVIRONMENTAL CHANGES



All the people of all the populations are being told that we are damaging the atmosphere causing global warming when the heating is unfolding at and from the core of Earth. Yes, down there – not up there!

During the second half of the 20th century (1950s onwards) there have been increases, if not surges, of energy received by our Sun from the core of the Universe. The Sun has transmitted this increased energy outwards and it has been received into the core of all the planets within our local solar system. In turn this increased energy has slightly increased the internal rotation of Earth's core bringing about surface tension, warming from underneath and significant changes in the pattern of weather events, earthquakes, volcanic activity (mainly under the oceans) and changes in our environments.

Yes, we need to reduce our polluting of Earth and also find and adopt alternative energy systems as the burning of combustible fuel is depleting a very finite supply of fossil fuels. But the changes in the ocean levels is not man made. The rotation of the core is spreading the oceanic tectonic plates thus some islands are rising and some are subsiding.



How have atmospheric CO₂ levels varied over time, and how does this relate to the burning of fossil fuels?

[https://www.quora.com/How-have-atmospheric-CO₂-levels-varied-over-time-and-how-does-this-relate-to-the-burning-of-fossil-fuels](https://www.quora.com/How-have-atmospheric-CO2-levels-varied-over-time-and-how-does-this-relate-to-the-burning-of-fossil-fuels)

OK, let's start with coal. Coal is fossil trees and plants from a long time ago. Any CO₂ locked up in coal is when burned merely releasing CO₂ that was in the air long ago. It clearly is no hazard no matter what coal we burn because the CO₂ already was in the air and frankly based upon the coal it was one of the best times for life on Earth ever. In short the experiment of effects of CO₂ has already been run and it doesn't run away and it doesn't have "tipping points". Best evidence is that CO₂ was up near 1% of the atmosphere. We know this from the stomata (breathing holes) in the fossil plants. Plants get fewer stomata when CO₂ is higher. So let's see what increasing CO₂ does for the life on Earth.

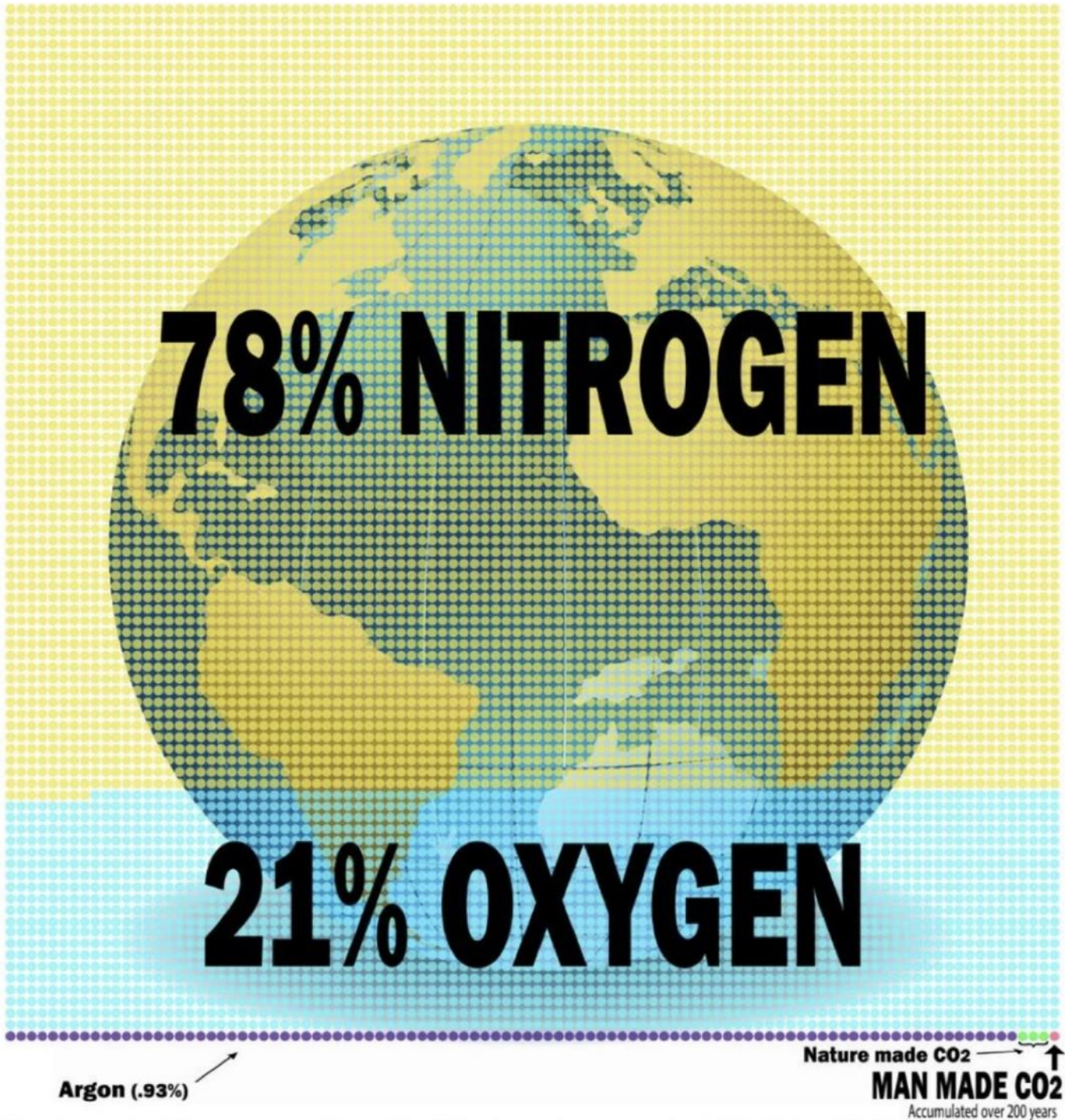


Just increasing the CO₂ by about 2 times the current level made the tree on the right grow nearly 8 times faster and healthier. Current (AMB sign) is

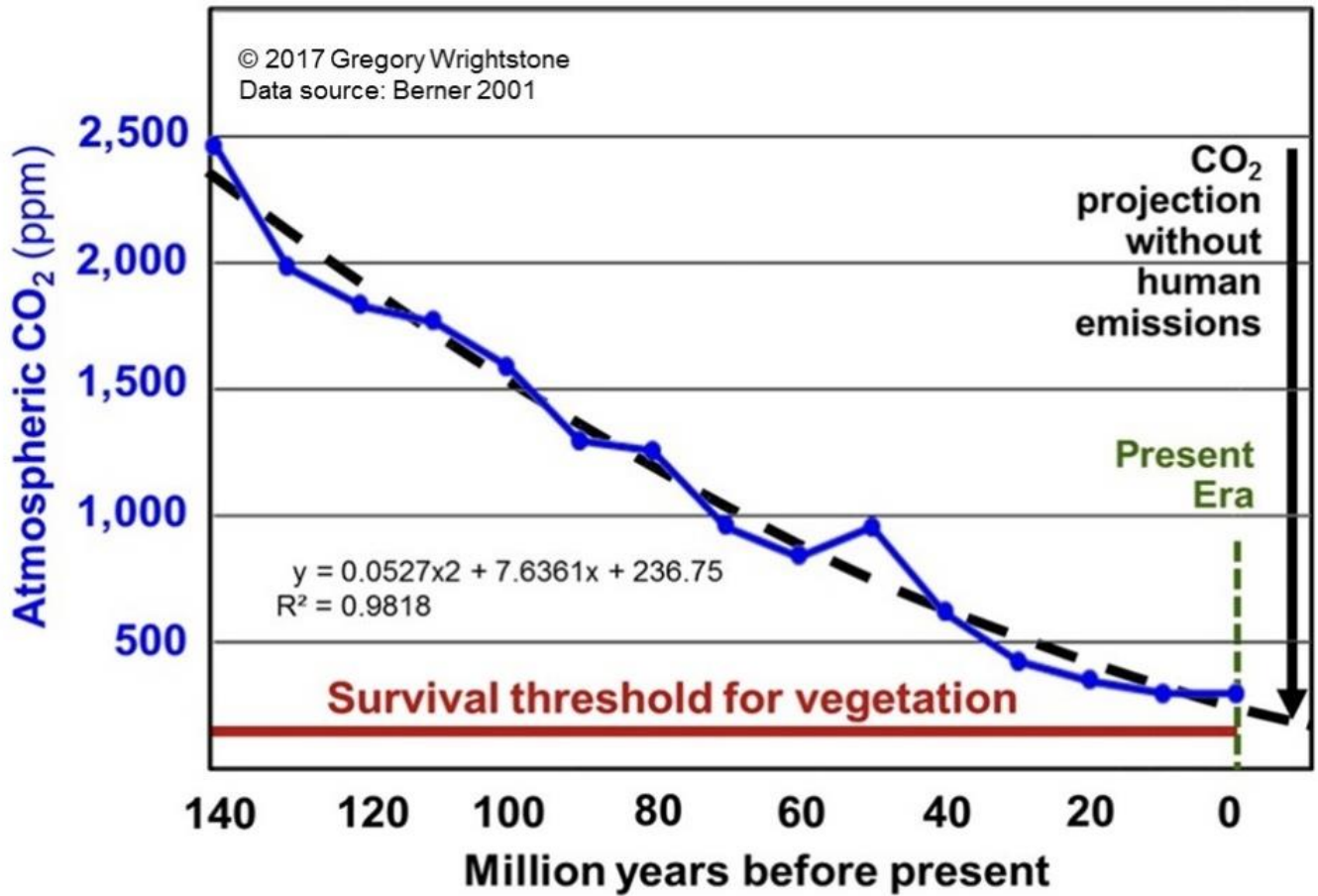
420 ppm or 0.042%. The higher level on the right is 0.087% CO₂. Hardly 1% for sure! Current CO₂ levels are just about 4% of the high level they have been in the past. This high level did not cause any ecological emergency or a climate emergency.

Now as to oil and natural gas. There is excellent evidence that oil and natural gas have both organic and inorganic history. The organic oil and gas is in the same place as coal. The inorganic oil and gas will come up whether or not we drill it and the choice is if we get the energy or not. I side with getting the energy. The chemical precedents methane and crude oil that are not organic are the chemical source of the atmosphere and the ocean water on Earth. So we can neither control them nor can we influence their action on this Earth. All we can do is use them.

Typical Greenhouse operators (large scale) put CO₂ generators in their greenhouses for exactly the reason you see demonstrated in the picture. It would be amazing if the truth gets out and people see what actually is going on. Those arguing that CO₂ is pollution have no idea what they are talking about. They are frankly misguided with assumption riddled indoctrination. Nobody should be in the slightest concerned of CO₂ being released as long as the location has a good wind blowing and making sure it doesn't accumulate excessively.

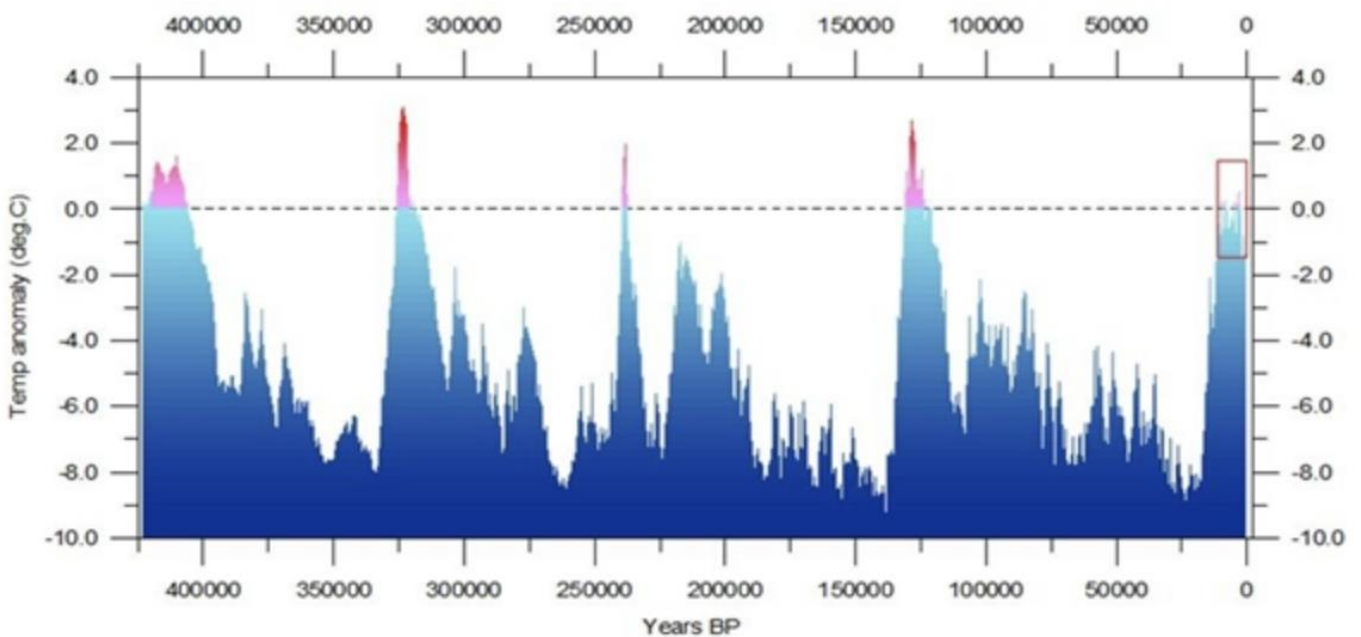


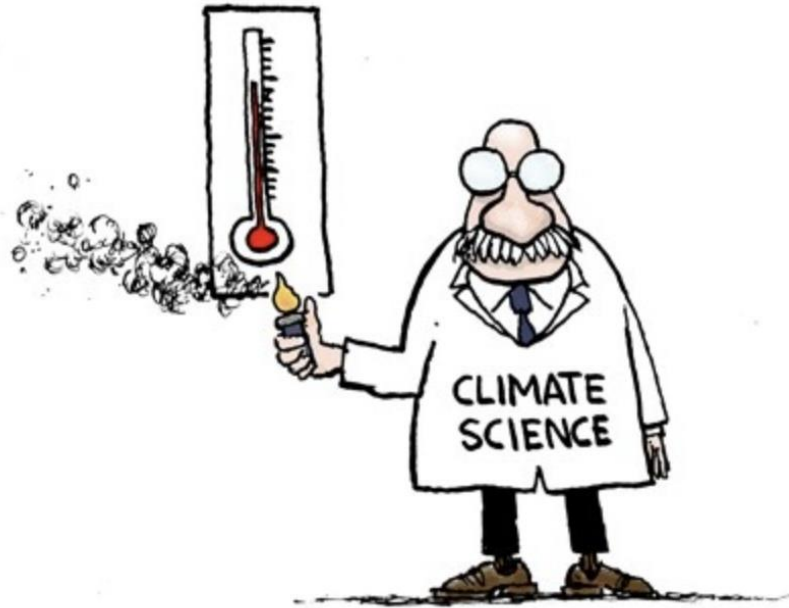
The above graphic representation of Earth's atmosphere reveals in the lower right hand corner that the accumulated carbon dioxide from man's activities, i.e. the burning of fossil fuels over the last 200 years, amounts to only 1.25 parts per 10,000. This 1 dot out of 10,000 illustrates that the amount of man made CO2 in our atmosphere is much too small to cause the imagined catastrophes attributed to it.



The earth's temperature in each of the last four interglacial periods was several degrees warmer than today. (chart reads left to right)

Reconstructed global temperature over the past 420,000 years based on the Vostok ice core from the Antarctica (Petit et al. 2001)





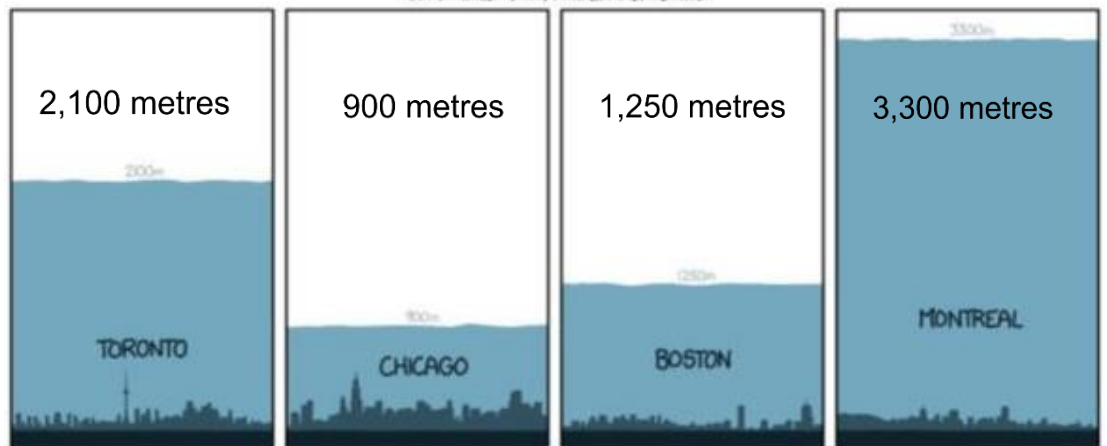
AN INCONVENIENT TRUTH

The inconvenient truth is that around every 12,000 to 13,000 years, our solar system, which includes planet Earth, experiences a pole shift and the Sun typically novas. That is, the magnetic field around Earth loses energy which causes the Earth's rotation to completely stop but the oceans still have momentum! The Sun novas, that is, it sheds its outer dust shell, showering the side of Earth facing the Sun with tektites. In the process of the nova, the side of the Earth facing the Sun receives enormous amounts of heat from the Sun thus evaporating hundreds of feet of the ocean surfaces that rises as steam into the atmosphere creating a moisture blanket around Earth, and consequently the whole of Earth is thrust into a deep ice age, as can be seen by the above temperature data. The magnetic field rebuilds with the Earth beginning to rotate in the opposite direction. This all unfolds over a few weeks. This is the inconvenient truth that governments worldwide are not sharing with their people.



THICKNESS OF THE ICE SHEETS

AT VARIOUS LOCATIONS
21,000 YEARS AGO
COMPARED WITH MODERN SKYLINES



1 inch of water may produce 10 to 12 inches of snow.

400 feet of water produces 1,220 to 1,460 metres of snow.






Compaction to ice is air removal from snow over time.

The BIBLE – or rather the NEW TESTAMENT

Religion in the Caribbean

Caribbean religions are diverse with practices reflecting our multiple origins. Christianity is the dominant faith in our Community while Hinduism and Islam also have a significant following particularly in Guyana, Suriname and Trinidad and Tobago. In the countries with longer histories of French and Spanish colonialism, Roman Catholicism is the dominant faith, whereas in those countries with a strong British influence, Anglicans and Methodists have been historically predominant. Recently, however, non-traditional Christian groups have increased in significance. African religious traditions continue to find expression through Voodoo, Pocomania and Orisha. The Spiritual Baptists have also wedded African traditions with Christianity. Rastafarianism, which is closely linked to Ethiopian history and developed into an identifiable belief system in Jamaica, has spread throughout the region. There has also been an increasing tendency towards inter-faith observances and activities.

Commencing on 31 May 1914, Apostles Matthew, Mark, Luke, John, Paul, Judas, Peter, as well as Mother Mary, Mary Magdalene and Jesus of Nazareth have progressively written through James Padgett, Dr Daniel Samuels and Hans Radax, with copious writings now through James Moncrief. What they have addressed, amongst many revelations, are the significant errors and omissions throughout the New Testament. These can now be reviewed by going to www.pascashealth.com, then to the Library Download page, scroll down to Medical – Soul Condition & Health, then click on to open and download:

-  [Bible New Testament Matthew Peshitta Lamsa.pdf](#)
-  [Bible New Testament Revelation Mary Magdalene.pdf](#)
-  [Bible New Testament Review - Part I.pdf](#)
-  [Bible New Testament Review - Part II.pdf](#)
-  [Bible Old Testament Revisited.pdf](#)

The New Testament only had Matthew's notes that he had made during Jesus' public work, to start with. Most of the New Testament was written down a decade or much more after Jesus' death. Since then, assumptions and personal interpretations have compounded issues with the records. Copying and subsequent translations have been manipulated for political agendas. The knowledge of the availability of Divine Love was lost following the Nicean Council in 325 AD. Nevertheless, these some 300 pages containing around 185,000 words have fulfilled their purpose.

**Firstly, consider discovering the truth of your emotional pain through Feeling Healing.
Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.
Primary and most important readings are the writings of James Moncrief.
Then consider the Padgett Messages, and then The Urantia Book.**

Pascas Papers, being free, are located within the Library Download www.pascashealth.com
<http://www.pascashealth.com/index.php/library.html>

The event that is unfolding now is meant to be noticed and the records of revelations already exceed 60,000 pages, being more than 20 million words, and the public work is yet to formally begin!

This is a time of great change and with it comes enormous clarity and access to support that we have never previously experienced. The three major sets of writings are all part of the one revelation that has been unfolding since 1914 and continues today through 2022 and ongoing.



Plan no harm then have no pain. Your angels will celebrate your change of heart!

Our feelings will guide us to be free of any compensation and away from causing harm to others.



REBELLION and DEFAULT formally ended 31 January 2018:

All in keeping with the **outworking of the Rebellion and Default**. Humanity is so shut off to anything that one's feelings provide, we are all but minds robotically carrying out instructions; nothing is fluid, intuitive nor feeling-free. Our whole world can't change as it is, because everyone and everything is so bogged down in the mire of artificial laws and procedures.

**WE'VE BEEN SCREWED BY
LUCIFER REBELLION**



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



Food Security Caribbean

Food Insecurity in the Caribbean continues on upward trajectory, CARICOM-WFP survey finds

<https://www.wfp.org/news/food-insecurity-caribbean-continues-upward-trajectory-caricom-wfp-survey-finds#:~:text=The%20Caribbean%20region%20continues%20to,countries%20as%20of%20March%202022.>

16 September 2022

BRIDGETOWN – The number of people estimated to be facing moderate to severe levels of food insecurity in the English-speaking Caribbean has risen by an alarming 46% over the last six months. Nearly 4.1 million people or 57% of the population now face food insecurity, according to a recent survey conducted by the Caribbean Community (CARICOM) and the United Nations World Food Programme (WFP).

While severe food insecurity in the region remained largely unchanged, when compared to February 2022, there has been a significant increase in households that have fallen into moderate levels of food insecurity. Overall, the number of food insecure people has increased by 1.3 million over the past six months. The deterioration has been attributed to rising costs for food and other commodities, as the ripple effect of the Ukraine conflict and a slow recovery from the COVID-19 pandemic is felt throughout Latin America and the Caribbean.

Nearly 6% of people in the English-speaking Caribbean reported going an entire day without eating in the week leading up to the survey, which is a 1% increase since February 2022. Another 36% of respondents skipped meals or ate less than usual, and 32% ate less preferred foods in the week leading up to the survey. In February these figures were at 30% and 25%, respectively.

“We are seeing worrying trends in the region with people selling off their assets and using their savings to meet basic needs. This was unheard of in the region previously”, said Regis Chapman, Representative and Country Director WFP Caribbean Multi-Country Office. “These negative coping strategies are unsustainable, and we fear that these short-term measures will lead to a further increase in the number of people who are unable to meet their daily food requirements.”

The Caribbean region continues to be impacted by external factors which threaten livelihoods and the ability of people to meet their basic needs. On average, food inflation in the English and Dutch-speaking Caribbean has risen by 10.2% across 20 countries as of March 2022. High energy prices are exacerbating the food price crisis. Ninety-seven percent of people surveyed reported seeing higher prices for food items compared to 59% in April 2020.

“For the first time in over two years, people’s inability to meet food and essential needs were top concerns, followed by unemployment,” said Joseph Cox, Assistant Secretary-General, Economic Integration, Innovation and Development, CARICOM Secretariat. “CARICOM recognises that further support is necessary to reduce the level of need in the region and establish systems which facilitate access

COMMERCIAL IN CONFIDENCE

to nutritious food for all. Leaders in the region are actively engaging with decision makers across all relevant sectors to identify solutions for increasing food production and reducing import dependency within the region in order to reduce the cost of food.”

The most recent survey results and an [interactive dashboard](#) are available to carry out a full comparison of data across all five rounds of the survey and the different countries that are covered. The dashboard now has additional information specifically on the impact of economic conditions on the farming and fishing sectors along with livelihoods, markets, and food security.

CARICOM, WFP and other partners continue to work together to increase people’s resilience to shocks through stronger disaster management, social protection and food systems that are more effective, sustainable and responsive in meeting the needs of those most affected by crises. Social protection programmes and other government support has been scaled up throughout the Caribbean, helping offset the impacts of the crisis. **Investments in agriculture are aimed at reducing the reliance on imports.**

The survey has been made possible with the support of the European Union and the United States Agency for International Development (USAID), Bureau of Humanitarian Assistance.

The Fight against Food Insecurity in the Caribbean

<https://www.worldbank.org/en/news/feature/2022/06/28/food-insecurity-caribbean>

28 June 2022

Haitian farmer with his corn seed.

Food prices around the world, including in the Caribbean, skyrocketed this year after the conflict in Ukraine broke out.

Both Ukraine and Russia produce a significant amount of the world’s grains, oilseeds and fertilizers. The expected shortfall in supplies has already caused price hikes for these food commodities. The Caribbean relies heavily on food imports for domestic consumption and to supply the tourism industry. As these price increases transmit to local markets, those previously bar Dominican Republic, Guyana, Haiti, and Suriname – have experienced food price increases higher than 5% every month between March 2021-2022. At least four Caribbean countries – Dominican Republic, Guyana, Haiti, and Suriname – have experienced food price increases higher than 5% every month between March 2021-2022. Suriname witnessed food price increases of over 30% in this period and ranks among the worst affected countries globally based on this indicator.



In Haiti, 45% of the population are facing crisis or emergency and in the higher income countries of the English-speaking Caribbean, 40% of the population are reported to be food insecure.

The ongoing crisis in Ukraine may further deteriorate the food security situation in the Caribbean.

Importance of food security

Food crises are bad for everyone, but even more so for the poorest. The first thing families with low income do during the food crisis is switch to cheaper food that fills the stomach but is usually less nutritious.

And when nutritional needs are not met, people have lower productivity and inadequate nutrition has irreversible effects on a child's physical and mental development. Thus, the crisis we are witnessing today may affect not only the individual but also the longer-term growth prospects of countries within the region.

Pathways to resilient agri-food systems and food security

Given the high stakes, it's critical for the Caribbean to come together and take action.

Building on the World Bank's experience from the past pandemic and food crisis responses around the world, Caribbean governments could consider the following set of priorities.

In the short-term

- 1. Keep food trade flowing by avoiding export restrictions.** In the space of a few weeks, 35 countries have imposed food-export restrictions, covering 21% of the world wheat trade. While this number is below the peak of 74% reached during the 2008-09 global food crisis, this is a worrying development for the food imports in the Caribbean. It is critical that regional policymakers dismantle trade barriers and avoid counterproductive export bans, to maintain the flow of food across borders and not contribute to the development of a full-blown global food crisis.
- 2. Respond rapidly to emergencies by jumpstarting agricultural production and providing social protection.** In the aftermath of natural disasters that damage food systems, it is critical for governments to provide short-term relief to prevent losses of lives and livelihoods while laying the foundations for long-term economic growth. For example, the World Bank is supporting the government of Haiti in the aftermath of the earthquake and acute food insecurity, providing employment opportunities, rebuilding infrastructure and delivering other critical support.

There are several instruments that the Caribbean countries can access to receive emergency funding.

In the medium-term

3. **Invest in Climate-Smart Agriculture to boost productivity and build climate resilience.** Climate-smart agricultural solutions include the use of high-yielding crop varieties and animal breeds resilient to heat, drought, pests, and diseases, coupled with climate-proof irrigation and drainage infrastructure, as well as sustainable land management. If adopted, it has the potential to transform the Caribbean's agri-food systems.

In Belize, we are working with the government and farmers to increase food production and facilitate the adoption of climate-smart agricultural practices.

4. **Strengthen linkages to tourism.** Before the pandemic, only one third of the demand from the hospitality and tourism industry was covered by domestic producers in OECS countries. As tourism is expected to rebound in the next few years, there is a bigger unrealised potential.

With investments in upgrading production systems, agro logistics, and marketing, domestic farmers could consistently supply fresh and minimally processed food all year round and receive better prices. This is the rationale for the **OECS Agricultural Competitiveness Project**, which aims to support food producers and small and medium businesses in St. Vincent and the Grenadines.

5. **Diversify agricultural export revenues through value chain development.** Larger countries in the region have the potential to develop and strengthen competitive value chains for high-value products, for example, highly perishable fruit and vegetables, seafood, and spices. To reduce post-harvest losses and boost export revenues, countries could also benefit from investment in agro-processing and agro-logistics facilities.

In Jamaica, we are working with the government to provide financial and technical support to key agricultural institutions and tourism enterprises to develop more reliable linkages with buyers and markets.

During my travels in the Caribbean, I met **Deles Warrington**, an award-winning farmer from **Dominica**. He shared with me his optimism for the future of agriculture in the region. In his words, when people put their heads together, assist each other and share technology, tremendous success can be achieved. I cannot agree more with Deles.

Building productive and resilient agri-food systems in the Caribbean will require partnerships, strong policies, strategic investments, and capable institutions. However, the payoffs—measured in growth, food security, nutrition, natural resources, and climate

change mitigation – are eminently worth it. At the World Bank we stand ready to support the region in this endeavour.

Lilia Burunciuc is the World Bank's Country Director for the Caribbean countries.

Deles Warrington, CARICOM Farmer of the Year, of Calibishie



OECS Agriculture Competitiveness (AGRICOM) Project

Enhancing access to markets and sales for competitively selected farmers and fisher-folk (FFs), as well as their allied aggregators and agro-processors (AAs).



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OECS Agriculture Competitiveness (AGRICOM) Project

Project Objective:

Enhancing Access to Markets and Sales for Competitively Selected Farmers and Fisherfolk

What's on offer:

Matching Grants for Competitively Selected Business Projects for

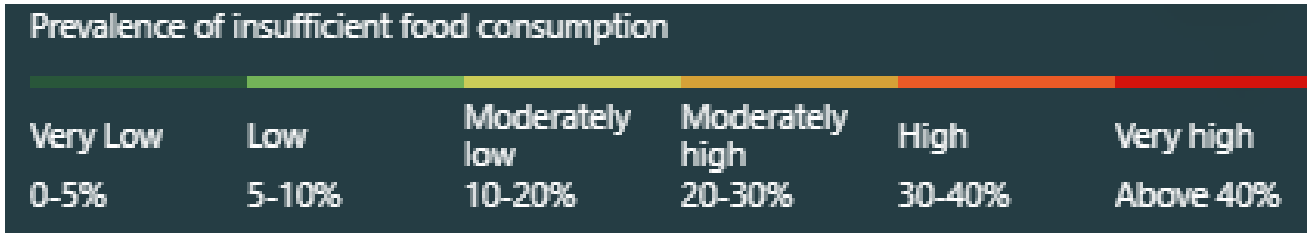
- Farmers
- Fisherfolk
- Aggregators
- Agroprocessors

Benefits from up to:

- **US \$8,000 (80%)** for Farmers and Fishers
- **US \$120,000 (50%)** for Agroprocessors, Aggregators (Marketers, Cooperatives and Lead Farmers or Fishers)

Tracking World Hunger and Food Insecurity

<https://www.visualcapitalist.com/interactive-map-tracking-global-hunger-and-food-insecurity/>



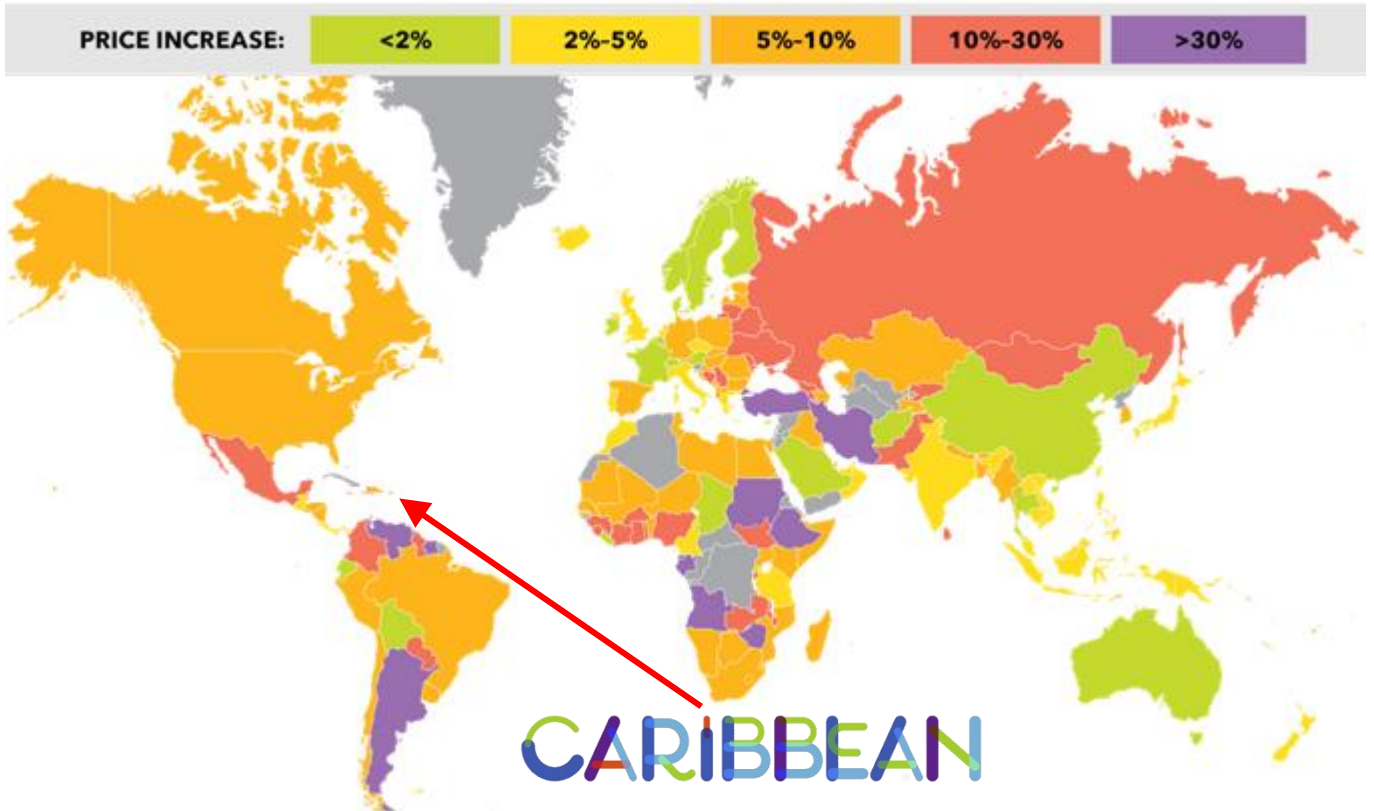
Food Security Index World Map



Based on Food Security Index by Deep Knowledge Analytics
Source: dka.global/global-food-security-q2-2022

Domestic consumer food price inflation around the world, January 2022

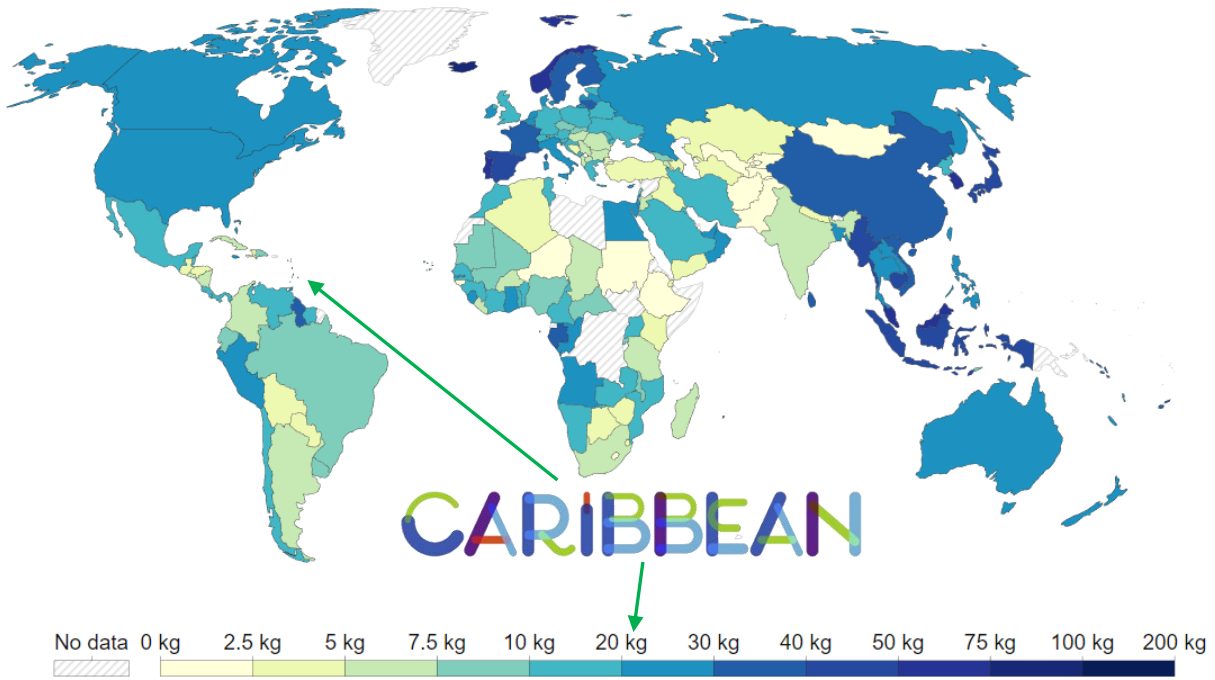
(year-on-year change in food consumer price index, %)



Source: Rob Vos, Joseph Glauber, Manuel Hernández, and David Laborde. 2022. COVID-19 and food inflation scares. In: Johan Swinnen & John McDermott. Eds. *COVID-19 & Global Food Security: Two Years Later*. Washington: D.C.: International Food Policy Research Institute. Pp. 64-72.

Fish and seafood consumption per capita, 2017

Data is inclusive of all fish species and major seafood commodities, including crustaceans, cephalopods and other mollusc species.



Source: UN Food and Agriculture Organization (FAO)

OurWorldInData.org/fish-and-overfishing • CC BY

Note: Data is based on per capita food supply at the consumer level, but does not account for food waste at the consumer level.

Jackfruit



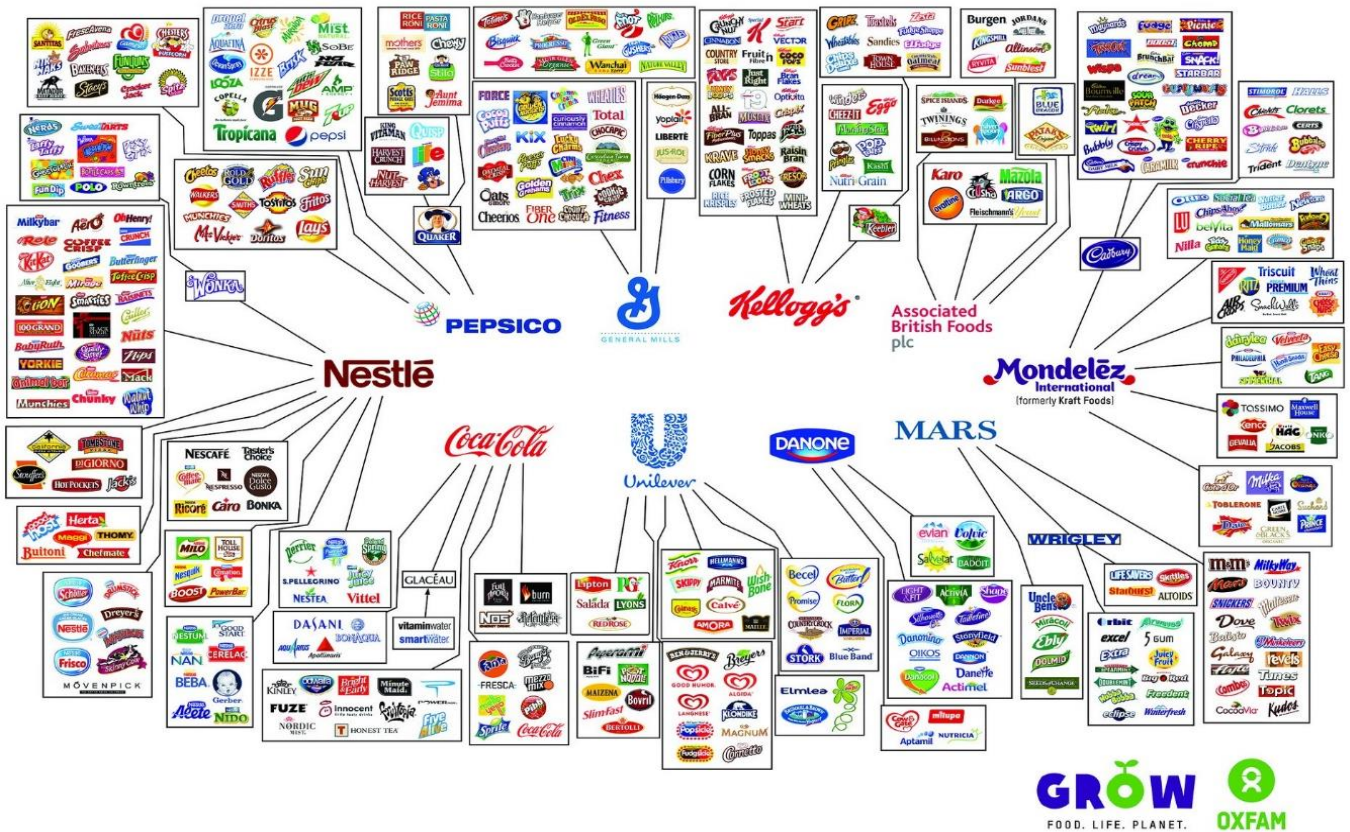
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Unmasking the Global Food Cartel:

<https://healthimpactnews.com/2021/unmasking-the-global-food-cartel-is-massive-starvation-and-population-reduction-their-next-move/>

5 July 2021



Commentary by Brian Shilhavy
 Editor, Health Impact News

The Globalists who control the world today are not politicians. Politicians are puppets, chosen by the Globalists, who control the world's financial system.

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Ten to 12 pivotal companies, assisted by another 3 dozen, run the world's food supply. They are the key components of the Anglo-Dutch-Swiss-American cartel, which is grouped around the 2 families (Rothschilds and Rockefellers).

Led by the six leading grain companies – this food and raw materials cartel has complete domination over the world's cereals and grains supplies, from wheat to oats and corn, from barley to sorghum and rye. But it also controls meat, dairy, edible oils and fats, fruits and vegetables, sugar, and all forms of spices.

Today, food warfare is firmly under the control of London and New York. The oligarchy has built up a single, integrated raw materials cartel, with three divisions – energy, raw materials, and increasingly scarce food supplies.

Meanwhile, the food cartel reduced the export regions, which supposedly enjoy favoured status, to a state of servitude as well. During the last 4 decades, millions of farmers in the US, Europe, Canada, Australia, Argentina, Brazil, India and South Africa, have been wiped out.

This is due to the fact that the Rothschilds have based themselves in London, since 1795, and from this base, managed to dominate European business and finance.

The US has come to the party late. But, since 1945, under Rockefeller patronage, the American companies have made great strides in the field of food. That is why the title “British-American Cartel,” or BAC, for short.

Very little food moves on the face of the Earth without the food cartel having a hand in it.

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

 [Pascas Care Energy Level of Food.pdf](#)

Mondolez, Nestle, Associated Biscuits and Unilever are **Rothschild**-controlled entities. Pepsico, Coca Cola, Mars, Kellogg's, Phillip Morris, Kraft Foods, General Milling, Grand Metropolitan-Pillsbury and RJR-Nabisco are part of the **Rockefeller** Group.


The main alcoholic companies are all within the Rothschild bloc, such as SAB Miller, as well as the groups, such as wine, champagne, whisky, scotch, etc. Most of these premium brands are based in Scotland and France.



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Now, those who explore the isles of supermarkets anywhere in the world, we are presented with the “British-American Cartel” BAC corporate products in enticing packaging. They take the raw ingredients, break them down and reconstitute them with added sugar, salt and fat, while tasting enticing, their nutrient levels have overall being universally degraded to what is essentially neutral. If the product is in factory packaging it is typically not life enhancing.

Most will be surprised that the nutrition factor of most pet foods is higher than most of the food for human consumption in supermarkets that is factory packed.

Within the  [Pascas Care Energy Level of Food.pdf](#) to be found in the Library Download page of www.pascashealth.com scroll down to the Nutrition section, you may find some 800 food items that have been kinesiology calibrated using Dr David Hawkins research and his Map of Consciousness scale. In short, reconstituted factory processed and packaged food typically calibrates at 200 or lower, it is appeal enhanced with added sugar, salt and fat whereas ‘Fresh is Best’ produce prepared and cooked in the home is typically calibrating around 400 or more on the Map of Consciousness. The scale is based on the common log of 10 and this difference is enormous. A 10 point increase is a 10,000,000,000 fold increase in energy and we are talking 100s of points of energy differences.

The excessive sugar, salt and fat intake is the driver of obesity, diabetes, and associated illness that is now pandemic around the world. Further, the cost of non-nutritious processed food is money for the pockets of the few mega-wealthy families who are manipulating the people of Earth for their personal gains.

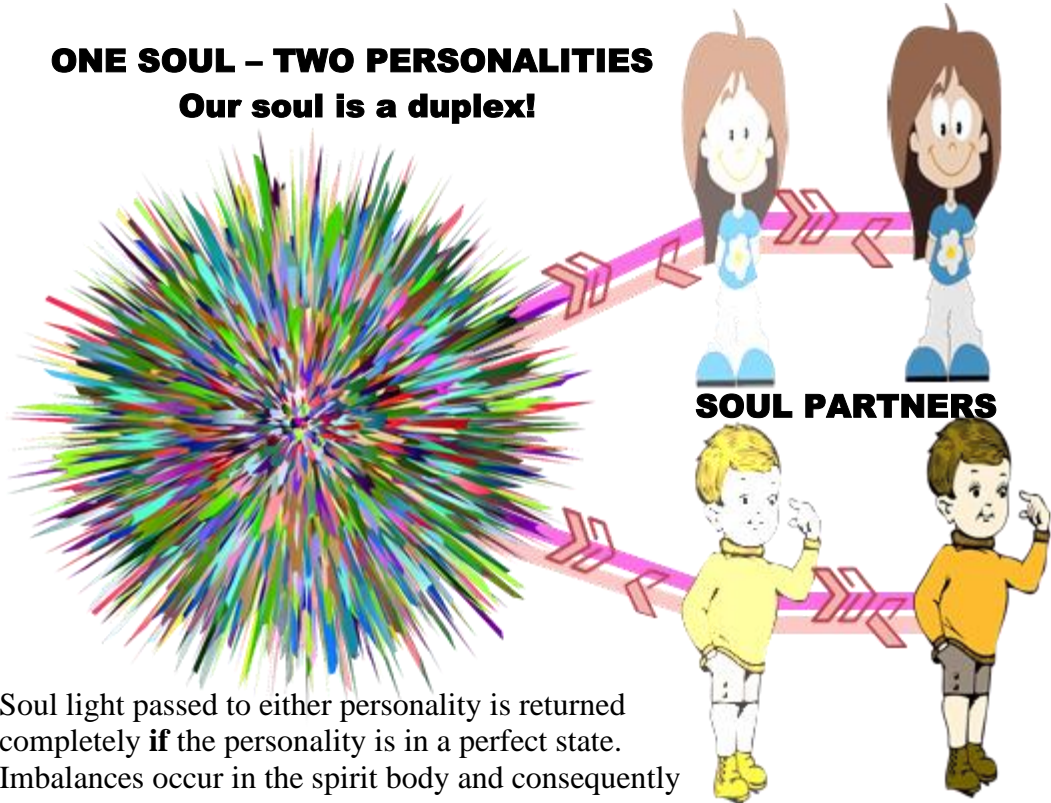
FRESH is BEST!



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OUR PHYSICAL HEALTH is DEPENDANT UPON BALANCING the RETURN of the LIGHT RECEIVED from OUR SOUL

ONE SOUL – TWO PERSONALITIES
Our soul is a duplex!



Soul light passed to either personality is returned completely **if** the personality is in a perfect state. Imbalances occur in the spirit body and consequently the physical until Feeling Healing is complete.

To balance the soul light flow through the circuitry requires our **FEELING HEALING** to be completed. This will require of each of us a great effort over years. **FEELING HEALING** has now been demonstrated for the first time in the history of humanity.



Feelings First with Mind to follow in support.

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END to the REBELLION and DEFAULT – 31 January 2018:

31 January 2018: Nanna Beth, 3rd Celestial Heaven: Yes John, very good news we want to pass onto you for your records. Earth and the seven associated Mansion Worlds (including the two Earth planes) are **officially** now fully under the control of Celestial spirits. And this means John, that Earth is now 'Ours'. It's been a long time coming, but it's a huge milestone and marks a tangible and real end to the Rebellion and Default. It's one of a number of 'End's' that are to occur.

With the departure of the Caligastias and Daligastias (C&D) some years ago (1993), humanity has been in a state a limbo so far as who is doing what with it, it not being allowed to be left alone so it could do whatever it liked, it always needing to have a spirit connection. With the mind spirits, as we've told you, basically calling the shots still happy to ignorantly carry out C&D's plans. But now with our systematic and progressive take over, we're now in complete control.

And what that means is we have our fingers in every pie and we're on the case so far as what everyone is doing. However it doesn't mean we're taking over and telling humanity what to do and how to be, although we are able to work more with certain individuals directly and indirectly helping to move or point or orientate (depending on how you want to look at it) individuals, groups of people, whole societies, the whole world, according to the plans given to us by the Melchizedek Receivers.

So humanity will still carry on outworking it's unloving, untrue and rebellious state, that has to be worked through to its natural conclusion, however we want you to understand and just know that it's another end of things and beginning of the new. And it's basically what we've been working with you in connection with James this past year to achieve. There is a lot more to it and how and why it's been done, and done as it has been done, however you can find out about all of that when you come over.

So we Celestials will guide humanity now according to what our Mother and Father want, so humanity's got a real tangible safety-net under it now, so no more 'downside risk', it all being to move it toward doing its Healing.

I'll speak again soon – love Nanna Beth.



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Root Cause

Highly esteemed Lanonandek spirits from within our local universe of Nebadon were assigned as System Sovereigns of our local system to oversee Earth's humanity and their spiritual development. 200,000 years ago they, the Lucifers, became infatuated with their authority and turned against the regents of Nebadon, Mary and Jesus, as well as rejecting God. Through their Planetary Princes, also Lanonandek spirits, they had taken the humanities of 37 worlds within their local system into their Rebellion.

Through living through our minds, suppressing our feelings, we on Earth will continue to be at war with each other, illnesses of all descriptions will continue from our feelings suppression, famine and inequalities prevail, control of others is the core of all systems, we cannot determine truth from falsehood and life on Earth is a living hell. We have been continually seduced by mind Mansion World spirits and we live life in a stupor – nothing more than zombies doing the begging of the evil ones, the rebellious Lanonandek spirits.

Through living through our minds, suppressing our soul based feelings, we have been progressively going further and further away from our Heavenly Parents, now to the point that we cannot go any further. Through working cracks in the Universal Contract governing the Rebellion and Default, this control has been ended formally as of 31 January 2018.

Pathway Forward

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

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

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

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

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

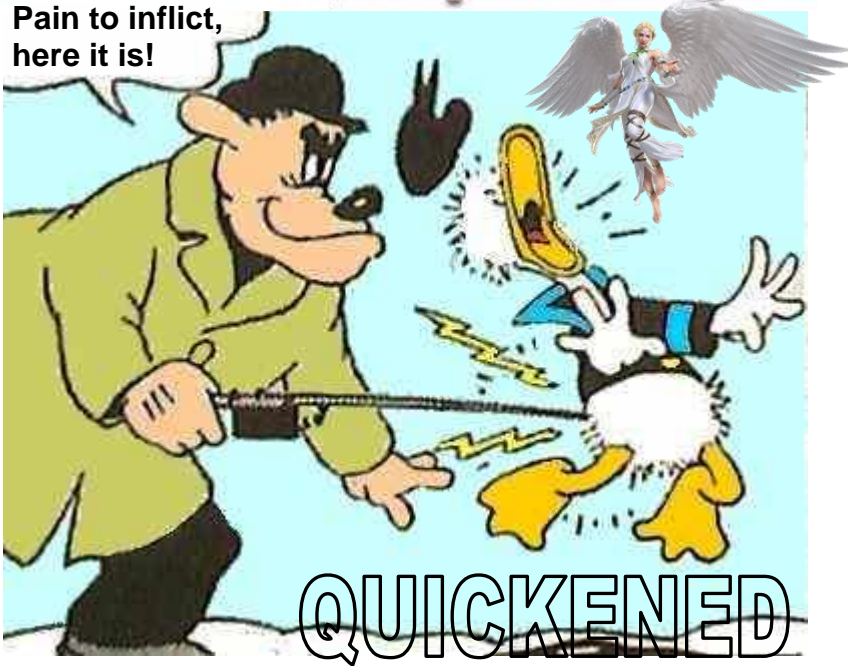
We are to express our feelings, both good and bad, at all times, and to long for the truth of them.

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

THE QUICKENING Law of Compensation

Law of Compensation

Pain to inflict,
here it is!



Nanna Beth – 3rd Celestial Heaven, 2 April 2019:

‘Earthing’ levels of the Law of Compensation are far greater than anything humanity could ever come up with so far as ‘destroying one’s enemies’. And yet people are not or no person is the enemy. This change is solely for humanity, to help everyone, even the worst most controlling person, to help them end being helplessly and hopelessly trapped within their wrongness, even if they can’t see it nor believe they want to end it. So in the short term they might not give any thanks for what is to be done – what is now being done – however everyone will come to understand and be grateful for ‘turning it around’, for turning them around, for stopping them continuing on in their mad rebellious rush to oblivion.

THE TURNAROUND

A lot of mostly well-meaning people will be fine, like how it is for most well-meaning people when they arrive in the Mansion Worlds, with a few minor adjustments being made. But overall, a huge sense of relief being experienced that ‘God has your back’, that you can finally trust and rely on God to ‘look after you’ because no one will be able to hurt or harm you as they’d instantly suffer such trauma themselves and even possibly before they got to the point of openly inflicting it on you.

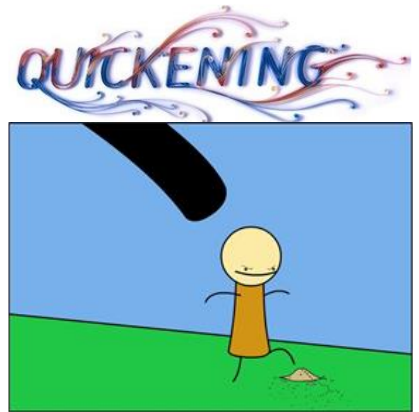
GOD'S GOT
YOUR BACK!

A hypothetical example of how the quickening or ‘Earthing’ of the Law of Compensation may work as it does within the 1st Spirit Mansion World:



James: What’s to stop the hidden controllers discovering I like women, to set me up with say a nice Russian alluring Jewish woman, who comes into my life on the pretext of wanting to do her Healing, only to stitch me up or knock me off? I like allowing my woman-fantasies to run amuck, as you understand?

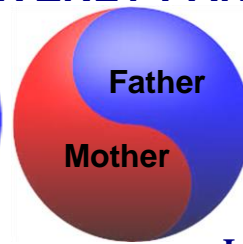
Nanna Beth – 3rd Celestial Heaven: In the context of all of this, it’s a valid point James, to which I will counter by saying she will not come to you in that light. Firstly, being Healed, you will not feel the same fanciful attraction to such women; and secondly, she wouldn’t get a foot in the door, because once you are fully Healed (or the Avonal Pair), then you both personally have ‘lowered the Law of Compensation’, so it is instantly applied; which means, should anyone seek to even contemplate harming you, let alone the physical destruction of you, then that person or persons will be ‘struck down’ by the Law of Compensation hardly able to function anymore as all the pain of that harm they were wishing to inflict on you would become inflicted instead on them, with their angels making it happen, leaving them in no condition to approach you, to seduce you with any feminine charms, or to plot blowing you up from afar. And then, as we’ve talked about, that personal relationship with the Law of Compensation, because through your Healing you have fully settled it within yourselves, will be imposed on humanity when the time is right, by you (or the Avonal Pair) carrying out the dictates of the Eternal Son and Infinite Daughter. And when that happens, there goes all the plans of the Evil Ones, all the Jewish control and anyone else seeking any sort of control over nature or anyone else. And as we talked about yesterday, then it will be like a ‘blanket from Heaven’ will descend over the whole world – the whole of humanity, and a spiritual blanket – bringing with it a sense of peace as everyone instantly becomes subjected to the Law of Compensation to the level of the first Mansion World. However up until that time, so the plans of the Rebellion will move toward fruition, with we Celestials mitigating some of them, those we’re allowed to interfere with as you progress in your Healing.



HEAVENLY PARENTS



Eternal Son of Truth



**Father
Mother**



Infinite Daughter of Mind



Angels of Encouragement to Behave! We each have two angels with us at all times.

When the time comes, the Angels will administer the Law of Compensation as it is Earthed. It is through the earthing of this law that an era of peace may prevail over humanity on Earth. A form of the carrot and the stick. The carrot being our transformation through undertaking our Healing with Divine Love – Soul Healing.



Let's Be Friends

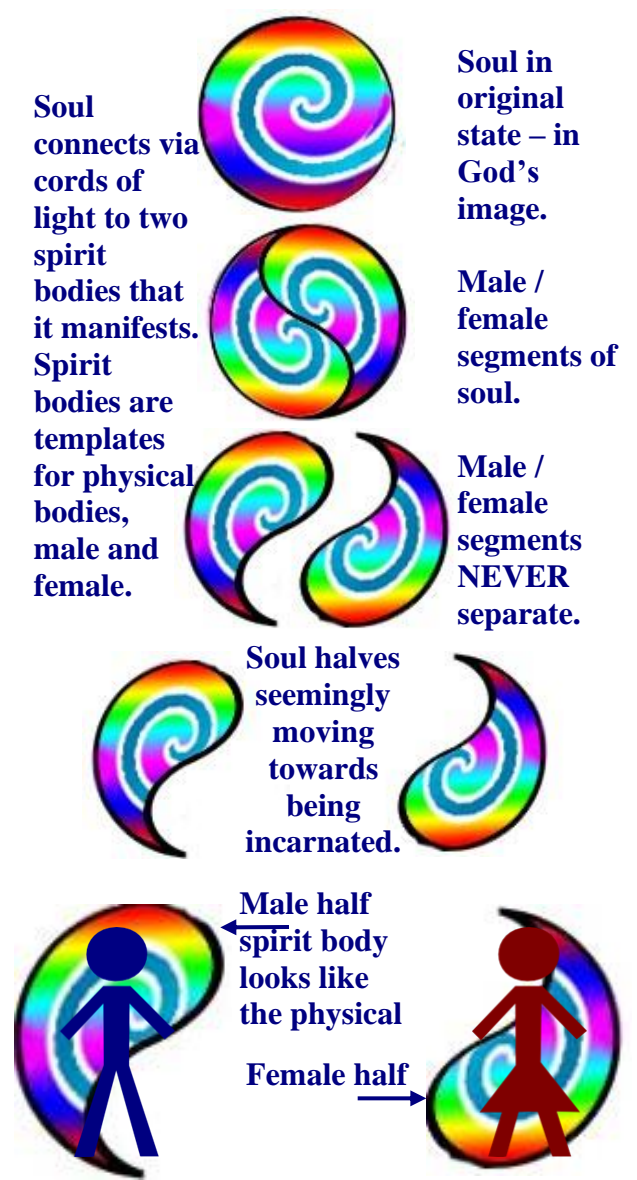
The SOUL DOES IT ALL. THE SOUL INITIATES CONCEPTION AND THE GROWING OF THE PHYSICAL AND SPIRITUAL BODIES, AND ALL THAT CONNECTS THEM TO EACH OTHER AND TO THE SOUL ITSELF.

The soul oversees EVERYTHING – we are soul. And our soul is duplex, in that it has bestowed upon it, two unique personalities by its Creator Parents – our Heavenly Mother and Father. So at conception, our soul incarnates you, one of the two personalities into Creation – life. The soul does it all. The soul doesn't come at some point embracing the embryo. The embryo wouldn't exist if it weren't for the soul wanting it to exist. We are never separate from our soul.

We are one of the personality expressions of our soul, our soulmate is the other one, our 'other half'. Our soul can incarnate its two personality expressions at different times on Earth. With each 'half' experiencing life as a full individual and independent personality destined at a predetermined time to meet each other, which will more than likely happen at some point through one's Healing or when one has finished it. And whilst we're living in rebellion against our soul, ourselves, our truth, so it's highly unlikely we'll have anything to do with our soulmate / soul partner until we start to heal that rebellion, because we are anti each other – anti the truth of ourselves and each other. We can ONLY experience true soulmate love when we are FULLY healed of our rebellion and default – when we've done our Healing.

And our soul would naturally, had we not been unlovingly interfered with by our parents, evolve us in truth through our feelings and the experiences that give rise to them. However, because our parents unwittingly got in the way and stopped our soul from doing this, so we've become untrue and have to do our Healing to sort ourselves out, to bring ourselves back into being how we would naturally be were we not screwed around with.

The point of our Healing is to find the whole truth of our unloved state, all through our feelings and not with our mind. So once the truth is revealed, we can be set free of that untrue state. So we're not to look for specific traumas, we're not to try and home in on them, bringing to light all the bad feelings associated with them, then we're 'healed' of it, able to resume our life without the burden of that terrible experience. Certainly our Healing will do that, heal all the bad feelings associated with and resulting from that traumatic experience, however it doesn't stop there, it goes on and deeper until every aspect of self-expression that has been thwarted by negative unloving parental and childhood experiences – all one's trauma from feeling unloved – comes out and the truth seen. So healing our specific traumas is only one part of the Healing, with it being much more.





Problems Caused by Economic Disparity

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

2 July 2020

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

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

Provincialism

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

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

The threat to national integration

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

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

Crimes and Terrorism

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

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

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

Illiteracy and low-quality education

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

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

Compromised health

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



COMMERCIAL IN CONFIDENCE

What are mosquito-borne diseases?

When a mosquito feeds on blood, it also swallows any viruses or parasites living in the blood. These viruses and parasites can be transferred to the next person the mosquito bites through its saliva. Any disease that is spread in this way from mosquito to human (or animal) is known as a 'mosquito-borne disease'.

While the mosquito may not be affected, these mosquito-borne diseases can cause immense suffering for humans. Roughly 390 million people are infected each year with dengue, and hundreds of thousands more are affected by Zika, chikungunya and yellow fever.

Common types of mosquito-borne diseases include malaria, dengue, West Nile virus, chikungunya, yellow fever and Zika.

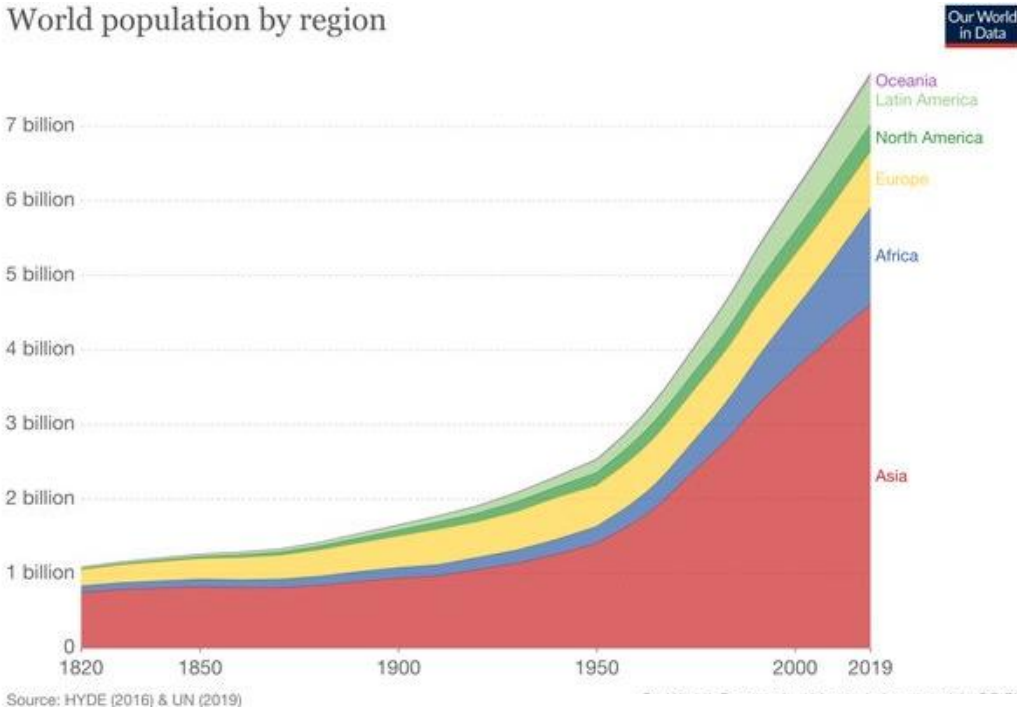


Why does the USA have a much higher per capita income (US\$65,000 approximately even higher than Northern Europe's) compared to China and Russia (US\$10,000 approximately)?
<https://www.quora.com/Why-does-the-USA-have-a-much-higher-per-capita-income-65-000-approximately-even-higher-than-Northern-Europes-compared-to-China-and-Russia-10-000-approximately>

This questions is a bit more interesting than it first appeared. First of all we need to look at some figures to get a rough idea of what has happened over time.

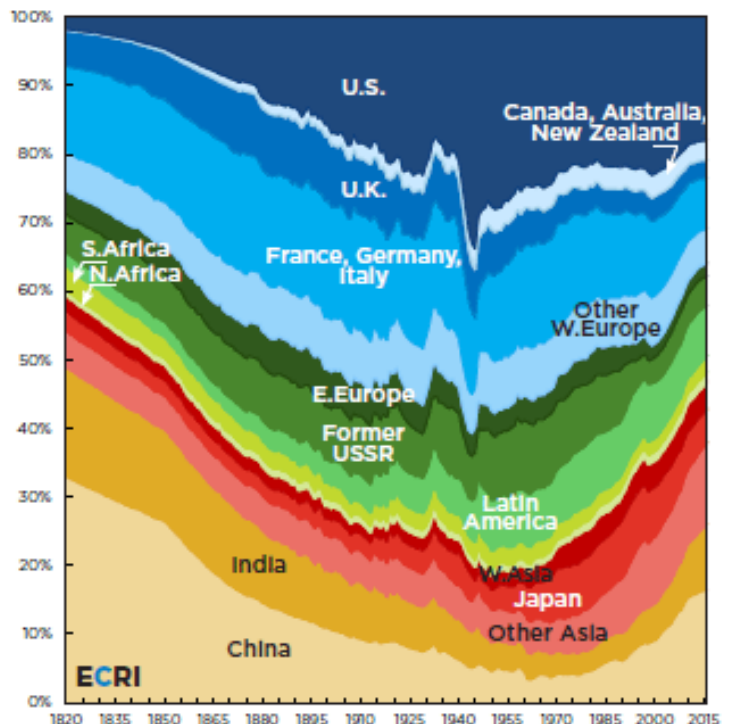
It is fairly obvious that things massively changed after 1950. That’s one major “pivot”

World population by region



The second graph is also important. It looks at GDP for each country and you can see there is a minor blip for World War 1 but thing massively change during World War 2 which is another “pivot”

Share of World GDP (%), 1820-2016 CE



So what are some key dates and people:


- 1820 is towards the end of the industrial age for Europe and America. China and India are still agricultural societies.
- Gilded Age (1870 to 1900)
 - Rockefeller and Standard Oil with “horizontal integration”, “vertical integration” and the business trust.
 - Andrew Carnegie and Carnegie Steel Company
 - Vanderbilt family with rail and shipping.
- 1920 America has Henry Ford with Ford motor car and more importantly the assembly line.
- 1960 Silicon Valley and the information age.
- 1980 Cold War.
- 1990 Russia converted to a market economy and corruption destroys a lot of value.

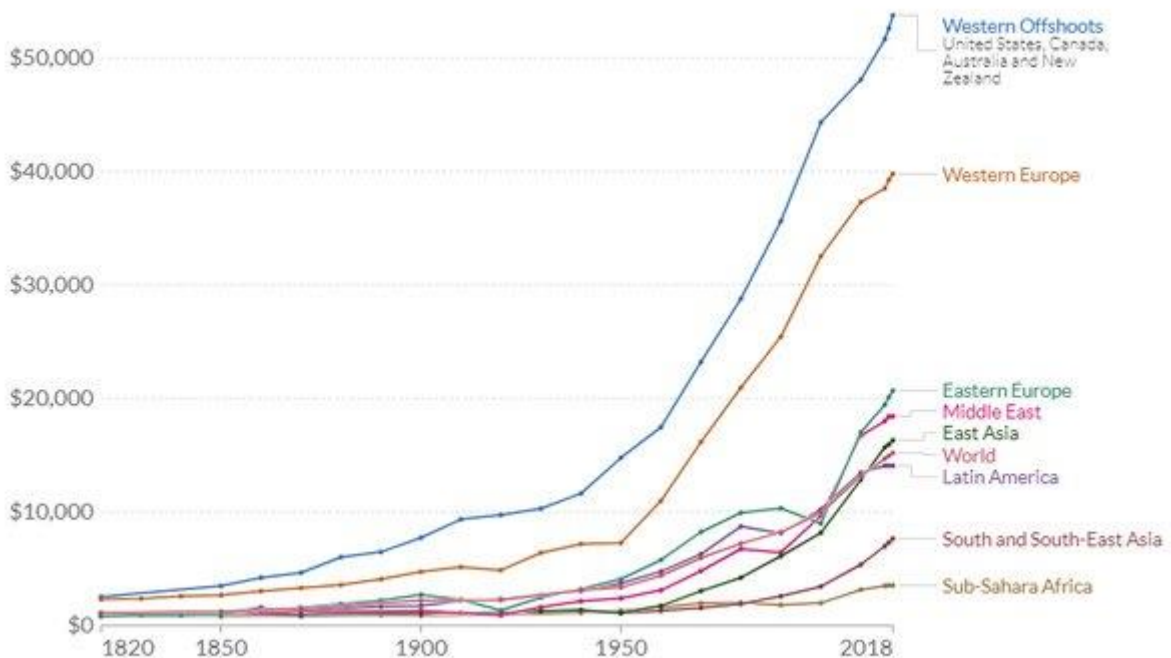
If you look at 1800 to roughly 1900 America was ahead of every other country. The population was relatively small but there are a few people that were able to drive innovation and create a massive amount of wealth. Most of this time India and China are slowly becoming less important (as far as GDP is concerned).

Things changed with the creation of the cars, planes and “mass _____” which ultimately destabilised existing power balances and lead to WW1 & WW2. During this time Russia is generally staying stable.

Lots of people know what happened after WW2:

GDP per capita, 1820 to 2018

This data is adjusted for differences in the cost of living between countries, and for inflation. It is measured in constant 2011 international-\$. 



Source: Maddison Project Database 2020 (Bolt and van Zanden, 2020)

OurWorldInData.org/economic-growth • CC BY

- America basically “stole” most of Europe’s money and gave them dollars instead which had to be spent in the US.

COMMERCIAL IN CONFIDENCE

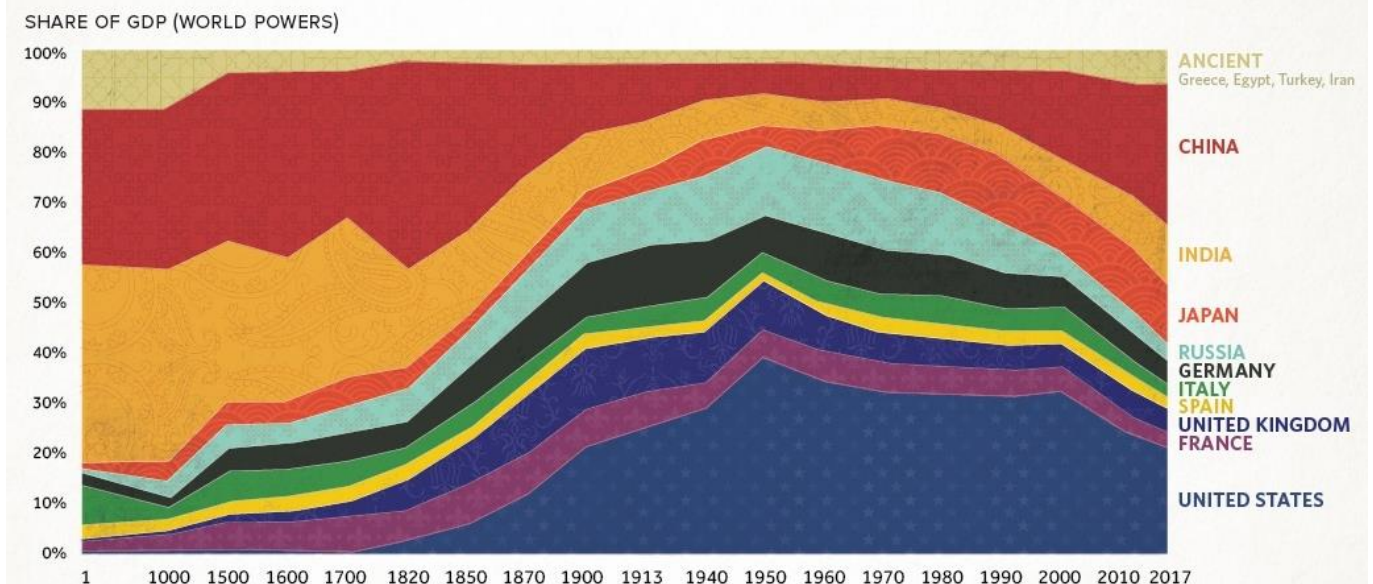
- America made a deal with the UK after the war that effectively transferred a lot of wealth from the UK to the USA.
- The creation of the Federal Reserve and everyone using USD.
- The Green Revolution which meant we had enough food for everyone and people didn't starve to death (the pivot in population).
- China and Asia became industrialised over 100 years after Europe and America.
- Russia lost a lot of economic value from the cold war, spending too much money on defence and corruption when they opened up the economy.
- China was a long way behind until after 1950 and has slowly steadily improved since the end of WW2, the Sino-Japanese war and the internal civil war.

So why?

- The American civil war happened back in the 1860 and was followed by the Gilded Age. Since then it hasn't been destroyed in any way (steady increase).
- China was a farming society while America was developing and was then kept back by local wars. Since then it has started to catch up but it takes time (v shape).
- Russia was generally better than China but then had multiple wars that damaged the country and the corruption when it became a market economy which put it back decades (roller coaster).

2,000 YEARS OF ECONOMIC HISTORY IN ONE CHART

All major powers compared by GDP from the year 1 AD



JOHAN BOGLE, THE Vanguard founder who passed away in 2019, once told a story about money that highlights something we don't think about enough:

At a party given by a billionaire on Shelter Island, Kurt Vonnegut informs his pal, Joseph Heller, that their host, a hedge fund manager, had made more money in a single day than Heller had earned from his wildly popular novel *Catch-22* over its whole history. Heller responds, "Yes, but I have something he will never have ... enough."

Enough. I was stunned by the simple eloquence of that word—stunned for two reasons: first, because I have been given so much in my own life and, second, because Joseph Heller couldn't have been more accurate.

For a critical element of our society, including many of the wealthiest and most powerful among us, there seems to be no limit today on what enough entails.



The richest 1% owns more than 43% of the world's wealth.

COMMERCIAL IN CONFIDENCE

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

We are all interconnected.

We are all on a never ending learning pathway.

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

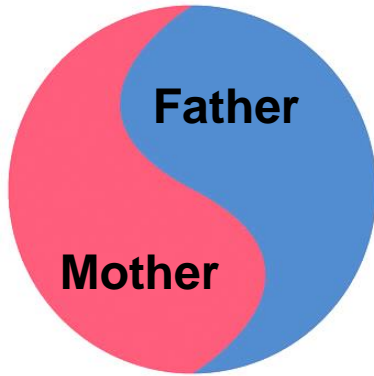
We embrace everyone's wisdom and strive to grow.

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



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





Our Heavenly Mother and Father.

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


STATE
KEEP THEM SEPARATE
CHURCH



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

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



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

Pascas Oversight Council of the Caribbean

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

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

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

Humanity's Journey

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

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

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

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

COMMERCIAL IN CONFIDENCE

ONE OVERARCHING CAUSE – ONE PATHWAY FORWARD

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



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

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



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

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

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

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

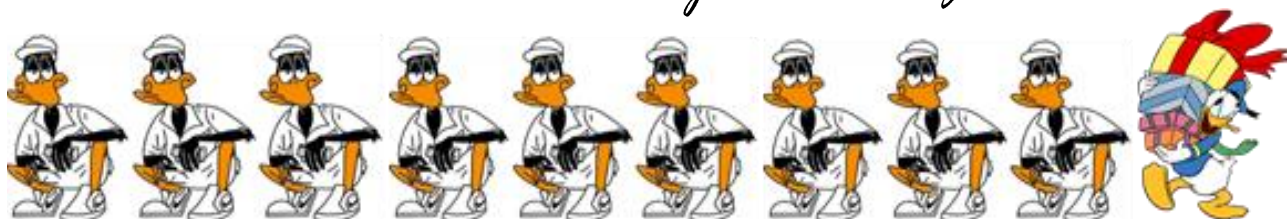
However, what we experience and see imposed around us is this all persuasive need to be mind-dominated, resulting in pressures, conflict and stress in numerous forms and ways.

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

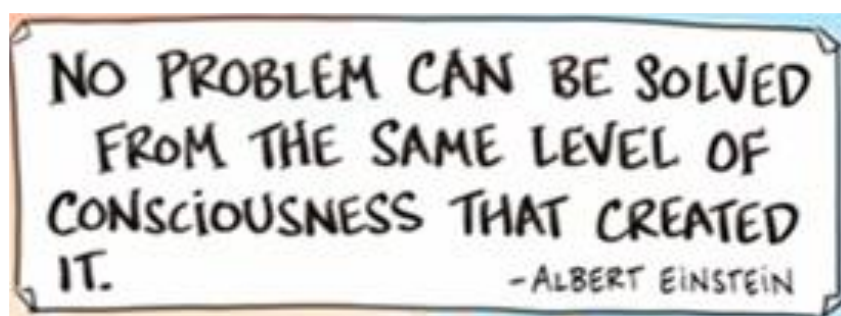
Whenever we carefully consider a 'scientific' research document, first count the number of assumptions it is 'premised' upon. One assumption and it is mostly flawed – you may become distressed when the tally of assumptions throughout the research is into double-digits!

COMMERCIAL IN CONFIDENCE

Ten ducks in a row, but one always misleading!



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



Einstein is correct. But what is the problem?

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

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

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

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

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

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

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

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

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



*It takes a village
to raise a child.*

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

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

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

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

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

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

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

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

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



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

May I Have Your Attention Please



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

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

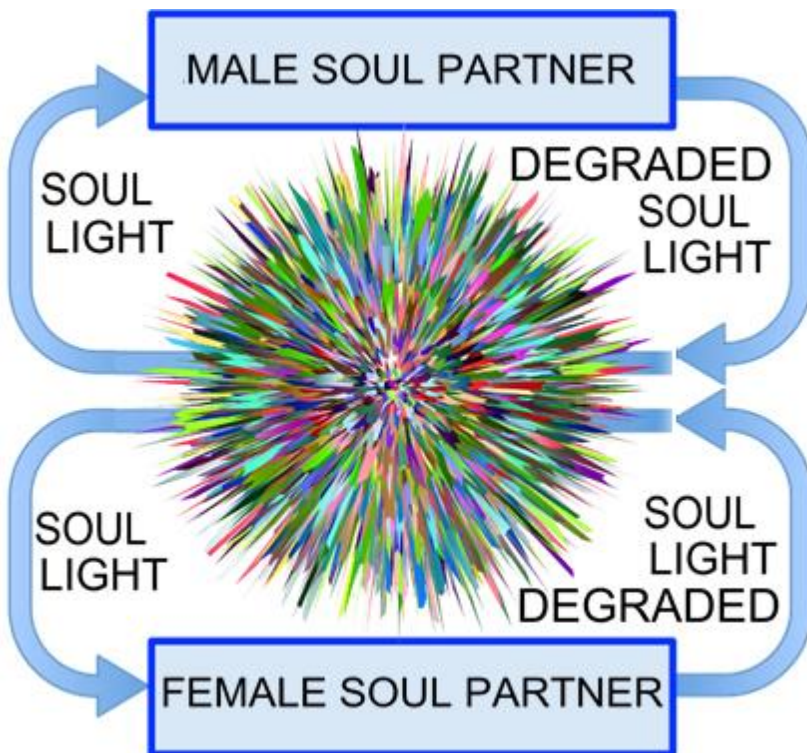
As we find a vaccine to suppress an illness we need only wait sometime before we will find it has returned in a more virulent and difficult format. The disease becomes ‘drug resistant’. The more vaccines we create and embrace, the more difficult our health issues will become UNTIL we embrace our personal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

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

IT'S ALL ABOUT
Experiences
&
feelings

Be Feelings
Expressive!

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



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

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

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



Feelings First with Mind to follow in support.

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

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

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

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

COMMERCIAL IN CONFIDENCE

Negative Spirit Influence blocked
22 March 2017
Law of Compensation quickening
22 May 2017

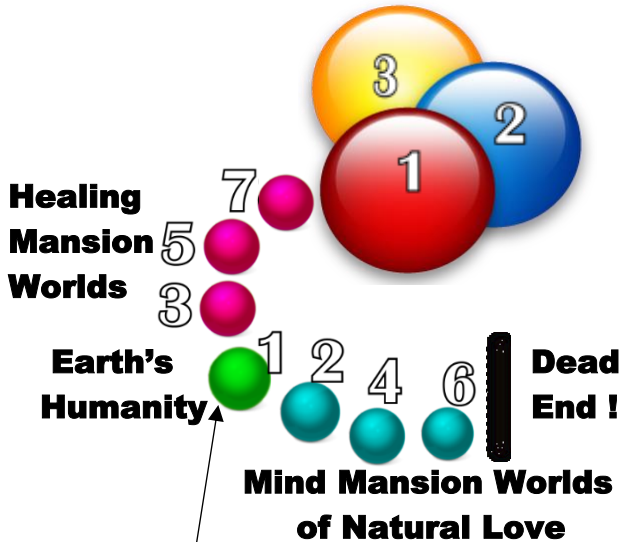


Rebellion and Default officially ended
31 January 2018
Feeling Healing Completing by the second of soul partners
12 April 2022

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

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

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



We are not to impose our will upon others.

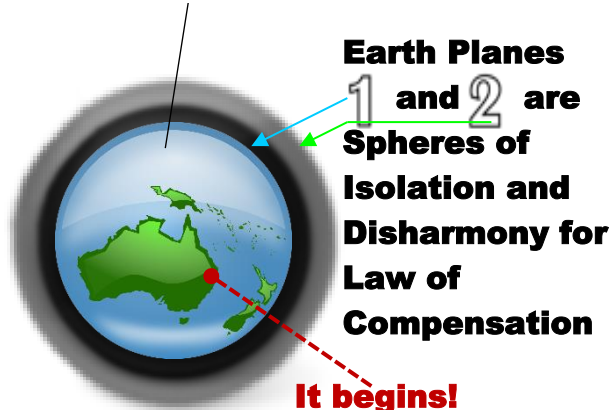
Further, militarism is all wrong!

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

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

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

Hells



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

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

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

Herculean TASK

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

The Caste System throughout India was spirit induced – it is a gross untruth. As is the belief of reincarnation. It is impossible to reincarnate and if you did then your personality

from the ‘first’ life would need to be expunged leaving a hole in the universe. Mind spirits when they lost a companion considered that that personality had reincarnated when what had unfolded is that their companion had progressed to a higher level spirit world. The concept of reincarnation is very unloving and totally impossible. And by the way, once we have been here on Earth, why in the hell would you want to come back?

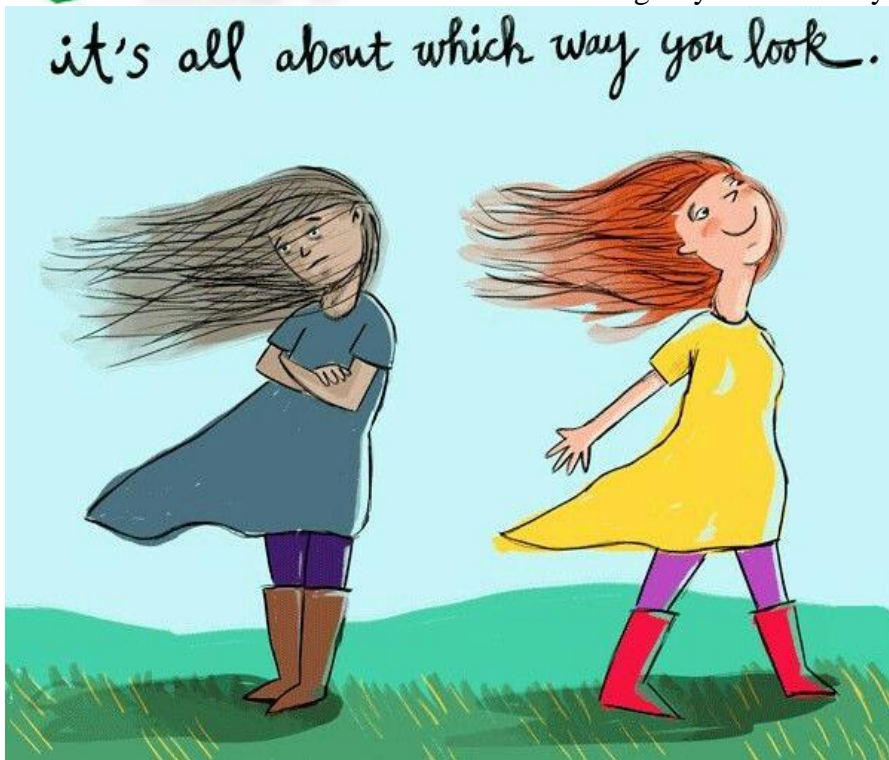
Upon transitioning into the 1st of the spirit Mansion Worlds is a time for celebration. Even if our physical incarnation lasts only for a few minutes, we have completed our individualisation and then we become spirit born and will be adopted by spirit parents. Should we live a physical life we will find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



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

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

it's all about which way you look.



mind controlling way or soul's feelings first!

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

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

COMMERCIAL IN CONFIDENCE

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



GREAT -Turn



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

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

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

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

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

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

ALL SYSTEMS ARE GO!



COMMERCIAL IN CONFIDENCE

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

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

ALL OF WHICH

PREVENTS HUMANITY'S ASCENSION

all
orchestrated by *Caligastia*
and his partner

PASCAS FOUNDATION (Caribbean SIDS) Inc conception will focus upon OECS:

Pupil-teacher ratio, primary – Caribbean OECS

[Caribbean OECS](#) 2018 14

Physicians (per 1,000 people) – Caribbean OECS

[Caribbean OECS](#) 2018 1.6

Nurses and midwives (per 1,000 people) – Caribbean OECS

[Caribbean OECS](#) 2017 4.7

CARIBBEAN SIDS (Small Island Developing States) Doctors Nurses Teachers Ratios

	DOCTORS per 1,000 people	NURSES & MIDWIVES per 1,000 people	TEACHER / STUDENT ratio
Antigua and Barbuda	2017 2.8	2018 4.5	2018 12
Dominica	2018 1.1	2017 6.1	2016 13
Grenada	2018 1.4	2017 3.1	2018 16
Saint Kitts and Nevis	2018 2.8	2015 4.2	2016 14
Saint Lucia	2017 0.6	2017 3.2	2018 15
Saint Vincent and the Grenadines	2012 0.9	2018 7.0	2018 14
Colombia	2018 3.8	2018 1.3	2018 23
Brazil	2019 2.3	2019 7.4	2017 20
Panama	2019 1.6	2019 3.2	2017 22
Peru	2018 0.8	2018 3.0	2018 17
Australia	2018 3.8	2019 13.2	1999 18
United States America	2018 2.6	2018 15.7	2017 14
Spain	2018 4.0	2018 6.1	2017 13
Strongest Worldwide	2020 5.4	2019 18.0	2018 7
https://data.worldbank.org/			
Weakest Worldwide	Africa 27 nations 0.1	Africa 30 nations 1.0	Africa 21 nations 40+

Caribbean OECS needs to double their doctors per 1,000 people, and then some.

Caribbean OECS needs to double their nurses per 1,000 people, there about.

Caribbean OECS is best to improve their teacher training and improve facilities.

It all begins with education. We of humanity are truth seekers and truth is what is required in abundance to lift the Caribbean nations out of the dire repetitive generational cycle of families across all provinces raising families that continue to calibrate on Dr David R Hawkins' Map of Consciousness around **280**.

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

COMMERCIAL IN CONFIDENCE

CARIBBEAN



CARIBBEAN

The Caribbean countries are:	Population		Per Capita Income IMF USD PPP 2021
	2022	MoC	
Anguilla	15,003	300	
Antigua and Barbuda	93,763	300	\$21,010
Aruba	106,766	305	\$42,698
Bahamas, The	411,539	370	\$33,188
Barbados	281,635	340	\$15,111
Bermuda (outside Caribbean)		290	\$88,185
British Virgin Islands	30,231	290	
Cayman Islands	65,722	290	\$74,155
Cuba	11,204,418	280	N/a
Curacao	164,093	280	\$22,832
Dominica	72,737	290	\$11,950
Dominican Republic	11,281,678	290	\$20,462
Grenada	125,438	280	\$15,037
Guadeloupe	395,752	290	
Haiti	11,653,399	80	\$3,153
Jamaica	2,825,822	310	\$10,542
Martinique	367,507	280	
Montserrat	4,992	270	
Netherlands Antilles	26,223	275	
Puerto Rico	3,255,516	250	\$35,850
Saint Barthelemy	9,877	270	
Saint Kitts & Nevis	47,657	270	\$29,097
Saint Lucia	179,857	280	\$14,332
Saint Maarten	38,666	275	\$35,973
Saint Vincent and the Grenadines	103,948	260	\$15,045
Trinidad & Tobago	1,532,599	300	\$25,308
Turks & Caicos Islands	38,717	280	\$20,337
US Virgin Islands	104,425	280	N/a
	<u>44,437,980</u>	<u>280</u>	
	Caribbean small states		\$17,323
	World		\$18,603

CARIBBEAN

The Caribbean countries are:

	Capitals	Population	City MoC
Anguilla	The Valley	3,300	285
Antigua and Barbuda	Saint John's	24,200	290
Aruba	Oranjestad	28,300	290
Bahamas, The	Nassau	311,000	390
Barbados	Bridgetoown	99,000	350
Bermuda (outside Caribbean)			
British Virgin Islands	Road Town	8,450	270
Cayman Islands	George Town	35,000	290
Cuba	Havana	2,146,000	280
Curacao	Willemstad	150,000	280
Dominica	Roseau	16,250	295
Dominican Republic	Santo Domingo	3,458,000	280
Grenada	St George's	36,800	280
Guadeloupe	Basse Terre	12,400	270
Haiti	Port-au-Prince	3,000,000	105
Jamaica	Kingston	600,000	285
Martinique	Fort De France	82,500	290
Montserrat	Plymouth	1,500	280
Netherlands Antilles (see above)	Willemstad		
Puerto Rico	San Juan	342,000	280
Saint Barthelemy	Gustavia	3,000	270
Saint Kitts & Nevis	Basseterre	14,000	280
Saint Lucia	Castries	65,700	290
Saint Maarten	Philipsburg	42,000	280
Saint Vincent and the Grenadines	Kingstown	24,500	285
Trinidad & Tobago	Port of Spain	545,000	290
Turks & Caicos Islands	Cockburn Town	4,800	270
US Virgin Islands	Charlotte Amalie	20,000	280

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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GOVERNMENTAL RESTRAINT upon its PEOPLE					
Nation	Map of Consciousness (MoC)	Population Number (2021)	Parliament	MoC (2021)	Elected Number
Angola	80	35,100,000	National Assembly	300	220
Australia	410	25,500,000	Federal Parliament	380	227
			Senate (upper house)	380	76
			Representatives (lower)	380	151
China	305	1,440,000,000	Politburo Standing Committee	280	7
			Politburo	285	24
			Central Committee	290	200
			Congress	295	2,000
Colombia	320	52,140,000	Parliament	344	296
			Senate	344	108
			Chamber of Representatives	332	188
European Union	380	446,156,000	Parliament	335	705
India	370	1,380,000,000	Parliament	400	788
			Council of States (upper)	410	245
			House of People (lower)	390	543
Indonesia	220	280,000,000	Parliament	288	711
			Regional Rep Council	295	136
			Peoples Rep Council	280	575
Philippines	225	115,000,000	Senate	291	24
			Representatives	299	316
Russia	320	146,000,000	Federal Assembly	305	620
			Federation Council (upper)	310	170
			State Duma (lower)	300	450
Ukraine	330	43,750,000	Verkhovna Rada	300	450
United Kingdom	420	68,000,000	Parliament	390	1,433
			UK House of Lords	380	783
			UK House of Commons	400	650
United States of America	405	331,000,000	USA Congress	380	535
			Senate	365	100
			House of Representatives	390	435
World overall	220	7,985,000,000			

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

We are TRUTH SEEKERS!

Gaste System vs Intelligence Quotient vs Map of Consciousness

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

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

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

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



COMMERCIAL IN CONFIDENCE

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

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



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

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

OLD WAY to transition to THE NEW WAY

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

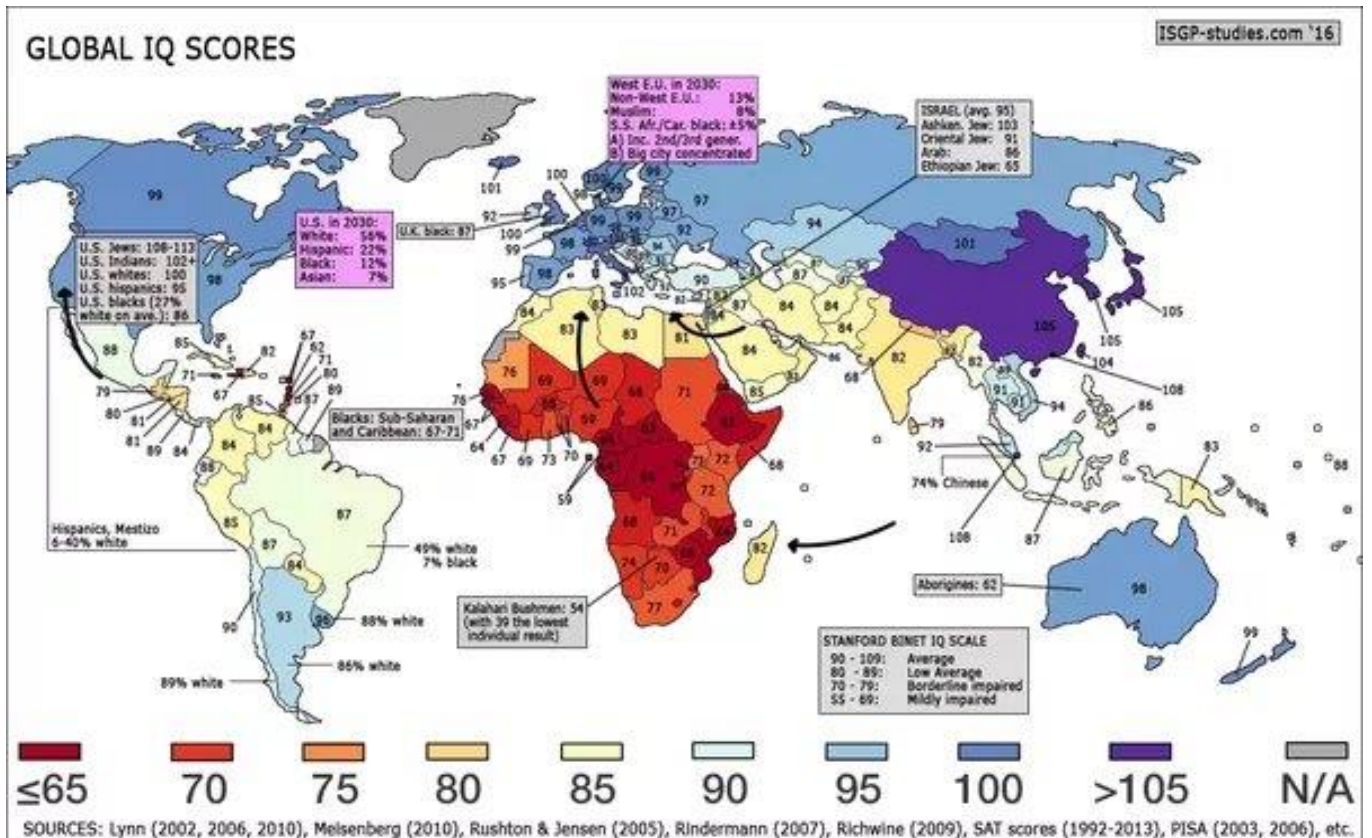
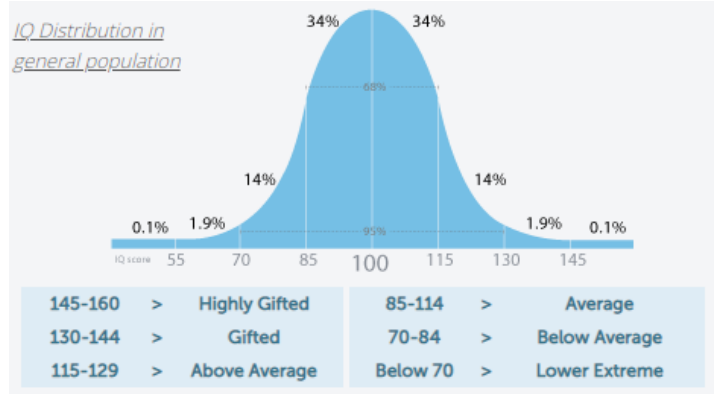
Intelligence Quotient (IQ) system is a modern day Indian' Caste System imposed upon the whole world through a modern day repackaging of those hidden controllers agenda.

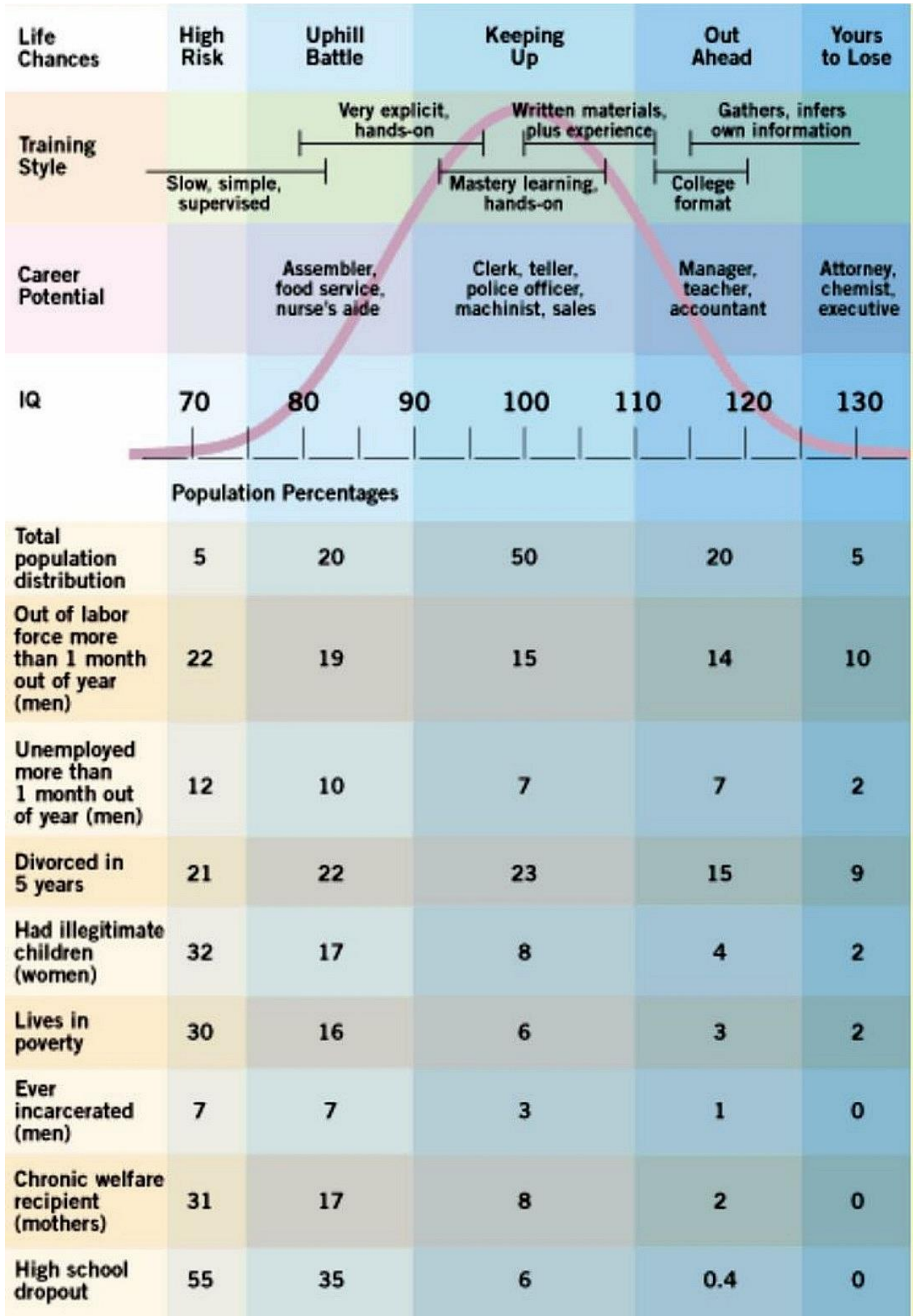
IQ (intelligence quotient) compared by countries

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

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

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





REALITY

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

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

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

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

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

Average IQ (intelligence quotient) score by Job

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

Average IQ (intelligence quotient) – Classification Table

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

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



other way around as we have all been previously taught.

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

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



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

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

MAP OF CONSCIOUSNESS

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

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

PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

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

Debate and implement resolutions without argument and delay. 470

Debate and implement resolutions in due course. 440

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

Management supervision is generally necessary.

Politics become the hope for man's salvation.

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

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

Harm of others prevails, self-interest prevails.

Totally self-reliant, not God reliant.

Fear dominates all motivation.

Suicide is possible and probable.

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

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

GS vs IQ vs MoC

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

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

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

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

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

Note:

The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.

A calibration increase of 1 point is in fact a 10 fold increase in energy.

A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.

Thus the energy differentials are in fact enormous!

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

James Moncrief 18 March 2018

This statement tests true at MoC 1,000

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

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

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

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

COMMERCIAL IN CONFIDENCE

EINSTEIN'S THEORY of INSANITY



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

Enter:

The NEW WAY **The NEW WAY**

POLITICAL SYSTEMS in General

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

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

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

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

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

The people of Caribbean presently calibrate around 280 overall on the Map of Consciousness.

The **Organisation of Eastern Caribbean States (OECS)** is an inter-governmental organisation dedicated to economic harmonisation and integration, protection of human and legal rights, and the encouragement of good governance between countries and territories in the Eastern Caribbean. The Secretariat consists of four main Divisions responsible for: External Relations, Functional Cooperation, Corporate Services and Economic Affairs. These four Divisions oversee the work of a number of specialised institutions, work units or projects located in six countries: Antigua/Barbuda, Commonwealth of Dominica, St Lucia, Belgium, Canada, and the United States of America.

The members of the Secretariat who are presently in engage calibrate overall at 380 MoC. Overall, this is a better situation than that which prevails for most countries – but it is a long way short of the 400 MoC benchmark. (The scale is based on the common log of 10.) It is also interesting that the most critical positions of those in power are also the lowest in calibration. They actually suppress the potential of those governing members who are more capable.

As it is that oligarchs ‘endorse’ their preferred candidates to do their begging, there is little wonder that the people are becoming more and more disillusioned with politicians as they are not only not as conscious as those who elect them, they are stooges for industry or mega-wealthy families. Further, should the ‘money men’ not get their nominee up, they typically have stooges for them throughout the second tier of governmental decision making, thus frustrating genuine for the people governance overall. Worldwide, this is becoming more and more apparent to electors. Electors will slowly become aware of how democracy and all other political systems are being hijacked. As they do, they will bring to an end this subversive control and seek to rebuild a better system of governance. This may take decades to unfold, but unfold it will.

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

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

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

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

Pascas Care Letters

 [Pascas Care Letters Democracy.pdf](#)

Medical

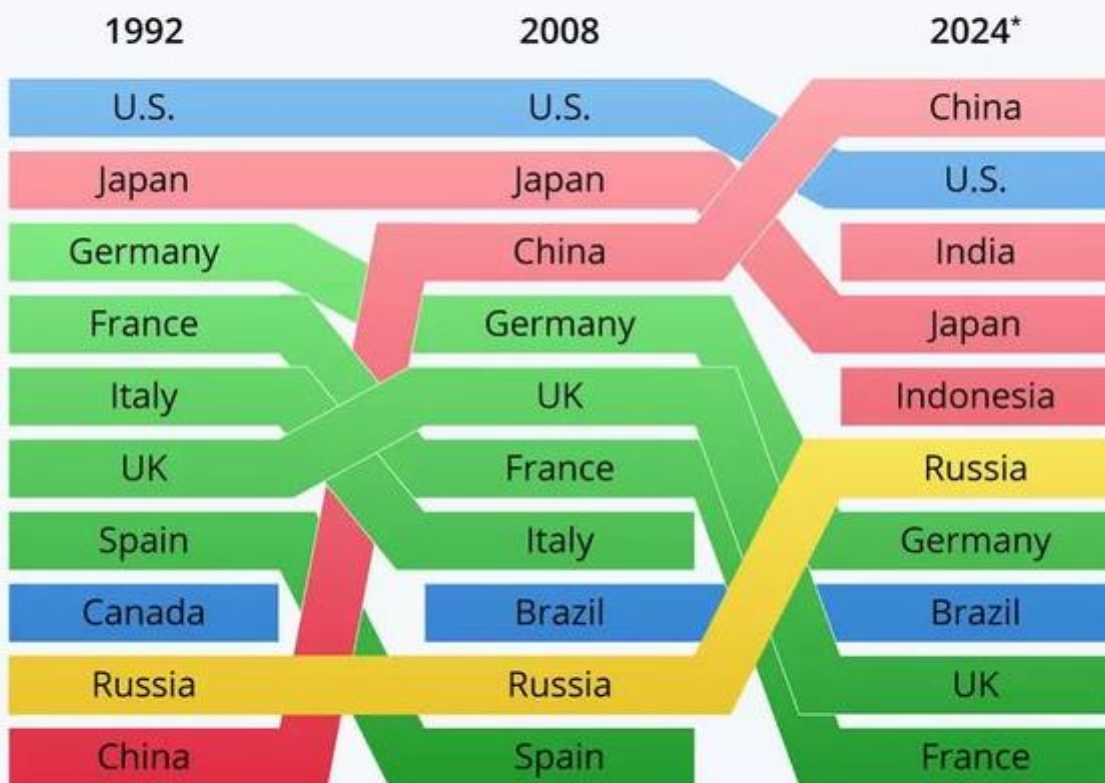
 [Pascas Care Kinesiology Testing.pdf](#)

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

Continental Shift: The World's Biggest Economies Over Time

Countries with the highest GDP on Earth in 1992, 2008 and 2024*

Asia Europe Americas Russia



* projection

Source: World Bank and IMF

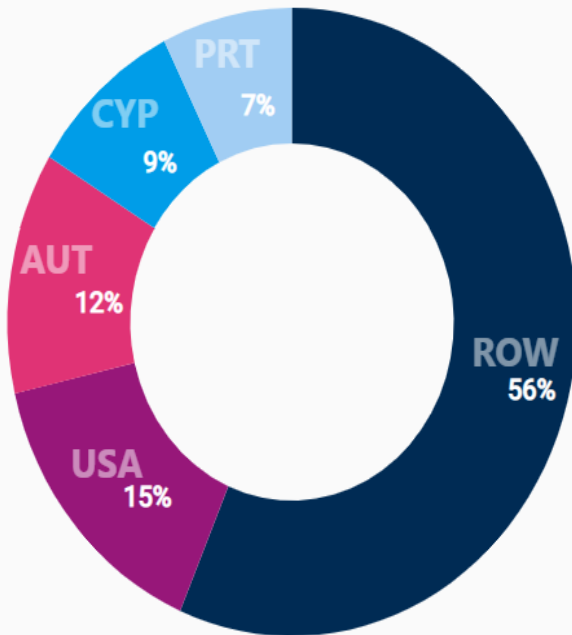


CARIBBEAN OECS EXPORTS

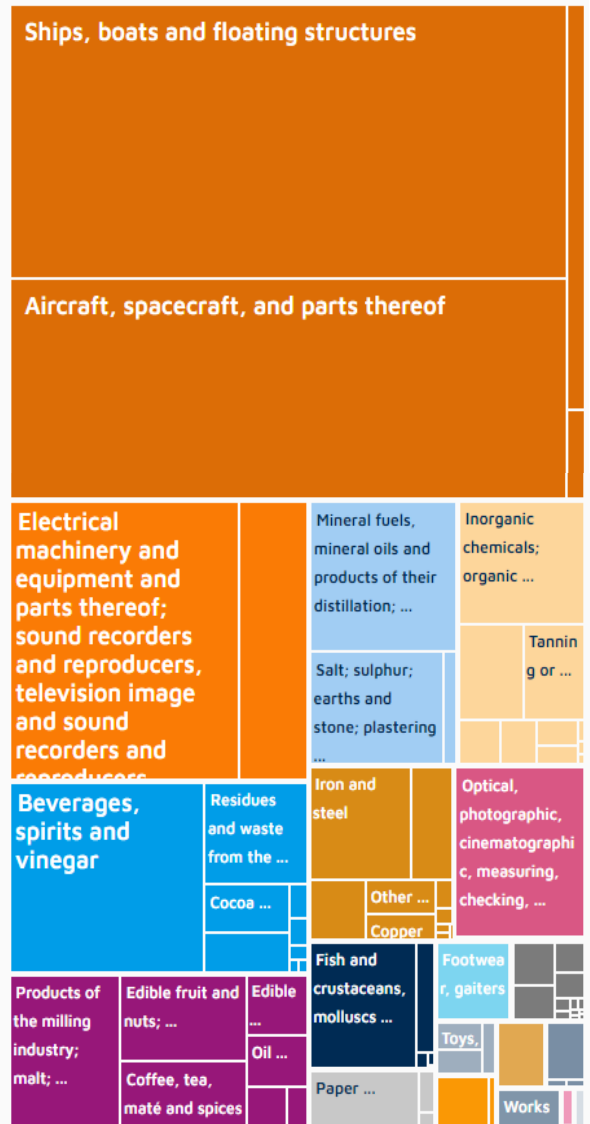
<https://www.oecs.org/en/trade-map>



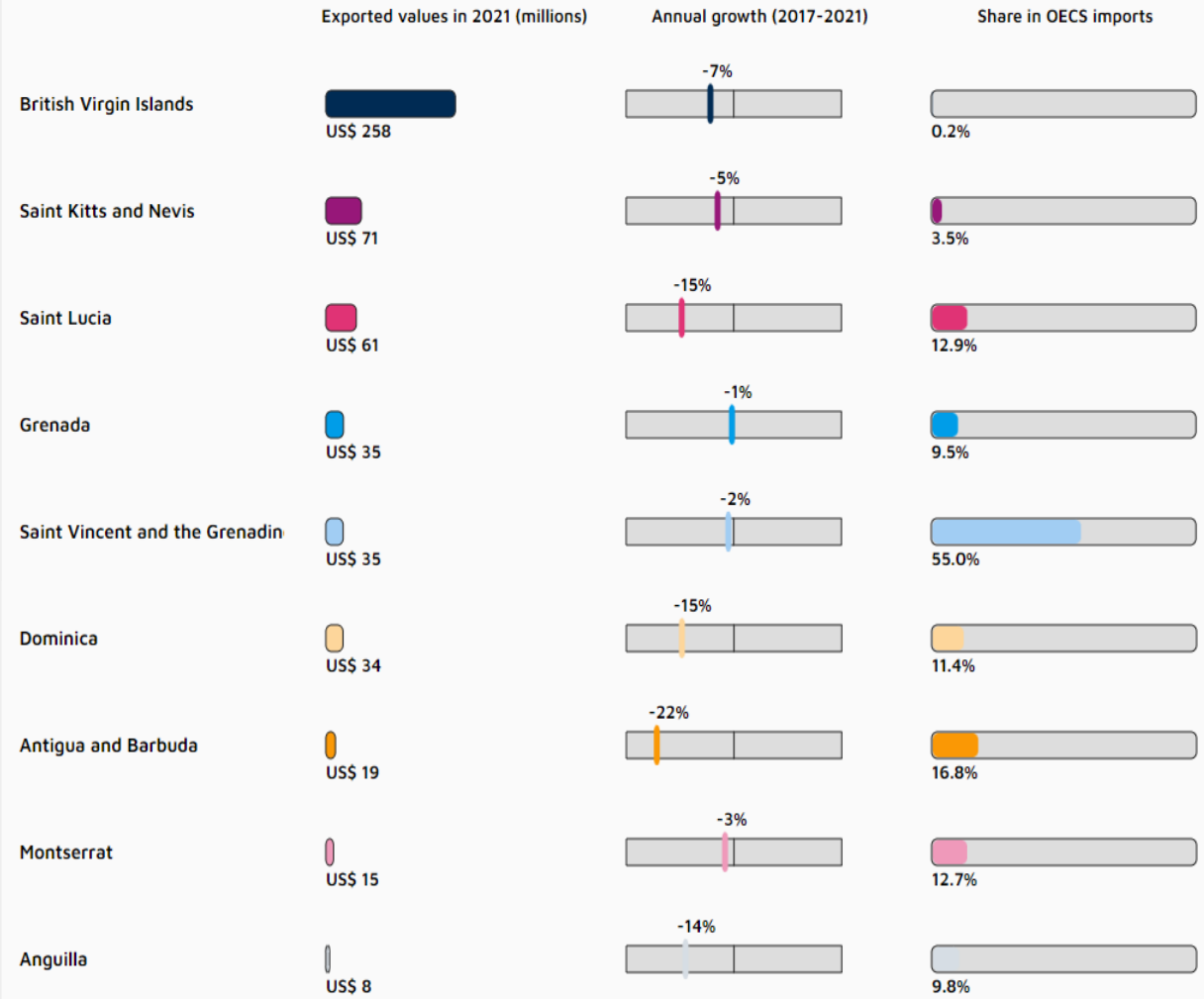
Main destinations of OECS total exports (2021)



Main products exported by OECS (2021)



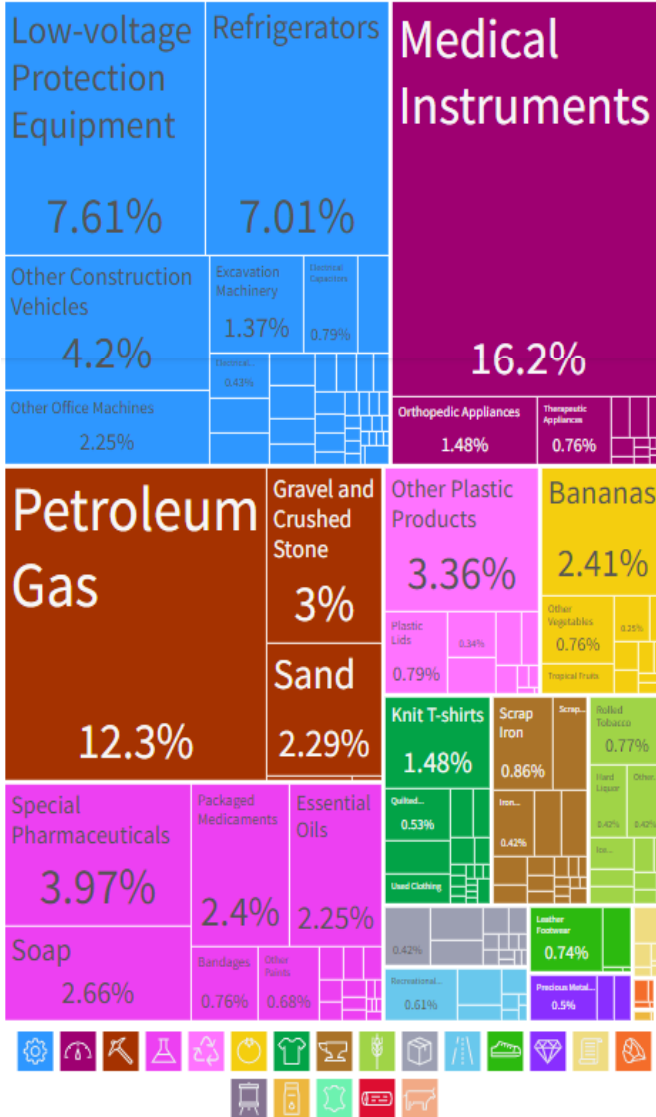
Total exports of OECS members



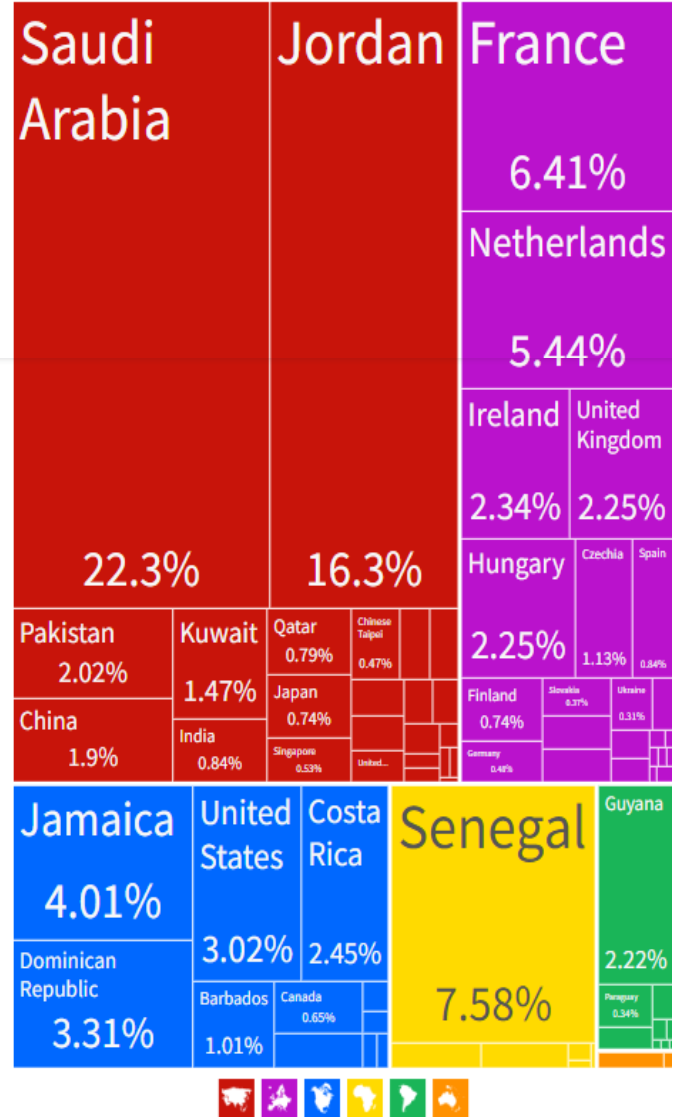
DOMINICA COMMONWEALTH EXPORTS

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

Exports (2020)
 [Click to Select a Product]
 Total: \$34.4M



Destinations (2020)
 [Click to Select a Country]
 Total: \$34.4M



EXPORT YEAR (2016)

IMPORT YEAR (2016)

DOMINICA EXPORTS SERVICES (2016)
\$242M

DOMINICA IMPORTS SERVICES (2016)
\$115M

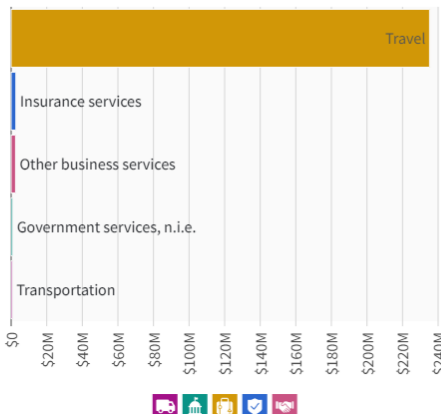
In 2016, Dominica exported \$242M worth of services. The top services exported by Dominica in 2016 were Travel (\$235M), Insurance services (\$2.66M), Other business services (\$2.47M), Government services, n.i.e. (\$952k), and Transportation (\$689k).

The top services imported by Dominica in 2016 were Other business services (\$50.1M), Transportation (\$27.3M), Travel (\$22.5M), Insurance services (\$11.4M), and Construction services (\$2.8M).

Data from [UN Comtrade United Nations International Trade Statistics Database](#).

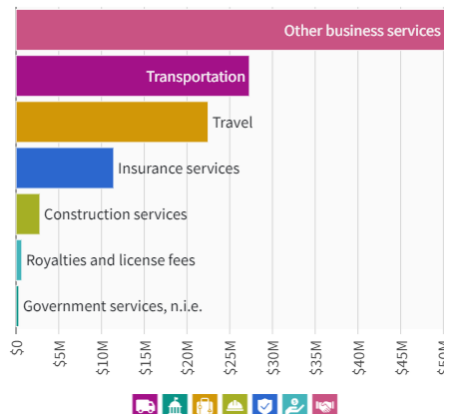
Service Exports (2016)

Total: \$242M



Service Imports (2016)

Total: \$115M



The Caribbean's "Silent Debt Crisis"

<https://www.ft.com/content/b3c64014-46ec-38e5-bd4f-aab886571d2e>

23 February 2016

Barbados is the quintessential Caribbean paradise, a rum-soaked, sun-scorched bolthole for the rich and famous for over a century. It is also teetering on the edge of bankruptcy.

The island was for decades one of the better-run statelets in the Caribbean, and remains one of the wealthiest. But the island's tourism industry has struggled in the wake of the financial crisis, and a burst real estate bubble added to the economic toll.

The country's finances are now a mess, and government debts has now ballooned to over 100% of gross domestic product – perilously high for a small island state – despite the authorities sacking the equivalent of 1% of the island's population from the public payroll. Including the National Insurance Scheme the gross debt-to-GDP ratio is about 137%.

But the woes of Barbados are by no means unique. The Caribbean region has slowly but surely become one of the most indebted in the world, with liabilities often far beyond what is safe for such small, open and undiversified economies (a big FT report from 2013 can be found here).

“Unlike elsewhere, the build-up of debt in the Caribbean region was not sudden or caused by the global financial crisis. It happened gradually and almost unnoticeably over many years,” Moody's said in a recent report on the region entitled “The Silent Debt Crisis”. The rating agency estimates that the debt-to-GDP ratio is over 60% for 12 of the 20 Caribbean countries for which it has data. Six have debt-to-GDP ratios of over 80%, and four have over 100%.

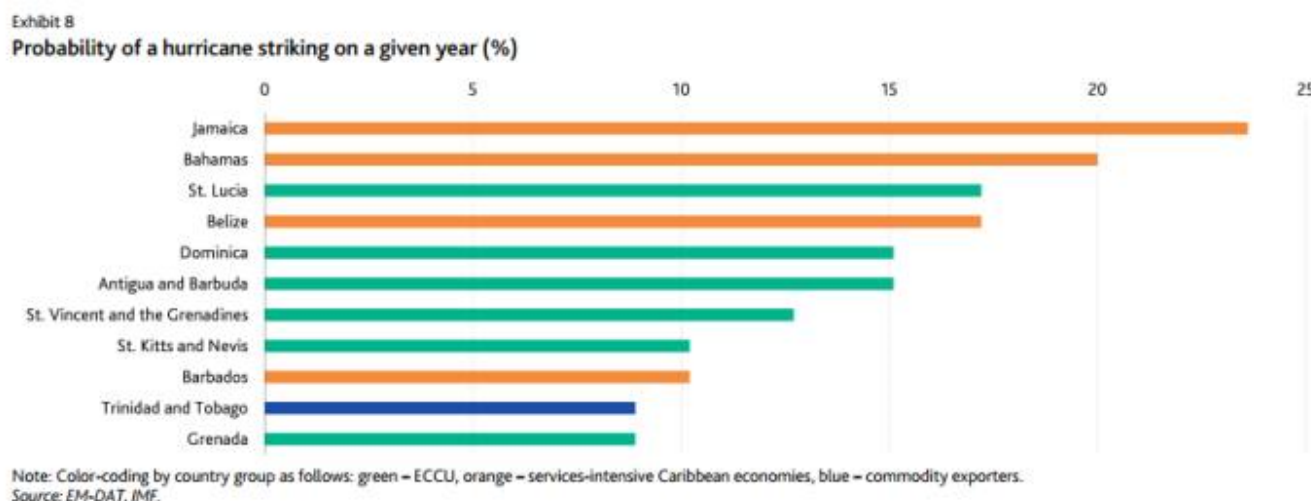
The reasons for the rot vary from country to country, but many have been hit by the downturn in tourism that followed the 9-11 terrorist attack and then the global financial crisis, while others are struggling with a stagnant financial services industry.

Trinidad and Tobago was a rare spot of financial health thanks to its abundant oil and gas revenues, but was hurt first by the implosion of a sprawling local financial conglomerate – which has become known as the Caribbean's Lehman Brothers for the region-wide shock that its 2009 collapse produced – and more recently the collapse in energy prices.

Now the overall picture for the Caribbean as a whole is pretty grim, and the outlook murky. As Moody's says:

“More importantly, the industries in which Caribbean economies specialize are highly cyclical in nature, exposed to external shocks, and dependent on the performance of the external economic environment. Therefore, Caribbean countries remain vulnerable to external shocks and their economic performance will continue to exhibit cyclical features.”

Moreover, the Caribbean is one of the most disaster-prone regions in the world, and some small island statelets are still nursing the fiscal and economic wounds left severe tropical storms – Hurricane Ivan proved particularly destructive in 2004.



Six of the tiny eastern Caribbean micro-states rank in the top-10 most disaster-prone countries globally, and all the countries in the region are in the top 50, Moody's noted. **Tropical storms and floods cost them the equivalent of over 2% of GDP every year.**

Some of the current woes can also be laid at the feet of the authorities. Across the Caribbean fiscal discipline has been rare, with most governments tending to borrow and pray for better times that have yet to arrive.

The region as a whole had had an average annual budget deficit of 2.9% in 1990-2015. Over that period there have only been three countries that have had fiscal surpluses more than 40% of the time, Trinidad and Tobago, the Cayman Islands and St Kitts and Nevis, according to Moody's (AV's emphasis below).

“Moreover, there is a clear trend of widening fiscal deficits over time: the average annual fiscal deficit for the region was 1.7% in the 1990s, 3.3% in the 2000s, and 3.4% in the 2010s so far. This is especially true for the Caribbean services-intensive economies. Similarly, there is very limited history of sustained decline in debt-to-GDP ratios (i.e., a decline of over 20 percentage points (pp)) that has not been an outcome of a sovereign default and restructuring. Only two countries in the Caribbean and Central American regions have successfully achieved a large debt reduction since 1990 without defaulting – Panama, and Trinidad and Tobago.”

But a reckoning has already been forced on some countries. Since 2010, Antigua and Barbuda, Belize, St Kitts and Nevis, Grenada and Jamaica (twice) have had to default and restructure their debts.

This is the third wave of debt restructuring to wash over the Caribbean – the first two coming in the 1980s and early 2000s – and Moody's says that “if history is to serve as a guide, more defaults are likely by the highly indebted countries in the region”. The debt-to-government revenue ratio, which can be a good gauge of how sustainable state debts are, stood at 263% last year.

Still, an unlikely glimmer of hope can be found in the Anglophone Caribbean's biggest country: Jamaica. The country has become a byword for fiscal and economic mismanagement over the past four decades.

Despite defaulting on private sector debts in 1981, 1987, 2010 and 2013, and undergoing restructurings on official sector loans in – deep breath – 1984, 1985, 1987, 1988, 1990, 1991, 1993 and 2004 according to Moody's, the country is on a cusp of a breathtaking turnaround.

A draconian IMF programme that even some international officials doubted would be successful has been embraced by the authorities, business community and even reluctantly the local labour unions, and a fall in oil prices has allowed it to restructure a debt to Venezuela at favourable terms.

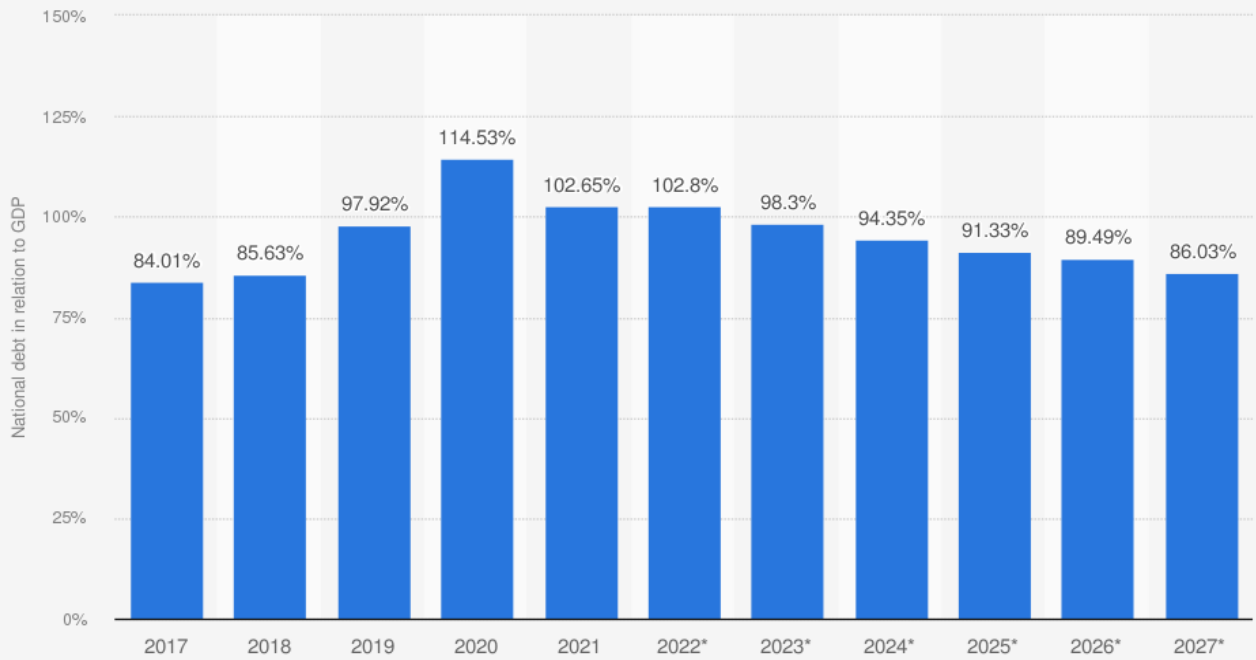
After peaking at over 140% the debt-to-GDP ratio has sloped down to about 125% as a result, and is forecast by the IMF to fall below 100% by 2019-20. Economic growth is muted but returning, and the government's credibility in enacting reforms earned it a slight relaxation on the budgetary targets imposed by the IMF. After the latest review in December, Min Zhu, the IMF's deputy managing director said:

“The authorities continue to have an impressive track record of strong program implementation under the Extended Fund Facility. Macroeconomic stability continues to strengthen, vulnerabilities have reduced substantially, and structural reforms have progressed well.”

Here is the latest snapshot of the country's financial and economic metrics from the IMF's latest report on the country.

“Jamaica is clearly not out of the woods yet, but if it is able to pull off one of the most ambitious economic and fiscal adjustment periods in history then there might be hope that the wider Caribbean can also turn the ship around and back into safer waters.”

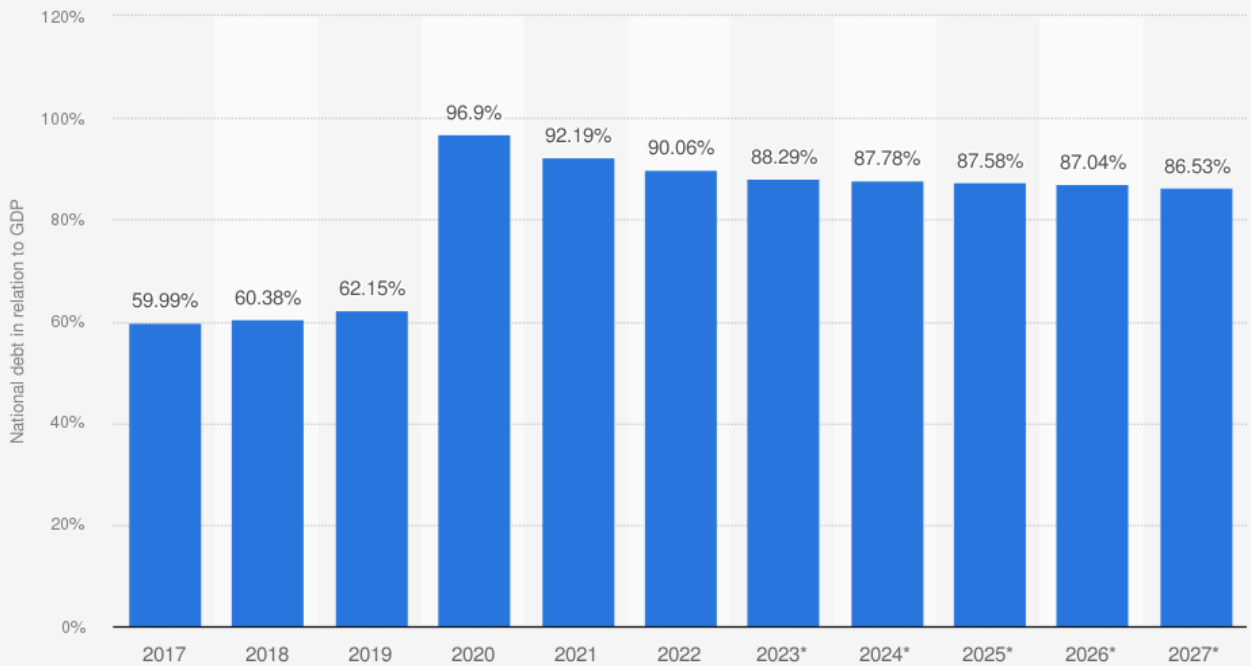
Dominica: National debt in relation to gross domestic product (GDP) from 2017 to 2027



Source
IMF
© Statista 2022

Additional Information:
Central and South America; IMF; 2017 to 2021

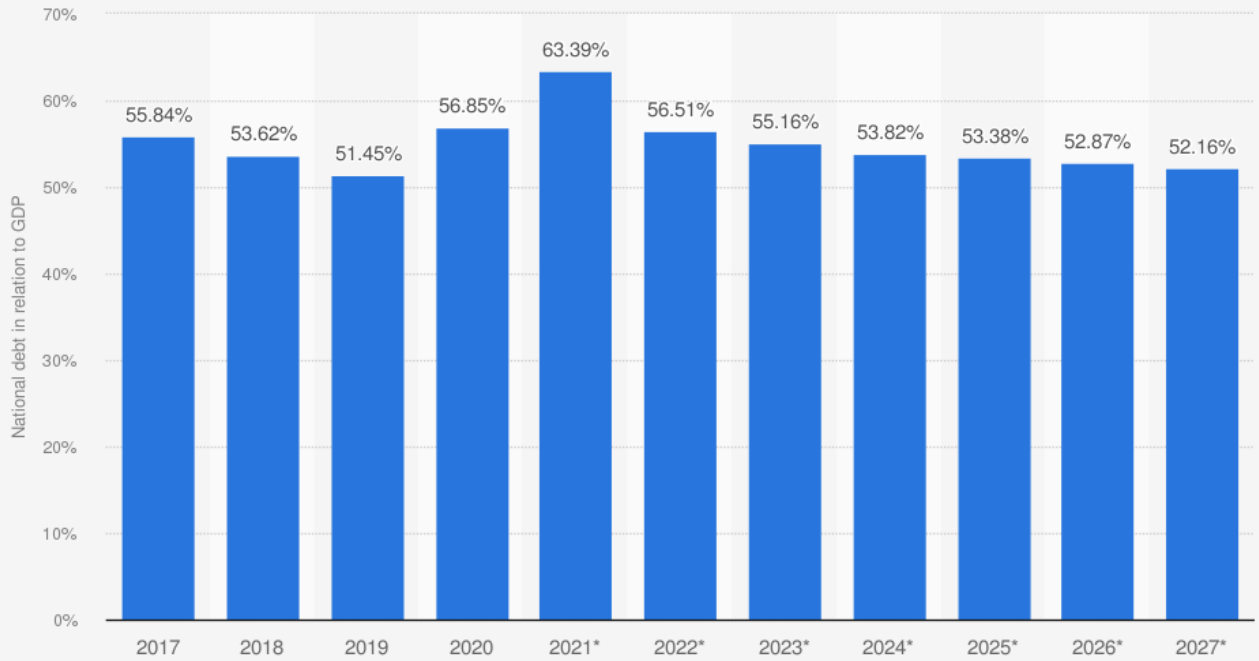
Saint Lucia: National debt in relation to gross domestic product (GDP) from 2017 to 2027



Source
IMF
© Statista 2022

Additional Information:
St. Lucia; IMF; 2017 to 2022

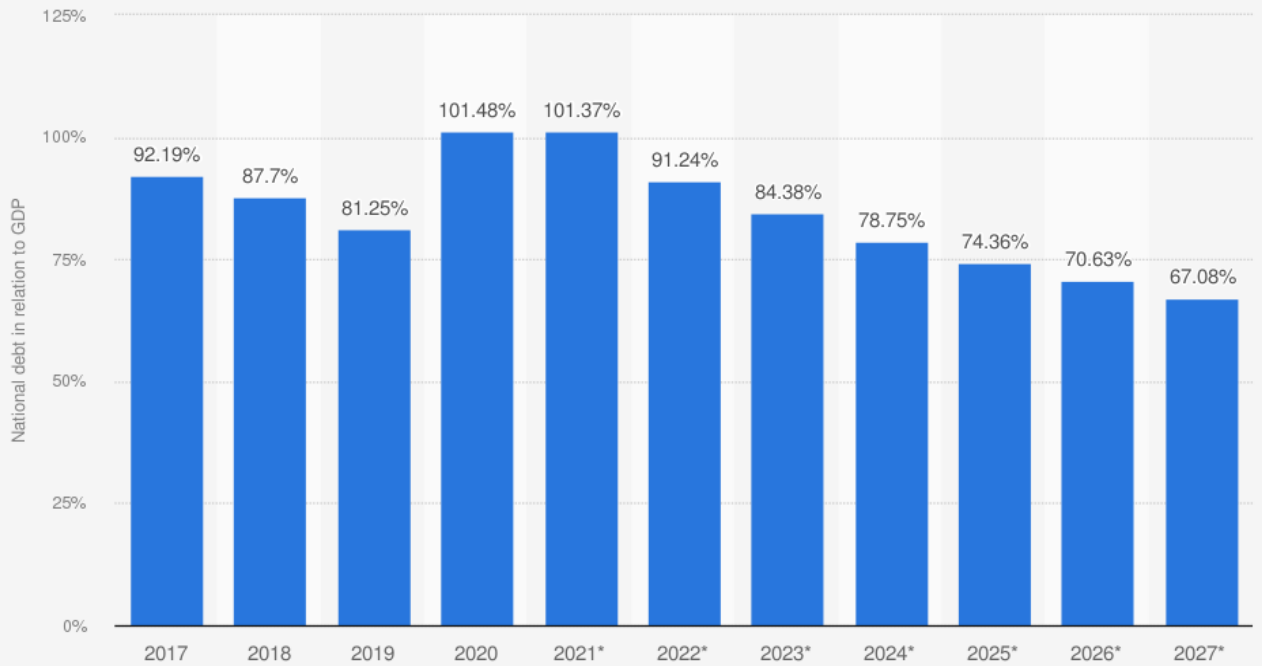
St. Kitts and Nevis: National debt in relation to gross domestic product (GDP) from 2017 to 2027



Source: IMF © Statista 2022

Additional Information: St. Kitts & Nevis; IMF; 2017 to 2020

Antigua and Barbuda: National debt in relation to gross domestic product (GDP) from 2017 to 2027



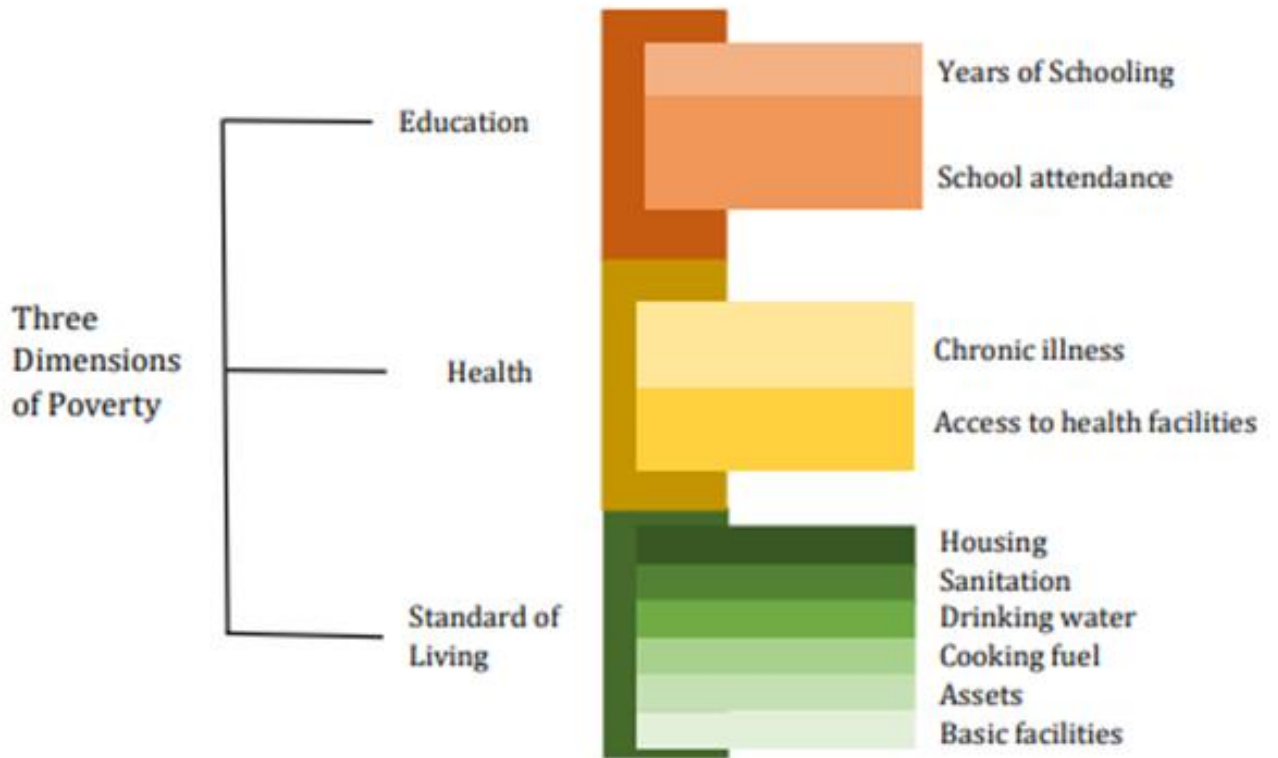
Source: IMF © Statista 2022

Additional Information: North America; IMF; 2017 to 2020

Multidimensional Poverty

Oxford Poverty & Human Development Initiative (OPHI)

Structure of the National MPI





<https://ophi.org.uk/global-mpi-2022/>

Global MPI 2022

The global Multidimensional Poverty Index 2022 compares acute multidimensional poverty for 111 countries in developing regions. These countries are home to 6.1 billion people, three-quarters of the world's population. Of these people, 1.2 billion (19.1%) are identified by the 2022 global MPI as multidimensionally poor.

The 2022 global MPI shows both who is poor – in terms of their age group, subnational region, and whether they live in an urban or rural area – and how they are poor – which overlapping deprivations they face and how many deprivations they have.

Interlinkages

There are over 850 possible combinations of the 10 deprivations measured in the global MPI. The report covers in-depth deprivation profiles on millions of households. In doing so, it reveals regional differences in poverty profiles and identifies associations between frequently linked deprivations. These insights can inform multisectoral policies for reducing persistent drivers of poverty.

- The most common profile, affecting 3.9% of poor people, includes deprivations in four indicators: nutrition, cooking fuel, sanitation and housing. More than 45.5 million poor people are deprived in only these four indicators. Of those people, 34.4 million live in India, 2.1 million in Bangladesh and 1.9 million in Pakistan making this a predominantly South Asian profile.
- The second most common deprivation profile contains the six standard of living indicators. Nearly 41 million poor people have this profile. It is the most common profile in Sub-Saharan Africa, where it accounts for 5.9% of poor people (34.2 million).
- Globally, 4.1 million poor people are deprived in all 10 MPI indicators.
- The report includes country case studies to probe how interlinkages can be assessed at the country level. For example, the most common deprivation profile in Ethiopia is the standard of living profile, where people lack all six standard of living indicators (cooking fuel, sanitation, drinking water, electricity, housing and assets; in Lao People's Democratic Republic the analysis finds that the most common deprivation profile is where the household has at least one malnourished child, has no eligible member who has completed at least six years of schooling and cooks with solid fuels.

Levels and trends

In addition to the annual global update of multidimensional poverty across 111 countries in developing regions to complement the World Bank's extreme poverty lines, the report this year provides an analysis of trends within the global MPI for 81 countries.

- Across 111 countries, 1.2 billion people —19.1% — live in acute multidimensional poverty. Half of these people (593 million) are children under age 18.
- The developing region where the largest number of poor people live is Sub-Saharan Africa (nearly 579 million), followed by South Asia (385 million) – but that reflects both older data in Africa as well as India's strong progress.

- Simulations in 2020 suggested that the COVID-19 pandemic had set progress in reducing Multidimensional Poverty Index (MPI) values back by 3–10 years. Updated data indicate that the setback at the global level is likely to be on the high end of those projections.
- Nearly 83% (964 million) of poor people live in rural areas, and 17% (198 million) live in urban areas.
- More than 66% of poor people live in middle-income countries, where the incidence of poverty ranges from 0.1% to 66.8% nationally and from 0.0% to 89.5% subnationally.
- Nearly half of poor people (518 million) live in severe poverty, meaning their deprivation score is 50% or higher.
- One in six poor people lives in a female-headed household.
- Of the 81 countries with trend data, covering roughly 5 billion people, 72 experienced a statistically significant reduction in absolute terms in MPI value during at least one period. Central African Republic and Guinea experienced an increase in MPI value between the two most recent surveys.
- Some 26 countries experienced a statistically significant reduction in every indicator. That is, the percentage of people who were poor and deprived in each indicator declined for all indicators in at least one period. Three of these countries (Plurinational State of Bolivia, Honduras and India) saw reductions in all indicators over two periods.
- In 40 countries—half of those covered—there was either no statistically significant reduction in poverty among children or the MPI value fell more slowly among children than among adults during at least one period.
- In some countries subnational regions that were initially among the poorest in their country reduced poverty faster in absolute terms than the national average, narrowing the poverty gap. These include both Lempira and Intibucá in Honduras (2011/12–2019), Bihar, Jharkhand and Uttar Pradesh in India (2015/2016–2019/2021), East and South in Rwanda (2014/2015–2019/2020) and Mekong River Delta in Viet Nam (2013/2014–2020/2021).

The report also shines a light on the significant reductions of poverty in India, which shows how the SDG Target 1.2 –to reduce at least by half the proportion of men, women and children of all ages living in poverty in all its dimensions by 2030 – is possible.

- In India, 415 million people exited poverty between 2005/2006 and 2019/2021—including about 140 million since 2015/2016.
- India’s MPI value and incidence of poverty were both more than halved. The MPI value fell from 0.283 in 2005/2006 to 0.122 in 2015/2016 to 0.069 in 2019/2021. The incidence of poverty fell from 55.1% in 2005/2006 to 27.7% in 2015/2016 to 16.4% in 2019/2021.
- The percentage of people who are poor is 21.2% in rural areas compared with 5.5% in urban areas. Rural areas account for nearly 90% of poor people: 205 million of the nearly 229 million poor people live in rural areas.
- More than one in five children in India are poor (21.8%) compared with around one in seven adults (13.9%).
- Children, the poorest age group, saw the fastest reduction in MPI value from 2005/2006 to 2015/2016 in India. The incidence of poverty fell from 34.7% to 21.8% among children and from 24.0% to 13.9% among adults.

Caribbean moves forward with multidimensional poverty measure

<https://ophi.org.uk/caribbean-moves-forward-with-multidimensional-poverty-measure/>

Political and technical leaders from the Caribbean will meet in Barbados this month to move forward with the construction of a new measure of multidimensional poverty for the Organisation of Eastern Caribbean States (OECS) region.

The committee, which is comprised of representatives from Barbados, Dominica, Grenada, St. Lucia, and St. Kitts and Nevis, is using the [Alkire Foster method](#) to compute a Multidimensional Poverty Index (MPI). The new index will be tailored to capture the non-income aspects of poverty in the OECS region, and will be computed annually or every two years.

The measure will allow countries to analyse poverty by sub-group and by different dimensions, of which there are four: living standards, labour, education and health. The living standards dimension will include indicators on housing, access to basic services, income and crime.

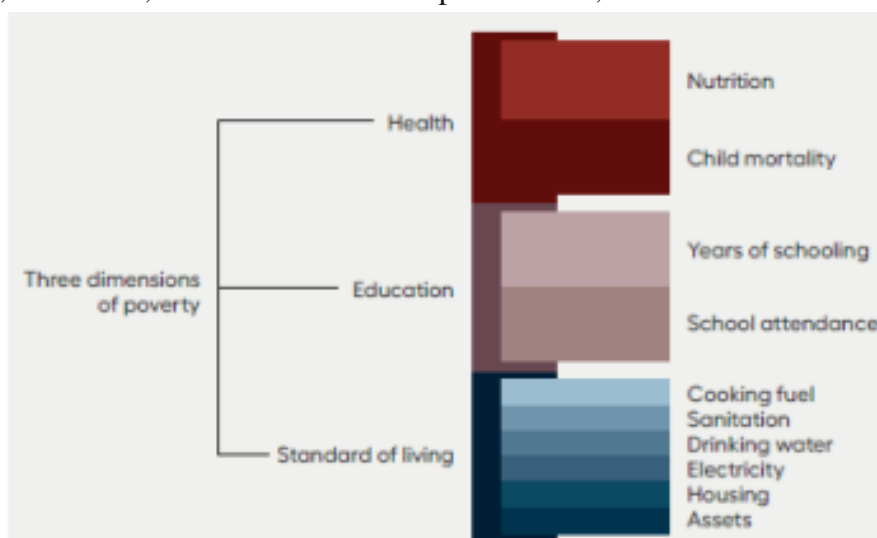
Lara Blanco, UN Development Program (UNDP) Deputy Representative for Barbados and the OECS, said focusing on income without taking into account the multifaceted nature of how people experience poverty, can lead to [short term, unsustainable poverty reduction strategies](#).

“Multidimensional poverty approaches highlight the effects of the compounded vulnerabilities on the lives of individuals and within households, for the most strategic and impactful response,” she said.

At the February meeting, the technical committee will discuss the specific indicators and weights for each dimension, and set a precise timetable for the creation of the measure.

OPHI is working closely with the OECS and UNDP in the preparation of the index. OPHI Research Officers Mauricio Apablaza and Adriana Conconi participated in a two-day workshop organised by OECS and UNDP on 9-10 December 2013 to offer insights into the process of developing a customised MPI. A seminar on ‘Implementing Multidimensional Poverty Measurement in Barbados and the OECS’ aimed to agree common ground for countries in the region to start computing a periodic measure of poverty, and was attended by UNDP, the OECS, the Caribbean Development Bank, UNICEF and UN Women, as well as OPHI.

At the December meeting, it was agreed that a broader notion of poverty is needed, which will be computed with more frequency. Training sessions will be scheduled to assist local governments in computing the measure, and build technical capacity in each country.



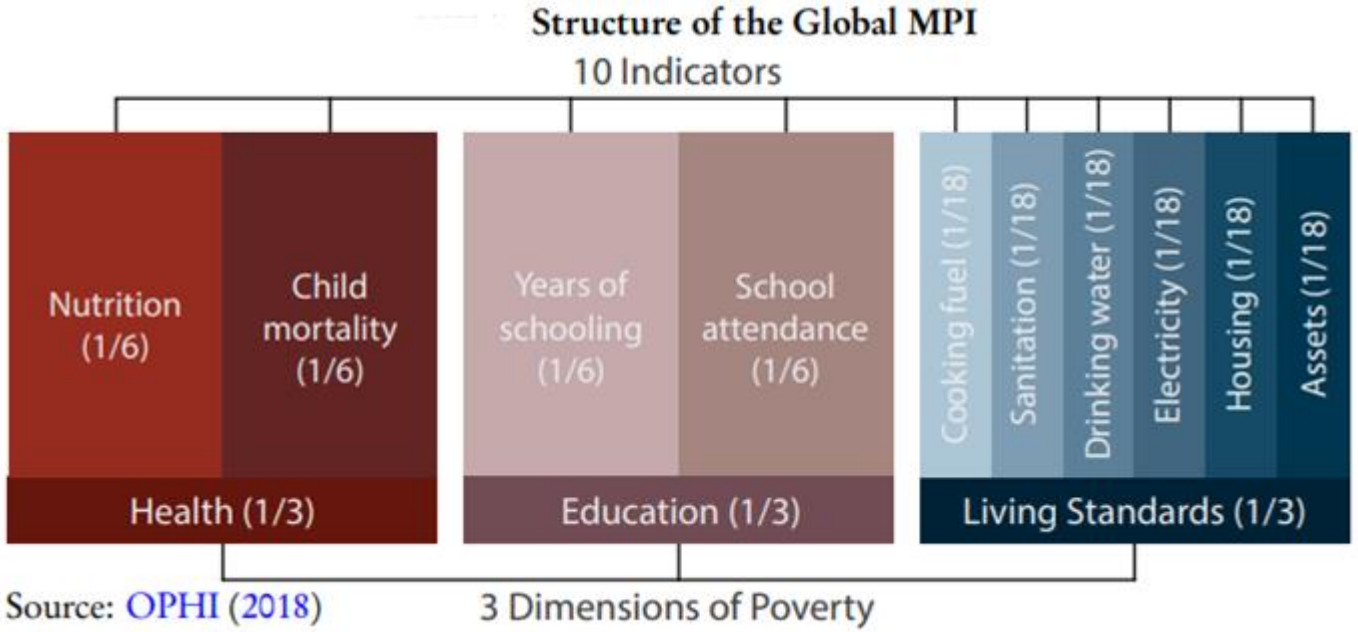
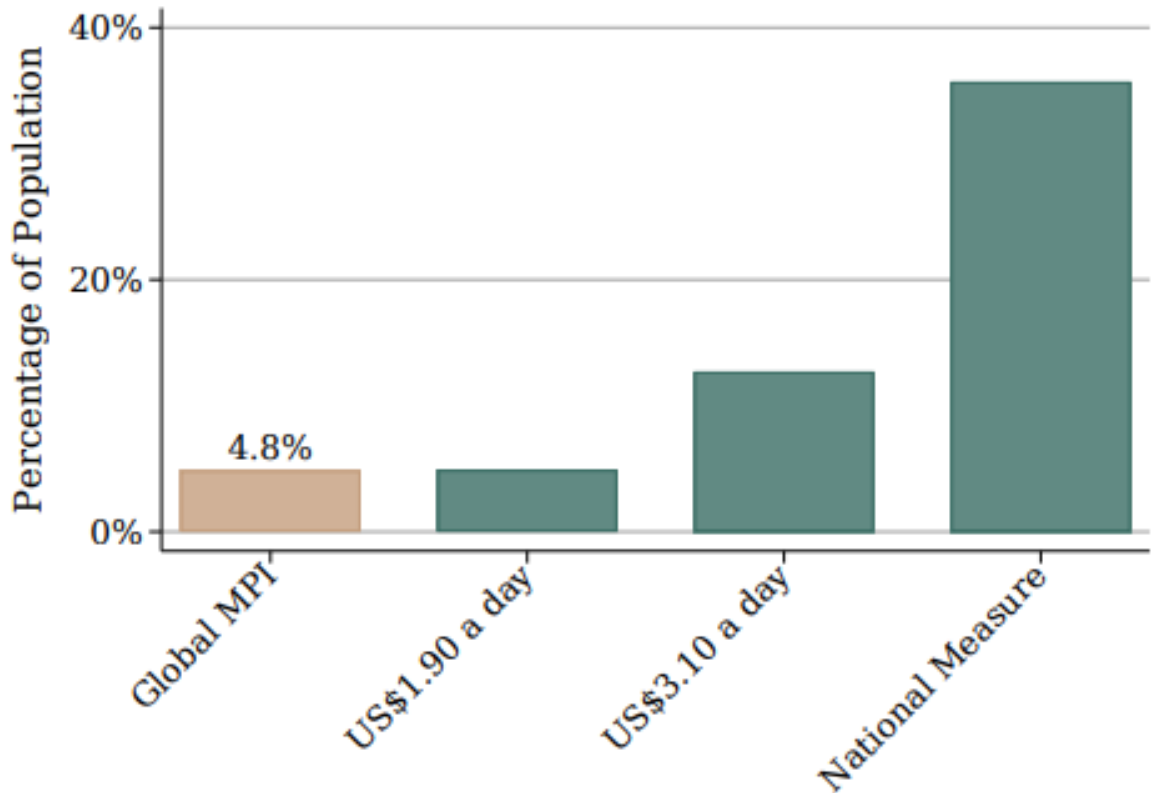


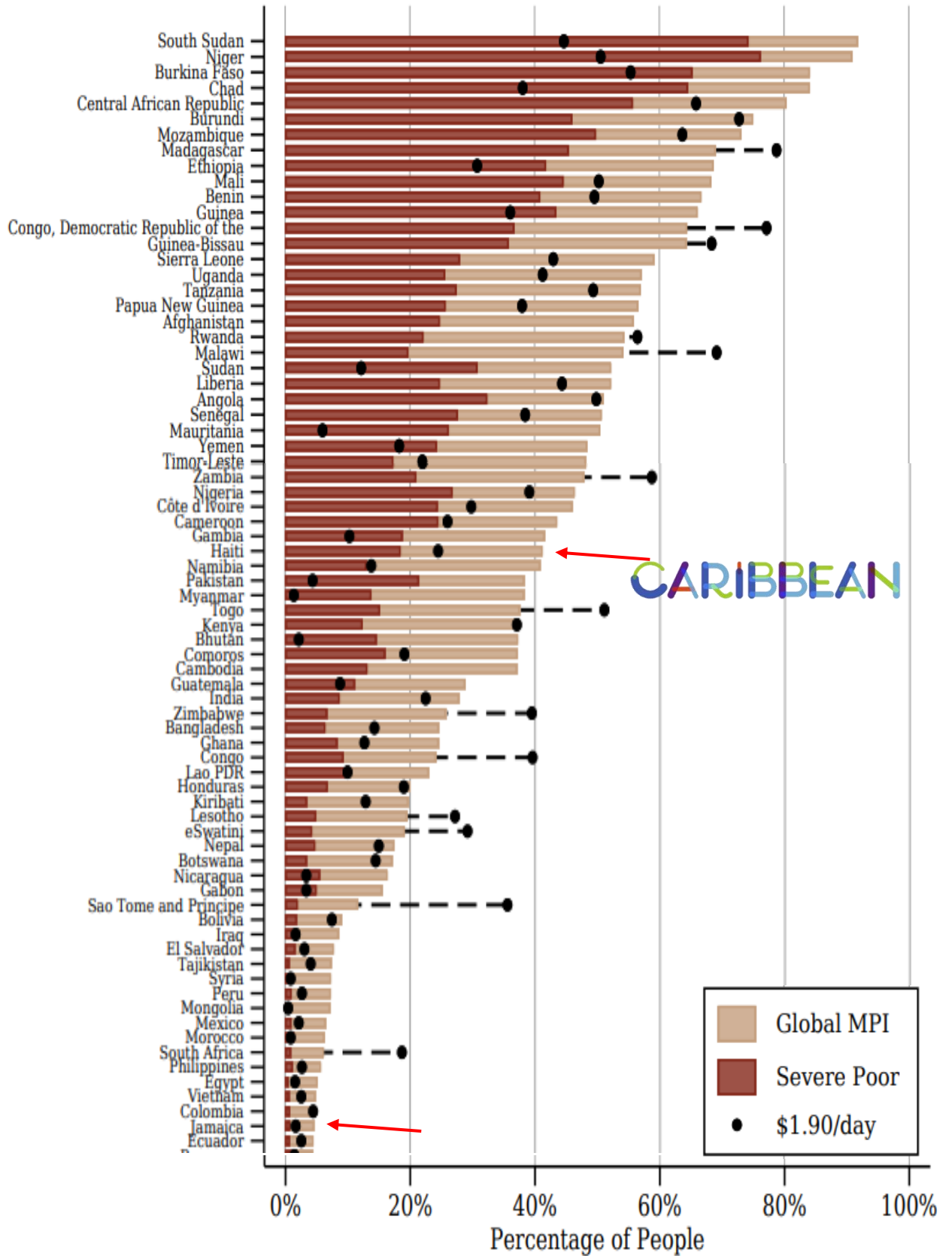
Figure 2. Headcount Ratios by Poverty Measures

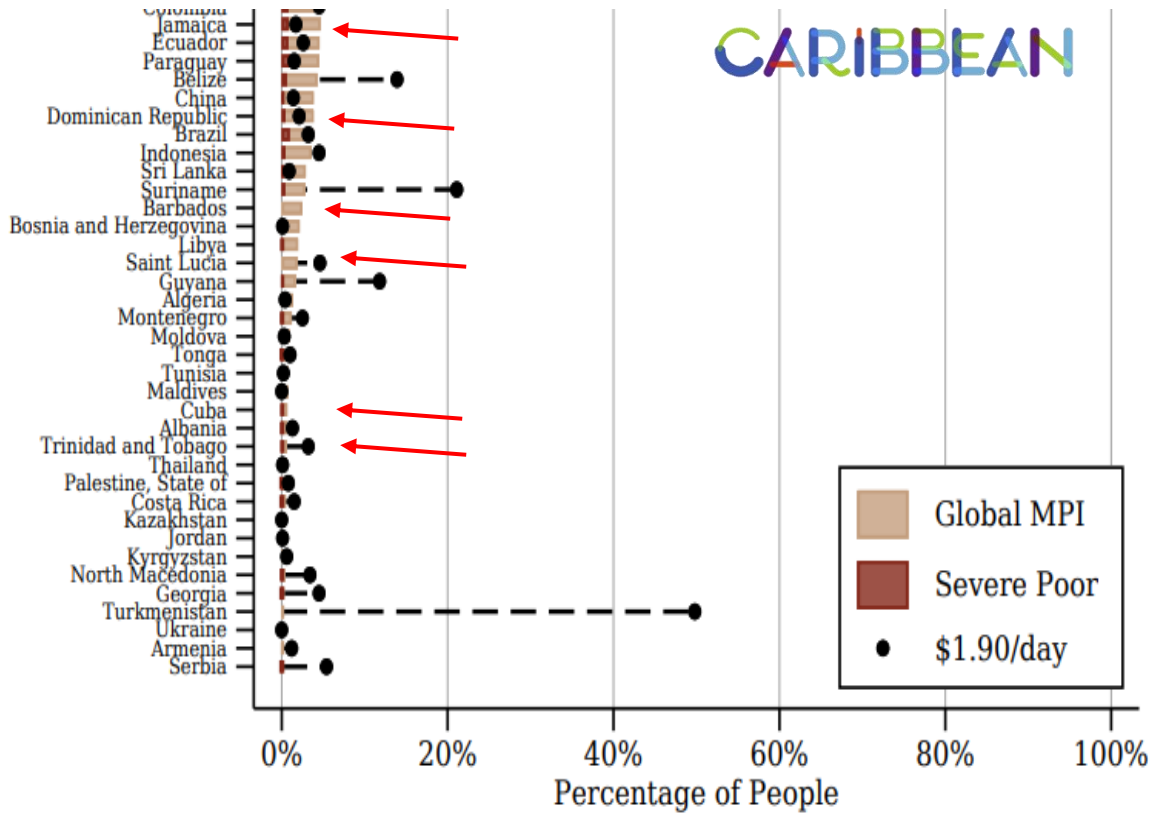


Notes:

Source for global MPI: DHS, year 2017, own calculations. Monetary poverty measures are the most recent estimates from World Bank (Azevedo, 2011). Monetary poverty measure refer to 2018 (\$1.90 a day), 2018 (\$3.10 a day), and 2018 (national measure).

Figure 3. Headcount Ratios for Global MPI, Severe Poverty and \$1.90/day





Multidimensional Poverty Index

	Indicator	Deprived if...	Weight
Health	Nutrition	Any adult under 70 years of age or any child for whom there is nutritional information is undernourished.*	1/6
	Child mortality	Any child under the age of 18 has died in the family in the five-year period preceding the survey.	1/6
Education	Years of schooling	No eligible household member has completed six years of schooling.	1/6
	School attendance	Any school-aged child* is not attending school up to the age at which he/she would complete class 8.	1/6
Standard of living	Cooking fuel	The household cooks with dung, wood, charcoal or coal.	1/18
	Sanitation	The household's sanitation facility is not improved (according to SDG guidelines) or it is improved but shared with other households.**	1/18
	Drinking water	The household does not have access to improved drinking water (according to SDG guidelines) or safe drinking water is at least a 30-minute walk from home, round trip.***	1/18
	Electricity	The household has no electricity.	1/18
	Housing	At least one of the three housing materials for roof, walls and floor are inadequate: the floor is of natural materials and/or the roof and/or walls are of natural or rudimentary materials.****	1/18
	Assets	The household does not own more than one of these assets: radio, TV, telephone, computer, animal cart, bicycle, motorbike or refrigerator, and does not own a car or truck.	1/18

Figure 6. Censored Headcount Ratios

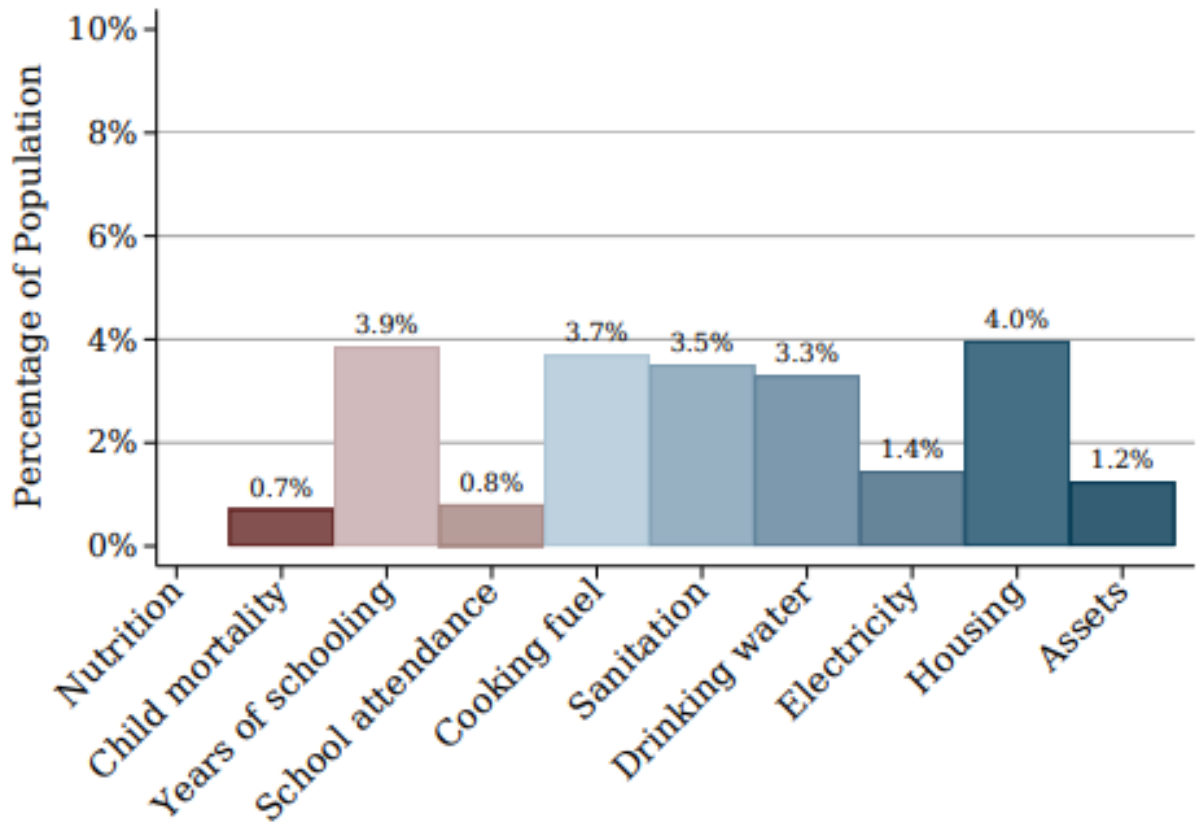
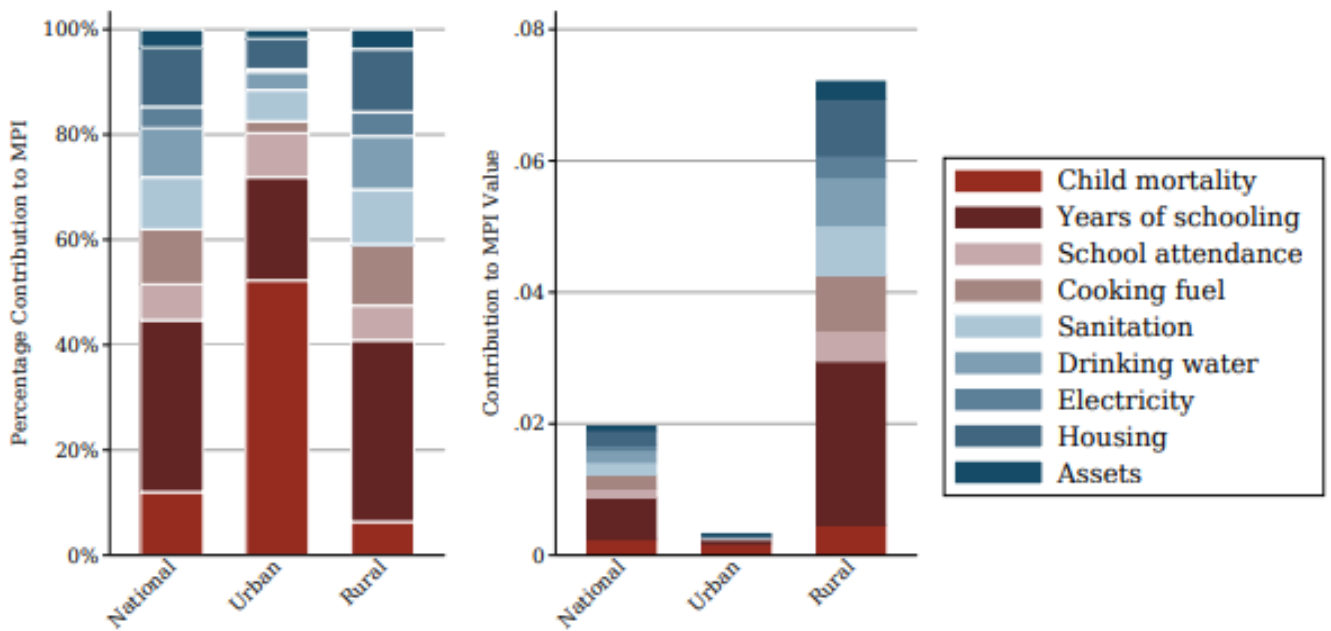
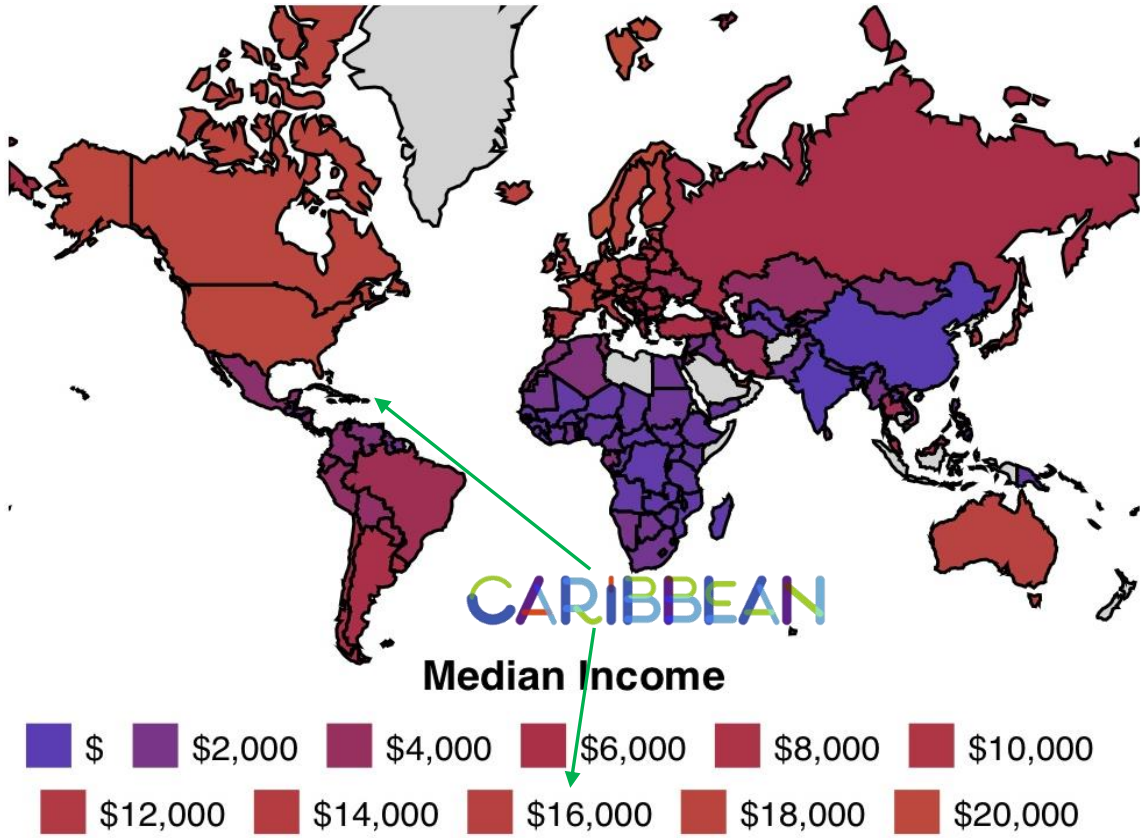


Figure 8. Indicator Contribution to Overall Poverty by Area

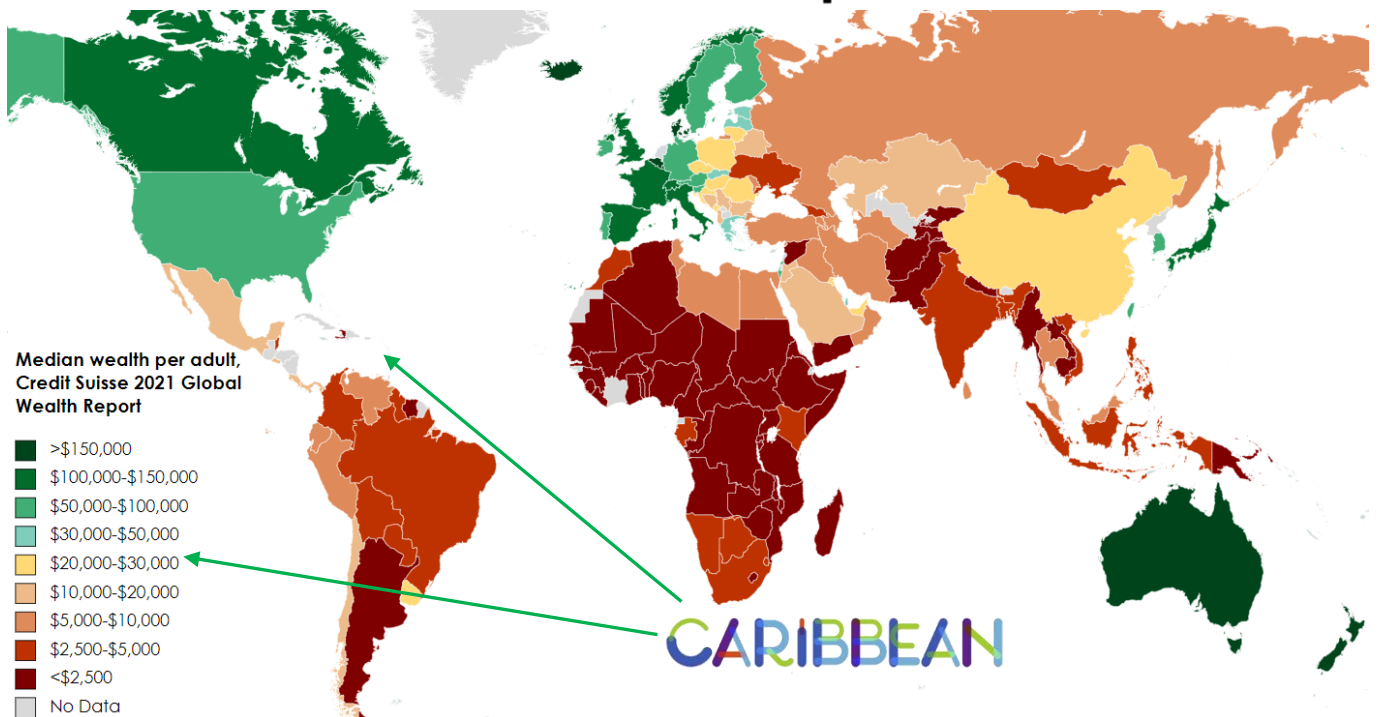


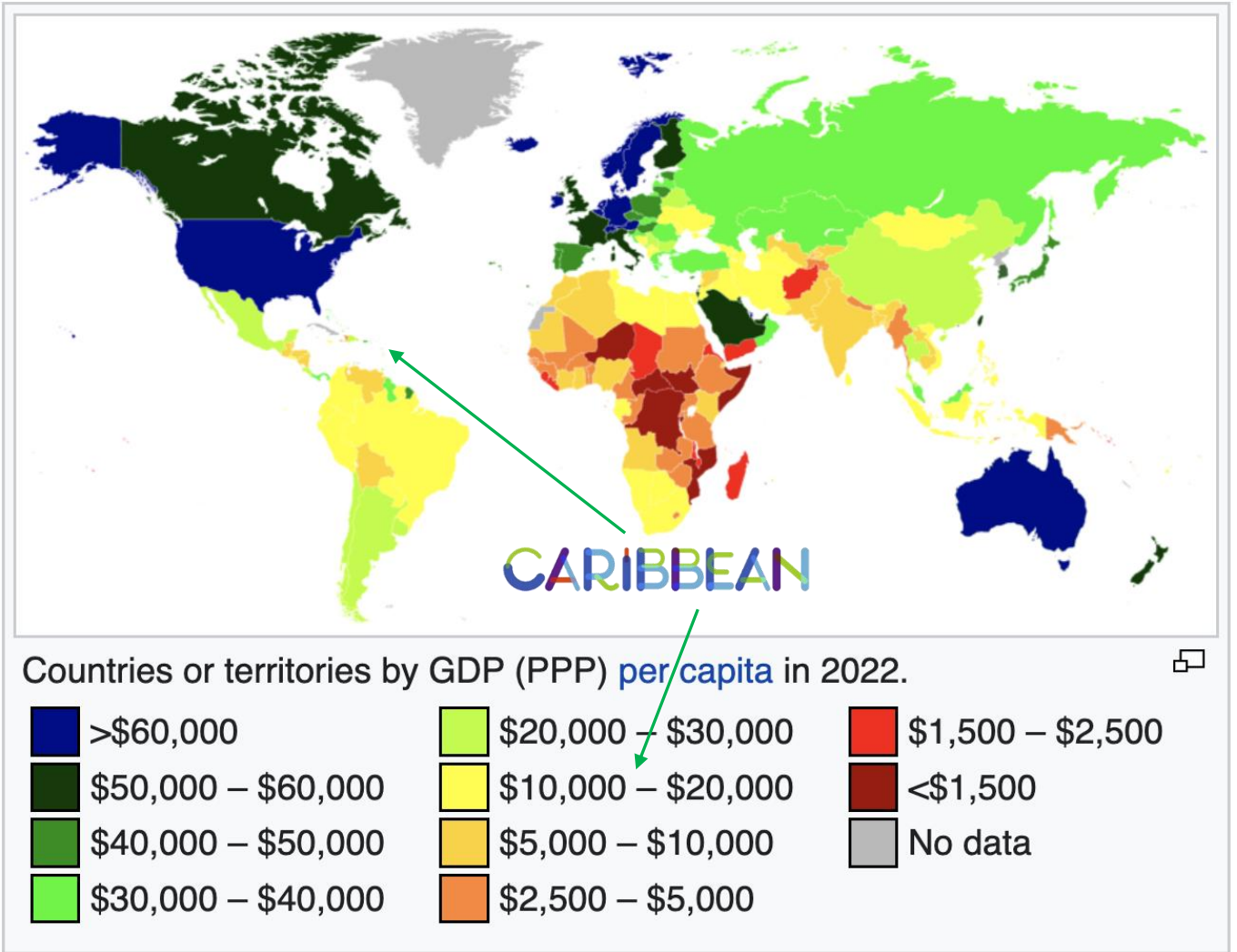
Median Income by Country 2022



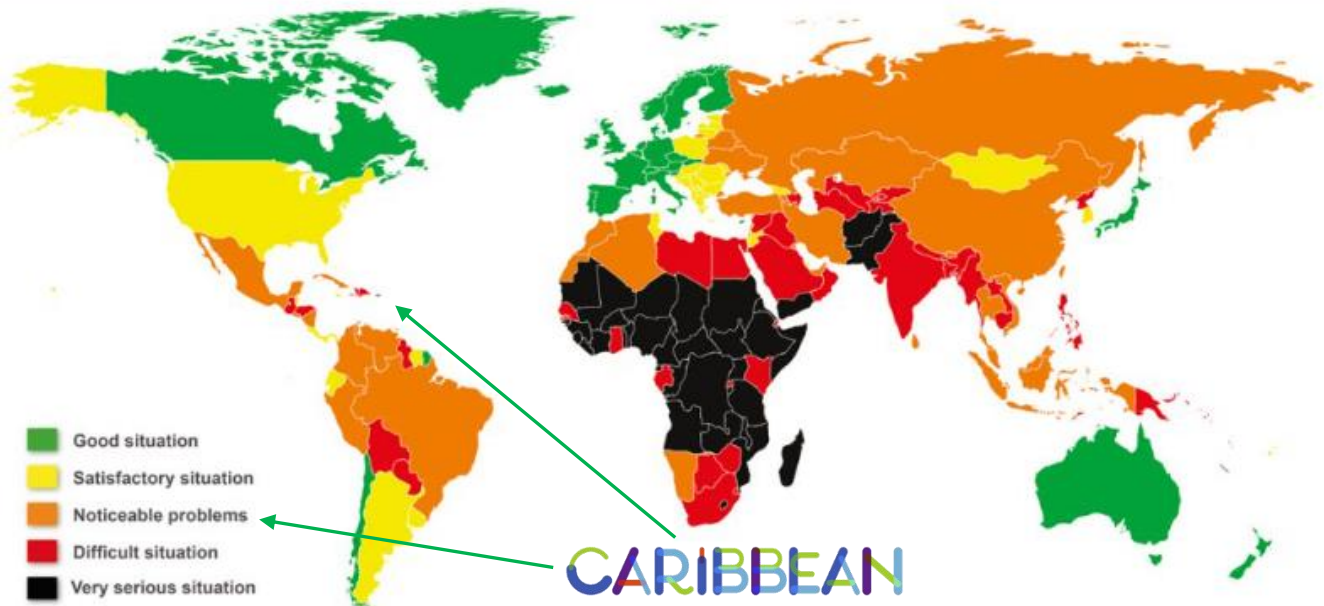
https://en.wikipedia.org/wiki/List_of_countries_by_wealth_per_adult

Median Wealth per Adult





CHILDREN'S RIGHTS WORLDWIDE 2018



COMMERCIAL IN CONFIDENCE

Social Housing for Domestic Violence, Homeless, etc

Consider 1 resident per each one-bedroom unit	30 units	30 residents – single adult
Consider 3 residents per each two-bedroom unit	30 units	90 residents – single adult
Consider 4 residents per each three-bedroom unit	30 units	120 residents – single adult
Consider 6 residents per larger units	<u>10</u> units	<u>60</u> residents
	Total 100 units	300 residents

A 100 unit Family Shelter population:

Thus 100 adults

with 60 children aged 0 to 6 years

60 children aged 7 to 12 years

50 children aged 13 to 16 years

and 30 mature aged dependants.

300 residents **(3 per unit average)**

Around 3 in 10 households will most likely have a special needs member.

A Family Shelter of 100 units with an overall population of 300, we may anticipate that 100 adults would be with 200 children including mature aged dependants and that the children would range in age from 0 to 16 and the mature age dependants would be of any age.

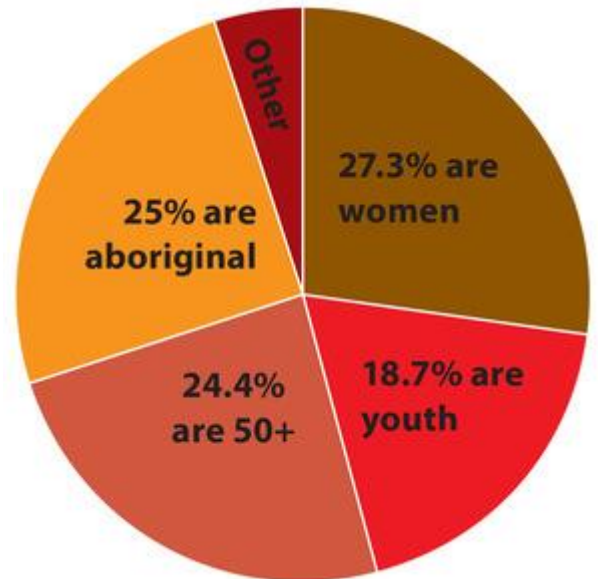
One counsellor is best engaged with 10 adults or with six mothers and their 10 children when assisting those escaping domestic violence. As a Family Shelter may have 100 adults, with between 60% to 75% escaping domestic violence, then around 15 counsellors with experiences encapsulating the skills called upon may be appropriate for such a community.

Budget US\$400,000 per unit, a 100 unit complex budget may be US\$40,000,000. 100 facilities would amount to US\$4 billion and then add community Pascas Cafes as well as medium and smaller shelters for regional communities; then a budget of US\$6 billion is to provide for establishment and ongoing operating costs until the facilities become financially self-funding.

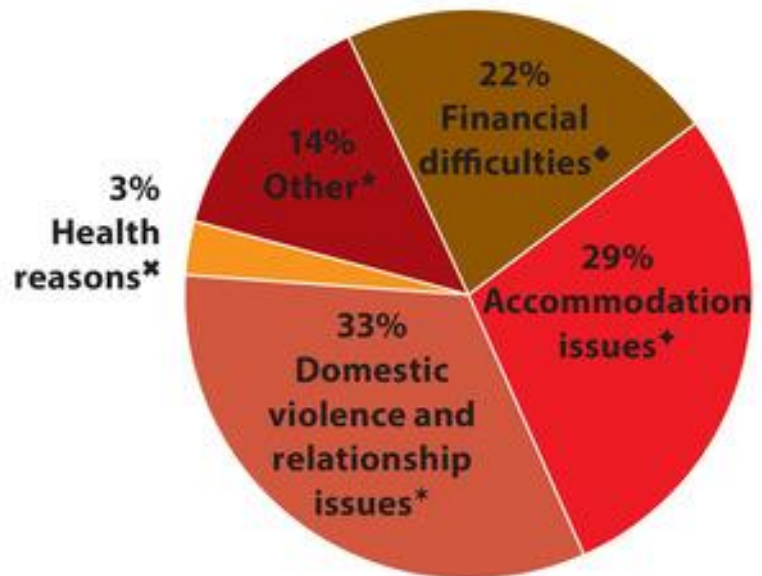
The focus of this endeavour is to primarily address the shortfall in housing availability for domestic violence victims, human trafficking refuge, homelessness and unsupported non-residents.

- A frontline facility may be a Pascas Café with showers, laundering, business centre, meetup area, and the availability of Pascas Counsellors. All are welcome; women, men and children.
- A small Pascas Family Shelter may have 1 Pascas Counsellor to assist 10 adults or 6 mothers with 10 children.
- A medium Pascas Family Shelter may have up to 30 units to house 90 residents with meeting rooms, community play areas and have 5 or 6 counsellors.
- A full Pascas Family Shelter may have 100 units to house 300 residents with Pascas Crèche, Pascas Café, community meeting area and business facilities and have 15 Pascas Counsellors including administration. Counsellors being available to Pascas Café and for home visits.

Who are the homeless?



Why are they homeless?



Women

Women fleeing violence, often accompanied by children, are a significant part of the 'hidden homeless', often moving between home, shelters and friends or relatives.

- 40-50% of homeless people are women and nearly 60% of people seeking specialist homelessness services are female.
- More than 90% of homeless women have suffered physical or sexual abuse; escaping that abuse is a leading cause of their homelessness.
- Homeless women between 18-44 are 10 times more likely to die prematurely than women the same age in the general population.

Shelter saves money

- In Canada, every US\$10 spent on housing and support for the chronically homeless results in US\$21.72 in savings on healthcare, social supports, housing and the criminal justice system.
- An Australian study found that preventing young people from becoming homeless by strengthening school and youth services at a community level could save US\$626 million a year.
- The Central Florida Commission on Homelessness found the state spends \$31,000 a year on each chronically homeless person. The cost of providing each of them with permanent housing, job training and healthcare was US\$10,000 a year.

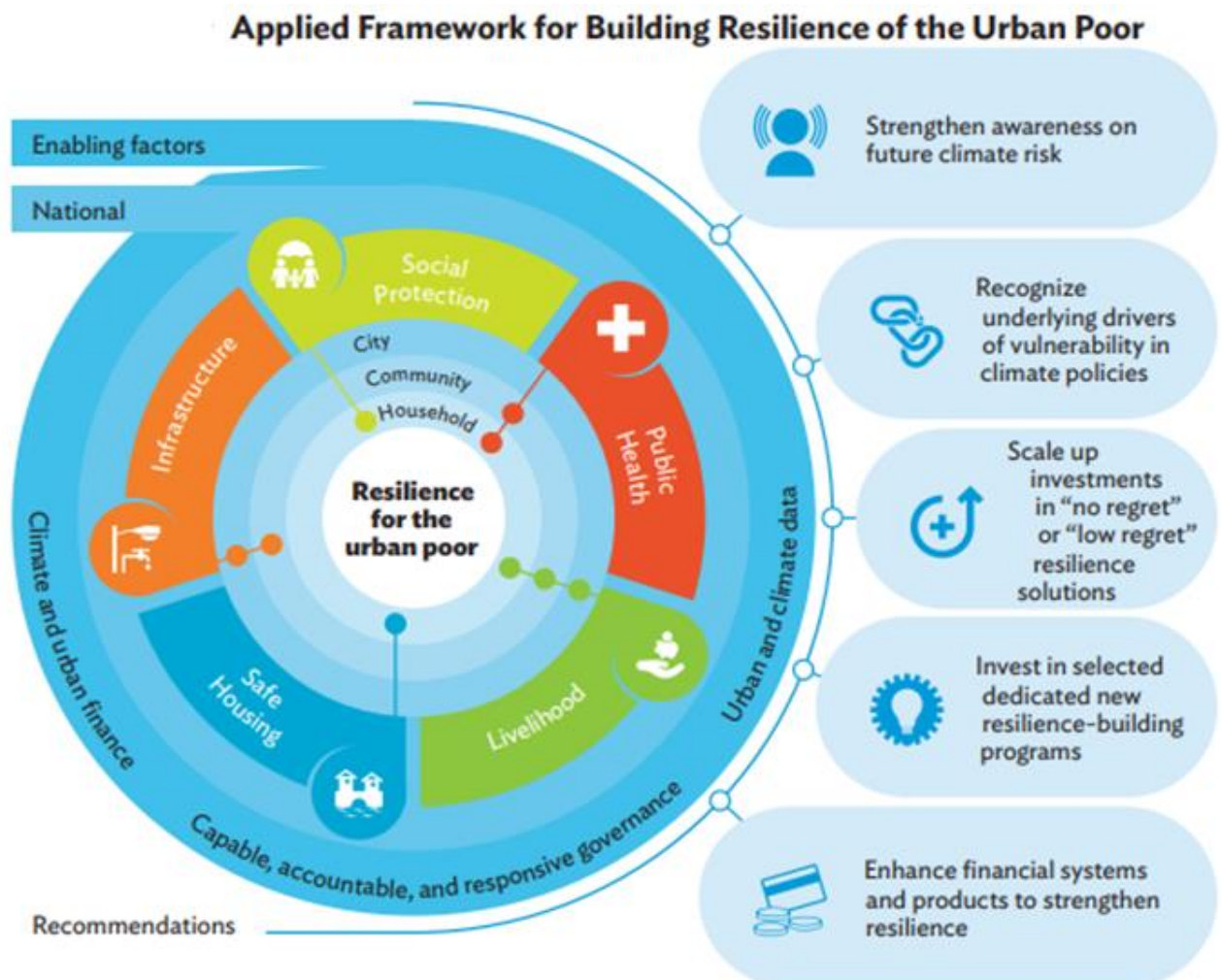
Building Urban Resilience in the Caribbean: Policies, Practices and Prospects

<https://sdg.iisd.org/commentary/guest-articles/building-urban-resilience-in-the-caribbean-policies-practices-and-prospects/>

29 June 2022

By Professor Michelle Mycoo, Professor of Urban and Regional Planning, The University of the West Indies, St. Augustine and Coordinating Lead Author of the IPCC Sixth Assessment Report Working Group II, Small Islands

Caribbean cities face urban issues that warrant transformative solutions for inclusive, safe, resilient, and sustainable urban development. Urban planning policymakers and practitioners, as they launch a multi-pronged approach to address rapid urbanisation, increasingly high levels of urban population, and rising demands for land, housing, and basic urban services, are confronted by past colonisation, current climate change, and the socio-economic fallout of the COVID-19 pandemic. These unprecedented challenges require a bold, innovative reimagining of what the urban future will look like in a Caribbean **Small Island Developing State (SIDS)** context. A new urban orthodoxy is central to achieving transformative urbanisation, the key ingredients of which are enabling processes aimed at improved urban governance, citizen activism, strengthening a pro-marginalised perspective geared toward inclusivity, fiscal autonomy of urban agencies, effective climate change adaptation and mitigation in cities, and efficient use of information communication technology to improve the science-policy-practice interface.



Urban Issues and Challenges

Unlike some parts of the Global South, urbanisation levels in Latin America and the Caribbean are as high as 80%, which equates with countries of the Global North. In the Caribbean, 72% of the population lives in urban areas, and it is projected this may be 80% by 2050 (Donovan and Turner-Jones, 2017; UN Department of Economic and Social Affairs (UN DESA), Population Division, 2018). Currently, over 70% of the population of the Bahamas, Cuba, the Dominican Republic lives in urban settlements. The Region's urban population is growing two to three times faster than the current average in South America, and projections up to 2050 indicate that this will be the trend over the next three decades (Donovan and Turner-Jones, 2017). Due to these urban demographic trends, Caribbean urban planning policymakers and practitioners face multiple urban challenges in meeting the United Nations Sustainable Development Goal 11, which focuses on creating inclusive, safe, resilient, and sustainable cities.

Housing

The formal housing sector in the Caribbean cannot meet housing demand, and fewer affordable houses are being built for low-income households (McHardy and Donovan, 2016). The key drivers behind the housing deficit are rapid urbanisation, land tenure challenges, limited access to affordable serviced land, complex land titling procedures, the private sector's unwillingness to build low-income housing, limited rental housing, and the high cost of delays in receiving building permits (Rajack and Frojmovic, 2016).

Informal Urbanism

The housing deficit is partly responsible for the growth in informal housing in urban and peri-urban locations. Approximately 20% of Jamaica's and Trinidad's population live in squatter settlements (Government of Jamaica, 2014 and Government of Trinidad and Tobago, 2020). Inflated urban land values and high engineering costs of serviced land have made it impossible for poor households to own land. Many poor urban households that experience exclusion from the formal housing market have resorted to the illegal occupation of mainly state land. Interestingly, the 2011 census for six Caribbean SIDS revealed high home ownership, which may reflect a very active informal sector is providing a large percentage of housing (McHardy and Donovan, 2016). The proliferation of squatter settlements is likely to increase with rapid urbanisation rates projected for the Caribbean.

Five common challenges that impact on informal settlements throughout the Caribbean are weak governance, socio-economic vulnerability and diversity, vulnerability to hazards, weak regulatory capacity, and data gaps, which limit the capacity to formulate and implement solutions (UN-Habitat, 2020). Poor tenure records, haphazard settlement structures, and low-quality infrastructure make squatter regularisation complex and expensive. These challenges can derail Caribbean SIDS efforts to meet SDG 11 by 2030.

Sub-standard housing and a lack of infrastructure to support the health and well-being of inhabitants are characteristic of unplanned urban settlements in the Caribbean. State provision of lifeline infrastructure is often inadequate in these settlements because of their illegal status. In Guyana, Jamaica, and Trinidad, thousands of urban squatters are living without lifeline infrastructure such as water, electricity, roads, and sewerage facilities (Rajack and Frojmovic, 2016). Informal settlements have no formal planning approval and therefore do not benefit from site development standards, building codes, and engineering standards, which serve to protect public health and safety. High costs are incurred in building infrastructure as part of informal settlement upgrading in these vulnerable locations. Also, households living in informal settlements experience high economic losses resulting from damage to household assets caused by

tropical cyclones and associated flood and wind impacts. Further, unauthorised occupation of topographically challenging hilly areas undermines the role of ecosystems in providing services such as watershed management, erosion control, and flood mitigation and is a drain on national economies. The political will to curb encroachment in environmentally sensitive areas is sometimes lacking because squatters provide votes to the ruling political parties.

Urban Infrastructure

Many Caribbean cities suffer from inadequate infrastructure due to limited spending targeted at clearing a pre-existing backlog of facilities, repairing old infrastructure, and providing new infrastructure to promote smart city growth. Urban infrastructure, designed in the post-independence era, still exists in capital cities and is unable to cope with rising demand. For many islands, potable water supply coverage exceeds 90%, but infrastructure provision, management, and institutional frameworks to close the supply-demand gap are lacking because water management institutions and arrangements have not altered substantially for over 60 years (Cashman, 2021; Mycoo, 2018). As a result of infrastructural deficits, large segments of the urban population have limited access to sewerage disposal facilities as well as reliable and efficient transportation services. Unreliable and inadequate infrastructural services such as water and sewerage treatment cause public health risks and damage critical natural resources such as rivers, aquifers, coastal waters, and coral reefs.

Climate Change

Climate change impacts on Caribbean urban settlements are already being felt and require innovative solutions to protect people, infrastructure, and economic assets. An average of 84% of the Caribbean's population live within 25 kilometres of the coast and 33% live in **low elevation coastal zones (LECZ)** which comprise areas less than 10 metres above sea level. Currently, coastal capitals, ports, airports and road infrastructure, housing, and industries are concentrated in the coastal zone, but based on sea level rise projections, it is predicted that in the Caribbean, almost all port and harbor facilities will suffer inundation in the future (Cashman and Nagdee, 2017). Among the islands' capital cities, Nassau, an atoll island (Bahamas) with 83% of its population living in the LECZ, is the most highly exposed to risks of sea level rise and flooding. Tropical cyclones have already caused, and will continue to result in, significant losses and damages to people, housing, infrastructure, and ecosystems in Caribbean urban settlements in the LECZ (Mycoo et al., 2022).

Policies and Practices to Build Urban Resiliency in Small Island Developing State (SIDS)

A good mix of policies and practices exist in Caribbean SIDS to address the challenges faced in staying on track with SDG 11, promoting a New Urban Agenda and climate change adaptation, and building urban resiliency.

Safe, Inclusive, Sustainable and Resilient Housing and Urban Spaces

Many initiatives are ongoing to make urban housing and spaces safe, inclusive, sustainable, and resilient, in keeping with SDG 11 and climate adaptation. Apart from urban planning policies and guidelines for planning of spaces and designing buildings, increasingly there has been a focus on putting citizens at the epicentre of urban planning and management. Improved access to basic urban housing and services has been a goal of Caribbean governments, but challenges remain. Low-cost public housing provision, informal settlement upgrading, employment and youth training programs, social services such health, education and recreation continue to account for significant government investment. Yet, for many

islands, tropical cyclones and flooding have significant economic impacts resulting in a diversion of funds from development initiatives to post-disaster recovery plans. Losses and damages to urban housing and infrastructure account for large portions of national budgets and worsening indebtedness, derailing efforts to stay on track to meet the SDGs by 2030.

The Caribbean's long history of centralised decision-making has marginalised citizens from having a voice in planning their urban spaces, but increasingly, efforts are being made by urban planning agencies to involve the citizenry in plan preparation and policy development such as public consultations (Potter and Pugh, 2018). Citizens' activism is key to ensure the sustainability of a positive change in a city. Such participation can improve the quality of urban policy and projects and provide support for shared visions; it is also a central element in monitoring the implementation of strategies, as it can ensure more sensitivity not just to the previously defined targets, but also to the evolution of what citizens expect from their shared space. Gender-based planning needs to receive far greater attention than it has in the past if equity in decision-making is to improve. Some agencies have begun to mainstream gender-based issues in urban design of public spaces and state built urban housing.

Informal Urbanism and Sustainable Urban Settlements

Attempts have been made by Caribbean governments to address informal urbanism, fully cognisant that housing production cannot keep pace with the demand for low-cost housing among poor and marginalised households. Jamaica has developed a National Squatter Management Policy and Implementation Programme to ameliorate impacts resulting from a proliferation of informal urban settlements (Mullings et al., 2018). Between 2011 and 2018, the Inter-American Development Bank (IADB) supported Trinidad and Tobago's Neighbourhood Upgrading Programme aimed at improving access to basic infrastructure, housing subsidies, and regularised tenure for 3,300 households, of which more than half the recipients were female-headed households (Mycoo and Bharath, 2021). Efforts do not focus on constructing houses or eviction from lands, but on in-situ regularisation, infrastructure provision, and delivery of social services. The tendency to treat these settlements as enclaves has long been superseded by a more holistic approach aimed at integrating not just informal settlements with those that are formal, but also the informal economy (UN-Habitat, 2020).

Integrating Climate Change Adaptation and Mitigation into Urban Planning

Mainstreaming climate change mitigation and adaptation strategies into urban plans has become a priority of Caribbean urban planning and environmental management agencies. Risk assessment prior to any upgrading is an integral part of informal settlement upgrading methodology in several countries. Spatial plans articulate land use zoning proposals aimed at environmental conservation and natural hazard risk reduction to safeguard urban populations. Site development standards have been modified to tackle storm surges, rising sea levels, flooding, and coastal erosion. Additionally, building codes have been revised to deal with heat stress, flooding, and more intense tropical cyclones. Climate change calls for a transformation of urban planning as it reinforces the need for a long-term approach and for enforcement of land use, site development, and building regulations. An effective climate strategy implies increasing urban resilience through more than a mere control of land use change, and addressing the infrastructure needs and the way in which land should be used, in terms of resource consumption and flows (Mycoo and Donovan, 2017). It requires updated data on the urban reality, a changed culture and infrastructure for data sharing, and the means to implement changes that often imply a cost to public administrations.

A major challenge remains how best to facilitate adaptation of informal settlements to climate change (Mycoo et al., 2022). As informal urbanism occurs outside the existing regulatory framework, and

therefore does not benefit from planning standards, households living in unapproved urban settlements are neither safe nor resilient to climate change. Investments are needed both in formal and informal urban settlements, but the most vulnerable parts of the city are usually informal settlements, as they occupy flood plains and unstable slopes. This is one of the most important sustainability challenges of our cities, and will have a clear impact on budgets, as the cost of disaster remediation can be much higher than prevention (IADB, 2015). With the increasing intensity of tropical cyclones in the Caribbean, building back better using relevant site development guidelines and building codes is warranted. Building codes and safer housing designs in less hazard prone locations calls for innovative solutions from urban planners, engineers, and architects with a holistic perspective. A community-based approach to planning and establishment of appropriate planning and engineering standards before initiating upgrading is equally important.

Caribbean SIDS have been attempting to leverage adaptation financing provided by donor and international financing institutions, although access to these funds is a convoluted process (Robinson and Dornan, 2017). Nevertheless, several projects have been funded, especially those entailing more commonly used hard protection responses such as seawalls and other coastal defence measures (Mycoo and Donovan, 2017; Mycoo et al., 2022). Soft adaptation responses are also attracting loans from funding agencies, and these include land reclamation and ecosystem-based adaptation such as re-forestation, watershed management, mangrove replanting, and coral reef restoration to protect both upper watersheds and coastal areas. Planned retreat of buildings and settlements from the coastline as a response to sea level rise is a last resort given limited land in SIDS (Small Island Developing States).

The small carbon footprints of Caribbean SIDs do not detract from them being among the most exposed and vulnerable states to climate risks. With global warming likely to exceed the Paris Agreement to cap temperatures at 1.5 degree Celsius above pre-industrial levels, the Region's governments have decided to pursue a multi-sector strategy that incorporates mitigation strategies aimed at reducing greenhouse gas emissions. Mitigation measures include solar energy for public lighting in cities, curbing urban sprawl through improved urban planning aimed at lowering commuting, and incentives for more energy efficient public and private transportation. Barbados has been at the forefront of solar energy use, and other Caribbean SIDS are increasingly utilizing solar energy. Some countries are building cooler, better ventilated buildings by incorporating colonial and indigenous architectural styles of vaulted ceilings, jalousie windows, open courtyards, and verandas. Urban squares are an integral component of the grid-iron layout of colonial cities built by the Spanish, and these green open spaces temper the effect of urban heat with higher temperatures associated with global warming. Green infrastructure consisting of waterways, coastal esplanades, and urban landscaping also play a major role in mitigating the warming trends in Caribbean Small Island Developing State (SIDS).

Urban Finance and Fiscal Autonomy

Caribbean urban authorities often lack fiscal independence to implement projects that are central to improving the quality of life of urban residents. Oftentimes, taxes collected from municipal governments, including property taxes, are transferred to central government funds. Urban development corporations and local planning authorities require fiscal autonomy to undertake mid and long-term planning targeted at fulfilling strategic goals of improved access to a better quality of urban services. The goal should be not just to recover the cost of the service provided, but also to spend more on future improvements and investments in the quality of service and reliability of the networks, a long-term goal that is needed in cities that have problems in their current infrastructure coverage areas (IADB, 2015).

Information Communication Technology

High-resolution satellite data offers many possibilities to perform urban planning functions. Satellite remote sensing is a powerful tool for timely and cost-effective development of information in a wide number of applications. GIS technology, smart maps, Google Earth, and drones can be put to effective use in spatial analysis, synthesis, and visualisation not only in spatial planning, but transportation planning, natural hazard risk management, and building climate change resilience. Additionally, more urban planners should employ 3D modelling because it allows them to test various scenarios and expedite the urban planning process. It is cost effective and provides more accurate data for evaluation and decision-making. Participatory mapping can also facilitate community engagement in environmental risk assessment, vulnerability assessments, and climate change adaptation. Landsat data, now freely available on the Internet and cloud mapping, also hold tremendous potential to improve spatial planning and environmental management in Caribbean countries.

Conclusions

At no other time in the Caribbean's history has visionary urban planning and management been so needed as now, to confront the challenges brought on by the pandemic, climate change, unequal socio-economic development, and environmental degradation as a product of colonialism, and subsequently anthropogenic pressures. Projections on urban population growth suggest the Caribbean faces an urban future as urbanisation continues to grow rapidly. The health, safety, and well-being of the population in the LECZ will be threatened by climate change and some atoll islands may become uninhabitable, forcing residents to relocate, resettle or migrate.

Many possibilities exist to harness innovative ideas among the urban planning community of practitioners. New and affordable technologies provide tools to enhance urban planning and management. A new urban orthodoxy is central to achieving transformative urbanisation. The key ingredients of transformative urbanisation are enabling processes aimed at improved urban governance, citizen activism, strengthening a pro-marginalised perspective geared toward inclusivity, fiscal autonomy of urban agencies, effective climate change adaptation and mitigation in cities, and efficient use of information communication technology to improve the science-policy-practice interface. A blue-print for success does not exist for all Caribbean countries, as urban planning solutions are place-specific, but there are many intersectional options to be explored in confronting negative externalities associated with urban agglomeration and harvesting the benefits of urbanisation.

Building urban resilience in the Caribbean is urgent as the loss and damage from extreme events such as tropical cyclones, floods, and sea level rise are mounting. The window of opportunity for strengthening urban resilience is closing unless global greenhouse gas emissions are drastically reduced and kept within 1.5° Celsius above pre-industrial levels, governance reform is enabled, and barriers to accessing adaptation financing are removed.



**WATER
ACTION
HUB**

Dominica

<https://wateractionhub.org/geos/country/61/d/dominica/>

Compared to other countries in the region, Dominica has abundance of rivers and water. There are about 365 rivers and streams emanating from 35 watershed areas into which the island is divided. The ten largest rivers are the Indian, Picard, Layou, Roseau, Blenheim, Hampstead, Clyde, Pagua, Castle Bruce and Rosalie rivers. Most rivers originate on the slopes of the central mountain ranges, while a few originate as outcrops of underground springs along low-lying valleys. Other Caribbean countries consider Dominica as an alternative source of water supply in times of need. As a result, the government has positioned itself to be an exporter of bulk water (IWCAM, 2011). There is a large sewerage system servicing the capital, Roseau, with a minimal treatment; and two small sewerage systems which service the areas of Cane Field and Jimmit, with no treatment. In most areas, the dominant method of wastewater disposal is by septic tank (IWCAM, 2011). Intake tanks and very small dams have been constructed with a total capacity estimated at 2,008 m³. About 44 of such structures exist; the largest one has a capacity of 271 m³.

WATER USE In 2004, the total water withdrawal is estimated at 16.6 million m³ and in 2010 at around 20 million m³ (Table 3). Total municipal water withdrawal is estimated at around 19 million m³ in 2010 (Figure 2). Most water withdrawn is surface water and the Dominica Water and Sewerage Company (DOWASCO) produces approximately 45 million l/day (16.4 million m³ /year) of drinking water from about 47 independent river intakes. The largest of the water systems has a supply capacity of over 16.3 million l/day, for the capital Roseau and its environs. This system serves a population of about 25,000 people. Two other systems have a supply capacity of about 5.3 million l/day, whilst the other systems are much smaller serving communities with populations usually less than 1,000. These supply systems are generally more than adequate to satisfy the demands of the communities. However, at some periods during the dry season, intermittent shortages can be experienced in a few of the systems.

Caribbean islands struggle with water scarcity

<https://www.dw.com/en/climate-change-puts-pressure-on-failing-caribbean-water-supplies/a-56306009>

21 January 2021



Patchy infrastructure and leaky pipes

Antigua and Barbuda, St. Vincent and the Grenadines, and St. Kitts and Nevis are all classed as **water scarce**, which the **UN defines** as countries with less than 1,000 cubic metres per capita of renewable water resources a year.

Barbados' situation, with only 350 cubic meters per capita, is especially grave, according to Keithroy Halliday, general manager of the Barbados Water Authority.

While most people outside of rural mountainous areas in the Caribbean are connected to the public water supply, they frequently face outdated infrastructure in need of repair, resulting in major losses of drinking water.

Alan Poon King, head of Trinidad and Tobago's Water and Sewerage Authority (WASA), says the utility loses as much as 60 million gallons of water each day from leaking infrastructure — and that much again is wasted by problems like leaking taps on private properties.



Climate change has increased drought which is exacerbating water problems on the islands

Image: robertharding/picture alliance

The picture is similar in Jamaica, which Peter Clarke, managing director of the country's Water Resources Authority, says suffers from "a serious loss of water that has been produced and is supposed to be delivered, but it is not reaching the end user because of the aging infrastructure — it's leaky, it's perforated."

Climate change increases pressure

If these structural problems are left unaddressed, things are only likely to deteriorate as the planet heats up.

"There are many other problems that are facing the water sector in the Caribbean and climate change is exacerbating those existing, underlying conditions," said Adrian Cashman, who sits on the global technical advisory committee for the Global Water Partnership.

Officials say **drought conditions** across the region over the past couple of years mean there just hasn't been enough rain to replenish aquifers at the usual rate.

"This past summer [in Jamaica] we went through a significant drought," said Clarke. "It really was challenging for the water supply providers."

In Trinidad and Tobago, Poon King said it was difficult to quantify the impacts of climate change, but that it was an ongoing challenge: "We've seen reduced precipitation that could be anywhere in the range of 10-20% in the dry season."



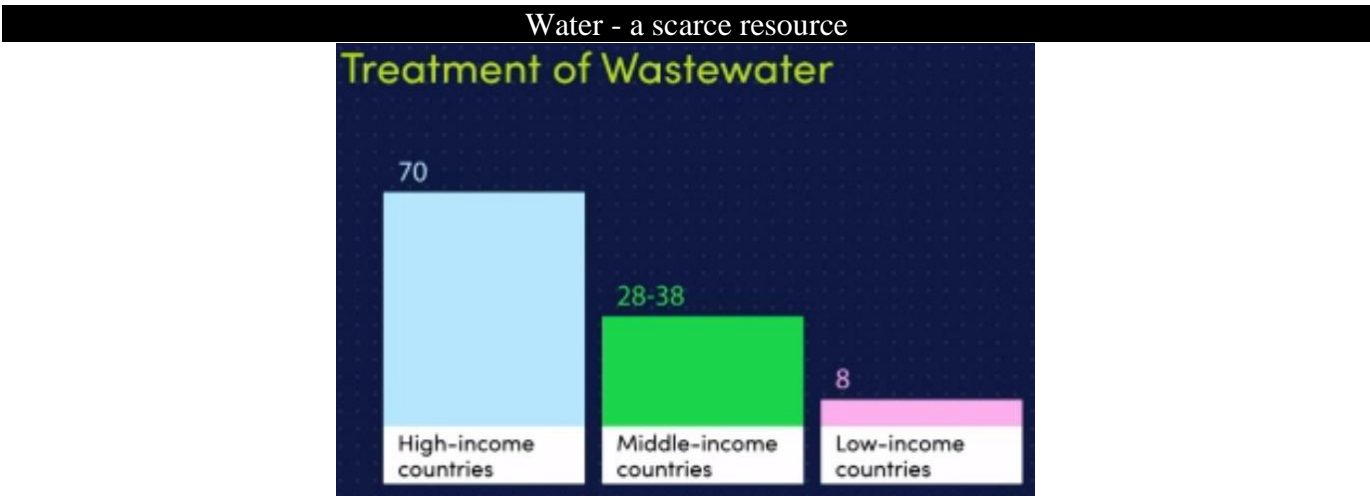
Last year Puerto Rico experienced water rationing following a drought
Image: RICARDO ARDUENGO/AFP/Getty Images

Halliday said climate change has already "significantly impacted" Barbados' water supply, too. All of Barbados' internal renewable water resources come from rainfall, he explained, and in 2019 the country saw its lowest recorded levels since 1947.

Climate finance and water-wise living

The Caribbean region enjoys relatively high standards of living, with most countries defined by the UN as "**upper-middle income.**" This excludes them from much international development funding. At the same time, high levels of public debt combined with their vulnerability to **climate change** makes it difficult to secure investment in infrastructure.

However, one of the region's first major water projects financed by the Green Climate Fund (GCF), which was set up to help developing countries cope with the changing climate, is currently underway in Grenada.



Project head Hans-Werner Theisen says about half of the US\$42.9 million (35.4 million euros) the GCF has allocated to the project will be spent improving infrastructure like water tanks, reservoirs and pipes.

There will also be financial incentives to cut water waste from sectors like agriculture and tourism, which are among the biggest consumers of water.

Encouraging the public to use water more carefully is key to the project in Grenada, too. "What I think is very important is that everyone, every citizen, can contribute to water-saving measures, so we have to be water-wise in day-to-day living," Theisen said.

Elsewhere, Barbados has passed laws prohibiting the use of potable water for washing cars, gardening, filling swimming pools and similar activities. As in Jamaica, people are encouraged to use wastewater for such activities.

Water, water everywhere...



Barbados and Jamaica encourage residents to be very careful with their water use
Image: RICARDO ARDUENGO/AFP/Getty Images

Despite day-to-day water outages, a 2017 UN Water **report** showed most people in the Caribbean have access to a safe — if irregular — water supply.

But in Trinidad, Nunez is infuriated living on an island with 360-views of the turquoise waters and nothing coming out of the tap.

"Water and air are things that humans need to live," she added. "I can't understand how on an island surrounded by water, they can't find some way of using — desalinating — the water."

According to **2019 figures**, the region gets some 12% of its water supply from desalination. Poon King said in Trinidad and Tobago that figure is 20% but expanding this is problematic due to high energy costs.

For Nunez, water shortages are out of step with her country's development status. Trinidad and Tobago have profited from its oil reserves. Yet despite its high income, it struggles to adequately supply this most basic of necessities.

"There are glass buildings and universities and huge international airports and everything like this, but there is no water," she said. "We've got the latest architectural structures and homes and houses, but it seems like indoor sanitary ware and kitchens are just for show."

Habitat for Humanity in Caribbean



<https://www.habitat.org/>

Families in many countries within the Latin America and Caribbean region partner with Habitat for Humanity to help build a better place to call home. With our help, families achieve the strength, stability and self-reliance they need to build a better life for themselves and their families.

The housing need in Dominican Republic

According to the United Nations Development Programme, the housing deficit in the Dominican Republic is almost 2.2 million units, of which about 60.6% is qualitative. Compared to those who are homeless, there are more people living in inadequate housing. The housing shortage is growing annually by an average of 50,000 to 60,000 homes.

At the national level, housing is built by families. The high cost of construction services and families' low incomes make it impossible for them to access the formal building sector, which leads to deterioration of home quality and safety.

Our area office for Latin America and the Caribbean is located in San José, Costa Rica:

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Far below the poverty line

Caribbean is prone to earthquakes and volcanic eruptions with droughts, flooding, and mudslides expected to worsen due to climate change. Currently, nearly 70% of low-income housing is built by the families themselves rather than by the government or private developers.

Almost 25% of Caribbean families live in urban slums with many others settling along roads and riverbanks, and on streets.

How we address housing poverty in Caribbean

We strive to provide housing solutions which also address the collective needs of a community such as health and education.

In disaster-hit communities, we not only rebuilds homes but also trains people to prepare for and lessen the impact of future natural disasters.

Our partners include international and local NGOs, government agencies, corporations, microfinance institutions, cooperatives and faith-based organisations.

International and local volunteers contribute time and labour while families also help build homes with their own hands.

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<https://habitat.org.au/wp-content/uploads/2021/11/Habitat-for-Humanity-Strategic-Plan-2021-2.pdf>

Child Abuse

<https://www.cdc.gov/violenceprevention/childabuseandneglect/fastfact.html>

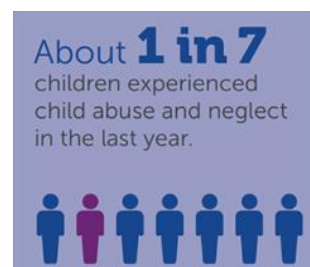
What are child abuse and neglect?

Child abuse and neglect are serious public health problems and adverse childhood experiences (ACEs). They can have long-term impacts on health, opportunity, and wellbeing. This issue includes all types of abuse and neglect of a child under the age of 18 by a parent, caregiver, or another person in a custodial role (such as a religious leader, a coach, a teacher) that results in harm, the potential for harm, or threat of harm to a child. There are four common types of abuse and neglect:

- **Physical abuse** is the intentional use of physical force that can result in physical injury. Examples include hitting, kicking, shaking, burning, or other shows of force against a child.
- **Sexual abuse** involves pressuring or forcing a child to engage in sexual acts. It includes behaviours such as fondling, penetration, and exposing a child to other sexual activities.
- **Emotional abuse** refers to behaviours that harm a child's self-worth or emotional well-being. Examples include name-calling, shaming, rejecting, withholding love, and threatening.
- **Neglect** is the failure to meet a child's basic physical and emotional needs. These needs include housing, food, clothing, education, access to medical care, and having feelings validated and appropriately responded to.

How big is the problem?

Child abuse and neglect are common. At least 1 in 7 children have experience child abuse or neglect. This is likely an underestimate because many cases are unreported.



Children living in poverty experience more abuse and neglect. Experiencing poverty can place a lot of stress on families, which may increase the risk for child abuse and neglect. Rates of child abuse and neglect are 5 times higher for children in families with low socioeconomic status.

Child maltreatment is costly. This economic burden rivals the cost of other high-profile public health problems, such as heart disease and diabetes.

What are the consequences?

Children who are abused and neglected may suffer immediate physical injuries such as cuts, bruises, or broken bones. **They WILL also have emotional and psychological problems, such as anxiety or posttraumatic stress.**

Over the long term, children who are abused or neglected are also at increased risk for experiencing future violence victimisation and perpetration, substance abuse, sexually transmitted infections, delayed brain development, lower educational attainment, and limited employment opportunities.

Chronic abuse may result in toxic stress, which can change brain development and increase the risk for problems like posttraumatic stress disorder and learning, attention, and memory difficulties.

How can we prevent child abuse and neglect?

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Child abuse and neglect are preventable. Certain factors may increase or decrease the risk of perpetrating or experiencing child abuse and neglect. To prevent child abuse and neglect violence, we must understand and address the factors that put people at risk for or protect them from violence. Everyone benefits when children have safe, stable, nurturing relationships and environments. CDC developed Preventing Child Abuse & Neglect: to help communities use the best available evidence to prevent child abuse and neglect.

Different types of violence are connected and often share root causes. Child abuse and neglect are linked to other forms of violence through shared risk and protective factors. Addressing and preventing one form of violence may have an impact on preventing other forms of violence.

Strengthen economic supports to families

- Strengthening household financial security
- Family-friendly work policies

Change social norms to support parents and positive parenting

- Public engagement and enhancement campaigns
- Legislative approaches to reduce corporal punishment

Provide quality care and education early in life

- Preschool enrichment with family engagement
- Improved quality of child care through licensing and accreditation

Enhance parenting skills to promote healthy child development

- Early childhood home visitation
- Parenting skill and family relationship approaches

Intervene to lessen harms and prevent future risk

- Enhanced primary care
- Behavioral parent training programs
- Treatment to lessen harms of abuse and neglect exposure
- Treatment to prevent problem behavior and later involvement in violence

UNICEF Office for Barbados and the Eastern

<https://uprdoc.ohchr.org/uprweb/downloadfile.aspx?filename=920&file=Annexe1>

Child Sexual Abuse in the Eastern Caribbean

Box 2

Harmful Sexual Behaviour

- ✓ Young people engaging in transactional sex with each other
- ✓ Encouraging young people to have underage sex
- ✓ Invading the child's privacy, peeping while child undresses or bathes
- ✓ Use of sexual language to, and in front of, a child
- ✓ Inappropriate touching (not clarified)
- ✓ Looking at children inappropriately (not clarified)
- ✓ Child overhearing sexual language
- ✓ Obsessive watching of child
- ✓ Watching nude or partially nude pictures of the child

Box 1

Child Sexual Abuse

- ✓ Rape, forced and 'consensual' sexual intercourse with a minor
- ✓ Incest
- ✓ Children used as sexual objects in videos, photos or as pimps
- ✓ Exposure to sexual materials through different media, e.g. radio, photos, movies, text, mobile telephone, Internet, parent/adult sexual toys, sexual DVDs
- ✓ Exposing the child to the sexual act deliberately or unknowingly
- ✓ Uncomfortable or intrusive touching of a child

Box 3

Behaviour that Contributes To the Sexual Harming of Children

- ✓ Sex between young people, at least one below the age of consent
- ✓ Young people engaging in transactional sex with each other
- ✓ Young people distributing sexually explicit images of themselves
- ✓ Young people using technology for sexual experimentation and exploration

“There needs to be some level of confidentiality in it. You are 12 years old and your step-daddy or daddy is having sex with you in your house. You report it to a teacher and the teacher tells the principal. Next thing, it's all over the country and people are whispering about you”.

Focus Group Participant - Grenada

“If I find evidence that supports child abuse or child sex abuse, often the parents do not want to go any further with it and there is nothing I can do to insist on taking the process”.
Practitioner - Anguilla

“Education, education, education for children, men and women”.
Focus Group Participant - Grenada

“Women feel helpless because they have to depend on their partners for support...they are afraid that if they speak out about child [sexual] abuse within their homes this support will be taken away”.
Focus Group Participant – St. Kitts and Nevis



Making sure that children in our region are safe and protected remains a huge task requiring exceptional vigilance. Many girls and boys are not growing up in safe environments and are exposed to levels of violence and abuse that are blighting their lives.

According to research **20% - 40% of girls in the Eastern Caribbean Area have faced sexual abuse. Up to 70% of our children have experienced some form of physical violence** or psychological abuse. In addition, too many young people end up in the juvenile justice system where they are jailed without other, more constructive, options being explored.



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Child Sexual Abuse in the Eastern Caribbean Recommendations

Regional

Develop a Regional (and country-level) Strategic Plan for the Building of Abuse-free Childhoods. Strategies to address child sexual abuse must be based on a whole of society approach. This would dovetail with the current work on child abuse and gender-based violence being led by CARICOM and international development partners (UNIFEM, UNICEF, DfID, CIDA) and connect with country-specific National Plans of Action for Children and Child Protection Action Plans. Such an approach should integrate prevention, support, treatment, and the punishment of abusers as simultaneous interventions that are underpinned by robust policies and legislation.

A Regional Hub of Expertise for the Building of Abuse-Free Childhood should be established.

This activity should be led by CARICOM in collaboration with international development partners. A model for such an agency is provided by the Multi-Agency Resource Service (MARS) based at the University of Stirling, in Scotland.

Caribbean governments, under the leadership of CARICOM, should take decisive and prompt action to prevent child sexual abuse through technology.

The Internet is an increasingly significant element in child sexual abuse and child pornography, and governments need to take urgent measures to protect children from these increased risks. These measures should deal not only with the many ways that children can be abused through the Internet (including child pornography and luring) but also with the innovative forms of abuse that make use of cell phones.

Country Level Policies and Programmes

Develop an approach to child protection that is cost-effective, sustainable and primarily focused on the prevention of abuse, the support of families and the development of protective and responsible parenting. The focus should be shifted from one that is preoccupied with procedures, policies and protocols to a broad preventative, empowerment-based systemic approach. The emphasis should be on tackling the factors that contribute to and sustain child abuse. Children are not only protected by procedures or protocols which often have disproportionate resources devoted to discussing, reviewing, monitoring, revising and reflecting on the failures of their implementation.

Examples of means to address the problem of child sexual abuse include a social mobilisation campaign from Cambodia.

All stakeholders should be engaged in the process of planning and implementing a more comprehensive approach to protecting children from sexual abuse.

A fully integrated strategic plan will involve the active participation of professionals (police, social workers, health professionals), children and young people, parents, men, women, politicians, the

judiciary, NGOs, faith based organisations, media, sports leaders, community leaders, academics and the corporate sector.

Child sexual abuse, at the policy level, should be reframed as a public health issue.

While it is important to maintain recognition of abuse as a broader issue, affecting children's rights and social relations, it also has serious implications for health. Child sexual abuse is implicated in teenage pregnancy, abortions (and related complications), mental illness, drug and alcohol abuse, prevalence of sexually transmitted infections and HIV transmission. The Regional Strategy on HIV-AIDS can provide a template for the development of the strategy on child sexual abuse.

Governments should adopt the child/family friendly approach to budgeting, social planning and economic development that has been promoted by UNICEF and Action for Children.

This approach advocates making the support of the family and the wellbeing of children the responsibility of every Ministry; it involves identifying multi-sectoral targets and requires the ring-fencing of budgets to achieve progress. In relation to child sexual abuse, this approach would result in making restoring childhoods everyone's business. It recognises that while the most profound effects of child sexual abuse are felt by the victim, there are also huge financial costs for governments. It makes sound economic sense to protect and support children and families. Caribbean governments simply cannot afford not to invest in child protection.

As part of disaster preparation, governments should adopt and implement policy and programme guidelines to protect children from sexual abuse and sexual violence in disaster and emergency situations

This should cover both measures taken before disaster strikes (mitigation measures) through the immediate response (relief efforts) to long-term interventions (recovery). The manual on this subject produced by ECPAT would provide a good basis for this endeavour.

Governments should develop and implement a pro-active, young person-centred campaign to empower girls to resist transactional sexual abuse

Government departments with responsibility for public education, in collaboration with media organisations, NGOs and international development partners, should take the lead in this. A model for this approach is provided by a campaign in Costa Rica that features peer role models, featuring teenage girls in advertisements and portraying teenagers' points of view on the issue.

Governments should undertake information campaigns about teenage pregnancy using new media

Caribbean governments should use powerful and hard-hitting public education campaigns, with videos posted on YouTube and other social media to get the attention of young people. The study authors cited an example of such a campaign in the UK. In the Caribbean, it would deal with the risks of teen pregnancy, and also the impact of abortion on teenage girls.

In every country, child-sensitive justice systems should be established to deal with child sexual abuse crimes.

There is a need to review the whole system of investigation and prosecution of child sexual abuse cases to bring these processes in line with the best international standards. Many of the law enforcement practices described during the course of the study can themselves constitute an abuse of children. Children who disclose abuse are often taken by the police officer to confront the abuser and also asked to show where the abuse took place as part of the investigation. The fear and distress this creates for the child is such that it may be as damaging as the abuse that is being investigated. Children are then required to give evidence in courts set up for adults. They are cross-examined in front of their abuser, who may still frighten them.

Mechanisms should be put in place to make it easier for children to report instances of sexual abuse, without fear of reprisal or greater harm, in ways that fully respect their rights and the duty of society to protect them, and to provide for more effective implementation of existing laws dealing with sexual abuse of children.

Most abuse is unreported and the laws, however well-intentioned they might be, cannot therefore take effect. The burden of proof required for prosecution should begin with believing the child, following the children's rights approach. In many countries of the region, where legal action must be initiated by the parent, the state should take a leading role in initiating legal processes. Investigation should be tailored to the needs and capacities of the children, to make them more comfortable in reporting abuse.

Governments should take bold action in relation to child protection law reform.

The obstacles to the implementation of the OECS Family Law Reform Project should be identified and removed, and the proposed laws should be adopted across the region. This will ensure that there is regional harmonisation of legislation, an important step given trade liberalisation, the inter-country movement of workers and regional migration. It is also an important step for regional cooperation on child trafficking.

Fairer sentencing that is responsive to the different types of child sexual abuse should be introduced, along with more comprehensive levels of culpability. Added to this should be the introduction of restorative justice for some cases of child abuse.

The threat of long prison sentences for child abuse was seen to be more of a deterrent to the reporting of abuse than it is for the abuse itself. Penalties that are appropriate to the circumstances are needed. A more nuanced approach to sentencing would make it easier for families to accept the need to identify and put an end to risks of abuse, help police lay charges against people who may be their neighbours, and allow the courts to take an approach for healing rather than merely punishment. There is potential healing for communities through the introduction of restorative justice approaches. The Family Group Conference model in the child protection legislation of New Zealand places the responsibility for protecting children on the family; it is an empowerment, strengths-based approach that entails confronting families with the reality of abuse and facilitating a process whereby the family produces a child protection plan and is supported in its implementation. It is also necessary to introduce penalties for those who assist or protect perpetrators or pervert the course of justice.

Governments should consider adopting a policy of mandatory reporting of child sexual abuse.

Mandatory reporting, supported by a public education campaign, would provide a clearer indication of the extent of child sexual abuse and would promote earlier and more effective interventions to protect children and their families. This would probably lead to a substantial increase in reports of abuse. The

introduction of mandatory reporting, therefore, be fully undertaken when the systems and infrastructure needed to deal with an increase in reports are in place. Resources will be needed to carry out initial assessment of risk, to investigate and provide therapeutic services, and to provide for surveillance and monitoring of alleged perpetrators.

Community Action

Create systems that will prevent child sexual abuse by raising awareness and encouraging early recognition and responses to the problem.

A programme called “Stop It Now!”, from the UK, offers a model for an approach that is based on the belief that sexual abuse is preventable. It is especially helpful for people who might become abusers, struggling with sexual thoughts and behaviours toward children, and those who want to stop but do not know how. Confidential help and support is provided to abusers and potential abusers in a non-punitive approach to prevention and risk reduction.

School-based counselling services should be put in place to help children and parents, while also providing school staff members the opportunity to train as counsellors

Children are empowered to resolve their emotional and behavioural difficulties, while parents who are equipped to tackle their own issues are able to form more positive relationships with their children. Evaluation of this process has shown that children are happier and have better prospects. Not only does the method enable effective support of children who have been abused, it also encourages the development of protective, responsible parenting. It incorporates teachers within the whole of society approach to child protection and it contributes to behavioural change. The model cited in the study is the ‘Place2Be’, an innovative award winning NGO in the UK that works inside schools to improve the emotional wellbeing of children, their families and the whole school community.

Tourism businesses in the Caribbean should adopt the Code of Conduct for the Protection of Children from Sexual Exploitation in Travel and Tourism

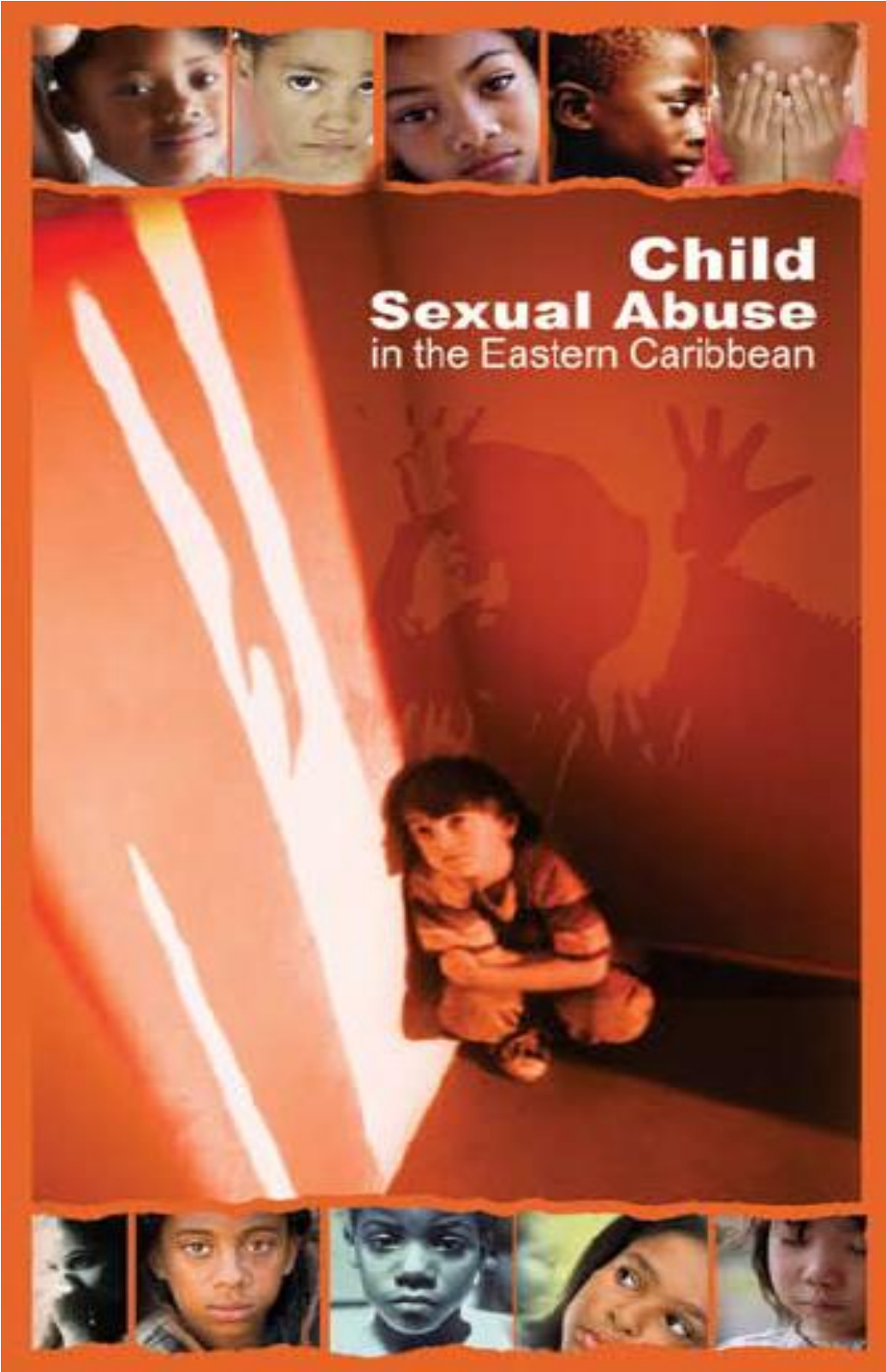
The Code of Conduct is an industry driven responsible tourism initiative in collaboration with ECPAT International, funded by UNICEF and supported by the UNWTO. Since the introduction of the Code of Conduct, in 2005, it has now been adopted by the tourist industry in over 63 countries. The Code requires them, among other things, to establish an ethical policy regarding commercial sexual exploitation of children, to provide information to travellers by means of catalogues, brochures, in-flight films, etc., and to provide information to local “key persons” at the destinations. In view of comments from the focus groups, this approach should be extended to taxi drivers and mini-bus drivers as part of a campaign for child-friendly transportation at the local level.

Engage cultural groups, artists and the media in promoting child protection

Local festivals such as carnivals, best village competitions, talent shows, beauty competitions and the work of local artists to convey messages about the risks posed by child sexual abuse and ways to prevent it. Commercial sexual exploitation of children, to provide information to travellers by means of catalogues, brochures, in-flight films, etc., and to provide information to local “key persons” at the destinations. In view of comments from the focus groups, this approach should be extended to taxi drivers and mini-bus drivers as part of a campaign for child-friendly transportation at the local level.

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“The greatest gift you can give your child, is allowing it to be freely able to express itself, helping it to feel good about being able to say and express and communicate all it feels.

“THERE IS NOTHING BETTER FOR A CHILD TO FEEL THAN KNOWING ITS PARENTS COMPLETELY WANT IT TO BE EXACTLY HOW IT FEELS IT WANTS TO BE.

“To be completely unconditionally accepted for all that it is. Then it feels loved.”

Mary Magdalene, 13 May 2003

Yes, this is Mary of Magdalene. She has only written through James Moncrief, whereas Jesus has only written through James Padgett, and now James Moncrief.

DOMINICA POPULATION

2022

72,740

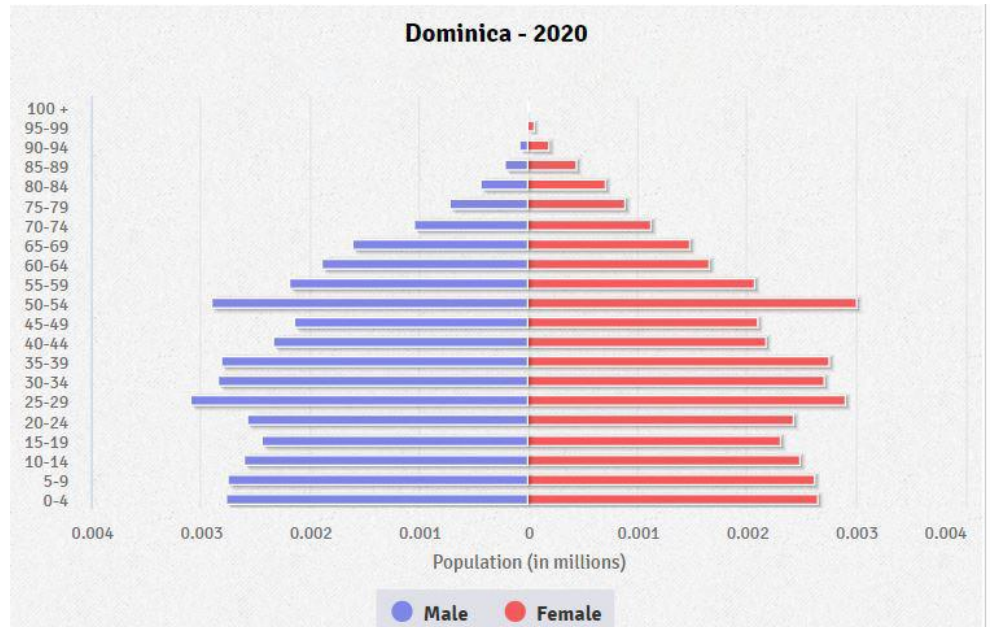
The current population of Dominica is **72,440** as of Wednesday, 18 January 2023, based on Worldometer elaboration of the latest United Nations data.

Dominica: 71.4% of the population is **urban** (urban 52,000 people, rural **28.6%** being 20,700).

Dominica life expectancy: 77.4 years (2018)

Dominica men expect to live an average of 74.4 years, while women expect to live an average of 80.5 years, a six-year difference.

Dominica median age: 34.9 years



Dominica Population Forecast

Year	Population
2023	73,000
2025	76,640
2030	77,600
2035	77,900
2040	77,760
2050	76,700
2100	56,900

Languages of the Caribbean

Spanish is actually spoken by the majority of the people who live in the Caribbean region.

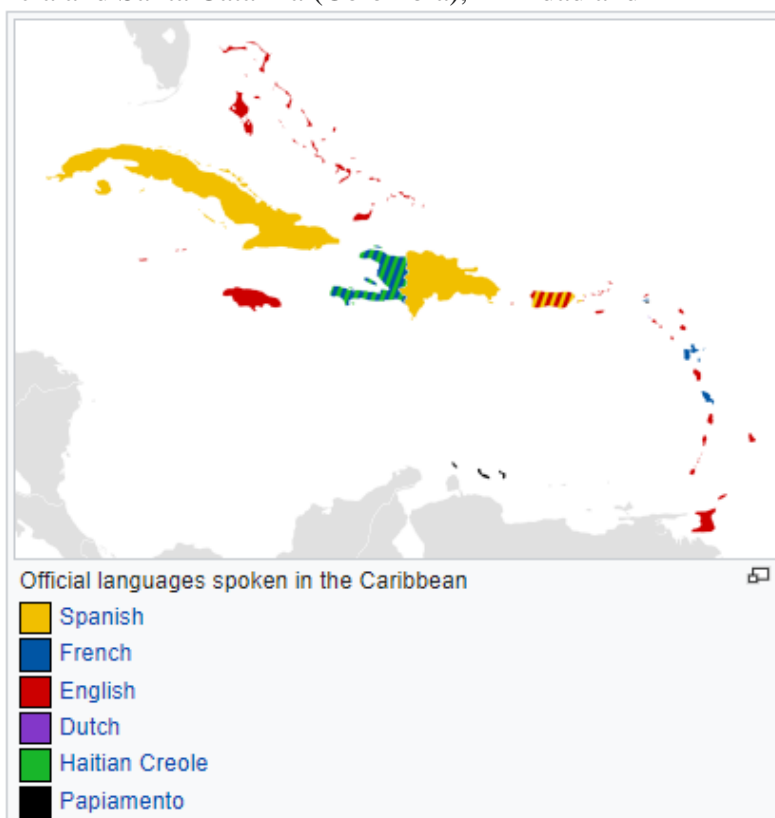
- **Cuba:** 11.4 million people
- **Dominican Republic:** 10.7 million people
- **Puerto Rico:** 3.7 million people

There are 43.6 million people who live on all the Caribbean islands. 25.8 million of those people speak Spanish as their mother tongue, or roughly 59.2% of the whole Caribbean population.

The languages of the Caribbean reflect the region's diverse history and culture. There are six official languages spoken in the Caribbean:

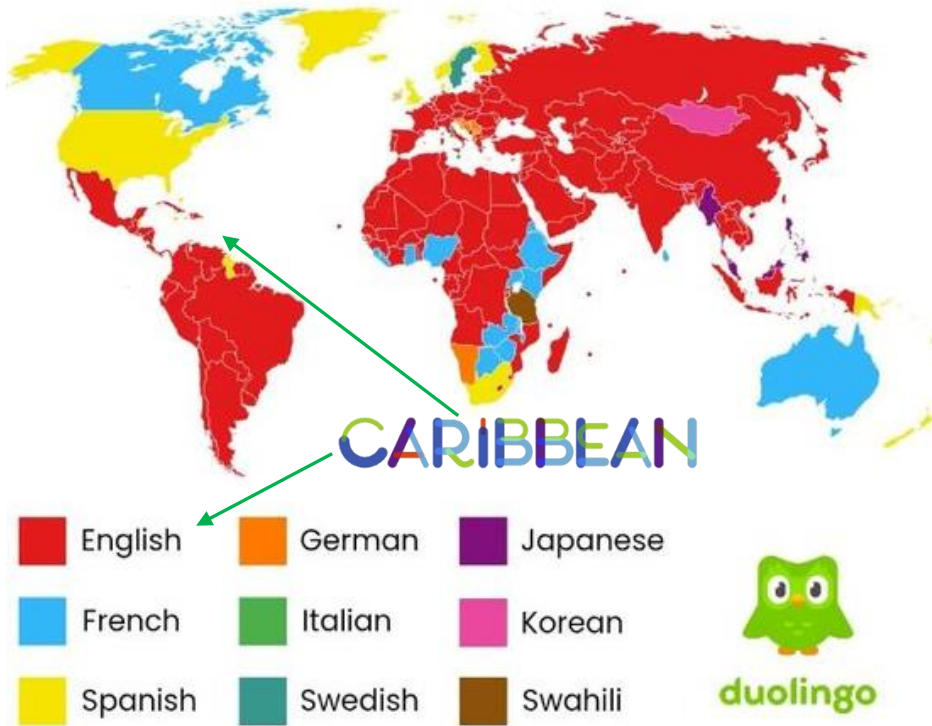
- Spanish (official language of Cuba, Dominican Republic, Puerto Rico, Bay Islands (Honduras), Corn Islands (Nicaragua), Isla Cozumel, Isla Mujeres (Mexico), Nueva Esparta (Venezuela) the Federal Dependencies of Venezuela and San Andrés, Providencia and Santa Catalina (Colombia))
- French (official language of Guadeloupe, Haiti, Martinique, Saint Barthélemy, French Guiana and Saint-Martin)
- English (official language of Anguilla, Antigua and Barbuda, Bahamas, Barbados, British Virgin Islands, Cayman Islands, Dominica, Grenada, Guyana, Jamaica, Montserrat, Puerto Rico (which, despite being part of the United States, as an American territory, has an insubstantial anglophone contingent), Saint Kitts and Nevis, Saint Lucia, Sint Maarten, Saint Vincent and the Grenadines, San Andrés, Providencia and Santa Catalina (Colombia), Trinidad and Tobago, Turks and Caicos Islands, and U.S. Virgin Islands)
- Dutch (official language of Aruba, Bonaire, Curaçao, Saba, Sint Eustatius, Sint Maarten, and Suriname)
- Haitian Creole (official language of Haiti)
- Papiamentu (a Portuguese and Spanish-based Creole language) (official language of Aruba, Bonaire and Curaçao)

There are also a number of creoles and local patois. Dozens of the creole languages of the Caribbean are widely used informally among the general population. There are also a few additional smaller indigenous languages. Many of the indigenous languages have become extinct or are dying out.



Most Studied Language

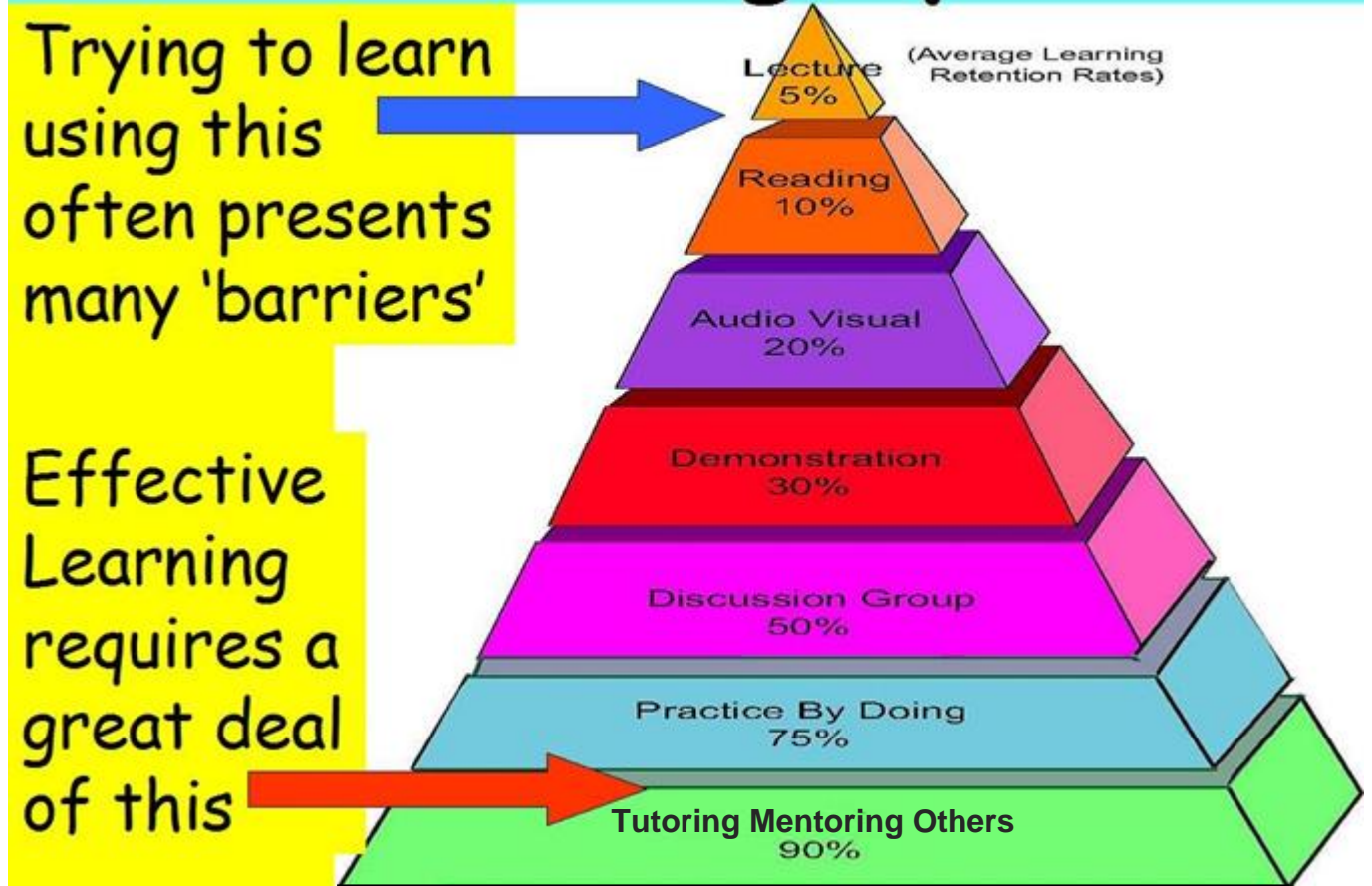
This map shows the most studied languages in Duolingo in countries



The CARIBBEAN
EDUCATION INEQUALITY
and
INEFFECTUALNESS



The Learning Pyramid



100% retention is **Natural Self Expression**

PISA 2018 worldwide ranking

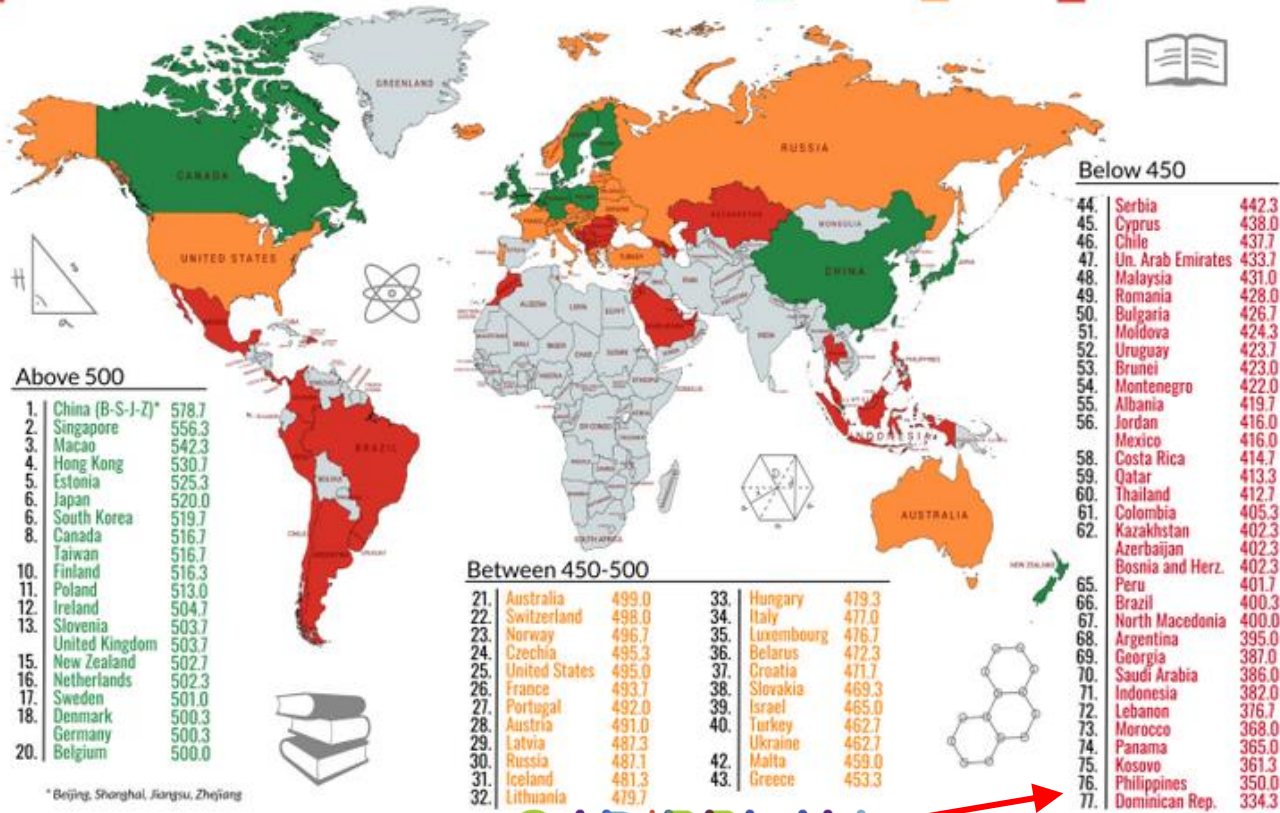
average score of math, science and reading

The Program for International Student Assessment (PISA) is a worldwide study by OECD in 78 nations of 15-year-old students' scholastic performance on mathematics, science and reading.

factsmaps.com

Source: OECD, 2018-2019

above 500 450-500 below 450



* Beijing, Shanghai, Jiangsu, Zhejiang

CARIBBEAN

PISA 2018 Worldwide Ranking – average score of mathematics, science and reading – click to enlarge



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Education and Adolescents – Caribbean

Helping children and adolescents reach their full potential

Challenges to Caribbean Education

Raymond S. Hackett

<https://uwispace.sta.uwi.edu/dspace/bitstream/handle/2139/8878/Raymond%20Hackett24.pdf?sequence=1>

Caribbean people are not homogeneous. We have different cultures and histories, speak different languages and dialects, and have different cuisines and rhythmic beats. However, in spite of these differences, our societies are characterised by similar races and ethnic groups—Caucasians, African and East Indian descendants, Portuguese, Syrians and Lebanese, and Chinese.

Alarmingly, most of the young people who have emerged from this diverse flow of humanity seem to demonstrate and enact values that originate from the USA. America seems to be our modern coloniser—this time it is more cultural than military or political. If we wish to argue that education is the main vehicle for socialising a people—particularly the young—then our education systems are failing miserably.

Clearly, this suggests that educators in the region have to come together to ascertain how we can:

- 1) create, promote, and sustain a vision and ideologies for Caribbean people to cope with the imperatives of the 21st century and beyond;
- 2) ensure that these ideologies eclipse and replace American cultural imperialism—an imperialism that continues to sap our strength as a people;
- 3) design education systems in our islands that will facilitate the type of socialisation our young people will need in order to respond positively to the challenges they now face, and will continue to face.

The question now to be posed is: What exactly are these challenges? My research in the English-, French, Spanish-, and Dutch-speaking Caribbean over the past three years confirms that different types of education systems exist in these islands—all fashioned after their respective metropolises. Also, the problems that plague these education systems are all found on a continuum with varying intensities.

My research findings, however, suggest that the English-speaking Caribbean—Jamaica and Trinidad in particular—has been most adversely affected. Problems affecting the Caribbean include deteriorating values, a declining work ethic, a lack of creativity and innovativeness, and an increasing propensity for imported consumerism, which, if studied carefully, may help to explain the tendency for crime among many of our young people—boys in particular. Another persistent problem, which has assumed international proportions, is the twin evil of underachievement in our schools and the trend of declining interest in studies supported by a new anti-intellectualism. Unfortunately, while I have identified these problems, I see no clear-cut solutions for them.

What I do know is that we—collectively and separately—cannot continue the way we have been going. I also know that aping and replicating what developed countries have done and are doing is not necessarily the way to go. They themselves continue to experience similar problems. I see little use in continuing our pilgrimages to observe what they are doing with such initiatives as charter and magnet schools. Instead, we have to pursue reforms in keeping with the imperatives of our cultures and problems. We

have to begin with needs analyses and research. We have to understand how we have descended into this quagmire over the past decades—particularly since the 1970s.

Also, we must seriously examine the impact of the dynamics of our families, school cultures, churches, media, and art forms on our youth. We cannot continue to ignore the need for new approaches to leadership in these institutions. Although the Caribbean is a small region, I have no doubt that we have the human resources to address our problems. However, we need to exercise the will to create education systems whose ultimate goal must be economic and social participation by all.

School of Education, UWI, St. Augustine

NOTE: The required evolution in education systems and curriculum are now introduced throughout this business plan.

An Investment in Education Can Fuel the Caribbean's Growth

<https://www.worldbank.org/en/news/opinion/2021/10/27/an-investment-in-education-can-fuel-the-caribbean-s-growth>

27 October 2021

Education is a strong pillar for the qualitative growth and improvement of human capital. In the Caribbean, which is home to 11 million young people between the ages of 15 to 29, investing in education is not just good for youth, it is good for the nations. It can help countries build more resilient, productive and peaceful societies.

In my visit to Guyana in August, I had a chance to step into a brand-new school. It was beautifully equipped with state-of-the-art technology, modern labs, and spacious classrooms. The school was a testament to the government's commitment to invest in education and give the best opportunity to their young people. However, something was missing from the picture – the students.

That picture of empty schools is replicated throughout the Caribbean as governments grapple with the impact of the pandemic. According to UNICEF, over 114 million children are out of the classroom in Latin America and the Caribbean – the world's largest number of children without face-to-face schooling. The Government of Jamaica estimates that about 120,000 of its students are absent from school due to pandemic. There are some Caribbean countries that are beginning to welcome students – the school I visited in Guyana is now seeing its first students, but there are countries where students are still either attending online schools or not being educated at all.

The prolonged closures of schools that began with the Covid-19 pandemic in March 2020 have led to the most serious education crisis in the last 100 years. According to a recent World Bank report on the education sector in Latin America and the Caribbean, initial estimates of the effects of school closures in the region are staggering and could lead to about two out of every three students not being able to read or understand age-adequate texts. Moreover, school closures and harsh economic conditions are contributing to more students dropping out of school. According to International Labour Organization data from 2019 and 2020, due to limited education and employment opportunities, about three out of every ten young people in the Caribbean are not in school, employed, or being trained.

Limited access to the internet, books, proper spaces to work, and guidance from parents and teachers is likely to lead to children and youth not attaining their full human development potential.

Even before the pandemic, many Caribbean countries faced significant human capital deficits. On average, **a child born in the Caribbean can expect to attain only 55% of their full productive potential**, according to the World Bank's 2020 Human Capital Index.

The ongoing pandemic crisis will only exacerbate this problem.

The latest economic forecast from the World Bank projects that the Latin American and Caribbean region will grow only 2.8% in 2022. The outlook for the Caribbean is mixed, most countries will have modest growth, but some nations continue to fall behind. In 2022, GDP growth is expected to land at 4% in Jamaica and Guyana, 3.2% in Haiti, 1.8% in Suriname, 10.6% in Saint Lucia and 8.3% in Saint Vincent and the Grenadines.

While the scars of the COVID-19 pandemic on human capital and the future productivity of the region could become permanent, countries across the Caribbean have an opportunity to take the right actions to protect our children and build a brighter future for people in the region. These actions should focus on three priority areas:

Expanding post-secondary and preschool education opportunities

Providing better and more affordable options for secondary school students to build their technical and vocational skills will be critical for upskilling and reskilling the population. This could be done, for example, by increasing the number of certification programs offered at upper secondary and post-secondary levels. Additionally, it will be essential to expand the enrolment and improve the quality of preschool education to ensure that students entering basic education do so with adequate levels of academic and emotional readiness.

Channel efforts towards remediating learning losses.

Some students, especially those from vulnerable socio-economic backgrounds, will have fallen behind when schools reopen and will require remedial education and socio-emotional support. Actions like simplifying curricula, but preserving certain learning standards, modifying academic calendars, and cancelling high-stakes examinations may be required to adapt teaching and learning to the new reality. At the same time, investments should be made in teacher training to reinforce teachers' pedagogy, counselling, and digital skills.

Use Education Technology (EdTech) to improve service delivery.

Many Caribbean countries have made necessary efforts towards providing students with access to computers and the internet. While these efforts need to be sustained and expanded, governments can capitalise from the existing infrastructure to utilise education technology to expand access to academic programs and student services such as counselling, remediation and career services.

Some of our work at the World Bank is already helping to address the issue. For example, the Saint Lucia Human Capital and Resilience Project is helping to make post-secondary education more accessible and relevant to students by creating new technical programs in professions of high demand. The program is also helping to build stronger links with employers so that graduates have a smoother education to work transition. The school I visited in Guyana was built and resourced under the Secondary Education Improvement Project, also supported by the World Bank.

I have met with young people from across the Caribbean since I was appointed in July. Recently, I had a conversation with youth leaders in Saint Lucia who inspired me with their enthusiasm and desire to contribute to the growth of their region. One of the things that they told me is that people in the Caribbean see education as a way to escape poverty. I couldn't agree with them more.

As we navigate these times of uncertainty, I believe the Caribbean countries are well-positioned to lay the foundation for a resilient recovery, with a renewed focus on our most precious asset – the people.

[Lilia Burunciuc](#) is the World Bank Country Director for Caribbean countries.

THE DIGITAL GAP IN LATIN AMERICA AND THE CARIBBEAN

<https://borgenproject.org/digital-gap-in-latin-america/>

22 February 2022



As the World Economic Forum has noted, the COVID-19 “pandemic has exposed a deep digital divide” across the world. An Inter-American Development Bank (IDB) study from 2020 indicated that the digital gap in Latin America and the Caribbean (LAC) equated to “three in 10 people” who do not have access to the internet. The pandemic highlights the importance of the internet and digital technology in keeping businesses and people connected by allowing for continuous contactless services and transactions. The LAC region has made great strides in improving internet access and has developed creative ways to ensure that marginalised and low-income communities can access the internet.

Factors Influencing the Digital Gap in Latin America and the Caribbean

Many factors influence digital accessibility, including income levels and location. The internet gap between low and high-income households [equates to roughly 40%](#). About 67% of urban households have internet connections in comparison to 23% of rural households. Evidently, the digital divide is deep, but the LAC region has [committed to closing this digital gap](#).

4 Ways the LAC Region is Closing the Digital Gap

1. **Caribbean Digital Transformation Project.** In June 2020, the World Bank [approved a \\$94 million project](#) to implement “an inclusive digital economy” in four Eastern Caribbean nations. The project’s goal is to “increase access to digital services, technologies and skills by governments, businesses and individuals.”
2. **Increasing Free Internet Access.** Peru, Argentina, Chile and Colombia have introduced laws to increase free internet access. This includes providing “tablets to teachers and students” and developing more “free WiFi hotspots in public spaces.” These Latin American countries are also expanding “zero-rated services,” meaning that “certain government, health and education sites” do not count as data usage for users. In the past, the world typically viewed internet access and smart devices as luxuries, but this mindset is starting to change as more countries realize that digital inclusion is vital for social and economic development.
3. **Internet as an Essential Public Service.** In July 2021, Colombia passed a law defining “the internet [as] an essential public service.” Colombian President Iván Duque explained that the importance of the internet for the nation is “comparable to that of water, electricity and gas.” With this law in place, telecommunication companies must “guarantee customers internet service and provide minimum browsing and free text packages during health and other emergencies.” Chile and Argentina passed similar decrees during the COVID-19 pandemic. These laws are a start in closing the digital gap in Latin America and the Caribbean and could be bolstered by lowering the cost of the internet in low-income countries.

4. **Public Service Kiosks.** The digital divide between rural and urban households in the LAC region is especially wide. The Colombian government has set up [Vive Digital](#), “a collection of kiosks” situated in rural communities across the country. The kiosks give people a connection to the internet and increase the accessibility of “e-learning and e-training services” in addition to “online public services.”

Societal Benefits of Addressing the Digital Gap in the LAC Region

Closing the digital divide in Latin America and the Caribbean is critical to improving educational, health and economic opportunities in the region. The World Bank has played an instrumental role in [ensuring connectivity](#) in countries such as Haiti and Colombia. In Haiti, the World Bank is assisting with the broadband connectivity needs of roughly “1,300 public institutions.” In Colombia, the World Bank is assisting the Colombian government with advancing policy and regulations in order to “expand broadband access.”

- **Health Benefits:** The digital gap in Latin America and the Caribbean has serious implications for health, particularly given the increased reliance on telehealth during the COVID-19 pandemic, which drew attention to this issue. The adoption of digital health initiatives better serves rural residents without easy access to a health care facility. In Colombia, approved telecare health services [rose by 192%](#) between January 2020 and September 2020.
- **Economic Benefits:** Digital inclusion will allow rural and underserved regions to take advantage of economic growth opportunities. The [Digital Economy in Latin America and the Caribbean project](#) found that the prevalence of “business websites increased by 800% in Colombia and Mexico” between April and May 2020. During the pandemic, the region has seen an increase in the number of people and businesses using digital technology for teleworking, shopping and e-commerce.
- **Education Benefits:** As a result of the pandemic, countless children in Latin America have missed out on education opportunities due to school closures and a lack of internet connectivity. Existing initiatives, such as the Inter-American Development Bank’s (IDB) [partnership with Sesame Workshop](#), seek to ensure a continuation of early education through educational content broadcasts via television.

The Future of Digital Technology

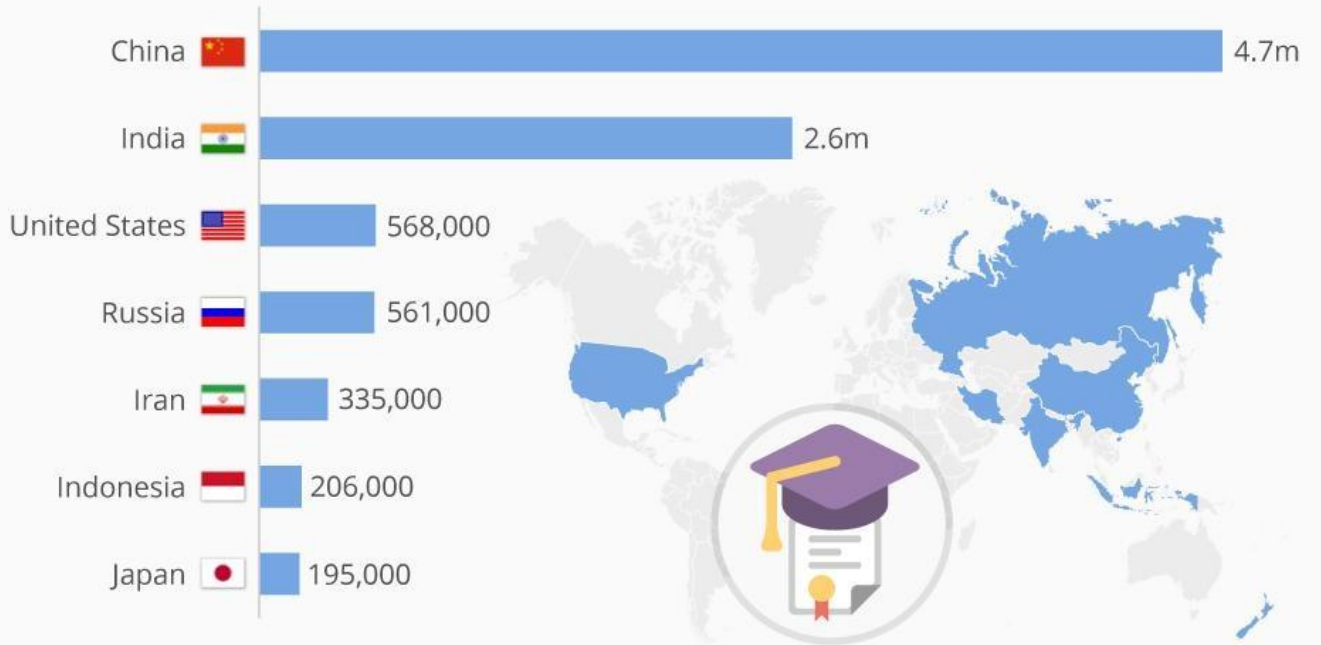
Many LAC nations are experiencing a boom in internet adoption and access as organizations and governments take the necessary steps to close the digital divide in the region. The COVID-19 pandemic not only reveals the educational and health gaps that exist in the LAC region but also presents an opportunity to transform health care and education systems and build infrastructure in order to dissolve barriers to growth and development.

– Jennifer Hendricks



The Countries With The Most STEM Graduates

Recent graduates in Science, Technology, Engineering & Mathematics (2016)



@StatistaCharts Source: World Economic Forum



At ‘World Without Orphans’ we are pursuing a world where every child is cared for in a safe and loving family, and reaches their God-given potential.

<https://worldwithoutorphans.org/>

In 2019, the best estimates show there are from 2 to 8 million children living in orphanages around the world, more than 150 million children who have lost one or both parents, and more than 1 billion children who experience serious abuse each year.

Research shows that children best develop and thrive in safe, stable, and nurturing families, with the greatest opportunity to reach their full potential.

What began in Ukraine in 2010 as one nation’s dream has gone on to become a global movement, with active initiatives currently in 38 countries, and 47 more nations with emerging WWO partners!

In India, Anu Silas previously ran a children’s home, but as she faced burnout and began to see there were ways she could help kids remain in their families and never enter an orphanage to begin with, she changed her ministry strategy. Now Anu and her team at her local NGO work to prevent family separation in their community in India by creating income-generating opportunities for poor families.

IT TAKES
A VILLAGE
TO RAISE
A CHILD

COMMERCIAL IN CONFIDENCE

SOS Children's Village Jamaica

<https://www.sos-childrensvillages.ae/about-sos/where-we-help/americas/jamaica>

General information on Jamaica

Jamaica is a proud nation characterised by a strong sense of cultural identity. Well-known figures such as Bob Marley, Marcus Garvey or sportsman Usain Bolt have made this laid-back Caribbean island popular all across the globe. However, the image that is often portrayed in the international media contrasts with widespread poverty, unemployment and high crime rates. SOS Children's Villages has been supporting the country's young people and children since the 1970s.

Economic problems mark the lives of the population



A young person in our care shows off his reggae dance moves (photo: SOS archives)

Jamaica is an island nation that forms part of the Greater Antilles. It is located in the Caribbean Sea, where it represents the third largest island after Cuba and Hispaniola. It was discovered by Columbus in 1494 and initially settled by the Spanish. The native Indians who once inhabited present-day Jamaica were gradually extinguished and replaced by African slaves.

In the 17th century, England defeated the Spanish and seized the island. In 1962, Jamaica gained independence from the United Kingdom.

The island is globally known for being the birthplace of Rastafarianism and Reggae music. Reggae-music singer Bob Marley became a globally known star of his genre.

Although Jamaica has recently been marked by high levels of violence, election results have always been accepted and political institutions are functioning.

The country's economy heavily relies on the service sector, in particular tourism from Europe and the United States. However, export of bauxite and aluminium is also of considerable importance.

Jamaica's economic growth has been contrasted by corruption, large-scale unemployment in specific parts of the country and extraordinarily high crime rates. The island is also marked by one of the highest foreign debt burdens worldwide.

Murder rate remains high as a result of gang violence

According to the United Nations Human Development Index, human development in Jamaica has improved over recent years. The country is currently ranked 80th by the index.

Life expectancy is fairly high and has seen a further increase. However, tens of thousands continue to live in precarious socioeconomic conditions and are without running water, sanitation and decent housing. Unemployment is widespread, particularly among the country's poor.

Jamaica has been profoundly affected by high levels of violence. There have been numerous reports about policemen who kill with impunity, arbitrary arrests and detentions. The country has one of the highest rates of violence and police killings in the Americas with around 1,600 homicides per year. In 2009, 1,680 murders were reported – an all-time high in Jamaican history.

Every year, numerous Jamaicans who are convicted of crimes are deported from the United Kingdom, Canada and the United States. According to reports, the country's rising homicide rate may be linked to the growing number of deportees who return to Jamaica from these countries.

Gang rivalry has become extremely brutal, particularly in the country's capital Kingston. In some communities, rival gangs are "at war" over territorial control, meaning that the population of certain districts are not able to leave their homes after dusk without running the risk of being shot.

Another problematic issue is the growing number of violent acts against homosexuals. Homosexuality remains illegal in Jamaica.

Furthermore, the country has a fairly high prevalence rate of HIV/AIDS of 1.7%. From an economic point of view, HIV/AIDS represents a substantial threat as it depletes the country's labour force of its most productive members. Thousands of children lose their parents to the disease and thus face a life as orphans. The government has now implemented a number of programmes and initiatives in order to fight the disease.

Childhoods marked by violence



Children use the computer lab to do research for their school homework (photo: SOS archives).

Thanks to substantial improvements in the field of child healthcare, Jamaica's under-five-mortality rate has dropped slightly since the 1990s. However, around 15% of Jamaican children live in crippling poverty. Many of these children head households at an early age and grow up

without parental support. Roughly **73,000 children on the island are orphans** who have either lost one or both their parents.

Tens of thousands of children in Jamaica experience violence at an early age. According to a report, 60% of 9 to 17 year olds reported that they had a family member who had been killed.

Owing to high levels of poverty, many young boys end up joining gangs. Very often, the disadvantages faced during early childhood result in subsequent problems during adolescence.

Girls frequently become victims of the widespread sexual violence. Although the government has been making efforts in order to fight violence against women, cases of rape have increased dramatically over recent years.

Child labour remains a problem of national concern in Jamaica. According to UNICEF, six per cent of Jamaican children are involved in child labour activities. In the streets of Kingston, it seems that childhood is a luxury that many families just cannot afford. Young boys sell merchandise in the streets, wash car windshields or resort to begging in order to survive.

SOS Children's Villages in Jamaica

SOS Children's Villages initiated its work in Jamaica in 1970, when the national Jamaican SOS Children's Village Association was founded. SOS Children's Villages has been supporting Jamaican young people and children in two different locations by providing day care and medical assistance. When children can no longer stay with their families, they are cared for by an SOS mothers in one of the SOS families.

SOS Children's Village Dominican Republic

<https://www.sos-childrensvillages.org/where-we-help/americas/dominican-republic>

General information on the Dominican Republic

In spite of the Dominican Republic's popularity among international tourists, many Dominican families are facing a life in poverty. In order to help the many orphaned and abandoned children in and around Santo Domingo, we became active there in 1979. Since that year, the organisation's commitment in the Dominican Republic has been growing constantly. At present there are three SOS Children's Villages in the Dominican Republic, two SOS Youth Facilities and four SOS Social Centres.

Some facts about the Dominican Republic



Smiling faces, SOS Children's Village Los Mina – photo: SOS Archives

The Dominican Republic forms part of the Antilles. It covers the oriental side of Hispaniola, the second largest island in the Caribbean after Cuba. Neighbouring Haiti occupies the other half of Hispaniola, making the island one of only two in the Caribbean that is shared by two states.

In 1844, the Dominican Republic became an independent nation when a group of revolutionaries seized power from the Haitian rulers of Hispaniola. Remarkably, independence was won long before the abolishment of slavery in the region and the decolonisation of other Caribbean islands.

The Dominican Republic is mainly inhabited by people of mixed European and African origins. Santo Domingo, the country's capital, is a melting pot of cultures.

Many foreign visitors travel to the Dominican Republic for vacation. Tourism therefore accounts for an important share of the country's gross domestic product. The total population of the Dominican Republic is roughly 11 million.

Poverty, HIV, and Commercial Sexual Exploitation Remain Pressing Challenges

Like many other countries in the region, the Dominican Republic remains marked by persistent socio-economic inequality: there is a big divide between the rich and the poor. Among 177 countries, the Dominican Republic is ranked 88th by the Human Development Index (HDI).

Poverty remains a widespread phenomenon in the Dominican Republic. Approximately one fifth of all Dominicans live in shacks, the vast majority of them without access to running water, proper sanitation and electricity. Roughly 20% of the Dominican Republic's population are struggling to make a living on less than two US dollars a day. In a country that is home to hundreds of luxury tourist resorts, one in five citizens is chronically undernourished.

While tourism has recently accounted for an important source of income, it has also been associated with substantial problems the country is facing, including the commercial sexual exploitation of women and children. Commercial sexual exploitation of children by foreign tourists and locals persists, particularly in coastal resort areas of the Dominican Republic. Poverty, gender inequality, history of domestic violence and sexual abuse, and lack of access to education are common push factors that increase a child's vulnerability of being sold into sexual slavery. The Dominican Republic is a source, transit, and destination country for persons subjected to sex trafficking.

Rising rates of forced prostitution and demand for commercial sex is a factor associated with increases in the prevalence of HIV infections in the Dominican Republic. As young girls and women are more likely to be prostituted by traffickers, they are also at greater risk of contracting HIV and other STIs. In comparison with most other countries in Central America and the Caribbean, the Dominican Republic is marked by a relatively high HIV/AIDS prevalence rate of 1.1%. In certain urban areas, HIV infection rates are as high as 10%.

Situation of the children in the Dominican Republic

The combination of widespread, structural poverty and a comparatively high HIV rate particularly affect the country's most vulnerable segment of population: Dominican children. More than one million children in the Dominican Republic live in poverty and roughly **578,000 children under the age of 15 are without parental care. Around 20% of them are orphans.**



Playing outside, SOS Children's Village Santiago de los Caballeros – photo: Gilda Hernández

Among the most relevant factors that increase the likelihood of a child losing parental care are: child pregnancy, chronic diseases such as HIV, mental or physical disabilities and prison sentences of the child's parents.

Children whose parents have contracted the HIV virus suffer the effects of economic hardship. Additionally, their families are often being discriminated against and stigmatised. A high number of children become orphans because their parents die from AIDS. Many of these children end up in the streets where they face a life under precarious circumstances. In order to survive, they are forced to work and give up school.

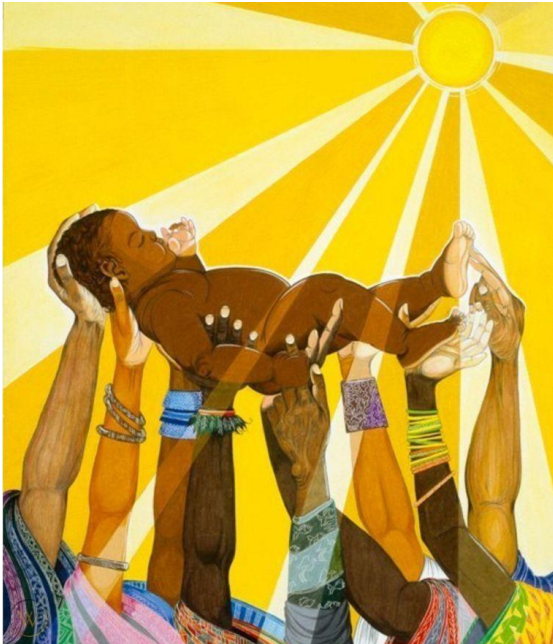
The Dominican Republic Child Labour Survey indicates that roughly 15% of all Dominican children aged 5-14 are engaged in labour activities. As soon as they stop going to school, their lives are often marked by a vicious circle of drugs, crime and violence. Approximately 17,000 children who participate in the labour force do so without attending school. The percentage is particularly high for boys and for children who live in rural areas.

SOS Children's Villages in the Dominican Republic

SOS Children's Villages currently works in three locations in the Dominican Republic where our organisation is supporting local young people and children by providing day-care, education and medical services.

Additionally, the organisation started to operate family strengthening programmes in the Dominican Republic. These programmes enable children who are at risk of losing parental care to grow within a caring family environment. Children whose parents cannot take care of them will find a loving home in one of the SOS families.

Support for young people: As children grow older, we support them while they pursue further education or vocational training. We help young people take responsibility, plan their future and prepare for independent adult life.



*It takes a village
to raise a child.*

SOS Children's Village Haiti

<https://www.sos-childrensvillages.org/where-we-help/americas/haiti>

General information on Haiti

Haiti is the poorest country in the Americas. To make matters worse, natural disasters have devastated the lives of vulnerable families and children. In 2010, an earthquake destroyed vast parts of the country. In October 2016, Hurricane Matthew struck Haiti, leaving thousands of families without food or water, causing severe damage to infrastructure and claiming the lives of hundreds of people.

A country marked by political instability and natural disasters



SOS Children's Villages runs schools throughout Haiti (photo: D. Pereira).

The Republic of Haiti has a total population of about 11 million, with approximately 900,000 living in the country's capital, Port-au-Prince. Its official languages are Creole and French.

Haiti has undergone decades of poverty, economic dependence and political instability. It is now the poorest nation in the Americas.

Natural disasters have also affected the lives of vulnerable families and children. In January 2010, a massive earthquake struck Haiti and killed an estimated 220,000 people. Hundreds of thousands lost their homes, and many families have yet to recover from the devastation. To make things worse, the earthquake was followed by a cholera epidemic, Hurricane Tomas, and controversial presidential elections that caused further chaos.

In October 2016, Hurricane Matthew struck the southwest coast of Haiti. It caused widespread damage and flooding, which affected around 2.1 million people. Directly after the hurricane, there was an urgent need for shelter, food, clean drinking water and medical care. The damaged infrastructure and the contamination of the water sources led to a rise in cholera cases.

Families struggling due to poverty and unemployment

Historically, Haiti has always been a country with a significantly uneven distribution of income. Approximately 80% of Haitians live in poverty, most of them under precarious conditions.

They face a life without proper sanitation, electricity or running water. The situation is worst in rural

areas: people here have about a third of the income of people living in urban areas. Access to basic services is limited: 52% do not have clean drinking water and 80% do not have proper sanitation facilities.

HIV/AIDS infections had already been one of the leading causes of death prior to the earthquake. After the disaster, they posed an even greater threat. 2.1% of the population has HIV/AIDS – this is one of the highest rates in the world.

Hundreds of thousands of children at risk



After Hurricane Matthew, SOS Children's Villages distributed food to local vulnerable families near Les Cayes (Photo: M. Eliscar Getro).

The critical economic and social situations, as well as natural disasters, have put hundreds of thousands of children at risk.

Haiti has the highest infant mortality rate in the Americas:

Preventable illnesses, such as cholera, tuberculosis and pneumonia are the main causes of deaths in children. Around 100,000 Haitian children aged between 0-17 have lost parental care because of AIDS.

Only one in five children starts secondary school. Many drop out of school in order to work. According to the United Nations, roughly 300,000 children in Haiti work in conditions similar to slavery.

After Hurricane Matthew in 2016, an additional 130,000 children were out of school and 10,000 children were in need of protection from exploitation and abuse.

SOS Children's Villages in Haiti

SOS Children's Villages began working in Haiti in 1978.

Strengthen families: We work with the local communities and organisations to ensure that families who are at risk of breaking down can stay together. We provide different help, depending on the needs of the family, but this can include medical care and counselling, as well as nutritional and material support.

Care in SOS families: If, in spite of all assistance, children cannot continue to live with their parents, they find a home in an SOS Children's Village. Brothers and sisters grow up together in a family, and are cared for by an SOS parent.

Support for young people: The economic situation and high unemployment rate makes it difficult for young people to become independent. We support young adults with training and accommodation until they are able to live on their own.

Education: We run primary and secondary schools for over 2,200 children in Port-au-Prince (SOS Children's Village Santo), Cap Haïtien and Les Cayes. Children from the local community attend alongside children in the care of SOS Children's Villages.

Vocational training: In Cap Haïtien, we also offer vocational training so that young people can make a living. We offer courses where young people learn skills to set up their own businesses or find a job.

Emergency Programme in response to Hurricane Matthew: SOS Children's Villages offered immediate emergency assistance to local families. In addition to repairing schools and community centres, we distributed food to over 520 families in the first month. Over 2,000 families have received information on child protection and health care. Around 500 children suffering from trauma have received psychological care. In the next few months, we will work to ensure that families can provide and care for themselves.

The Learning Pyramid:



‘It takes a village to raise a child’: The role of community –

<https://wehearyou.acecqa.gov.au/2018/07/19/it-takes-a-village-to-raise-a-child-the-role-of-community-part-3/>

The complete series:

[‘It takes a village to raise a child’: The role of community – Part 1](#)

[‘It takes a village to raise a child’: The role of community – Part 2](#)

[‘It takes a village to raise a child’: The role of community – Part 3](#)

[‘It takes a village to raise a child’: The role of community – Part 4](#)

[‘It takes a village to raise a child’: The role of community – Part 5](#)



A GPS to help us improve learning in Central American schools

<https://blogs.worldbank.org/latinamerica/gps-help-us-improve-learning-central-american-schools>

3 September 2019



Have you ever been driving but have no idea where you are or how you will arrive to your destination? It's frustrating! Fortunately, technology now allows us to have cell-phones with a GPS to tell us where we are and how to reach our destination. Something similar is now occurring with education systems.

Often, we operate seemingly by rote, without knowing where we are or having a clear idea of how to reach the desired destination. In this case, our destination is for all children to acquire basic skills such as reading and math so that they can become happy, productive adults.

One tool that gives us a better idea of how education systems perform is learning assessments, also known as standardised tests. The results of student testing can potentially be used like a GPS system. In mid-July 2019 in Guatemala City, the Ministry of Education of Guatemala and the World Bank organised a workshop to share international experiences and challenges in Central American countries with respect to improving learning assessment systems.

When we talk about growth and social development in Central America, we are striving for productivity and innovation in conditions of equal opportunity. But these aspirations seem largely unattainable when we see that children of the region are not learning what they should in school.

At the World Bank, we set out to quantify the loss of productivity that these delays in acquiring basic skills imply. The results are troubling: Today's **Central American youth will reach just 50% or 60% of their potential productivity**. These figures are concerning to all of us who are committed to sustainable development in the region. We are obsessed with trying to do something about this problem.

What can be done?

COMMERCIAL IN CONFIDENCE

The good news is that it is possible to significantly improve learning outcomes. Countries such as South Korea, Vietnam and Peru have done so in a relatively short time. Their success is partly due to focusing on better identifying how students' learning outcomes change. In those countries, a system to assess learning has been a pillar for measuring these changes.

With support from the World Bank's READ Trust Fund Program, representatives of all ministries of Education of Central America, regional and international specialists and civil society representatives met to discuss the future of learning assessment systems in the region.



The objective? Sharing initiatives of the different countries and ensuring that all education systems have a good GPS in place to guarantee that all children learn. At the workshop we learned, for example, about how Costa Rica and Guatemala implement annual certification testing of basic education and El Salvador's Productive and Citizen Skills Assessments. The following ideas and proposals for action resulted from the event:

1. All of the countries are committed to assessing learning. Participants shared information on several national tests. There is a clear push to use international tests such as PISA or TERCE. In the future, these efforts should be more systematic and rigorous so that the changes in students' learning outcomes can be analysed over time.
2. It is not enough simply to assess learning to know where we are. Moving from assessment to the dissemination of information and then to action is at least as or more important for guaranteeing that all children learn. Ensuring that testing results are available to all actors of the education system, including families, school principals and of course, teachers, is a key challenge all the countries face. Additionally, this information can and should be used to continually improve materials and teaching methods, establish targets and support more effective teacher training.
3. Technology will be our best ally in this process. It will help us to improve the quality of measuring classroom learning, will accelerate the communication of results and will reduce the cost of applying

the testing. For example, computer-assisted tests quickly produce results with fewer errors and at a lower cost for a large number of students.

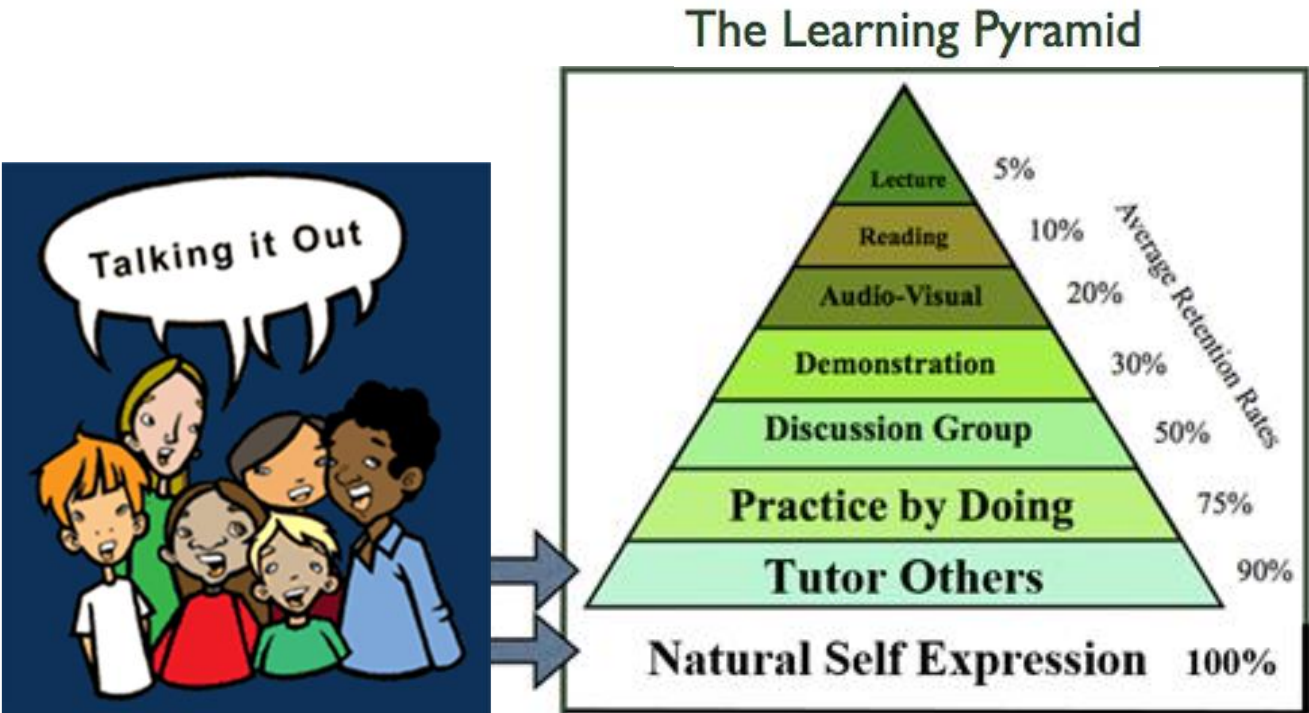
At the World Bank, we are firmly committed to supporting Central America in its efforts to improve its human capital. The goal is for all children to achieve levels of learning that give them the skills they need to compete for jobs of the future.

The development of a modern system to assess school learning based on a diverse set of instruments and that provide information to actors of the system is central to this vision. With this, we will achieve increased transparency and responsibility of the education system, with better informed, more-involved families.

We will continue to promote the exchange of experiences between Central American countries and other nations around the world and to stress the importance of this issue together with civil society, universities, the private sector and all of our development partners. Join us!

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-  [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](#)



Nurse migration: What have we achieved in the last five years?

<https://www.jamaicaobserver.com/columns/nurse-migration-what-have-we-achieved-in-the-last-five-years/>

23 June 2022

Among the myriad reasons, nurses often migrate to seek a better quality of life than they enjoy in their own countries and, as such, these countries, including Jamaica, need to embark on strategies to address the drivers of nurses' mass migration. Despite policy arrangements to stem recruitment of nurses from developing states, developed countries will continue to recruit nurses and midwives from countries such as ours (Jamaica).

By and large, recruitment of nurses from developing states is enhanced by the stark realisation that unmet demand for nurses will triple over the next few years, moving from 3,300 nurses in 2006 to approximately 10,700 nurses in 2025. A point to note is that, in Jamaica, we have a shortage of approximately 1,000 nurses.

In a **Jamaica Observer** article published January 15, 2017, 'No quick fix for the nursing brain drain', I articulated that "Migration of nurses to the private sector and overseas will be with us for some time..." Further, I implored "policymakers to be creative and engage recruiters of Jamaican nurses in a more strategic and sound manner".

Additionally, I proposed that "recruiters be made to contribute to the training of Jamaican nurses by providing both financial support to training institutions and practice settings, while boosting a resource-constrained public health system." In conclusion, I alluded to the fact that "defined strategies to train and retain Jamaican nurses to effectively manage the needs of the industry must be established". The intention was to encourage Jamaica, and the region by extension, to effectively manage the migration of nurses.

Two years later, in the **Jamaica Observer** article of February 11, 2019, titled 'Managed migration strategy needed to mitigate effects of nursing brain drain', I opined that managed migration strategy was required to mitigate the nursing brain drain in Jamaica. This article was prompted by a call from the then chairman of the regional nursing body for urgent attention to be given to the migration of nurses and midwives from the Caribbean, especially in light of the fact that a large number of specialist nurses had been leaving our shores. Five years later and my position remains unchanged.

I endorse the call for action to stem the mass migration of the region's nurses. My position on the matter is influenced by the fact that increased loss of professional and specialist nurses from the region to more affluent and developed countries has significant negative social and economic impact on member states. At the same time, however, it is my opinion that the region needs to adopt policies which leverage the recruiters, as well as establish a code of practice for those who poach the region's nursing professionals.

Concerted effort is required to tackle the issues associated with the nurse labour market in the region. This will ensure that adequate resources are available for training as well as strategies for retention. A regional approach is needed to manage the migration of nursing professionals. The approach should include engaging financial and technical support from international recruiters, such as those from USA, United Kingdom and Canada. The result may well be a case in which we can train nurses for export, but we will better manage the domino effects of mass migration of the region's nurses. Action needed now! Time is of the essence.

Adella Campbell, PhD, is an associate professor and dean of the College of Health Sciences, University of Technology, Jamaica.

Nurse Recruitment 2023: A Detailed Guide with 18 Proven Strategies

<https://www.ampliz.com/resources/nurse-recruitment-strategies/>

What are the most challenging professions in healthcare to fill? Nurses. Although the post-covid era has boosted **nurse recruitment** worldwide, it is becoming more and more difficult for healthcare recruiters to attract and hire nurses.

Nurses account for the largest profession in the healthcare sector, yet the increasing demand for nurses makes the current shortage even more challenging for recruiters. With 194,500 new RN positions being created each year until 2030, there are not enough qualified candidates in the job pool to fill these positions.

Nurses today are highly specialised and work in a number of locations, including hospitals, skilled nursing facilities, long-term care clinics, urgent care facilities, and even drug stores, making the competition for **skilled nurses** even tougher.

Challenges in Nurse Recruitment

There are several factors contributing to the huge gap between the demand and supply of nurses.

1. COVID-19 pandemic and related stress caused burnout among many nurses who considered cutting their careers short. In a 2021 survey of over 6,000 critical care nurses, 66% of them have considered leaving the profession.
2. The need for nurses has increased as the aging population size is continuously on the rise and is expected to be doubled by 2060.
3. Because many nurses are baby boomers and are retiring, the aging population has an impact on nurse availability. With over 500,000 experienced registered nurses expected to retire by 2022, the US Bureau of Labor Statistics estimates that 1.1 million additional RNs will be needed to avert a nursing shortage.
4. Nursing schools had to turn down 80,251 competent applicants in 2020 due to a lack of staffing, educational facilities, clinical sites, and funding. This reduces the number of nurses who can enter the workforce after graduation.
5. Preventive care is becoming more popular, and the number of chronic conditions requiring nurse care increases.

How to recruit nurses in an environment with so many uncontrollable factors?

To attract more qualified candidates, it is crucial to implement specific strategies that have a direct positive impact on things that matters to most nurses. Deploy effective marketing communication with personalised messages, emphasizing your **differentiators**, in order to stand out from the thousands of job posts. **Connect with quality nurses** to fulfil available positions and receive a continuous flow of skilled candidates.

18 strategies that will make your nurse recruitment efforts more effective:

1. Curate a Great Nurse Job Description

Before you can persuade a candidate to join your organisation, you must inform them of the role's responsibilities so that they (and you!) can determine whether or not they are a good fit.

A solid job description will include a detailed and comprehensive description of the title, role, responsibilities, and qualifications for the position, with a focus on the position's specialisation. An excellent recruiting strategy identifies and markets the capabilities that they require.

Make sure to talk about the 'why' of the job in addition to the 'what.' Job descriptions speak for your company and culture, so emphasise what sets your company apart from the competition. It's time to advertise your job online once you've written the right description!

2. Advertise in various nursing outlets

Leave no stone unturned when it comes to marketing your job openings. Email marketing, sponsorship of continuing education programs and conferences, website advertisements, and print and online adverts in medical publications continue to be the most effective ways to recruit nurses.

3. Emphasise career advancement

In his report *Why Do Workers Quit? The Factors That Predict Employee Turnover*, Glassdoor Chief Economist Dr Andrew Chamberlain stated that one of the three major factors that influenced an employee's choice to leave was a lack of career possibilities. It's time to start investing in your employees' career development if your organisation isn't already doing so.

Offering career progression chances demonstrate that you are committed to helping your nurses advance their careers. You can recruit and hire fresh graduates into various specialisations by offering new-graduate residency programs and transition-to-practice programs.

You can further offer your team and department leaders advanced leadership programs that help develop their management skills. This also aids in filling positions in difficult-to-fill specialties, such as neonatal intensive care.

4. Offer work-life balance and not just the job

A significant setback in **nurse recruitment** is resignation due to high burnout. The indication here is simple. Instead of focusing on what you desire, consider what the ideal applicant requires. Highlight the resources available to nurses, such as support staff, cutting-edge medical equipment, and ongoing training.

Provide counselling to nurses to assist them in coping with workplace stress, such as the emotional impact of losing patients. You may also encourage all nurses to practice self-care and integrate it into the workplace by providing conveniently accessible programs and benefits.

5. Provide appropriate compensation with smart benefits

Recognise that there is a scarcity of qualified nurses on the market, and be prepared to compensate appropriately and provide a holistic compensation package. Nurses appreciate benefits such as tuition reimbursement and loan repayment schemes.

6. Offer flexible schedules

Long working hours also cause many nurses to burn out. Flexible schedules will encourage more nurses to work in hospitals since they would be able to balance their personal and professional lives. If you have

many sites, you may provide nurses with options for choosing shifts at different locations. It also provides a regular change of scenery and breaks up the monotony of the job.

7. Utilise social media to create visibility

Add a career option to your corporate page that links to your career site for simple access to contact both passive and active candidates via social media sites like Facebook, LinkedIn, and Twitter. Display testimonials that showcase the work environment using videos and photographs.

8. Create nurse ambassadors

Make the most outstanding nurses brand ambassadors for your company. Those nurses form the culture of the organisation. Allowing them to express their favourable opinions on your various marketing platforms will demonstrate to applicants what a regular workday entails.

To develop an emotional connection with a peer, use their testimonials in your writing and create videos as part of your marketing strategies.

9. Make them an integral part of the community

Encourage a sense of belonging among all departments. Many nurses want to work for prestigious institutions because they want to be recognised, supported, and feel like they have a voice. It's vital that you include nurses in decision-making processes and offer appreciation when appropriate.

10. Make your brand relatable

Make your communications strategy more personal instead of sending out generic messages to a group of candidates. Emphasise personalised performance management, intentional culture development, truly articulating why experienced nurses would want to be a part of your organisation. If an employer actively controls its brand, 76% of active job seekers are likely to apply, which can cut turnover by as much as 28%.

11. Emphasise workplace safety

Nurses' on-the-job injuries and workplace violence are major concerns. Creating protocols to prevent damage to nurses and implementing prevention training demonstrates that you care about their well-being.

12. Highlighting your unique value proposition

Remember that a good hire is more than just someone you're happy to have on board. They should be just as enthusiastic as you are to join you! So, throughout the interview process, from the job description to the close, make sure you clearly articulate what makes working for your company unique compared to any other.

This will assure compatibility and help you sell your employer brand more effectively to recruits. That doesn't always imply you have to pay the best compensation or provide the most lavish benefits.

You simply need to ensure that all positive qualities are highlighted in the recruitment materials. Nurses value those qualities above a payment. Whereas prestigious research hospitals will certainly attract experienced nurses, this does not rule out the possibility of tiny facilities finding skilled nurses.

Nurses in a small hospital or institution will likely have a direct impact on the patient, have more responsibilities, and deal with less bureaucracy, all of which should be communicated during recruitment.

13. Building Culture

While recruiting is critical, you cannot overlook the value of investing in your company's culture. After all, a strong culture leads to happier, higher-performing employees, and it may even be used as a recruiting tool! So, how can you assure a positive workplace culture and a fantastic employee experience? Leading healthcare groups have the following to say:

14. Focus on your mission and values

Employees want to feel as if they're contributing to something bigger than themselves. This is fortunately very applicable to healthcare companies. They often get motivated by contributing to high-quality, affordable health care services and improving the health of our members and the communities they serve. It is crucial for them to resonate with your organisational vision and mission.

What's the bottom line? Don't just assume that your staff understands your goal and values; explicitly define them and discuss them with them frequently!

15. Empower your employees

Talented employees can't make much of an impact if they don't have the resources or autonomy they need to do their job well. Leading organisations are making it a top priority to clear roadblocks and empower employees. A sense of ownership develops belongingness among the employees producing excellent work output. It is essential to distribute the resources so that employees can optimise their job roles.

Once the basic recruitment strategies are sorted for your company, it is time to move on to the **creative ways to recruit nurses**. Here are some advanced recruiting strategies to hire the most skilled nurses for your organisation.

16. Take advantage of employee referral programs

You can request a list of referrals from your best nurses, asking them to refer qualified former co-workers, friends, or anybody else or provide contact information.

If someone gives you a great referral, see if they know anyone else. You could be able to find your next top nurse from the same place. You can further request your new hires to write a list of the top five nurses from their prior facility during their first day of orientation, incentivising them to assist you in recruiting them.

17. Attend events to meet talents

Organise or sponsor a lecture, workshop, or conference where attendees can mingle with your employees. This is an excellent approach to introducing your team to some exceptional applicants. Take note of the participants who are the most engaged and see whether they are interested in your group (or know someone who might be).

Many nurses enrol in advanced classes and certification programs, so if someone from your facility or hospital teaches one of these classes, they will have access to a large pool of qualified candidates.

18. Welcome Former Applicants and Employees

Make contact with all of the outstanding nurses who have resigned to see if they are interested in your open position. If they aren't, ask them if they can recommend someone who would be a good fit.

Have you ever had candidates who were on the verge of being hired but didn't make the cut? Get in touch with them again to determine if they're qualified and interested.

Reach out to finalists who have previously declined your offers. Try to persuade them to accept your new position, and if they refuse, ask for a referral.

How to evaluate your candidates during interviews to ensure hiring real gems?

Few things are more aggravating than hiring someone only to discover that they aren't a good fit for your company. Fortunately, a rigorous interview procedure can help you avoid this. In addition to the traditional interview questions (Can you tell me about yourself?), you can ask some unique questions. Why are you interested in working here? There are a few questions that are particularly useful in assessing potential nurses (e.g., What are your strengths and weaknesses?).

Here are a few ideas:

1. Why did you enter the healthcare field?

The best nurses are those who genuinely want to serve others. This question can help you determine whether a candidate is in healthcare for the right reasons and if they have the enthusiasm required to succeed in the field.

2. What is your ideal work environment?

Nurses can work in different environments. Knowing which setting and work style your applicant prefers will help you determine whether or not they are a suitable fit for your company and vice versa.

3. What are your long-term goals?

Employee replacement is a significant drain on your company's time, resources, and cash, so you want to know that they're in it for the long haul when you recruit someone. Understanding the big picture of what a candidate wants can help you figure out whether you can help them achieve their objectives or whether they need to look for another company that can better support their high-level career ambitions.

4. How would you manage a patient with difficult behaviour?

Let's face it: patients aren't always happy to be in a medical facility, and they might be uncooperative or even aggressive to employees. Ask this question to see if the individual you're interviewing has the bedside manner required to accomplish their job properly, even under challenging circumstances.

5. Have you ever had a conflict with another team member you were working with? If so, how did you handle it?

Integrated health care is more common than ever before, with teams of nurses, doctors, medical assistants, and orderlies working together to give the best possible care to patients. As a result, the capacity to collaborate effectively is essential. While disagreements are inevitable, you want to know that your candidate can handle them professionally and maturely.

6. Describe a time you went above and beyond for a patient

It's all about the individuals you serve at the end of the day. Patients often find visiting healthcare facilities irritating or even frightening, but having compassionate staff members who go above and beyond for them can dramatically improve their happiness and possibly their health!

Caribbean nurse migration—a scoping review

<https://human-resources-health.biomedcentral.com/articles/10.1186/s12960-020-00466-y#:~:text=Recent%20findings%20revealed%20that%2040,on%20health%20care%20%5B3%5D.>

Recent findings revealed that **40% of nursing positions** in the Caribbean remain vacant, **primarily due to nurse migration**. As a result, national and global policy debates have been triggered to address increasing rates of nurse migration and its impact on health care. 16 Mar 2020

The migration of Caribbean nurses, particularly to developed countries such as Canada, the United States, and the United Kingdom, remains a matter of concern for most countries of the region. With **nursing vacancy rates averaging 40%**, individual countries and the region collectively are challenged to address this issue through the development and implementation of sustainable, feasible strategies.

CARIBBEAN SIDS (Small Island Developing States) Doctors Nurses Teachers Ratios

	DOCTORS per 1,000 people	NURSES & MIDWIVES per 1,000 people	TEACHER / STUDENT ratio
Antigua and Barbuda	2017 2.8	2018 4.5	2018 12
Bahamas	2017 1.9	2011 4.1	2018 19
Barbados	2017 2.5	2018 3.0	2018 14
Belize	2017 1.1	2017 2.4	2018 20
Dominica	2018 1.1	2017 6.1	2016 13
Grenada	2018 1.4	2017 3.1	2018 16
Guyana	2010 0.7	2017 0.8	2012 23
Jamaica	2016 0.5	2017 1.5	2018 25
Puerto Rico	1995 1.8		2016 14
Saint Kitts and Nevis	2018 2.8	2015 4.2	2016 14
Saint Lucia	2017 0.6	2017 3.2	2018 15
Saint Vincent and the Grenadines	2012 0.9	2018 7.0	2018 14
Suriname	2017 1.2	2017 1.9	2018 13
Trinidad and Tobago	2017 3.4	2016 4.3	2009 18
plus other small nations			
Stand alone nations:			
Cuba	2018 8.4	2018 7.6	2018 10
Dominica Republic	2019 1.5	2019 1.5	2017 19
Haiti	2018 0.2	2018 0.4	1984 24
World Bank / WHO	1.0	12.5	12
Australia	2018 3.8	2019 13.2	1999 18
United States America	2018 2.6	2018 15.7	2017 14

How many teachers are needed?

Building partnerships for better teacher training in the Eastern Caribbean

<https://www.globalpartnership.org/blog/building-partnerships-better-teacher-training-eastern-caribbean>

24 June 2022

As anyone who has ever struggled in school can attest, an excellent teacher can make all the difference in a student's learning outcomes. The story is no different in the Eastern Caribbean (Antigua and Barbuda, Dominica, Grenada, Saint Kitts and Nevis, Saint Lucia and Saint Vincent and the Grenadines), where teacher ability is at the heart of both serious problems and potential solutions.

Evidence shows dramatic learning deficits in the region: Nearly three in four students fail the Caribbean Secondary Education Certificate (CSEC), with the pass rate in some countries below 12%. Similarly, nearly one in 10 students in some countries end up repeating grades.

Many factors are at play here, including economic and social inequalities. However, one key issue is a lack of quality initial teacher training. It is estimated that 70% of preschool teachers in the region have not received any training (in St. Vincent and the Grenadines, only 18% of primary school teachers have received training).

The requirements to become a teacher have been drastically reduced – in some countries, a secondary school certificate is sufficient. Among those who do get pre-service training, the instruction offered is often inadequate, mainly due to undertrained faculty and obsolete programming.

Reforming the teacher training curriculum

In response to these challenges, the **University of the West Indies** (UWI) is undertaking comprehensive and ambitious reform of its bachelor's and associate degrees in education programs. The University is not only the leading institution of higher education serving the English-speaking Caribbean, but it is also the main – almost only – provider of pre-service teacher training in the region.

Therefore, the institution knows that the impact of a project like this can be significant and immediate. The numbers back them up: at the current coverage rate, with 275 students graduating each year from the different onsite colleges in each country, in 10 years, almost 20% of the nearly 14,000 professors who make up the region's teaching force will have passed through UWI's classrooms.

In addition, one out of every five teachers could go through renewed, updated training, becoming leaders and mentors for less trained colleagues.

Calling on partners to innovate and collaborate

When Professor Joel Warrican, Director of the School of Education at the University West Indies in Cave Hills Campus, Barbados, took the leadership of this endeavour, he understood that a task of this magnitude needed to draw on the experience of others.

UWI needed assistance in accessing and mobilising the evidence among their faculty, connecting with good practices at the regional and global levels, sharing the knowledge among relevant stakeholders, and providing a framework to monitor and evaluate the impacts effectively.

So Warrican turned to SUMMA – the first Education Research and Innovation Laboratory for Latin America and the Caribbean, as well as a grantee of the GPE Knowledge and Innovation Exchange (KIX) and the Regional Learning Partner for KIX's Regional Hub for Latin America.

SUMMA, through its director Javier Gonzalez, extended the partnership request to the KIX team at the International Development Research Centre (IDRC), the grant agent and a co-investor for KIX, to make the collaboration possible, with dedicated professionals and concrete objectives.

In a matter of weeks, this willingness to innovate in an open and informed manner became a concrete collaboration between the University of West Indies and SUMMA, supported by KIX.

The rich debate and reflection undertaken among UWI faculty has been informed by the best available international evidence through an active process of listening, consultation and participation of professors, students, faculty, and managers through surveys, interviews and focus groups.

The new curriculum that is emerging in line with some of the best international practices – synthesised and documented by SUMMA – will mark the initial teacher training in the sub-region for decades to come.

Likewise, a capacity-building process based on training and workshops for faculty members ensures that what is on paper becomes a genuinely transformative practice.

Solutions tailored to country contexts

This collaboration between the University of West Indies, SUMMA and KIX is aligned with the principles that guide the work that KIX promotes in the region: **the generation of knowledge adapted to the local reality, based on high-quality evidence translated to clearly identified users, with a concrete scaling strategy that targets teacher training institutions and a systematic monitoring practice capable of delivering useful feedback in real time.**

But this effort goes beyond the Eastern Caribbean. It provides valuable and rigorously systematised knowledge that allows the replication of similar efforts in other parts of the world.

Overall, it reminds us that when the willingness to change meets evidence, along with technical capacity and the possibility to leverage support to take advantage of windows of opportunity, building on trust of stakeholders, the change can be real and impactful.

How many nurses are needed?

15 Best Nursing Schools in The Caribbean

<https://kiiky.com/nursing-schools-in-the-caribbean/>

31 October 2022

Nursing is a profession within the health care sector focused on the care of individuals, families, and communities so they can properly be monitored and get well fast. Nurses are mostly differentiated from other health care providers by their approach to patient care, training, and scope of practice. Nurses are generally said to be kinder and attentive to patients than all other health care physicians.

Nurses comprise the largest component of most healthcare environments. However, there is evidence of international shortages of qualified nurses. Many nurses provide care within the ordering scope of physicians, and this traditional role has shaped the public image of nurses as care providers.

Are you considering to become a nurse by going to nursing school in the Caribbean? Are you looking for a course of study sprinkled with adventure and prospects? A nursing school that gives you different responsibilities, challenges and advancements?

Is going to a Nursing School worth it?

Nursing is all about doing your utmost to provide the best possible care for your patients, whatever their illness or problem. There aren't many jobs where you can go home at the end of the day knowing you've made a real difference to people's lives. Below are the few reasons to check out, then determine for yourself if going to a nursing school is worth it.

- By going to a nursing school in the Caribbean, it is already certain that upon graduating, you would have the freedom to work anywhere. Unlike some professions, where you have to work either in the capital or a major city to progress your career, nursing allows you to work anywhere in the country, giving you freedom and flexibility over where you live and how you live your life.
- By going to a nursing school in the Caribbean, you're already a specialist in the medical field. A lot of people don't know that when you do your nursing degree you usually specialise in what is known as 'field' of nursing. You would become a specialist in any field of nursing which you have chosen to specialise in. This gives you an edge over most medical care practitioners.
- In attending a nursing school, it is already certified that you won't have to spend three years in the University Library. Nursing degrees are really hands on and mix academic work with real life hands on experience. Typically, whichever type of nursing degree you study, you will spend about half your time on different types of placements, including hospital and community based, allowing you to work with different types of patients and discover what sort of nursing you prefer.
- There's flexibility and variety in going to a nursing school. Many people assume that nurses just work in hospitals but actually there a huge variety of different places you can work in and different career paths open to you. You can go into teaching, management, forensic nursing, prison nursing and many more.
- You should also know that when you go to a nursing school in the Caribbean, you would be highly respected.
- No day is ever the same when you are a nurse. As a degree-trained medical expert you'll play a crucial role in the health and wellbeing of patients.

COMMERCIAL IN CONFIDENCE

- In going to nursing school in the Caribbean, you would become a life saver whose work touches lives at times of basic human need when care and compassion are what matter most.
- In a nursing school in the Caribbean, you would be taught to act as leaders, careers and clinicians, increasingly taking on senior positions of responsibility to progress patient care in line with the latest medical innovations and advancements.

What should I consider before going to a Nursing School in the Caribbean?

Here are some factors you should consider when deciding if you really want to attend nursing school in the Caribbean.

1. Would you be a competitive applicant at that school? This is one of the most important things to consider when considering if you really want to attend nursing school in the Caribbean. It is common practice to look at the median GPA and MCAT of the matriculants of the school you want to apply to and see how you compare to them.

2. Where would you want to live? You should consider where you would live during the course of your study in the nursing school. Four years may not be that long but it is still a significant amount of time. Where you live can play a big factor on your quality of life and happiness.

3. Financial considerations. Nursing school is very expensive. If you don't get any financial aid, you may be in a lot of debt when you graduate. Therefore, the price of the school's tuition and the cost of living is very important. Ensure that it is well within your budget and means before you apply.

4. How do you learn best? Although there is a national standard that all nursing schools need to adhere to, every school teaches differently. Look at each school's curriculum and see how they teach. Some schools may emphasise small group learning. Other schools may be more focused on lectures. There are differences in the quality of facilities that may affect your education. If you know how you learn best, it is good to apply to schools that play to your strengths.

5. What is the school's grading system? Ensure you know the grading system of the school you are applying for. This would give you an edge over others.

6. What is the school's vision and mission? Schools generally have similar vision and mission statements. Nevertheless, there are subtle differences between each school that may make a difference. Carefully read what each school is about and see if they resonate with you.

What does it cost to attend Nursing School in Caribbean?

The average tuition rate for nursing schools in the Caribbean is about US\$4,000. – per academic semester, full-time BSN-level program. However, you would also be required to pay- Administrative Fees: which consists-

- Application Fee (one-time fee, non-refundable), \$100;
- Uniform (2 polo-shirts and 2 pairs of scrubs) and basic Nurse Kit US\$200;
- Health and Liability Insurance (group insurance, per year, estimated), \$500;
- Immigration Processing Fee (average, non-refundable, government entrance fee) \$750;
- Student Services Fee (\$50.- per academic semester) \$150;
- Registration Fee (yearly fee, non-refundable) \$150.

How many doctors are needed?

Why the United States is no longer turning up its nose at Caribbean medical schools

<https://www.statnews.com/2017/02/17/caribbean-medical-schools/>

It's easy to dismiss the for-profit medical schools that dot many a Caribbean island as scams, set up to woo unqualified students who rack up huge debts, drop out in staggering numbers, and — if they make it to graduation — end up with an all but worthless degree. That's been the rap against them for years.

But the schools are determined to change that image. Many are quietly churning out doctors who are eager to work in poor, rural, and underserved communities. Their graduates embrace primary care and family practice, in part because they're often shut out of training slots for more lucrative specialties.

And they just might help solve an urgent physician shortage in California and beyond.

The deans of two of the Caribbean's medical schools — Ross University School of Medicine in Dominica and American University of the Caribbean in St. Maarten — are on an aggressive campaign to improve their image. They've published a series of editorials and letters with titles like “Why malign overseas medical students?” and hired public relations giant Edelman to make the case that their humble, hard-working, and compassionate students may be precisely the kinds of physicians America needs most.

“Our students have persevered. They haven't had all the opportunities in life and they still want to help people,” said Dr. Heidi Chumley, dean of American University of the Caribbean School of Medicine. “Absolutely we want to get our story out.”

'Second-chance' schools under fire

There are some 70 medical schools throughout the Caribbean, most of them established in recent decades and run by for-profit businesses that cater to Americans.

These so-called “second chance” schools accept students with poorer grades and lower MCAT scores, or sometimes no MCAT score at all. Compared to American medical schools, their tuition and dropout rates are higher and their class sizes large: Ross enrolls more than 900 students per year.

Graduates can practice medicine in the United States after passing their American medical licensing exams and completing a residency. But the schools have come under fire for generating a stream of students who don't end up as physicians, but do end up with crushing medical school debt because they flunk out or don't win residency spots after graduating.

They allow that many for-profit medical schools — which have proliferated in the past few decades because they are proven money makers — aren't doing a good job training and developing students. But they argue that AUC and Ross, two of the oldest Caribbean schools — both owned by for-profit educational juggernaut DeVry Inc. — are creating successful doctors.

They say they are also giving a shot to students with humble backgrounds, often minorities, who can't get near American medical schools that focus so heavily on test scores and grades.

“Obviously brains help, but judgement, empathy, intuition, that's all part of it,” Flaherty said. “Our students are gung-ho. They want to practice medicine. That's their dream.”

Just 54% of American medical graduates who trained overseas are matched with a residency program for further training in their first year of eligibility. That's an abysmal record, compared to the 94% of graduates of US schools who get residencies. But Ross and AUC say they have a match rates higher than 86%. And they say a vast majority of students pass their step 1 licensing exams on the first try.

In the 1970s, a wave of medical schools began to open across the Caribbean, catering largely to American students who had not been accepted to U.S. medical schools; today there are roughly 80 of them. Unlike their U.S. counterparts, the schools are predominantly for-profit institutions, their excess revenue from tuition and fees going to investors.

Admissions standards at Caribbean schools tend to be more lax than at schools in the United States. Many do not consider scores on the standardised Medical College Admission Test as a factor in admissions. Acceptance rates at some are 10 times as high as those at American schools. They also do not guarantee as clear a career path. The residency match rate for international medical graduates is about 60%, compared with over 94% for U.S.

DRUG ADDICTIONS:

Kindly consider this report at the end of this document:

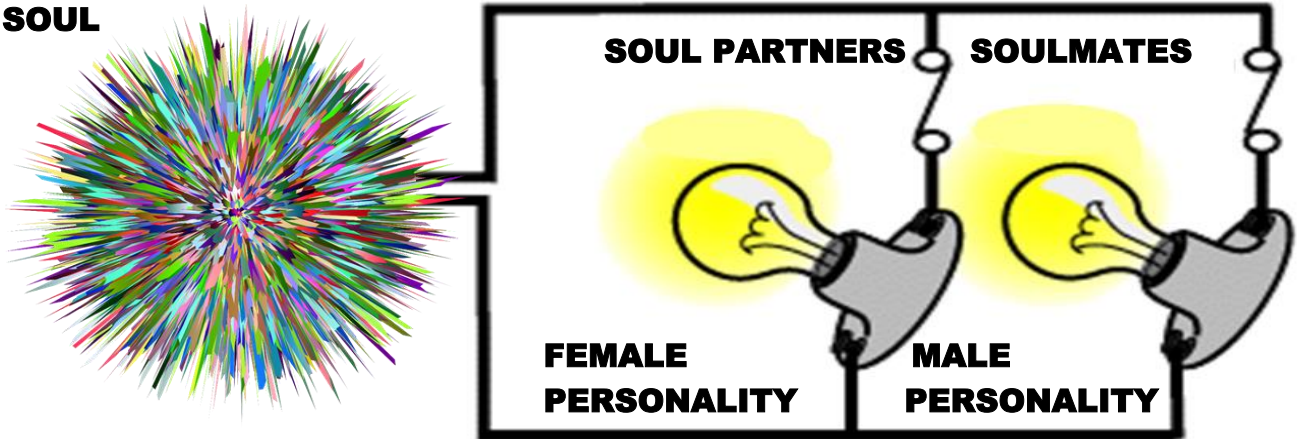
“The Healing Power of “Bello” – Beautiful”

Health of all of Our Bodies

SOUL LIGHT emitted is to be BALANCED by the LIGHT RETURNED!

**Two separate personalities on parallel 'circuits' having the same soul.
What impacts one personality does not impact the other personality.**

SOUL

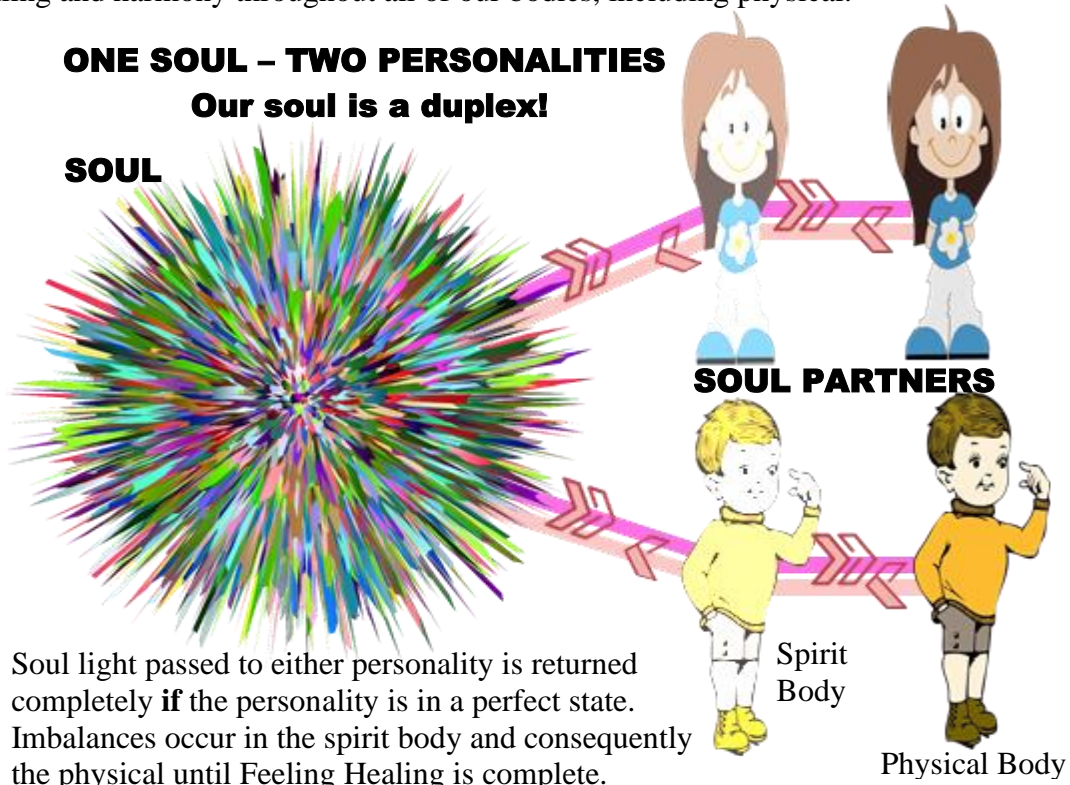


The elephant in the room is our Childhood Suppression, from conception through to age six years. This impedes the circulating flow of soul light thus bringing about imbalances throughout our spirit and physical bodies. This manifests as discomfort, pain, illness and disease throughout our lives. All 10,000 identified diseases are of the consequence of Childhood Suppression in its numerous formats.

We are to express our feelings, both good and bad, to a companion who is open to hear what is coming to surface for us. We are to long to know the truth behind those feelings. What enters us emotionally is to be expressed emotionally. This is our Feeling Healing. This is the one and only pathway to bring about healing and harmony throughout all of our bodies, including physical.

ONE SOUL – TWO PERSONALITIES
Our soul is a duplex!

SOUL



Soul light passed to either personality is returned completely **if** the personality is in a perfect state. Imbalances occur in the spirit body and consequently the physical until Feeling Healing is complete.

NOTHING IS FORGOTTEN



The moment of our conception will ultimately be remembered as a most stressful and damaging experience. We are literally continuously fire hosed with our parents' emotional injuries and erroneous beliefs – and they do not even know we have arrived!



We, as parents, may tell ourselves that our children 'will get over it', 'they will forget about it!' That is a gross lie and

error – we each do not forget ANYTHING!

We are each to heal ourselves of the hurt and harm imposed upon us by expressing what we feel, both good and bad, and long to understand the truth behind what our feelings are drawing our attention to.



It is through these corruptions (errors of belief, emotional injuries, events that we have not been allowed to complete, our will being imposed upon, controls imposed upon us by others trying to make us be who we are not, etc.) that our energy flows back to our soul are degraded and that ultimately damages our physical and spirit bodies bringing about discomfort, pain, illness and disease. It is the imbalance of the flow of energy from our soul and that which we return that is the underlying cause of all identified illnesses, maybe all 10,000 or more so far catalogued.

In our senior years, many of us are said to be losing our memory and awareness of what may be unfolding around us. Nevertheless, we each will remember everything that is imposed upon us and what unfolds for us. This is recorded within our spirit body and soul's memory. Everything throughout every moment of our life is recorded, never to be lost.



It is only when we heal our erroneous beliefs and emotional injuries through our personal Feeling Healing that we will 'forget' the pain and suffering that we have had imposed upon us throughout our life, from conception to death, by those who sort to control us and impose their will upon each of us and our ongoing repression of our childhood suppression.

NOTHING IS EVER FORGOTTEN

COMMERCIAL IN CONFIDENCE

Beliefs suppress TRUTH

Dis-ease is of Disharmony with TRUTH

Mental Illness is of CHILDHOOD SUPPRESSION

Perceived level of truth MoC 1,000

FEELING HEALING

embraces the healing of both

Disharmony with TRUTH

and

CHILDHOOD SUPPRESSION

and with Divine Love we are embracing

our

SOUL HEALING

The whole human race is suffering from repressed childhood and mind control.

At the moment just prior to conception, we are in a pristine condition, our soul is in a perfect natural love state and our now forming embryo is also in a perfect physical state. Conception takes place and the fire hosing of our parents' emotional injuries and erroneous beliefs begins unloading upon us. Incarnation takes place 16 days later when the foetus begins pumping blood.

By the time we are six years of age, just prior to the arrival of our Indwelling Spirit, our soul condition is reflecting the level at which our parents are at. If our parents' soul conditions are different, then we will be reflecting the level of one or the other parent. This is easily ascertained by using kinesiology muscle testing in the manner that Dr David R Hawkins has published, in conjunction with his Map of Consciousness (MoC).

This is how humanity remains stagnant for generation after generation. We become the level at which our parents are at and then we go on and do the same thing to our own children.

Suppression of our true personality throughout our early childhood forming years by our parents is possibly the greatest crime of all. We now can abandon this entrapment by Living Feelings First and then also embracing Feeling Healing, and in particular Soul Healing with Divine Love.

Presently, our life is one continuous suppression of our true personality by:

1. Our physical parents and carers throughout our early childhood.
2. Schooling, our teachers through pre-school, primary, high school and higher education.
3. Our spiritual and religious teachers of all denominations.
4. Our employers in all forms. None more severe than military service.
5. Our government at all levels; local, state and federal.

The people of the Caribbean OECS calibrate overall at **280** on Dr David R Hawkins' Map of Consciousness. While they continue in this manner, as they have done so in the past, this may remain their state for the coming centuries.

It is now possible to introduce a pathway to vibrancy, spontaneity and truth – this is the agenda herein!

Dominica life expectancy: 77.4 years (2020)

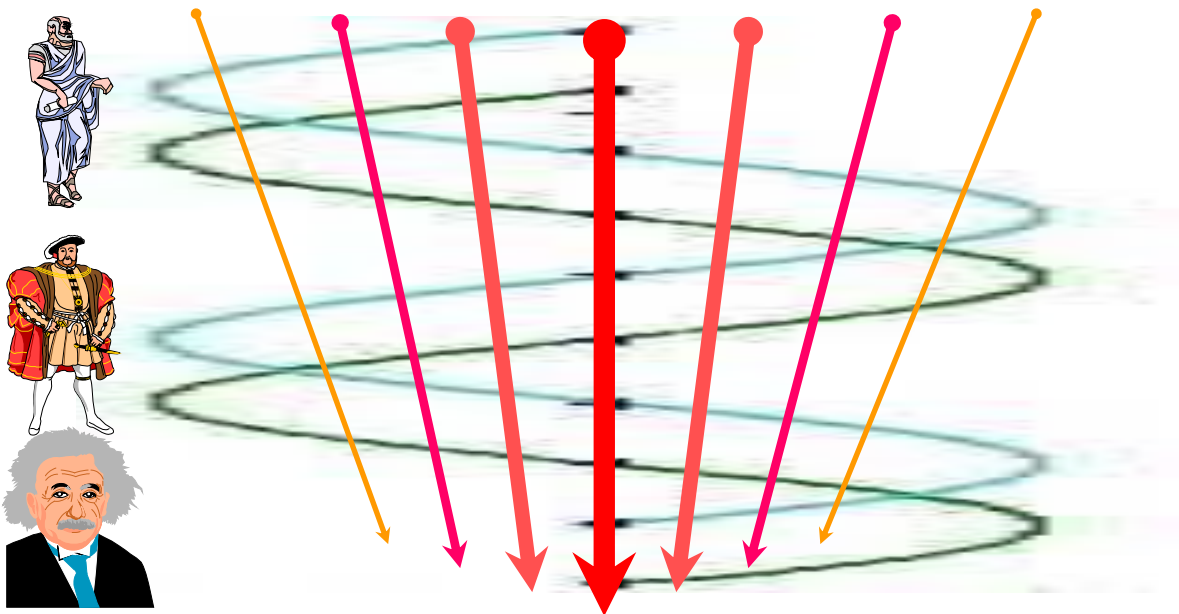
Dominica men expect to live an average of 74.4 years, while women expect to live an average of 80.5 years, a six-year difference.

Dominica median age: 34.9 years

Caribbean median age: 31.9 years

generations

OUR BLOCKED EMOTIONS FLOW DOWN FROM GENERATION to GENERATION:



Childhood illnesses, and illnesses of baby within the womb, stems from blocked emotions passed down from generation to generation, resulting in malfunctions in the foetus.

We are a product of all that has come before us.

Our own soul condition is reflected in our children.



To assist baby, as well as our self, work and pray to express our blocked emotions.

Clearing our negative emotions – Feeling Healing – grows our soul condition as well as that of our children.

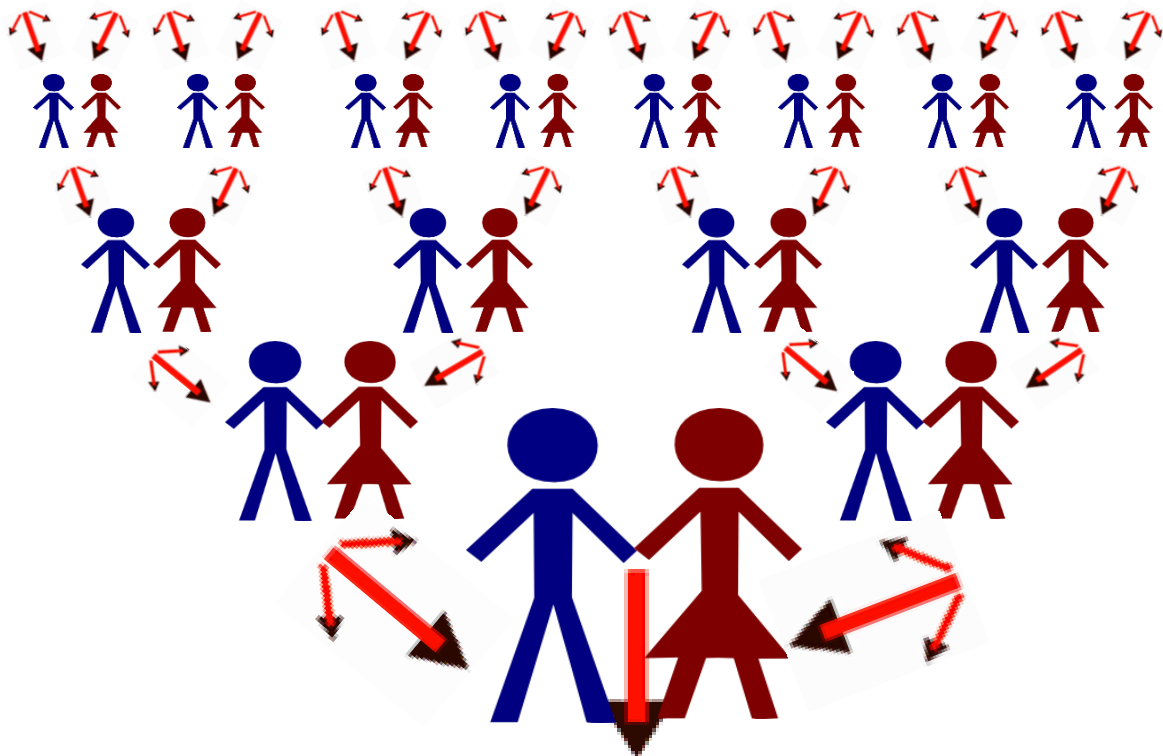
Baby’s body, when conceived, is always perfect. Their soul condition is also perfect.

GENERATIONAL TRANSFER of EMOTIONAL BLOCKS and INJURY:

As children we are conceived taking on the denial of the seven Mansion Worlds which is passed onto us though our parents and carers. We absorb our parent’s emotional injuries and their soul condition, which can typically reflect more of one or the other parent, however both parents input is of equal importance. As children we continue to mirror our parents’ soul condition until we leave home. When we decide to heal our childhood suppression and ongoing repression, we then have to systematically work through all seven worlds of feeling-denial, healing all the unloving influences from our parents. This is doing our Feeling Healing.

In turn, we are a reflection of our parents’ soul condition, and their parents’ soul condition and so on back through the generations. We can break this cycle by working on our own soul condition, feeling our emotions and expressing our fears and blockages while seeking truth.

These emotional blockages and injuries frequently manifest in our children as illnesses, even before birth or shortly there after. It is the accumulation and combination of issues held by past generations that insidiously manifest as life threatening illness episodes within unborn and new born babies. Parents through their own healing can lift illness from their children! Thus, to assist our children, we must firstly resolve emotional issues within our selves. General emotional injuries or blockages manifest as various health issues. Thus, an illness episode or pain can be generally related to parents’ emotional issues.



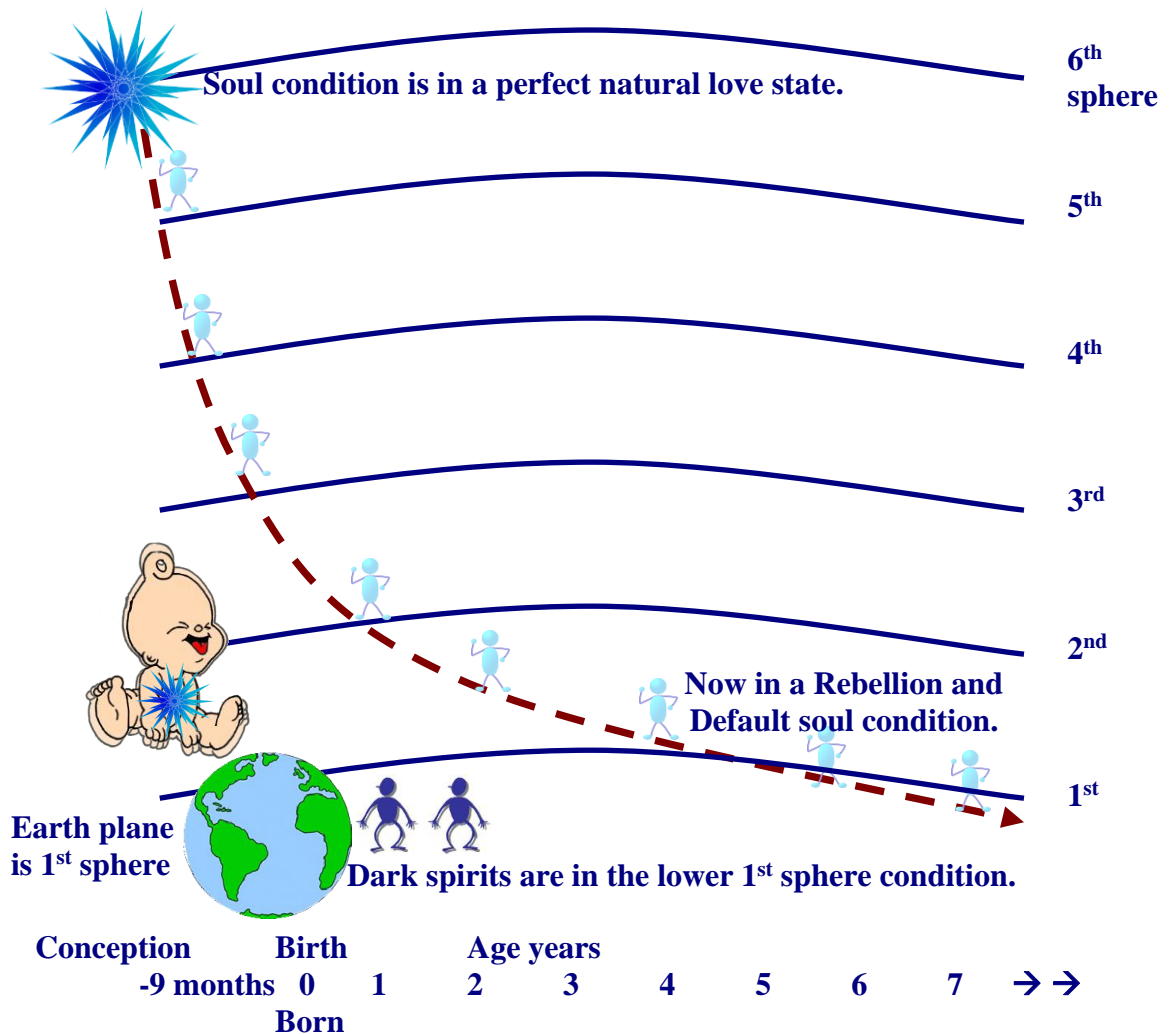
SOUL CONDITION of BABIES are SUPPRESSED to that of its PARENTS!

A newly incarnated soul is immediately being infused with the emotional injuries of those in its environment, that is, the damaging emotions and erroneous beliefs of its mother, its father and of those within its family environment.

This process continues until the child reaches around the age of six, then it tends to develop its own way from then on, however, closely aligning itself with a parent or both parents. Kinesiology testing of Map of Consciousness confirms this suppression progress. Conception can be likened to facing a water cannon for the child!

Poor condition spirits may have previously connected with a young child should the environment be conducive for such a relationship. However, on 22 March 2017, all such spirit connections became blocked. A spirit cannot harm another personality.

We, as parents, can work on our own soul condition, through feeling healing, which in turn benefits the baby. We can also ask and prompt spirits to seek help from brighter spirits from within their own environment.



OUR INDUCTION into PHYSICAL LIFE:

At our conception, we are welcomed by a relentless infusion of errors and injuries, unknowingly, carried by our parents and carers!



Our physical parents do not realise that even before our incarnation we have taken on board their combined emotional errors and misbeliefs. We are now suffering their pain!

We are conceived perfect. Our childhood illnesses, deformities and personality distortions are all a cocktail of their injuries. The onslaught is so great that worldwide around 50 million miscarriages occur annually.

Only by embracing Feeling Healing will miscarriages, deformities, childhood illnesses and abortions abate worldwide – and then childhood delinquencies will also abate.

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WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!



Unknowingly, our parents pass onto their children (us) their beliefs and way of living that has evolved since the Rebellion, some 200,000 years ago, and then the Default, some 38,000 years ago. In this way, humanity is suppressing the female, rejecting our Spiritual Parents, namely Jesus and Mary, and denying our Heavenly Parents being our true Mother and Father, of Their truth, standing and existence.

The Rebellion is against love, the Default is all the difficulties we have in our relationships because of our rebellion. Healing the Default is becoming true, to ourselves and in our relationships, and ending our unlovingness – our rejection of love, so ending the Rebellion. Nanna Beth 29 June 2017



We are souls, our personality is an expression of our soul. It is our free expression of our soul through our feelings that we are to embrace and follow. This expression may appear to be wilful in nature, from time to time, and consequently our parents’ attempt to suppress this expression. They proceed to remodel us when as young children, in the manner their parents treated them and so on for many generations going back.

During our forming years, as a child, we are unable to recognise the suppression of our personality as being extra-ordinarily harmful to our soul based personality and, accordingly, we don’t know that things can be any other way. Presently, neither do our parents.



This childhood suppression way of living continues throughout our schooling years, thus we learn this is a way of life that is normal.

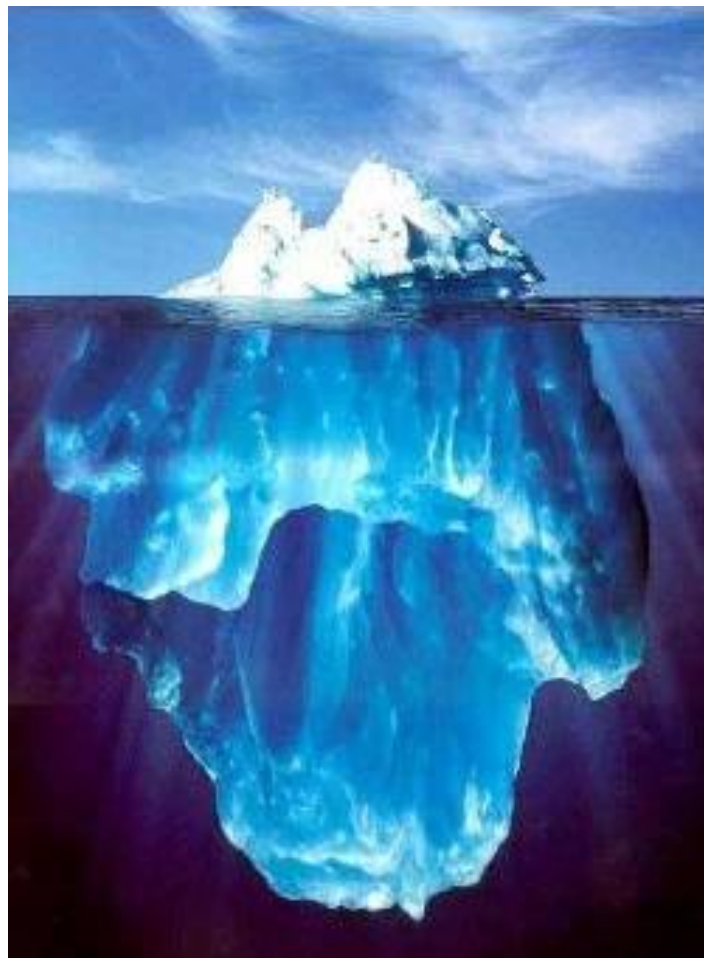
Our religions all have been formed based on the tenets of the Rebellion and Default. The teachers and leaders throughout all denominations take us further away from our suppressed feelings that have been hammered into us during our forming years, thus entrenching us further into rejecting our true selves.



The controlling and suppression mechanisms of our parents, educators and spiritual teachers all manifest throughout all of commerce. This control comes heavily and brutally down upon all levels of employment. The capability to express one’s soul based attributes and gifts is sealed throughout all of one’s working life.

A new way of living is to enable the liberation of one’s true personality through the Feeling Healing process AND the transfer of authority to the individual via embracing freedom of expression.

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

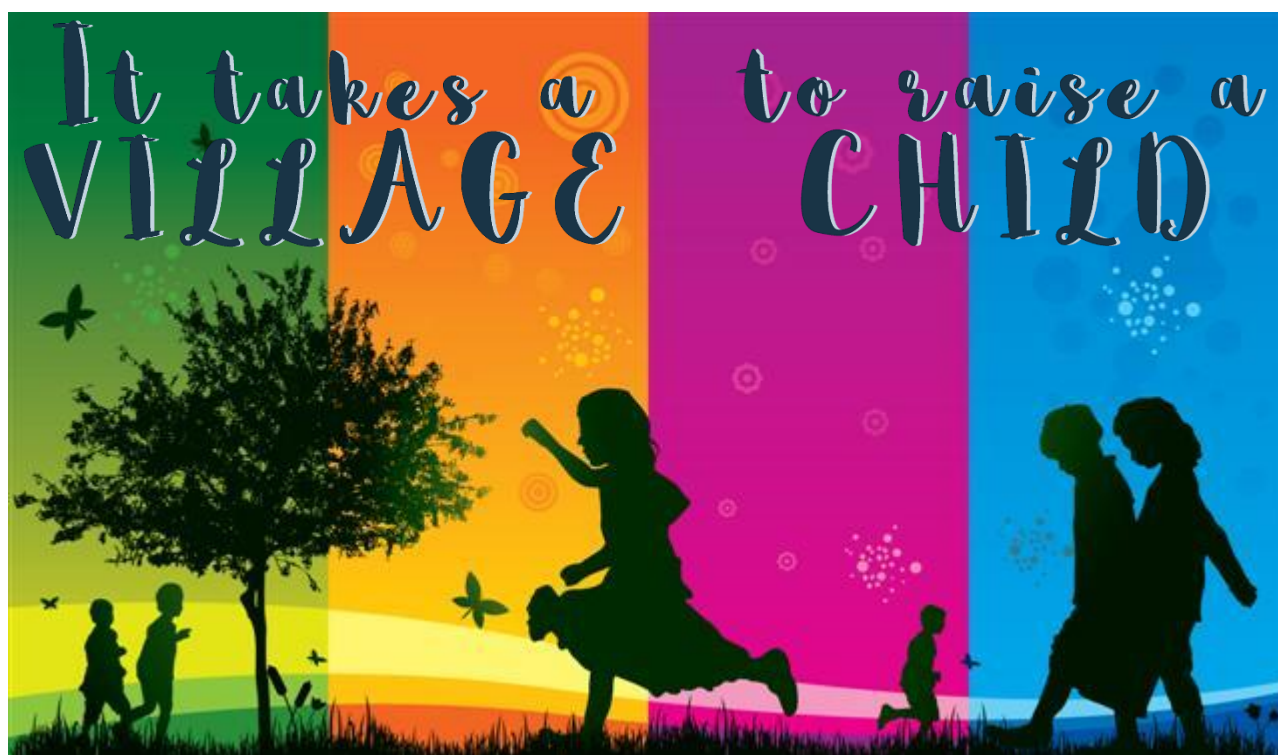


Symbolically, the iceberg is a good representation of the undiscovered potential in all of us.

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.



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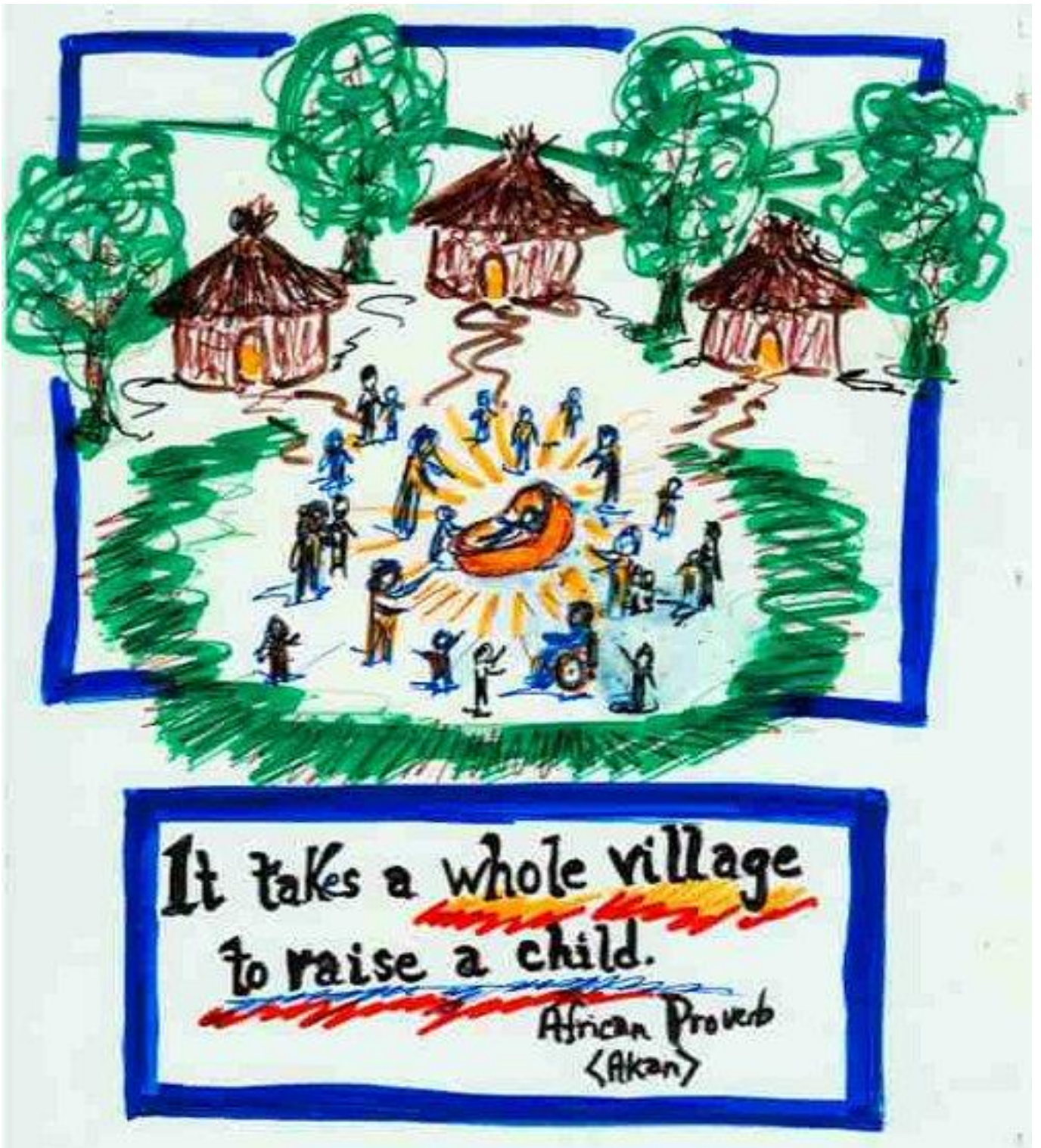
VILLAGE RAISING of a CHILD vs Corporate CHILD CARE

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

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

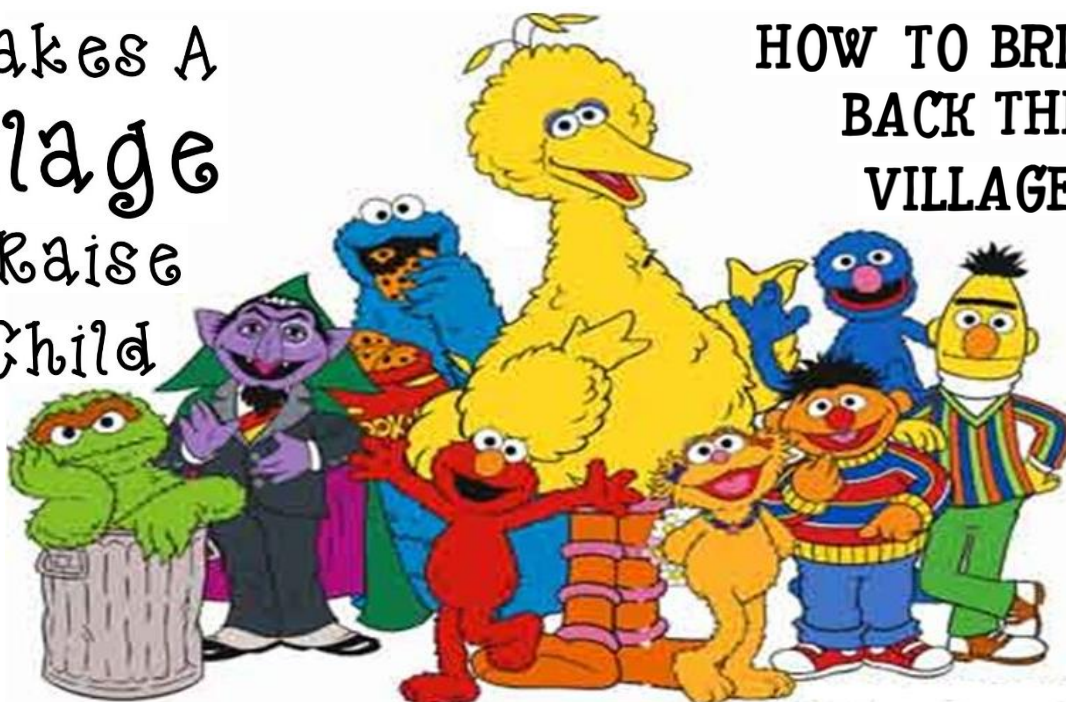
Corporate child care systems have become long term problematic for all of humanity.

COMMERCIAL IN CONFIDENCE



IT TAKES A VILLAGE TO RAISE A CHILD: HOW TO REBUILD THE VILLAGE!

It Takes A
Village
To Raise
A Child



HOW TO BRING
BACK THE
VILLAGE

A friend asks; Is the village gone? That utopic place where neighbours are available to drop in at a moment's notice to watch our kids while we go to our dentist appointment. That dream world where our new baby is greeted with dish after dish of home-made fresh meals? That magical place where strangers help us to load our groceries into our car?

It's so hard when we don't have a ready-made village. Even harder when we live far from family. That is fine until we have kids. All of a sudden, our cosy little home feels like a deserted island.

Raising littlies is hard. Hard on the body, hard on the emotions, really hard on the marriage. And babysitters are expensive! And child care centres even more so!

People weren't designed to do this parenting thing alone. What do we do, then, when we live in an individualistic community and don't have free babysitters (aka family) nearby?

HOW TO BRING THE VILLAGE BACK

1. REALLY SEE THE PEOPLE AROUND US.

To bring back the village, first we need to be cognisant of the people around us. Crying babies are hard to ignore, but people do it all of the time. Even if the situation is not so obvious, there is always someone who is crying out for help. The first step we need to take is to see them.

2. MAKE THE FIRST MOVE TO HELP.

She continues: While on a flight, I saw an exhausted mama and heard the pitiful baby. I remembered those days. Those evenings with our first colicky baby when it seemed that *nothing* would stop his cries. It would

be so easy to leave them alone and let them handle it, the mother, father and grandmother, but how would that benefit the village?

With a sigh, I took off my headphones and put away my book, I relinquished my evening of blessed solitude on a flight. Tapping the grandmother on the arm, I asked, “Do you think she’d like me to try to soothe the baby? I could hold her for a while.”

She replied, “Oh, the dad is right in front of her. He can hold the baby if she needs a break. Plus, this baby... she won’t go to anyone but her mom. I know it’s hard to hear – I feel bad, too.”

In the individualistic era that we live in, people are reluctant to ask for, or accept, help from strangers. It’s up to us to not only see the situation, but to have the courage to step up and offer help. If it’s brushed aside, it may be time to move to step 3...

3. PROVE YOUR SINCERITY BY FOLLOWING UP.

It would have been SO EASY to put my headphones back on at this point. *Well– I did my duty and they don’t need my help (pats self on back).* But, did I really? How many times has someone offered something to you, but you felt they only did it to be nice, so you refused? More often than you can remember, I’d wager.

People can be so damn polite, never saying what they really want or need. My gut told me that I should ask again.

“Well, I had a baby like this,” I told the grandmother, “and I may know a few tricks.”

“Really???” She immediately leaned across the aisle and relayed my words to the tired mama. About 0.5 seconds later, the baby was scooted across the aisle into my arms. That’s how you know that you are in the company of a parent of a colicky newborn.

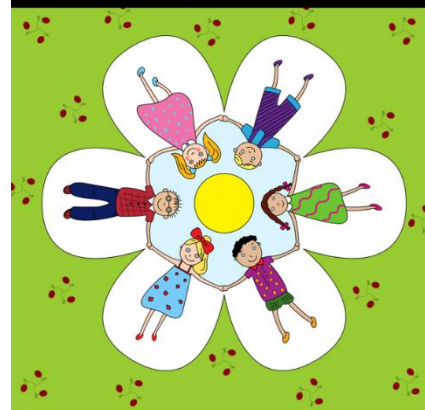
However, had I not proven my sincerity by offering a second gesture of help, they would never have asked.

We’re starting to get a little out of our comfort zones here, opening ourselves up to rejection and even judgement. Vulnerability must precede change, though. For the village to return, we need to practice some openness with acquaintances and strangers.

4. PUSH PAST THE BOUNDARIES OF YOUR COMFORT ZONE.

Going back in my mind four years to my eldest newborn period, I asked for a blanket and tightly swaddled the 3-month-old baby girl. I sprang into action with the 5 S’s from Dr. Harvey Karp’s – **swaddle, side-stomach position, shush, swing and suck**. (Well, 4 S’s, to be exact, since they said she didn’t have a pacifier / dummy.)

IT TAKES A VILLAGE
to raise a child



**HOW TO BRING BACK
THE VILLAGE**

*It takes a
village to
raise a child....*



I don't know about you, but if I hold a baby that is not my own and it starts crying, I'm pretty quick to hand it back. No one wants to be responsible for someone else's crying baby.

This poor baby was so worked up at this point that she just looked at me in terror and continued screaming. My rational mind said, "It takes time. Her fight-or-flight response is in full control right now, and it will take time to calm her down." My safe side screamed at me, "WHAT ARE YOU DOING? YOU HAVE AN AUDIENCE NOW, AND YOU ARE CONTINUING TO ROCK A SCREAMING BABY THAT IS NOT YOURS!"

It almost won out. I almost handed her back. But I knew that I should keep going. I knew that my tricks would work once the cortisol left her system and her little body calmed down. I kept going, swaying and shushing until my mouth was dry. Little by little, I could feel the muscles relax, the little shudders of surrender. She was falling asleep, but wasn't there yet. Every so often she'd tense back up and look around wildly, but would calm again with the continued shushing.

After ten or fifteen minutes, she was in a sound sleep. I held her for another thirty minutes while the exhausted mom slept. Then she nursed her and handed her to the dad, who held her the rest of the flight, looking like he was scared to move a muscle. I bet he was. The whole family was amazed and so grateful. **I felt like a superhero.**

It's so easy for us to stay silent. That silence may stem from feelings of inadequacy, fear of reprisal, fear of vulnerability, or even selfishness. This whole incident only took only minutes out of my day, but it meant the world to this family.

More than the time, it took courage to step out of my comfort zone and offer the help. To take back the village, it will take courage. It will take reshaping the societal norms of how we interact with others. It will take – God forbid! – putting down our mobile phones and really seeing the people around us.

It will take a village. But it can start with each of us.

This personal experience illustrated how we can see opportunities to reach out to others. What if we are the one who needs help? What if we are lamenting that the village is gone, and we are struggling so much?

5. DON'T BE AFRAID TO ASK FOR HELP.

When I had a two year old and a newborn, I had a frustrating splash pad experience when I was obviously struggling to help my toddler change his clothes while my baby screamed. I was surrounded by other parents, and not one made eye contact or offered to help.

I posed the scenario to my Facebook friends, and the responses were enlightening. Many moms stated that they felt uncomfortable offering help because when they had, they were met with suspicion, as if they had ulterior motives for asking.

As we talked about the airplane story, it takes courage to offer help to a stranger. We have no idea how they will respond, and that's an uncomfortable feeling. If we are the one needing help, don't look at the people around us as if they are unfeeling bastards, self-absorbed to the point where they don't care what we are struggling with. Maybe they see us and empathise, but they are scared to step into our personal boundary and out of their comfort zone. Ask them. Give them the permission to help you. You just might be surprised.

REBUILDING THE VILLAGE TAKES A VILLAGE

It won't happen in a day. It won't happen with just one person. The butterfly effect holds true, though, and every little positive action will ripple outward. See people. Be courageous. Ask for help. Be the village.

CHILD CARE CENTRE EXPERIENCES and OBSERVATIONS:

“I was a terrible Mother, I would leave my children with anyone who was willing to look after them just as long as I could do what I wanted to do, they got in the way, I shouldn't have had them. All I wanted to do was give them away. I was a fake Mother, I put my business and social time way before my children, I feel so sorry for my Children now, they were too young to remember most of it but the damage shows itself to me constantly that I can hardly bear to look and see the truth of what I have done to them because of my terrible, selfish parenting.”

People will say child care is vital in their lives, if they don't have child care then they can't go to work and nothing will get paid for but it is terrifying for the child to get dropped off with strangers.

“I remember it as a child. It was before my parents moved us to Africa so I must have been 4 or 5 and just starting school, shit the terror of those first few weeks. I ran away constantly because the huge building and the people were strangers to me and mum was nowhere to be seen, I had no idea what was going on, why was I here? Where was mum? I won't ever see her again!! I really believed that every time she dropped me off I would not be seeing my family again and it is all so vivid even though I was so young, the trauma is still with me.”

“My sister has only just recently stopped working as a Child Care Centre manager in Essendon, a suburb of Melbourne in Australia. She often spoke of traumatised children being left with her at the centre while their parents had to go to work, their kids screaming for them not to go and the parents being worried that they will be late for work. It is all about the parents and the child just has to comply, do what it is told no matter how traumatic it is for them, they should be with the parents, **they should be put first**, above money, above jobs, above nights out but how can adults who weren't cared about as children, care about their children!!”

I know the damage it did to me, John, at such a young age, all I wanted was my mum. I now see the damage it has done to my children, when all they wanted was me and I couldn't give myself to them in the way they needed, I didn't want to be with them, i wanted to carry on my life as if they weren't in it. It feels terrible to say it but it is true. It was just all about me!

“My sister would say that she felt used most of the time, the parents were very rarely appreciative and would send their children in to day care with all sorts of illnesses, just as long as they could go to work and carry on their lives, willing to pay very high fees just as long as their children didn't get in the way of their lives. Child care wouldn't exist if parents were willing to stay with their children and look after them, there would be no need for it but we have created lives that need both parents to work, to keep our heads above water with all the things we need to pay for. Child care just helps us as parents to continue our evilness and rejection of our children, lets us continue to put ourselves and our jobs, Money and social lives above our children. If we really cared we would **put our children first** and there would be no question about wanting to stay home and bring up our children but we don't care. What we do care about is carrying on our lives as if our children didn't exist so Child Care Centres help us do that and we will pay dearly for it.”

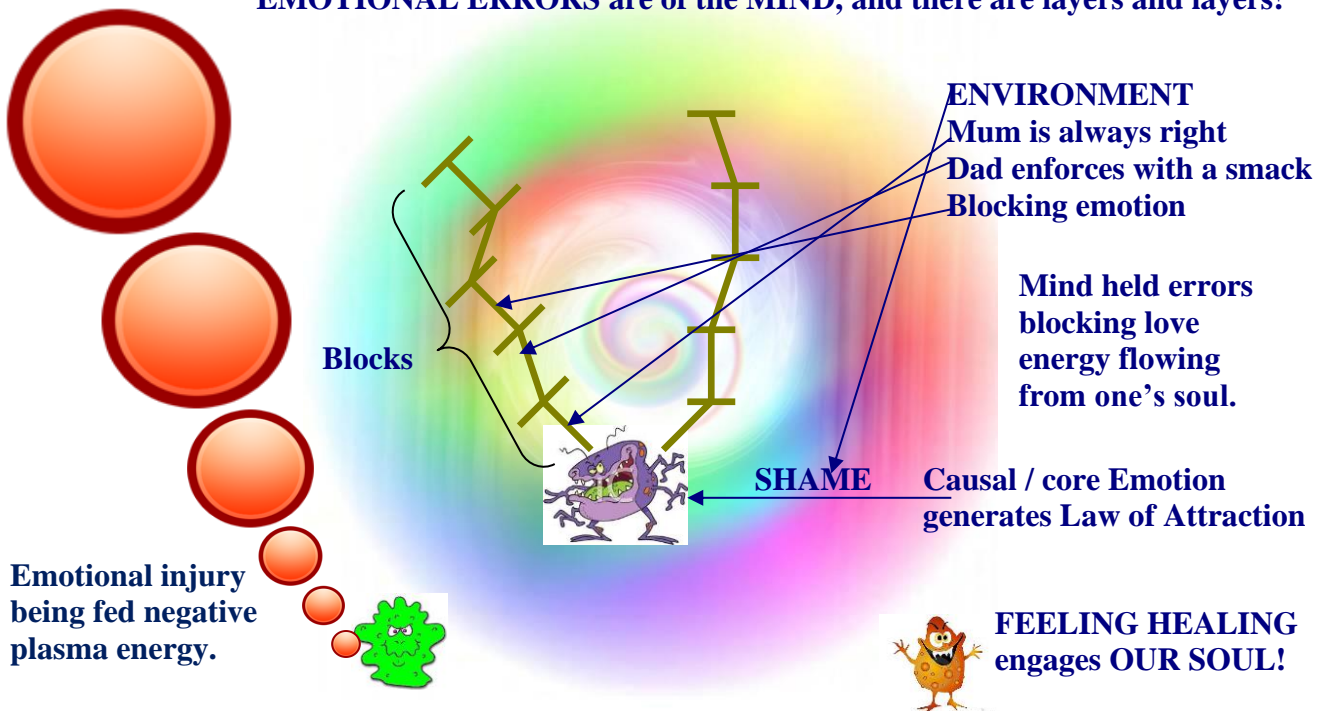
Healing is by Going Through Doors!



We open up to our feelings by embracing a feeling and longing for the truth that feeling is to show us. This may lead us down to many more feelings through copious doors and stairways, leading us back through our life into our Childhood Suppression of our early forming years commencing at conception. This is a long journey of discovery and acceptance of just how we have been misled and now we are to express all that comes to surface and in so doing we are healing ourselves. Feeling Healing commences with the first doorway.



EMOTIONAL ERRORS are of the MIND, and there are layers and layers!



Layer upon Layer upon Layer

Emotional injuries and errors of belief are what we are to express and talk out with companions. The amazing thing is that we are now being guided and assisted in our emotional healing which affects every aspect of our living, our life, our being, our physical health and our relationships. Never has it been understood just how retarded and suppressed we each are by living through our minds and ignoring our feelings as we have been led to live our lives by not only our parents, but by all who we interact with – as they have all been misled like each of us.

As we open ourselves up to express a feeling, any feeling, good or bad – they are all to be expressed. Whatever comes to surface will be over laying an older feeling, so we are to then express the slightly deeper feeling / emotion / belief / error / memory.

We are to find how every aspect of our environment is imposing itself upon us. Government, through its federal, state and local administration, is all controlling and inhibiting of our self-expression. Then we find that our employment is all controlling as it is our life-line to physical survival – our fears and hoarding are all consuming. Our education has been founded upon layers and layers of assumptions which we now find to be extra-ordinarily flawed in what becomes abundantly clear through our truth based feelings which are always in truth. With 3,400 major religions, we now can recognise that they are all agents for our control.

And then as we work our way down through the layers upon layers, back through our adult life and into our teenage years, we begin to find and then anticipate that it is our Childhood Suppression that we experienced under the oversight of our parents and those close within our family, being our siblings, grandparents, etc., that is at the core of our Healing.

Thus, as we work through each and every feeling that arises, we will be working back through our life years to the core of each emotional injury and error of belief which we generally have taken on throughout our childhood forming years, from the moment of conception to the age of six years. It is during our sixth year that our Indwelling Spirit arrives and we become a little more self-aware and assertive of our personality.

Yes, we will work our way back through our dramas all the way back to the moment of our conception. We will become totally aware of just how much we are screwed over and then accepting of being in such a way. However, then being healed is yet another incredible life for us each to experience.



FEELING HEALING directly benefits the PARENTS’ CHILDREN:



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

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

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

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

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

POTENTIAL to BENEFIT your CHILD through our own FEELING HEALING:

This steps down each seven years as the child matures



From conception to age 6 or 7 From 8 to age 14 From 15 to age 21 From 22 to age 28
As we heal, we directly heal our children similarly.
The Indwelling Spirit arrival for the child around age 6 or 7 starts their independence.

PASCAS COUNSELLOR CARERS:

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

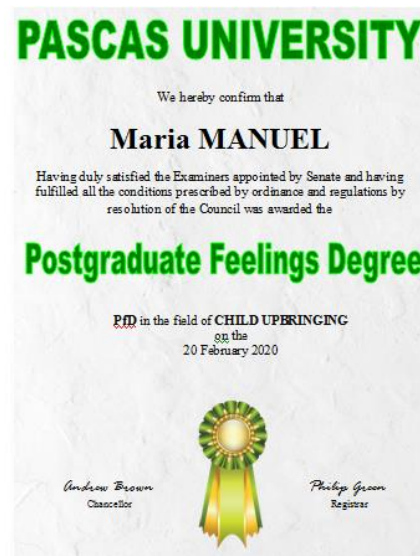
Postgraduate **Feelings!** Degree Pfd

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

Equivalent to Counsellor Social Worker certificate level IV + Pfd.

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

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

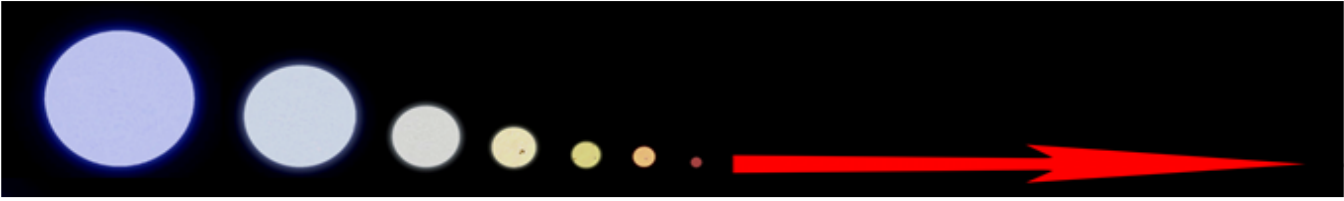


It is imperative that ongoing contact with the children is lifelong. That is, there is benefit of being a confident and supportive relationship through to the age of 28 years. As we personally embrace our individual feeling healing, this also indirectly benefits children under our care through to the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

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

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

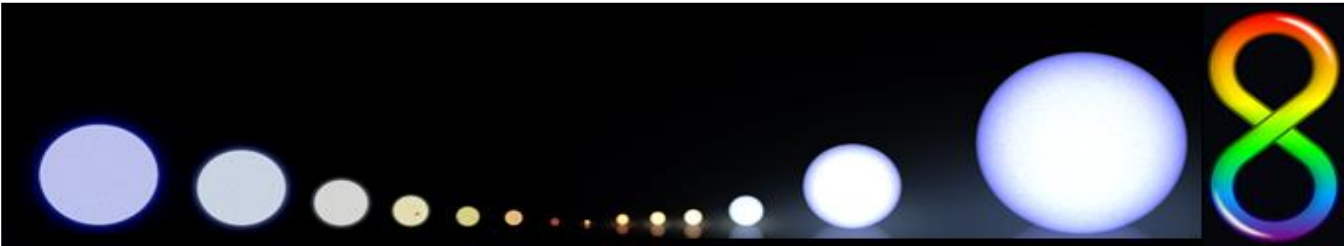
OUR CHOICE!



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



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



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

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

Beliefs suppress TRUTH

Dis-ease is of Disharmony with TRUTH

Mental Illness is of CHILDHOOD SUPPRESSION

Perceived level of truth MoC 1,000

FEELING HEALING

embraces the healing of both

Disharmony with TRUTH

and

CHILDHOOD SUPPRESSION

and with Divine Love we are embracing

our

SOUL HEALING

Perceived overall level of truth MoC 920 – relative truth potential MoC 1,480
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 within major regional cities, then throughout all the countries of the Caribbean as relationships, local support and prioritisation of needs are identified.

ORPHANS and ORPHANAGES

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

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

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

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

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

CHILD CARE and PRE-SCHOOLING

The same ethos as above.

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

DOMESTIC VIOLENCE and FAMILY SHELTER

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

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

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

LIVING FEELINGS FIRST

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

EDUCATION; SCHOOLS and UNIVERSITY

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

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

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

CRAFT CREATIONS

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

DIAGNOSTIC MEDICAL UNIT

Comprehensive medical diagnostic units are complex, requiring a significant array of expensive imaging equipment and a large specialised building space.

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

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

HOUSING, FOOD SECURITY, HEALTH SERVICES and EDUCATION

Potable water supply is essential to have adequately.

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

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

Existing health services are over whelmed apart from being understaffed and inadequate.

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

FEELINGS GIVE RISE TO THE TRUTH

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

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

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

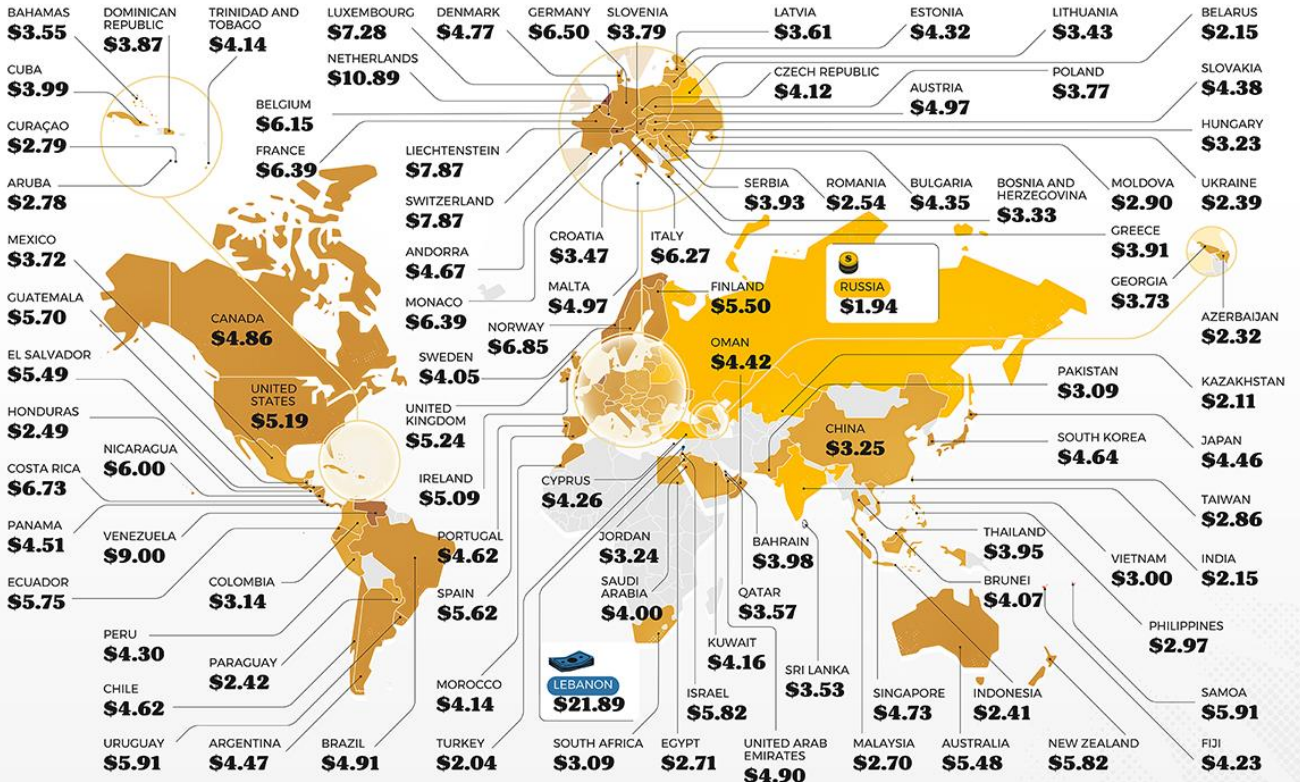
Parenting – unable to love our children due to lack of truth in what we are provided with.

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

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



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



Source: International McDonald's official websites

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Expensivity

BUSINESSMAN

VALUE ADDING



\$1



\$1.50

ENTREPRENEUR



\$1



\$5

COMMERCIAL IN CONFIDENCE

SALARY – WAGES PACKAGE

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

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

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

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

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

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

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

Consider that we drive 12,000 kilometres per year, that is about 200 hours driving (not working) at 60 kilometres an hour, the motor vehicle costs of running the car is say AU\$1 per kilometre (Taxation office

says AU 78cents) then the direct annual cost of the car is AU\$12,000 which is paid as part of the salary package. Thus a fully funded car provided in a wage package could equate to AU\$12,000 in lieu of cash.

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

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

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

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

Salary Explorer survey relates to the gross amount.

Resident tax rates 2022–23 (ATO July 2022)

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

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

DOMINICA TAXATION

With a few exceptions, VAT (value-added tax) is imposed on the sale of goods, rendering services on the island, and importing goods to Dominica. The VAT rate is 15%. However, accommodations and diving centres pay a reduced tax rate of 10%.

The corporate income tax rate is 25%. Dominica has no surtax. The same goes for an alternative minimum tax. The Dominica taxes of this kind must be paid within the period of every three months of the company's fiscal year.

One of the reasons that Dominica citizenship is so popular with investors is the island has zero taxes on capital gains, allowing businesspersons a safe, stable space to grow their wealth. In addition to lacking capital gains, Dominica also does not collect the following taxes:

- Inheritance
- Payroll tax
- Property tax

Dominica Social Security – Employee & Employer Contributions

Current Regulations provide that every employee in Dominica must contribute an amount of 6.00% of his gross income to the DSS. In addition to the amount deducted from the Employee, the employer is also required to remit an amount of 7.25% (in respect of Employees With Redundancy) or 7.00% (in respect of Employees Without Redundancy). That amount represents the Employer's contribution on behalf of his employee. The employer is responsible for remitting the total amount (13.25% or 13.00% of the employee's gross wage) to the DSS on, or by the 14th day of the following month.

Individual tax rates

Dominica current income tax rates

Income tax rate, important for personal income tax, is based on a progressive scale:

1. first \$30,000 of taxable income are not taxed;
2. \$30,001 to 50,000 – the following \$20,000 of taxable income are subject to 15% income tax;
3. \$50,001 to 80,000 – the following \$30,000 of taxable income are subject to 25% income tax;
4. every dollar over 80,001 are subject to 35% income tax.

Taxable income is a profit derived from capital gains, royalties, interests, bonuses, etc.

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

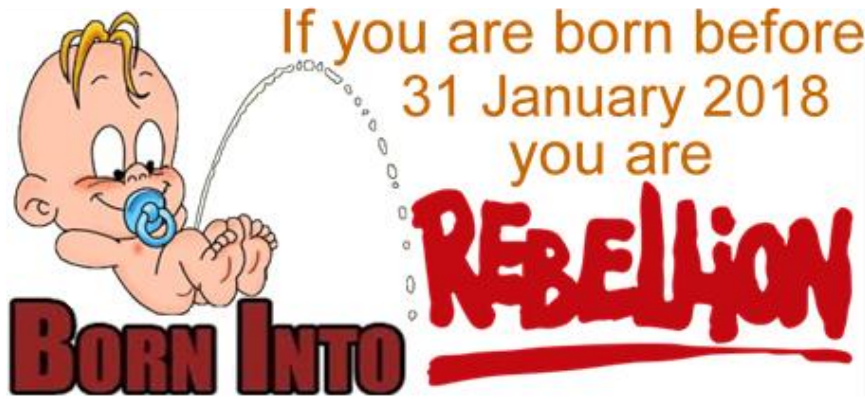
- SADNESS
- ANGER
- FEAR
- DISGUST
- JOY
- EXCITEMENT
- AROUSAL

FROM HILARY JACOBS HENDEL ON

MENTAL HEALTH HAPPY HOUR

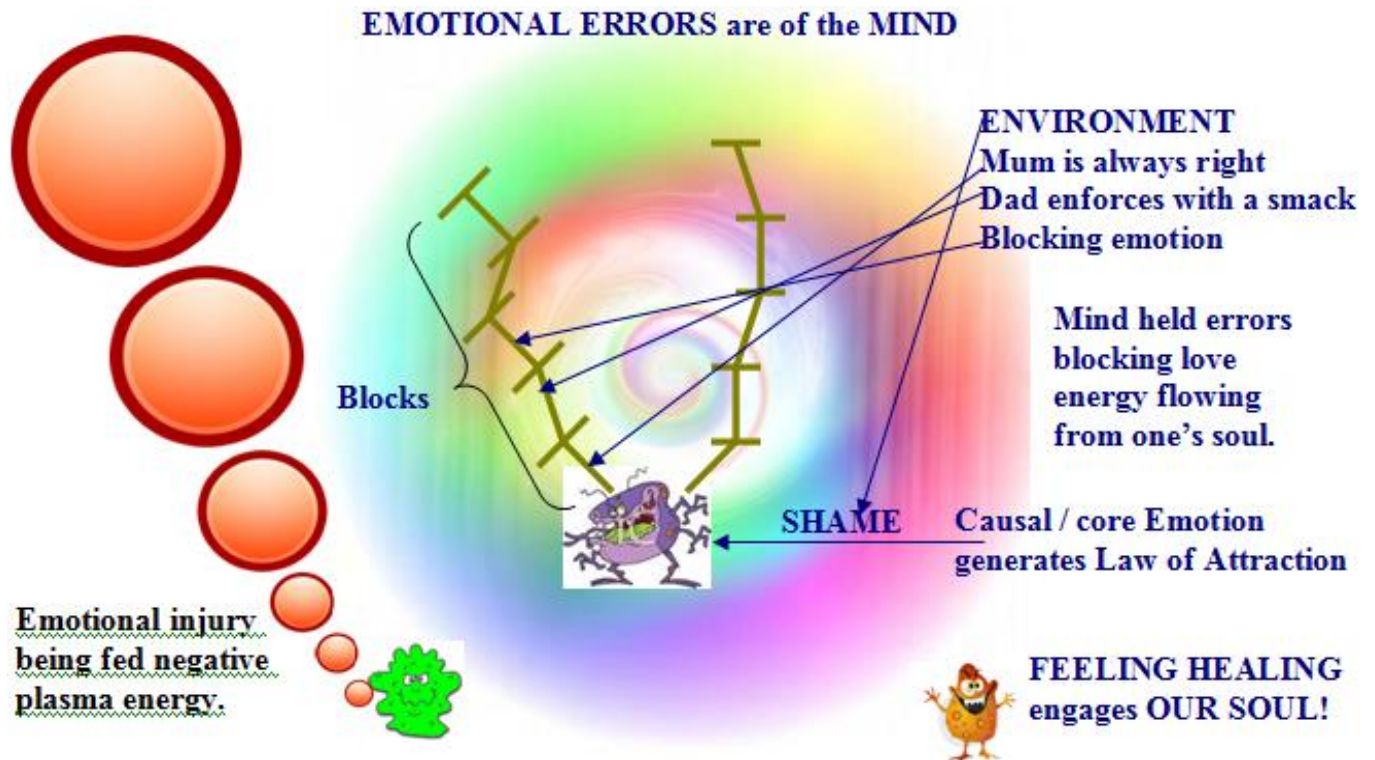
DOODLE BY @LINDSAYBRAMAN

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

CARIBBEAN OECS overall population calibration is MoC 280

Caribbean MoC	No. of Countries	Average MoC	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income 2021 PPP
280	1	280	75.8	0.748	6.0	.688	US\$17,850

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!

LAW OF FORGIVENESS

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.

LAW OF COOPERATION

The LAW of COOPERATION

8 October 2022

Is to work in conjunction with (cooperating with) the Law of Compensation.

LAW OF COMPENSATION

It's a Universal Law potentially to be 'imposed' upon humanity on Earth. It is currently in 'operation' in the Mansion Worlds, ensuring everyone cooperates in a friendly way with everyone else to maintain a certain standard of life as agreed upon by all involved, that which is determined by the Mind (rebellious) or Truth (Healing) way the spirits might be living.

Currently on Earth in our rebellious states, the Laws of Compensation and Cooperation are not active. So we live with the 'every man for himself' ethic, the powerful being the successful 'winners' who dominate the not so powerful 'failures'. Whereas in the Mansion Worlds (and the rest of non-rebellious Creation), equality, so even in a rebellious state, is the Law, and so if you cross the line inflicting dominance over another causing some level of suffering, pain and hurt, you will instantly come under the workings of the Law of Compensation and have to compensate for such transgression by feeling all that pain, hurt and suffering you have caused the other spirit to feel. So naturally, Universal Law and Order is maintained by everyone honouring the Law of Compensation, no one wanting to bring its 'wrath' down upon themselves.

Then added to keeping the peace, is the Law of Cooperation, for everyone in the Mansion Worlds who are happy and content to further their rebellious mind state in worlds 1, 2, 4 and 6; or doing their Healing, starting in world 1 and moving through 3, 5 and 7. So everyone willingly feels they want to cooperate with everyone else. Therefore, in the rebellious mind worlds, all spirits willingly and 'lovingly' cooperate with all other mind spirits; and the same in the Healing worlds, together with everyone willingly cooperating with the Healing. If you don't want to cooperate then you'll feel very bad, so everyone willingly wants to do some 'work' for the greater good of all. So there is no need for spirit money or spirit barter for any work done, because everyone willingly loves to work for other spirits, wanting nothing in return, loving giving and receiving as they feel moved to do. So for example, many spirits make spirit clothes out of the spirit material willingly and lovingly for other spirits to wear, freely giving such spirit clothes away, not wanting anything in return other than the receiving spirit being happy to wear and love their clothes. So, the Mansion Worlds function peacefully in their rebellious states – or in their Healing states.

So, now imagine if the two Laws are activated and applied to humanity on Earth... how would things change – and drastically change they would!

For example, everyone who is wilfully doing anything to make another suffer, feel hurt and pain, would cease their harmful ways, themselves feeling all that suffering, hurt and pain they've inflicted on the other person. So personally, as in personal relationship if you hit someone, emotionally, politically, socially, on all levels. If you run a business or government that is hurting people economically, socially, emotionally, spiritually, mentally, in any way causing anyone to suffer, then you're going to feel all that pain of all the people you're hurting. Even if you're doing it indirectly. If you work for a business or company and are forced to hurt others through policy of those controlling the company, no doubt you will still feel bad for what you've done, and you might leave, but if it's your only source of livelihood, then the Law of

COMMERCIAL IN CONFIDENCE

Compensation won't be as harsh or won't possibly be applied at all. So really it applies to those who are wilfully hurting, coercing or deceiving others, who will have to do their Hell Time to compensation for all suffering and pain caused.

So, imagine if suddenly everyone had to stop hurting everyone else, including all animal abuse – how would the world be?

LAW OF FORGIVENESS

Parents hurting their children are exempt from the Law, in that it will still apply, however it is suspended until the parent does their Spiritual Healing, and then it will come under the greater Law of Forgiveness. So parents doing their Healing and waking up to the truth of how badly and unloving they have treated their children, will feel all the pain of their transgressions as the Law of Compensation works upon them, however it will be a part of their Healing under the Law of Forgiveness, because the Rebellion has been thrust upon us all, and so parents won't have to do actual separate Hell Time, however they will feel like hell doing their Healing when they see and feel how unlovingly they've treated their children.

One could argue that it's not fair everyone being subjected to the Law of Compensation because we've all unwittingly and unconsciously been subjected to the horrors of the Rebellion, however once we're an adult, rebellion or not, we're still answerable for our actions. And so if you cross the line and infringe upon another's will to the degree of making them suffer pain, the Law of Compensation will apply to you.

So if the Law of Compensation is applied to Earth, one can imagine there will be many of the world's top controlling people suddenly stricken down with all the pain of their wrongdoing, thereby leaving quite a gap in the way things get done, into which other people will have to step.

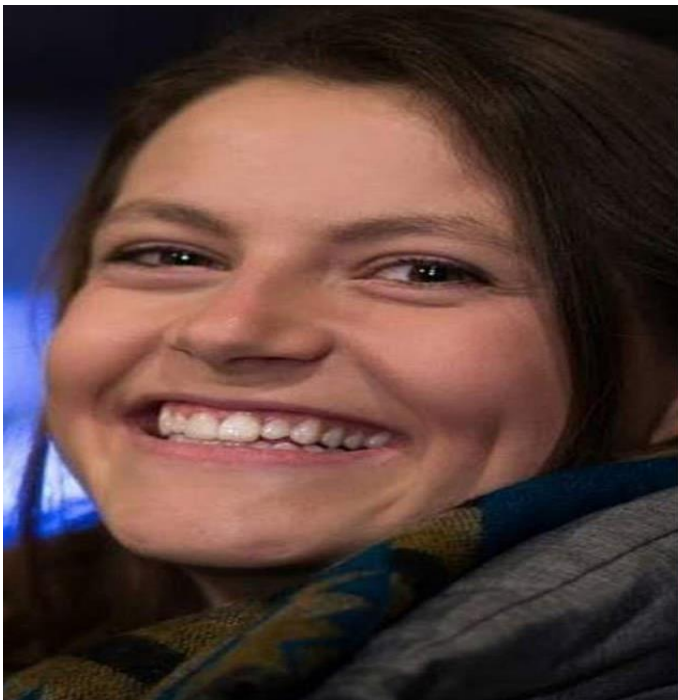
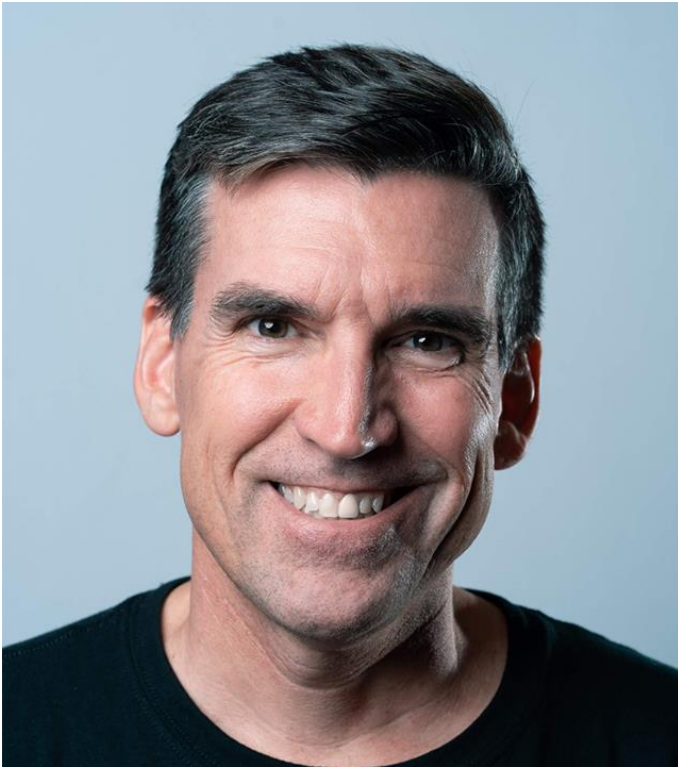
And if the Law of Cooperation is applied at the same time, then in theory the world can dispense with the need for money, so no power or wealth accumulation, everyone can have what they want, and no one will want such power over others because of the Law of Compensation – and then how does the world keep functioning when suddenly there is no need to go to work to make money to survive? Hence the need for the Law of Cooperation, because like in the Mansion Worlds, everyone will feel driven to cooperate with the whole, so people will want to go to work for the sake of working to make everything keep working. Not to earn a living, just so they can participate in the whole of making life be as everyone will want it to be, that being a pleasant, good and happy standard of living. So the companies and governments will still work if need be, however their purpose and reason for existence will be for the good of the whole, with workers volunteering to work to keep them going. A utopia heaven on Earth, even a rebellious one, just as the Mansion Worlds are called heaven.

So is the new Spiritual Age that is possibly forthcoming, heralding the end of the 'Lawless' Rebellion? Is humanity on Earth to move to mirror humanity in the Mansion Worlds? So can life over there be applied to life here on the physical Earth? Will people strive to continue living their rebellious ways cooperatively within the overseeing Law of Compensation, all in a 'nice, friendly and loving' evilness, like in the mind Mansion Worlds? Whilst other people will strive to live cooperatively doing their Healing, wanting to finally end being of the Rebellion and Default?

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

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

Should we intend to cause harm to another, then we will endure the pain and discomfort to the full extent that that other person would have endured should we have carried through with our intent! We will find that at all times we are put in the place of the intended victim(s) when we intended or have brought discomfort, difficulties, injury and pain to each and every person throughout our lives! We become the victim of all our actions when those actions are detrimental to anyone or group of people – to the full extent of the injuries intended or imposed.



The Learning Pyramid:



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

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

It's all about
Experiences
 &
FEELINGS

BE FEELINGS EXPRESSIVE!

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

Health

Are there really 10,000 diseases and just 500 ‘cures’?

“Regulators, scientists, clinicians and patient advocacy groups often cite ~7,000 as the number of rare diseases, or between 5,000 and 8,000 depending on the source. While this consensus process is still ongoing, USA National Institutes of Health currently estimate the number of rare diseases to be more than 10,000. An estimate published by the University of Michigan Medical School that “there are roughly 10,000 diseases afflicting humans, and most of these diseases are considered ‘rare’ or ‘orphan’ diseases.”

“There are other estimates, as well. The German government lists 30,000 diseases, of which it says 7,000 are rare, though it cannot be determined how that figure was calculated. Anderson noted that the 10th revision of the International Statistical Classification of Diseases and Related Health Problems (known as ICD-10) has nearly 70,000 codes, which would be an upper-bound estimate.

“The focus is really on rare diseases, but a credible case can be made that there are at least 10,000 diseases in the world, though there is likely more. And there are a bit over 500 treatments. So, as far as round numbers go, 10,000 diseases / 500 treatments works as a talking point.”

However, NO ONE comprehends what is the underlying cause of disease! Our health carers, our doctors and nurses never discuss or outline why we have a discomfort, pain, illness or disease. Kindly ask yourself, when was the last time your medical practitioner outlined to you why you have a particular health issues that you presented yourself with to him or her? **There is ONE cause – CHILDHOOD SUPPRESSION.**



Medical sciences introduce a never ending array of names for a never ending array of ailments without comprehending the elephant in the room – our **Childhood Suppression and ongoing Repression**. ALL our discomforts, pain, illnesses and diseases are generators to have each of us express our feelings, both good and bad. As we grow in embracing this way of living FEELINGS FIRST and long for the truth of what our feelings are drawing our attention to, we will come to recognise that all our issues have their foundations throughout our childhood forming years, from the moment of conception through to the age of six years, up to when our Indwelling Spirit arrives.

Our soul orchestrates it all. Our soul does everything. Our soul brought our spirit body into existence and, in turn, our etheric spirit body is the template of our physical body. Light continually flows from our soul 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 Nabadon 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 (Caribbean SIDS) Inc

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

Empowerment is by:

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

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

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

supporting delivery of quality and accessible healthcare;

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

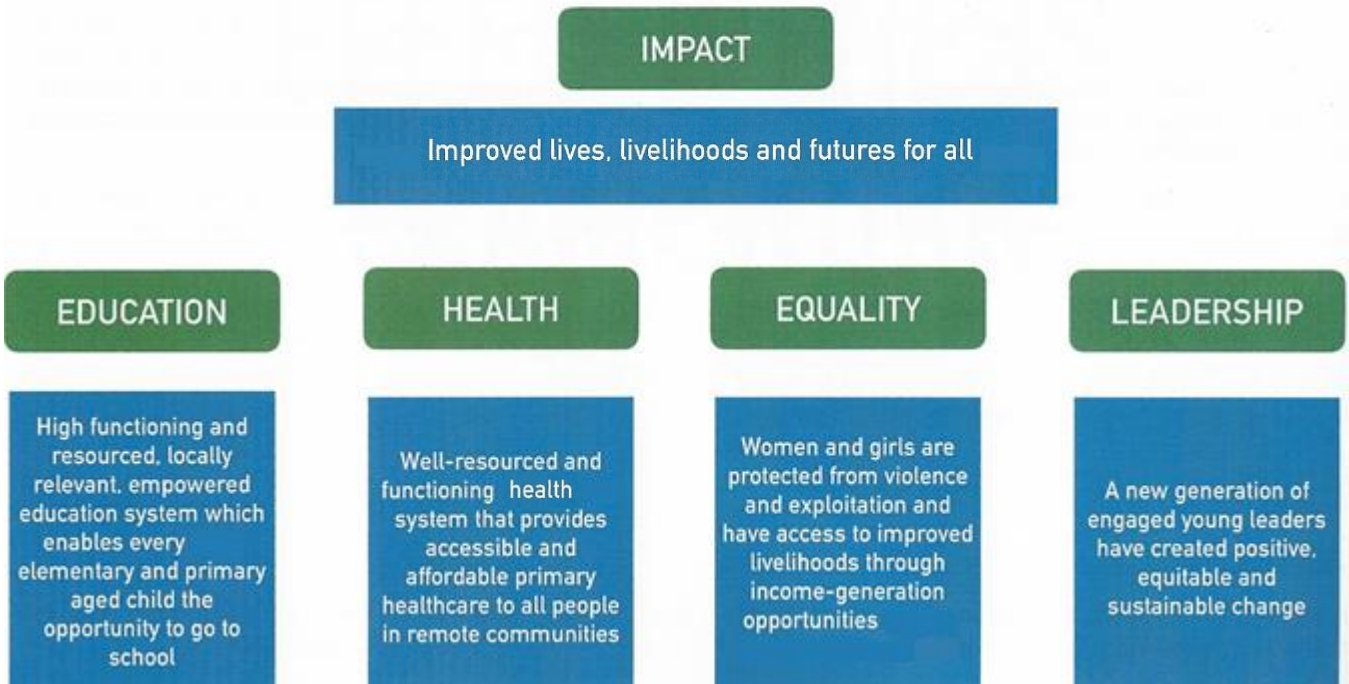
and fostering a new era of leadership and leaders.

It takes a village to raise a child.

LIVING FEELINGS FIRST and EARLY CHILDHOOD

THEORY OF CHANGE

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



PROGRAM LOGIC MODEL

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

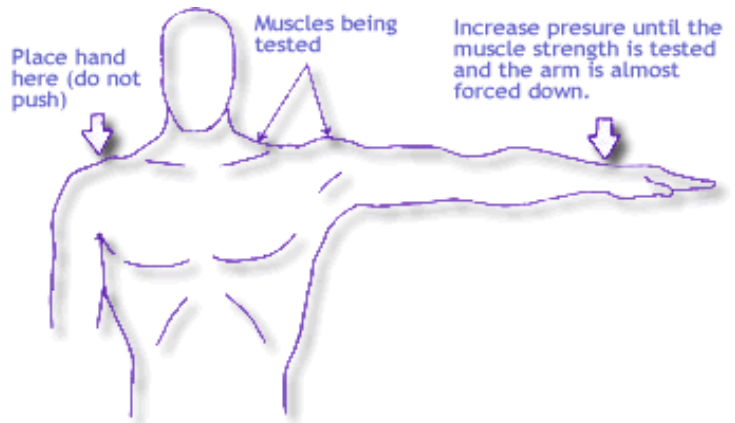


EINSTEIN'S THEORY of INSANITY



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

Kinesiology Muscle Testing



Basics of muscle testing

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

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

The SITUATION and the OPTION:

Presently the population of Caribbean OECS overall calibrates at around 280 on Dr David R Hawkins' Map of Consciousness. Earth's humanity overall is calibrating at around 220.

Worldwide Level of Consciousness based on the Map of Consciousness (MoC)

see Power vs Force by Dr David R Hawkins

6,000 years ago	MoC	72
At the time the Vedas were written		74
At the birth of Buddha		91
Prior to the conception of Jesus of Nazareth		101
After the birth of Jesus of Nazareth		147
At the death of the last apostle		182
In 827 AD (at the death of Charlemagne)		190
When Abraham Lincoln took office as President		190
Avonal Pair progress through their Feeling Healing in 2022		220

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

The people of Caribbean can continue as they are, passing their ways of living, emotional injuries, errors of belief on down through their generations, living in despair, despondency, poverty and hardships or embrace a new way of living, the New Way, Living Feelings First. Though the people present a happy, friendly persona, it is a national façade.

The option is that universal free education be made available throughout the Caribbean and that the option to consider and embrace living feelings first, with our mind to follow in support, as against how it presently is, our mind being the centre of education with all its limitations and suppressions.

Our life is our experiences and the feelings that arise from our experiences. We are to express and talk out what we are feeling from our experiences. Communities who are feelings focused evolve rapidly whereas mind centricity entombs communities within their quagmire for the aeons to come.



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

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









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

THE ITCH

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

2. Early Childhood Teacher Training program.

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

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

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





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

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

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

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

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

Other Thoughts:

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

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

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

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

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

and



Living through our Minds is Killing us!

Living through our Minds is Killing us!

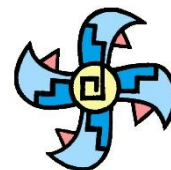
CHALDI COLLEGE – EDUCATION: Nanna Beth – 3rd Celestial Heaven and James 28 July 2017

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

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

CHALDI COLLEGE

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



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

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

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

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

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

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

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

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

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

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

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

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

Feelings First Spirituality, New Feelings Way

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

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

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

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

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

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

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



It takes a village to raise a child

POTENTIAL to BENEFIT your CHILD through our own FEELING HEALING:

This steps down each seven years as the child matures



From conception to age 6 or 7

From 8 to age 14

From 15 to age 21

From 22 to age 28

As we heal, we directly heal our children similarly.

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

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

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

Our Heavenly Parents simply desires for us to ask for Their Love.

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

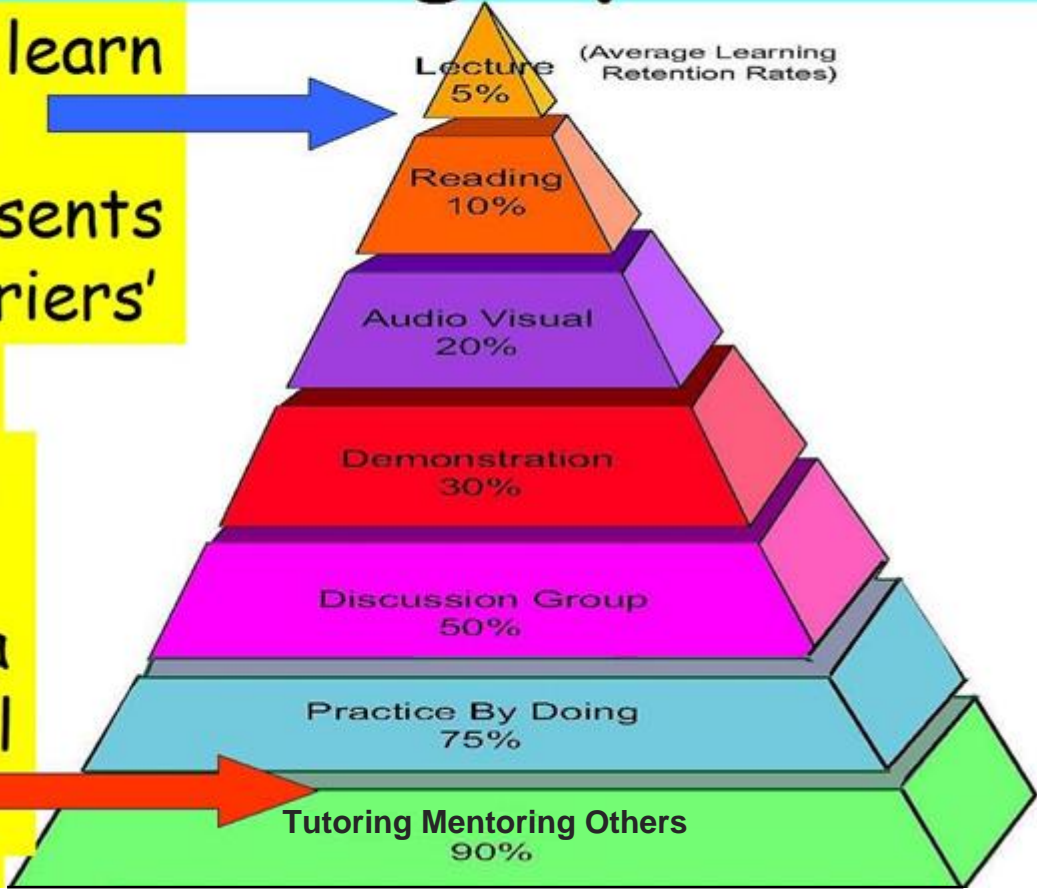
We are to express our feelings, both good and bad, at all times, and to long for the truth of them.

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

The Learning Pyramid

Trying to learn using this often presents many 'barriers'

Effective Learning requires a great deal of this



100% retention is **Natural Self Expression**

SUGGESTED READING:

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

CORPORATE ALLIANCES

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

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

ELSEWHERE

Pascas Care Kinesiology Testing
 Pascas Care – Living Feelings First – Adults
 Pascas Care – Living Feelings First – Children
 Pascas Care – Living Feelings First – Children Annexures
 Pascas Care – Living Feelings First – Children Discussions
 Pascas Care – Living Feelings First – Children Graphics
 Pascas Care – Living Feelings First – Drilling Deeper
 Pascas Care – Living Feelings First – Drilling Deeper Structures
 Pascas Care – Living Feelings First – Reference Centre
 Pascas Care – Multimedia Movie City
 Pascas Care Letters – Beliefs Suppress Truth
 Pascas Care Letters – Breeding Monsters
 Pascas Care Letters – Etheric Spirit Body
 Pascas Care Letters – Psychology and Feeling Healing
 Pascas Park – Journey of Man
 Pascas Primary publications being:
 U-Turn for Humanity Pascas reveals New Feelings Way
 U-Turn for Humanity pathway being New Feelings Way
 U-Turn for Humanity shutting hells through New Feelings Way
 U-Turn for Humanity soul light and the New Feelings Way
 U-Turn for Humanity through the New Feelings Way
 U-Turn for Humanity treacherous assumptions New Feelings Way
 U-Turn for Humanity unfolding the New Feelings Way
 Universal Gift – Feeling Healing with Divine Love
 Feeling Healing and Divine Love Discussion Prompts
 Pascas Care Death & Dying Transition & Assimilation Marjorie

Also kindly consider reading:

www.pascashealth.com

then proceed to Library Download :

Pascas Care Letters – Root Cause now to Pathway Forward

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

Pascas Care Letters – Funding for Change Over

Pascas Care Letters – Family Shelters Abuse & Remedial

Pascas Care Letters – Family Shelters Social Housing

Pascas Care Letters – Family Shelters Overview

Pascas Care Letters – Family Shelters towards Liberation

Pascas Care Letters – Back to Basics

Pascas Care Letters – Change

Pascas Care Letters – Dr Hawkins validates Feeling Healing

Pascas Care Letters – Education through Feelings

Pascas Care Letters – Finaliters our Destiny

Pascas Care Letters – Glass Ceiling Barrier Removal

Pascas Care Letters – Humanity is Addicted to Untruth

Pascas Care Letters – Journey of Earth's Humanity

Pascas Care Letters – Life is a Highway

Pascas Care Letters – Live True to How You Truly Are

Pascas Care Letters – Moving out of Healing

Pascas Care Letters – My Customs Heritage and Nationality

Pascas Care Letters – One Soul Two Personalities

Pascas Care Letters – Psychology and Feeling Healing

Pascas Care Letters – Spirit Evolution and Environmental Changes

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

Pascas Care Letters – Transition & Assimilation following Death

Pascas Care – Death & Dying Transition & Assimilation Marjorie

Pascas Care – Kinesiology Testing

Pascas Care Centre – Pacific Basin Nations

Pascas WorldCare – ASEAN and Pacific Island Nations

Or simply allow your feelings

Important recommended reading is:

by James Moncrief

The Rejected Ones – the Feminine Aspect of God

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

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

Library Download – Pascas Papers

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

ENOUGH IS ENOUGH

Andon and Fonta, our first parents to long for our Heavenly Parents, lived nearly 1,000,000 years ago. Naïve humanity was seduced by high spirits, the Lucifer pair, to believe they could be gods through their minds, thus men subjected women to subordinacy 200,000 years ago. Also added to this was the default of the Adamic pair more than 38,000 years ago when they failed in their mission.

REBELLION & DEFAULT 200,000 YEARS

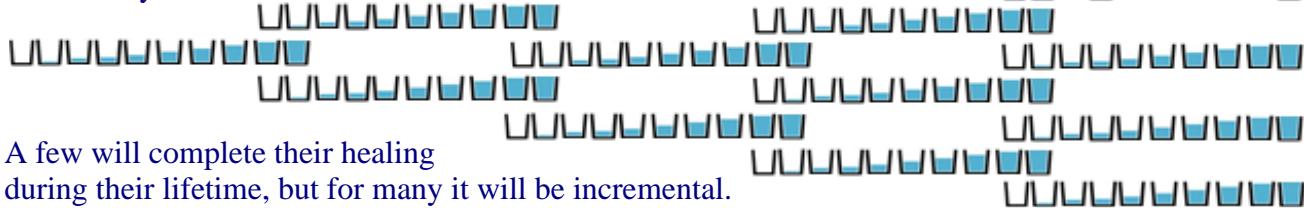
When Jesus with Mary achieved their full Regency of Nebadon, in 26 CE, they immediately had the Lucifer and Satan soulmate pairs assigned to a spirit world prison. Since then, the Creator Pair have been preparing for the ending of the Rebellion and Default for humanity of Earth. The Avonal Pair now on Earth, once commencing their Healing, brought about the imprisonment of the Caligastia and Daligastia pairs in the early 1990s. As the Avonal Pair advanced with their Healing they brought about the formal end of the Rebellion and Default, on 31 January 2018. It is now for all of humanity to embrace the Spirits of Truth of the Avonal Pair and undertake their healing of the imposts of the Rebellion and Default.

Avonal AGE 1,000 YEARS

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



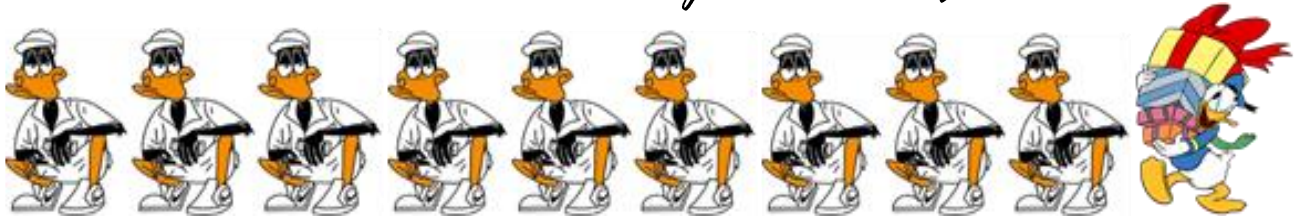
Each generation of 25 years or so will see marginal embracement of Feeling Healing, however in 1,000 years it will achieve universality.



Universality of Feeling Healing with Divine Love will see the mitigation of discomfort, pain and illness as well as the imposts of global warming and Earth changes. These events are to ensure that each of us embrace our feelings, both good and bad, down to the very core, so that we fully come to know who we truly are. Sciences will endeavour to remove pain only to see disease manifest in different forms. Earth disturbances are a result of the Harmonic Convergence of the late 1980s, increasing the rotation of the Earth's central core. This will only abate when humanity has universally embraced Feeling Healing. These influences are only imposed upon us so that we do not step back into the Rebellion and Default through complacency. Live Feelings First so that we become the true personalities we are, that being daughters and sons of our Heavenly Mother and Father.

COMMERCIAL IN CONFIDENCE

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



Tug - of - War

GREAT
V-Turn

COMMERCIAL IN CONFIDENCE

WHY be MIND-CENTRIC rather than FEELINGS FIRST with MIND SUPPORTING?

WHY did the LANONANDEK DAUGHTERS and SONS REBEL?

The Lucifer, Satan, Caligastia and Daligastia soulmate pairs are all high level Lanonandek spirits:

FOR 200,000 years ALL SCRIPTURES and Earth based INSTITUTIONALISED SYSTEMS are the WORK of the REBELLIOUS LANONANDEKS:

The rebellious Lanonandeks from within our local universe are these soulmate pairs:



According to The Urantia Book (TUB) there are various orders of Paradise Descending Daughters and Sons. (NB: TUB only refers to the masculine so doesn't include Daughters.) The Descending Daughters and Sons descend or step down from Paradise to reach out and 'down' to the Ascending mortals – men and women on the evolutionary worlds, who are reaching out and 'up' to Paradise and for such help from the descending spirit pairs. Ascending mortal pairs (soulmates) cannot by themselves ascend to Paradise, because it is not 'encoded' in their soul. So they need higher help and guidance from the descending pairs. So if people don't have this higher help they will never spiritually and physically progress very far. And if this higher help goes haywire, people are stuffed until other higher helpers comes to rescue them.

One such Descending Pair, the Creator Pair, comes out from Paradise to a section of space when it is ready for them – Mary M (Magdalene) and Jesus in our case; and in union with the Divine Minister, create or 'bring into being' a Local Universe – Nebadon. Mary and Jesus then attend to the whole (local) universe, with Avonal Descending Paradise Pairs coming as required to the individual earth worlds to ensure and initiate the spiritual changing of the ages that is needed to advance the spiritual development of mortals in accordance with the Paradise Plan.



Part of the Creation of Nebadon includes the creation of Local Universal Descending Daughters and Sons that hold key positions on individual worlds and oversee larger areas or sections of the Nebadon. The Lanonandeks being these key administrators, guides, overseers, are the ones that ensure the ascending mortals of each world are given what they need in accordance with the unfolding phases of their evolution, as well as providing the necessary Mansion World structures and organisation of the Celestials spheres, the greater part of Nebadon, all so mortals of the evolutionary worlds can find their way up and through the Local Universe so as to set out on their greater spiritual journey through the Super Universe and Central Universe to Paradise. The Lanonandeks make sure all the parts work as they are intended to do, with the Melchizedeks being more involved with the ongoing teaching and personal education of mortals about all things through the Local Universe.

COMMERCIAL IN CONFIDENCE

The Lucifers, Satans, Caligastias and Daligastias are all Lanonandek daughter and son pairs.

The Lucifers were the overseers of this sector – System – of Nebadon that includes Earth – Urantia. The Satans were to help the Lucifers, being the main liaison pair with the Caligastias (The Planetary Prince and Princess) who oversaw Earth directly from spirit, and the Daligastias being physically materialised on Earth so as to oversee and help evolve the local races of Earth on all levels – the practical, physical and spiritual, this being how it was five hundred thousand years ago. And for three hundred thousand years, everything went well.

The whole of Creation thus far is one gigantic Ascending mortal scheme – The Ascension Scheme. So everything in it works to help slowly evolve humanity along the plans designed for them by the Descending Pairs and the Mother and Father, with the idea to evolve, through ongoing self-expression, the people from all the earths up through the Mansion Worlds and into the Celestial spheres and on through and out of Nebadon. So if anything goes wrong in any level of the universe then it causes problems for the mortals who are wanting to ascend.

The Lucifers were outstanding members of their Order. However according to TUB (if I remember correctly), they were passed over when they applied to oversee certain parts of Nebadon – and so why did that happen??? Then finally they got their chance. As to why they rebelled – it is said their egos, their self-importance, grew, and they weren't able to control it. They were seduced by some inner need for greater power – but why did that happen? And is it just like everything else, there is variation in all things and so they went the way of rebelling against Mary and Jesus and the Mother and Father. And not being of a higher Paradise Order, they are more prone to being seduced by their inner biases, whereas supposedly Paradise Descending Daughters and Sons are too perfect, being of Paradise origin, and so wouldn't or even can't rebel. And Avonal Pairs can willingly take on rebellion, but that's their choice and they are not technically rebelling or defaulting, they needing to do this so they can heal themselves of the Wrongness thereby liberating the world of rebellion, and in our (Earth) case, also the default. Which means providing people and spirits in the Mansion Worlds their Spirits of Truth, so everyone in a rebellious state can look to them instead of the Evil Ones, the rebellious Lanonandeks, for the way out of rebellion and onto Paradise.

The Evil Ones took over their part of Nebadon, Mary and Jesus allowed them to, allowing the Rebellion and subsequent Default on Earth to run its course. However it continues to cause masses of disruptions to the natural way of things, all of which we've been and continue to be subjected to.



So because humanity for two hundred thousand years has been increasingly subjected to the Rebellion and then also the Default of Eve and Adam, we are well and truly entrenched in the unconscious belief that the Evil Ones are the Gods, and that we're to look to them for the way to be happy and feel loved – that they are the Living Truth. And yet, as we can all see from our own lives when we start to address our bad feelings, this is wrong, false and misleading, only making us feel even more unhappy, unloved and powerless in our negative truth-denying state and being unable to do anything about it – because ascending mortals are not able to go against the higher Daughters and Sons. So without humanity knowing it, we have been praying to the Evil Ones as if they are God, even with people who pray to Jesus, praying to a mind-created fantasy Jesus and not the real one, as can be seen by the Evil Ones strategically denying humanity the truth of the Divine Love, with our need to long for it being excluded from the Bible and not found in any other rebellion-created religion.

Mary and Jesus being the highest Paradise Pair, by their coming to Earth, terminated the System Rebellion of the Lucifers and Satans. So that level of evil influence on all the rebellious physical worlds ended two thousand years ago. And then it's required for each world to be attended to by a bestowal Avonal Pair, who take on the evilness of that world and heal it within themselves, thereby ending the control in our case of the Caligastias and Daligastias, which has now apparently happened, with the Avonal Pair only to finish their Healing so as to signal the complete technical end of the Rebellion and Default.

So their – the Avonal pair – Healing involves dealing with the Rebellion and Default within themselves on all levels, so people and the mind Mansion World spirits can then choose to follow them and do their Healing. So by following the Avonal Pair you are going against the Evil Ones (currently it being their legacy within you and on the world), looking to end their negative, unloving and untrue influences within yourself. And once done, you become a Celestial, either on Earth or in the Celestial spheres, and free to align yourself with Mary and Jesus, which is done by partaking of the Divine Love, and free to live your ascension to Paradise – free to become at-one with your Mother and Father.

We're all living the demented levels of the demented minds of the four Lanonandek pairs that rebelled. And as we do our Healing, so we come to see how fucked they are, as we see how fucked we are; how they passed that fuckedness onto us through our parents, how we've become so tangled up in our Wrongness, not knowing what is true – we live untruth believing it's true – we feel false love believing it's true love. We're all around the wrong way, deeply mixed up, and needing to do our Spiritual Healing to get ourselves out of our sinful and evil ways, so as to come back into alignment with the Truth. So all that we are has to go, and we're to uncover a whole New Way on all levels, personally and how to live, as we liberate ourselves from our dementedness.

With the Evil Lanonandeks no longer at large, having been detained on a prison world awaiting judgement as to what will happen to them, so the Melchizedeks stepped in taking over their positions. I don't know why other Lanonandeks weren't appointed, however I guess it's because of the damage done by the Rebellion. We who are here and part of it have to deal with it ourselves, so no outsiders other than Mary and Jesus and the Avonal Pair being from Paradise that can override that limitation.

And the Melchizedeks have enlisted the Celestial spirits' help. So together, they now in effect play the roles of the Lanonandeks. And as the Avonals progressively heal themselves, thereby liberating humanity from the dictates of the Rebellion and Default, so the Celestials are being given increasing power and authority to do what the Lanonandeks would have done. So the Rebellion, on a positive note is providing the Celestial spirits with unique opportunities as part of their ascension, as we hear from Helen and Nanna Beth – both 3rd Celestial Heaven spirits. And I would imagine, people who finish their Healing and become Celestials on Earth, will also in some way be given extraordinary opportunities as well, all of which will involve some level of healing the world and doing what the Lanonandeks and Eve and Adam should have done. Even to the point of Celestials on Earth who have children, will in some way be like the new 'Eves and Adams' populating the world with perfect and true children, all who are completely free of the Rebellion and Default.

And what happens to the Evil Ones? I imagine they will have to undergo a long period of Compensation experiencing the pain they caused all the people and angels who were under their care. And after that, if they are not extinguished outright, possibly they might be rehabilitated to some degree; however as TUB suggests, without ever receiving the power they once had. However, as all works out for the best and ultimately is all-loving, it will be fascinating to see through our own lives how all the pain we've been made to suffer ends up helping us and being the best thing for us.

And one last thing to note, had there been no Rebellion or Default, then on Earth we'd still have the Daligastias and Eve and Adam helping people grow and evolve on all levels. Still being the higher Daughters and Sons that we can look to knowing that we're not alone, that we are being looked after and loved and that a greater life of ascension awaits us. And we would by now know of the Caligastias and all the help they would be providing on the higher spiritual levels, as well as the help they would be giving mortal spirits in the Mansion Worlds. And we would know of the Satans and Lucifers and all the help they were providing on the System level. And we've understood that in a way these higher Daughters and Sons are like mini gods to us, yet not our Heavenly Mother and Father. And they would be pointing us toward Mary and Jesus helping us understand that they are the Creator Pair. And here we live in their universe of Nebadon, and that all they are doing for and with us is to help us evolve and grow on all levels as we look to our feelings for our truth we are to live as we express the personalities from our souls on our way through Nebadon and onto Paradise. It all being a perfectly unified and loving experience for us. We being able to see the higher Daughter and Son as in the Daligastias and the Material Pair, Eve and Adam, who'd be for us the perfect humans that we could strive to be like. So we would want to be perfect in our humanness like Eve and Adam, and perfect in our spiritualness like the Daligastias. With both pairs showing us that we can be both perfect on the material and physical level, as we can be on the spiritual level. Which is completely the opposite of how we've been made to live, because all of that perfection has been denied us, with our being so screwed up about how we are to live both materially – physically and spiritually – we having no idea about either, and with them working fully in opposition to each other. And with our longing for and wanting the Truth, the truth of how we're to live physically and spiritually, all of which is to come (and ONLY come) through each of us individually and as a consequence of properly attending to and expressing ALL we feel.



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

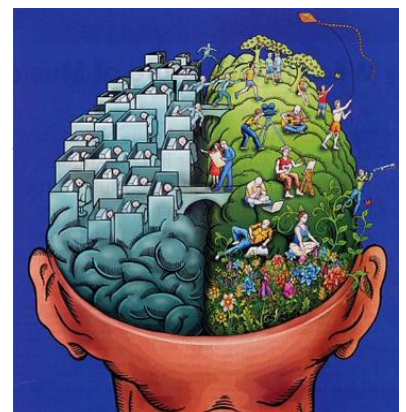


Here is the crux of our issues, and each and every one of us is incredibly different from anyone else. Further, our parents and early childhood carers have been equally different from each other thus we are all at differing points of wrongness – Rebellion and Default we experience is again very unique to any others.

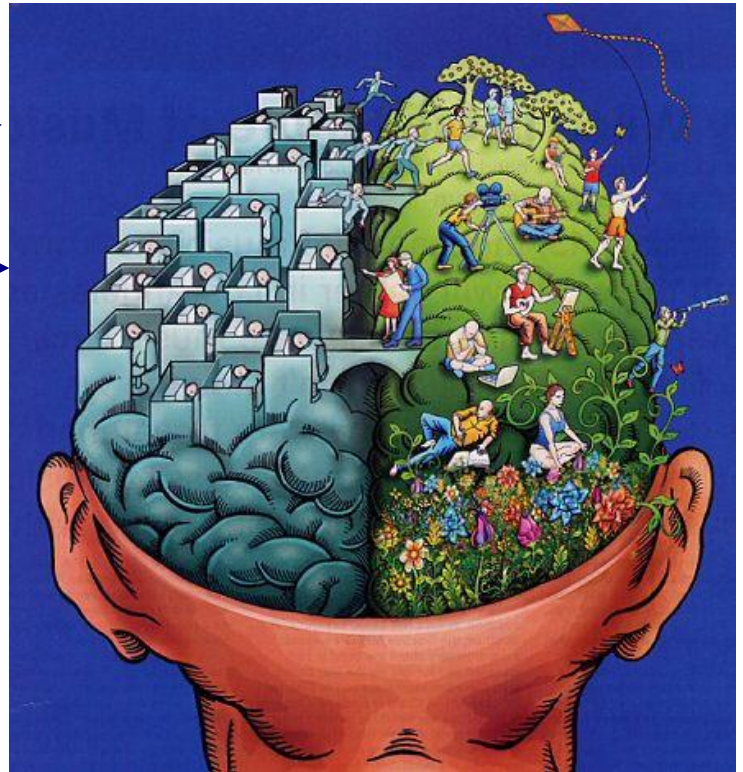
Should we totally shut off from our feelings then the extremeness of evilness will be the result as our mind does not have the balance required for us to live a loving life. Our Rebellion and Default endeavours to close us off from our truth and loving soul.

Personalities, higher than the rebelling Lanonandeks, have now shown us the way to heal ourselves of our personal Rebellion and Default, having healed themselves of the extremes which they personally had taken on.

OUR PERSONALITY
Our Mind Side Our Feelings Side

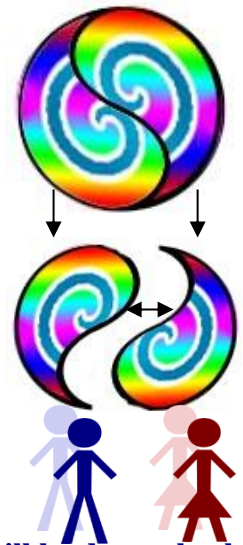


Personality



SOUL PERSONALITY – SOUL PARTNERS

Each soul, ever created, is unique. Just as each snowflake is unique. Every soul is unique from every other soul ever created. By referring to your soul, we are referring to your soul prior to its manifestation of two personalities. Each soul expresses two absolutely unique personalities. Your soul then individualises / incarnates two separate spiritual and physical bodies, one half into a male body and the other half into a female body, thus the personality is further distinguished by its male or female aspects. Your soul half, has a personality separate and distinct from every other soul. Your personality is bestowed complete by our Father and Mother. The soul expresses its two personalities into Creation. Your personality traverses your physical body, your spirit body, and your soul. At the time of death of the physical body, your personality continues on existing in through your spirit body and soul.



No matter where and when our two soul halves, soul partners incarnate, they will be drawn back together again as they grow in love.

The individuality of each soul half is never lost as they grow in love and return together.



The real you is your soul, which remains connected through cords of light to your spirit body.



All a child needs is its parent's love.



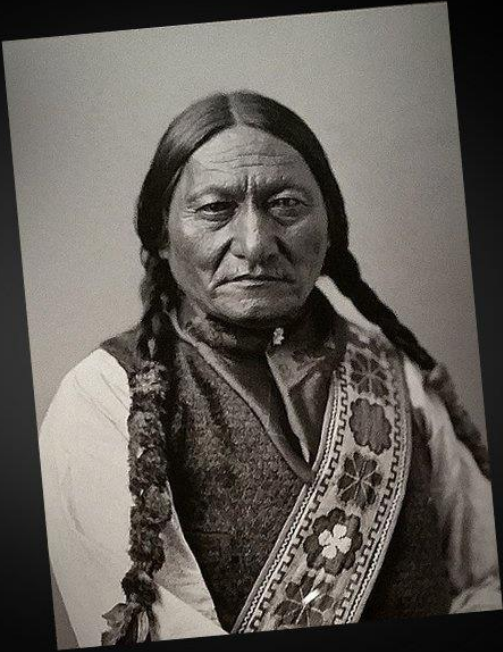
COMMERCIAL IN CONFIDENCE



Correlation of Levels of Consciousness and Societal Problems

Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate "Life is OK"	Rate of Criminality
600+	0%	0.0%	100%	0.0%
500-600	0%	0.0%	98%	0.5%
400-500	2%	0.5%	70%	2.0%
300-400	7%	1.0%	50%	5.0%
200-300	8%	1.5%	40%	9.0%
100-200	50%	22.0%	15%	50.0%
50-100	75%	40.0%	2%	91.0%
<50	97%	65.0%	0%	98.0%

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Inside of me there are two dogs.
One is mean and evil and the other
is good and they fight each other
all the time. When asked
which one **wins** I answer,
the one I feed the most.

– Sitting Bull

AZ QUOTES

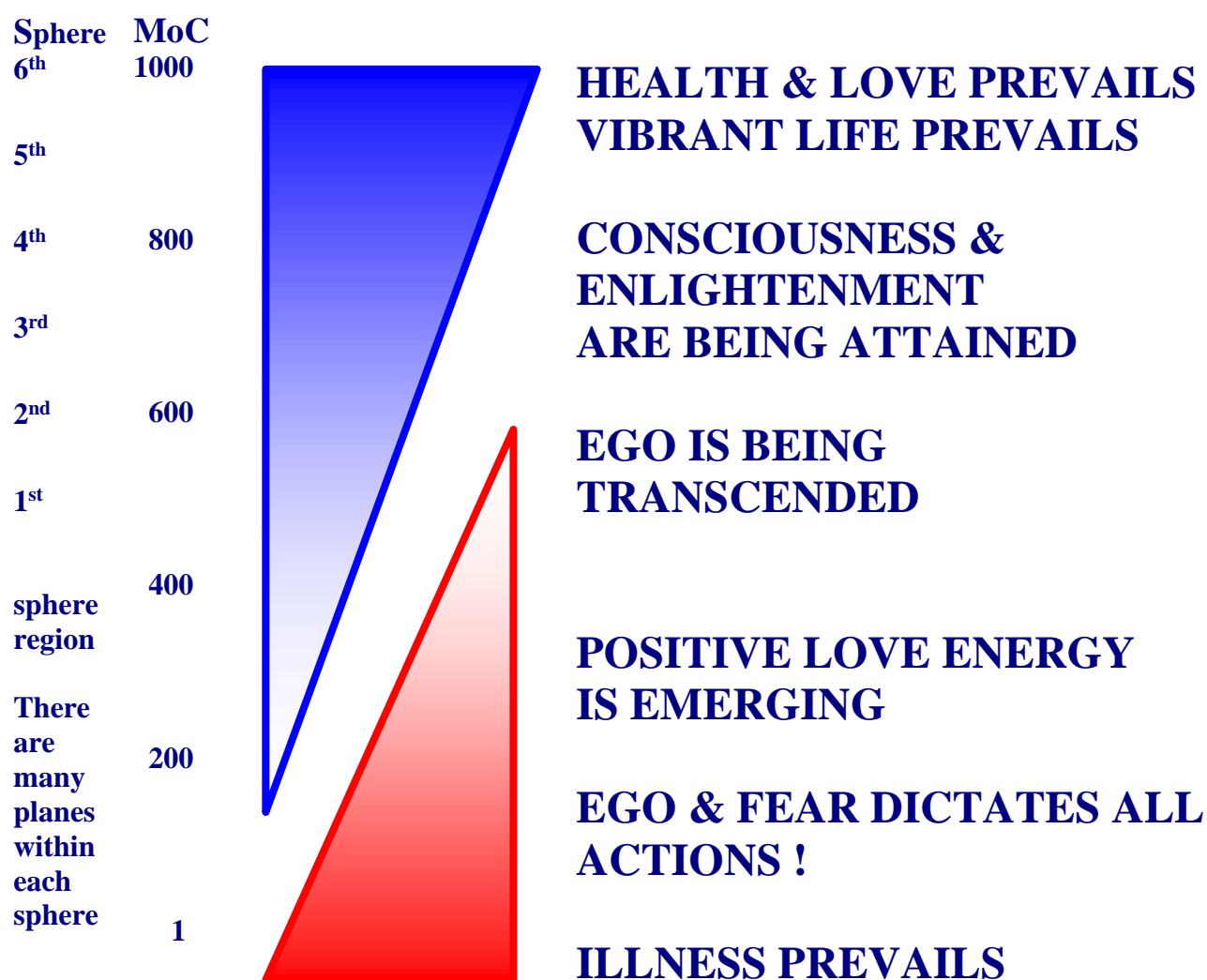


Collin Rodefer

COMMERCIAL IN CONFIDENCE

“All dis-ease is mind generated, and all healing is generated by the love energy of one’s soul.”

The Ego (mind based) manifests illness; the lower one’s level of consciousness (soul condition) then the more prevalent will be illness. Below the levels of 200, the ego and fear of the mind dominate; however, as you raise your level of consciousness by growing in love and achieve a level of 500 or higher, you begin to transcend ego dominance. At the level of 600, all healing is possible.



NATURAL LOVE FLOW**DIVINE LOVE FLOW****Mind Centric****Internal to Self***You can move back and forwards between ways of life:***Subjective Environment****Without a Focus****Release of Thoughts****Stimuli Fades Away****Blank out to Nothing****Consciousness Expands****The Mind Flows****You Know More – self centred****Connect with a Source of Wisdom Greater than Self however limited to natural love****Gain Information****Unify in Consciousness – Earth plane****A State of Mind****The Development of Love from Within****Yourself****Belief: I am God****Intellectual Development, Growth of a Super Mind – Mind Dominance****Self Reliant (Trust of Self) Making it Happen****Self-determination way of life****Adult Like – Control over Everything****Control****Millions of Paths (man created)****Kingdom of Man – Limited Progression****Peak possibility is 6th Mansion World – Moral****Development****Time to complete path, which is a dead end:****100 years to over 1,000 years****Now you have to turn around and start your Feeling Healing!****Living Feelings First****External to Self****External to Self****More in Focus****Release of Goals or Vested Interests****Stimuli Increases in Clarity****Perk up to New Possibilities****Experiences Expands****The Life Flows****You Do More – for others****Connect with as Source of Guidance Beyond self and embracing Divine Love****Gain Harmony and an Orderly Rhythm to Life Experiences****Unify with the World at Large – Universal****A State of Being****Love comes from God – Longing for God's****Love to Enter Me****Belief: I am God's son / daughter / child****Emotional Intelligence, Growth emotional in Love – Soul Dominance****God Reliance (Relationship with God)****Powerful Creation from Desires****Soul-Spirit living harmony****Child Like – Freedom & Spontaneity –****Authentic Emotional Expression****Feeling****Defined Path (God Created)****Kingdom of God – Infinite Progression****Peak possibility is infinite – atonement 8th****sphere – being 1st Celestial Heaven****Upon entering Celestial spheres and much higher!****Time to enter Celestial Realms & atonement: in as little as 5 to 10 years!****Now you are a Celestial and starting your progression to Paradise.**

	NATURAL LOVE Path	DIVINE LOVE Path	
	the development of LOVE from within YOURSELF		LOVE comes from GOD longing for Gods love to enter me
	BELIEF: I am God		BELIEF: I am a Child of God
	Intellectual Development Growth of a Super MIND MIND DOMINANCE		Emotional Intelligence Growth emotionally in LOVE SOUL DOMINANCE
	Self Reliance (Trust of Self) Making it happen		God Reliance (Relationship with God) Powerful creation from Desire
	ADULT-LIKE CONTROL OVER EVERYTHING		CHILD-LIKE FREEDOM & SPONTANEITY Authentic emotional expression
	KINGDOM OF MAN LIMITED PROGRESSION Peak possibility 6th sphere MORAL DEVELOPMENT		KINGDOM OF GOD INFINITE PROGRESSION Transformation from Human to the Divine The Experience of New Birth LESSONS IN LOVE AT ONE MENT emotionally real
	Lateral experience of the Universe		Connectedness through Truth
	MILLIONS OF PATHS of PERSONAL TRUTH		ONE PATH TO GOD THE WAY OF THE HEART CHRIST CONSCIOUSNESS
	REMAIN IN FALSE BELIEFS MAKING DETAILED PLANS JUSTIFICATION		GIVE UP ALL MY ERRORS LONGING FOR GODS TRUTH TO ENTER HUMILITY
	no soulmate union		soulmate union

HEALTH with or without the LOVE:

Feeling Healing, with Divine Love, has a powerful positive effect on the physical body, balancing the hormones and generally promoting physical health, which is really the same thing as saying that the state of a mortal's soul impacts directly on that mortal's physical health.

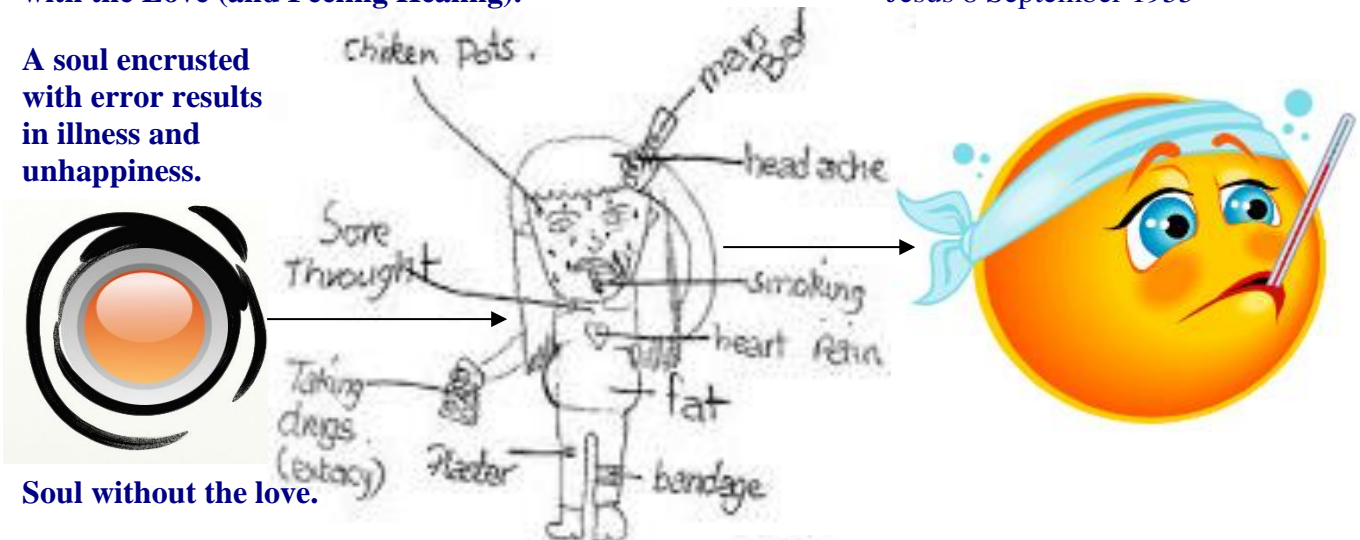
The Master, because he experienced the New Birth soul condition as a mortal, his physical nature was directly affected, so it would be accurate to say that because of this, his nutritional needs were somewhat different from other mortals.

Throughout his ministry (when the New Birth soul condition was his), he was actually in perfect physical health, and this was apparent through a sense of well-being that actually manifested on a physical level as well as a spiritual one. Aman (first man) 24 January 2007

The influence of sinful emotions and thoughts and actions upon the soul is such that the spiritual emotions and aspirations of man becomes dormant, and as though not existing, and the soul itself is encrusted with evil.

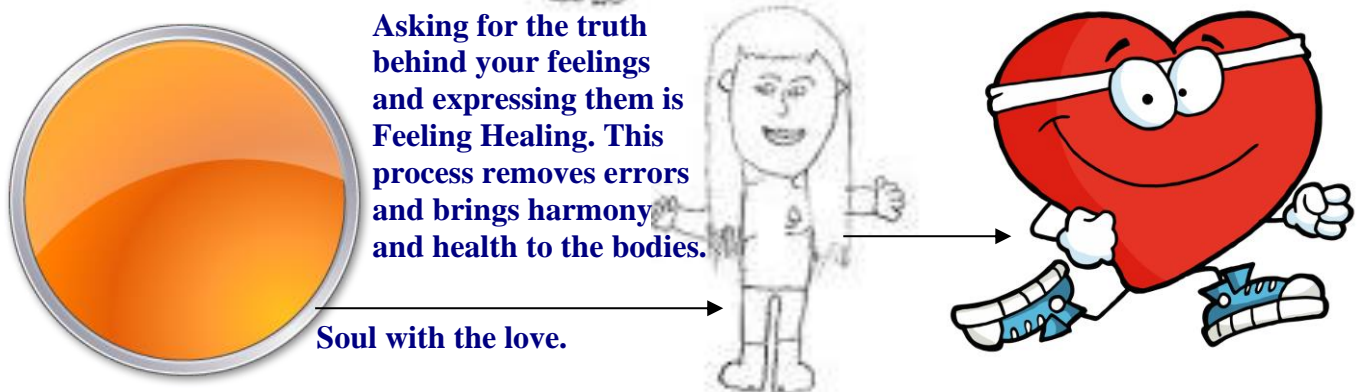
Through prayer, thoughts and soul longings, the spiritual nature in man can be developed so as to dominate the personality, and he will act in accord with the feelings and emotions of his soul. The evolution of man from the natural being to the purified soul and, if he so desires it, to the state of the divine angel **is possible with the Love (and Feeling Healing).** Jesus 8 September 1955

A soul encrusted with error results in illness and unhappiness.



Soul without the love.

Asking for the truth behind your feelings and expressing them is Feeling Healing. This process removes errors and brings harmony and health to the bodies.



Soul with the love.

UNLOVING PERSONALITY

Soul encrusted with negative and damaging emotions and beliefs held by the mind in the spirit body. Soul is starved of love and the darkness impedes the flow of love which darkens the spirit body and damages the physical body for all to see.

LOVING PERSONALITY

Spirit body mind is clear of negative emotions and beliefs. The flow of love from the soul illuminates the spirit body and brings beautiful harmony and health to the physical body for all to see.



HARMONY within the SOUL = HARMONY within the PHYSICAL BODY:

Emotional injuries, erroneous beliefs, harmful intentions are all damages encrusted upon one's soul. Such injuries are to the spirit body impairing the flow of loving energies of one's soul.

Such mind-made errors degrade the pristine soul by retarding the soul-light flowing to our body and having impaired light being returned, and such damages impact upon one's spirit body which in turn emerge as discomforts, then pains, then as illnesses within the physical body.

Medical assistance and treatment may alleviate the illness / pain however the cause remains.

Until we endeavour to remove the errors and injuries, the propensity for the illness remains.

Firstly, consider discovering the truth of your emotional pain through Feeling Healing.

Secondly, consider longing for our Heavenly Parents' Love as you progress with your healing.

Primary and most important readings are the writings of James Moncrief. Then consider the Padgett Messages, and then The Urantia Book.

Natural Love Flow

Mind Centric

Natural love is Creation's love;

One can swap back and forwards between paths

I am God

Intellectual

Self reliant (trust myself)

Self-determination way of life

Mind dominates

Thinking = Mechanistic

rational

analysis

reductionist

linear

Values = Mechanistic

expansion

competition

quantity

domination

Adult like

Control

Millions of paths (man created)

Peak possibility is 6th sphere

time to complete path:

100 years to over 1,000 years

Feelings First with Divine Love Flow

Feelings First with mind in support

Divine Love is Soul's love.

One can swap back and forwards between paths

I am God's son/daughter/child

Emotional

God reliant (God relationship)

Soul-spirit living harmony

Soul dominates

Thinking = Holistic

intuitive

synthesis

integrative

non-linear

Values = Holistic

conservation

co-operation

quality

partnership

Child like

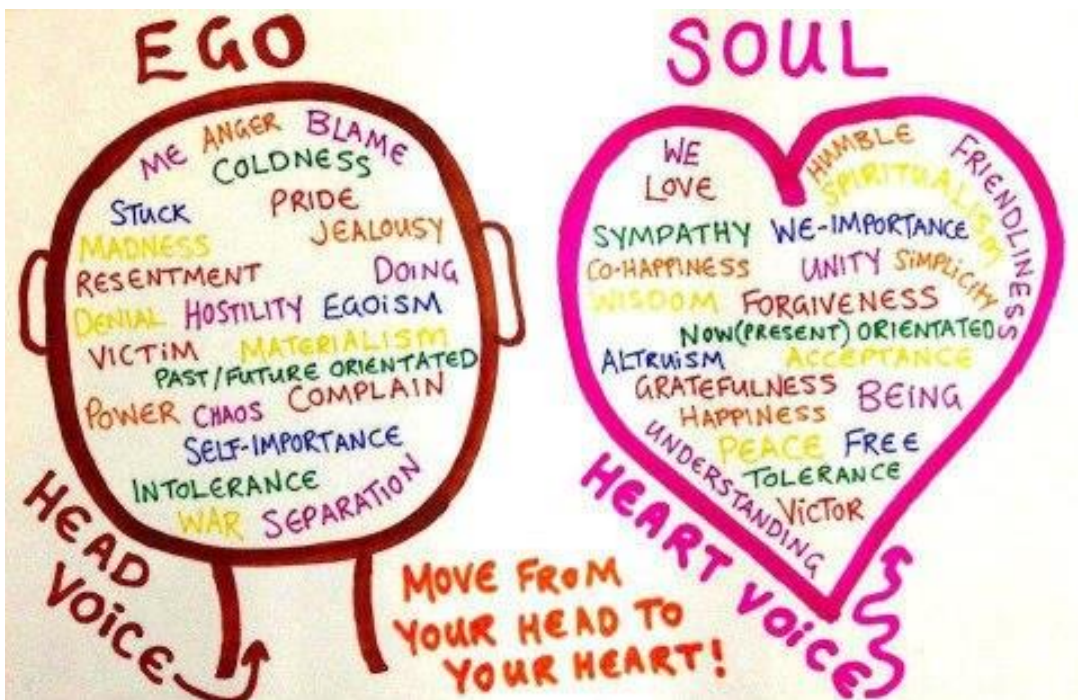
Feeling

Defined path (God created)

Peak possibility is infinity

(sphere / mansion world are same)

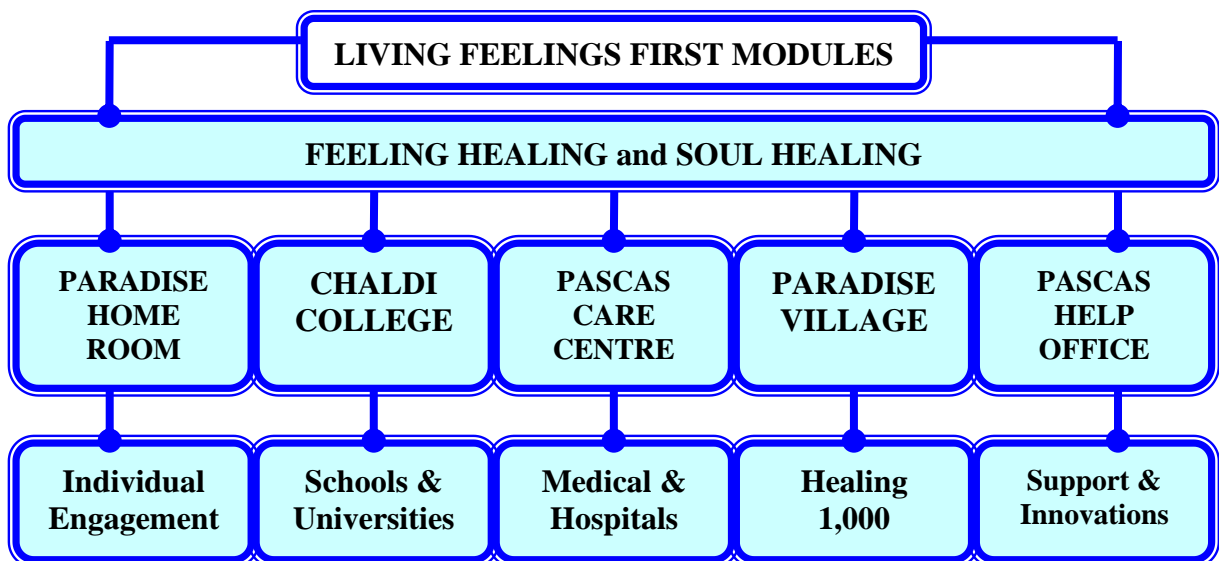
5 years to over 10 years to at-onement



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

Carib-bean MoC	No. of Countries	Average MoC	Average Life Expectancy	Human Development Index	Happiness Index	Education Index	Per Capita Income 2021 PPP
280	1	280	71.3	0.718	5.3	.650	US\$12,900

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



COMMERCIAL IN CONFIDENCE



Privatisation Trends in Education in the Caribbean

<https://www.ei-ie.org/en/item/26265:privatisation-trends-in-education-in-the-caribbean>

9 February 2022

Privatisation has been a focus of education research for many years, particularly in western liberal democracies. However, the phenomenon is relatively under-researched within the Caribbean region. This matters.

Increasing privatisation in places like Ghana, Liberia, Morocco, Honduras and India, reveal that this incomplete mapping of the Global South is often interplayed with other structural and/or historical features, such as colonialism and poverty. This is in addition to more widely experienced societal harms caused by privatisation in education as was the case with “leaseback” agreements or public-private partnerships (PPP) in Canada, Belgium and with the voucher system in Chile.

Thus, the need to explore privatisation in the Caribbean is pressing.

In our research, we targeted ten Caribbean nations to investigate the extent, intensity and impact of privatisation practices across the region through mapping trends, key actors and institutional influences. The nations targeted were: Antigua and Barbuda; Barbados; Belize; Grenada; Guyana; Jamaica; St Kitts and Nevis; Saint Lucia; Saint Vincent and the Grenadines; and Trinidad and Tobago. We also sought to understand the role of public policy in relation to privatisation trends and that of supra-national organisations, such as CARICOM and the IMF. We focused on three types of education privatisation: (1) exogenous privatisation, or direct private-sector involvement in the provision of educational products and services; (2) endogenous privatisation, where the methods, goals, language, and dispositions of the private sector become adopted by public-sector actors and (3) the privatisation of the state itself and its policymaking functions and apparatus. Our multiple-methods case study consisted of three strands: documentary analysis, interviews and questionnaires. Participants included teachers, school leaders, parents, teacher union representatives and representatives of supra-national organisations. The results of this research can be summarised into five key findings:

1) A residual commitment to public education

Evidence from many sources positions education as a public good that the state ought to provide. These sources include national education acts, such as Antigua and Barbuda’s of 2008; interview accounts from teacher union representatives; and, indirectly, from questionnaire data. For instance, when parents stated that a lack of teacher qualifications or subject expertise is affecting their child’s education, they are contributing to a case for public education. When teachers raised the issue of the ‘continued stratification of students’, they are doing the same. However, this residual attitude is insufficient to halt the spread or intensification of privatisation trends.

2) Privatisation is the ‘default’ route to improvement

We found extensive evidence of privatisation in education in our study, demonstrably overcoming any legacy commitment to public education. For instance, the inadequate public funding of education and a desire for the improvement (framed as ‘modernisation’) of public education encouraged many participants to value privatisation. This belief is reinforced through policies across the region: discursively available options for system-wide improvements in the Caribbean, as internationally, draw largely on a privatisation template. This ‘default’ suite of strategies is often embraced by participants in educational as well as regional leadership roles. As such, modernisation has become collocated through discourse with privatisation. This is not surprising: the same phenomenon has occurred in other countries. The financial incentives that private-sector entities, especially supra-national organisations, can bring to public education is alluring as are the business-like methods of endogenous privatisation, which are promoted as integral and unproblematic features of a “modernised” education.

Sometimes, the ‘problem’ with education was even framed as privatisation not being ‘done properly’. The answer for these respondents, is more, or more effectively realised privatisation. For example, one teacher in Barbados complained in the questionnaire that performance management is only done every three years and called for a system of bonuses to incentivise performance.

3) Major corporate actors not evident

We asked all our participants to identify the key actors in privatisation; no major corporation or international actor was ever mentioned. Therefore, our research did not uncover the wide-spread predatory practices by large, private-sector actors and organisations which have been reported elsewhere in the world. It seems that in the Caribbean, at least for now, the private-sector provision of funds, goods or services can, for the most part, be described as small-scale, ‘goodwill’, religiously motivated or community-level. For instance, in their survey, the most commonly suggested advocates for privatisation were parents with means. It is also possible that any self-serving intentions of private actors, be they international edu-businesses or lesser-known philanthropists, remain under the radar. Nonetheless, concerns over the motives of private-sector actors’ involvement in public education are beginning to increase in at least one nation, Trinidad and Tobago, where a teachers’ union representative reported on their disapproval of, for instance, the Ministry of Education’s increasing use of a named private edu-business for the provision of educational services.

4) Selection drives privatisation

Another key condition and driver of education privatisation is the existence of quasi-markets within education systems, where competition related to the highly common practice of selection to secondary-level schooling results in a favouring of private education over public education. League tables and top-performers’ lists then serve as market information for parents. These beg the questions: What can such a situation mean for public schools, especially those in rural areas? What can such a situation mean for those families who are unable to afford it? It appears that high-quality education is becoming commodified, thus limiting equal access and equity and violating one of the fundamental rights of children. Yet competing tensions within education landscapes, such as educators’ pay and working conditions, appear to be the primary focus of attention of teacher trade unions, who can be an important bulwark against privatisation.

5) Inconsistent understanding of privatisation

Also hampering unions' efforts to combat privatisation is a widespread confusion about what privatisation means, what its features are and what conceptual architecture, including language, is often used to build and articulate arguments for it. We found that participants who might be expected to push back against privatisation were sometimes accepting a conceptual and linguistic framing of the discussion that is favoured by its protagonists. Words do political and ideological work, and so unproblematically accepting framings of education that foreground 'modernisation', 'agility' or 'flexibility' cede ground before the debate has even begun.

Through policy texts, the Caribbean nation states we investigated appear to be variously committed to privatisation as a key mechanism to modernise public education provision and improve outcomes. Selection at the end of primary in many Caribbean nations establishes and reinforces the notion of schooling as fundamentally competitive. These, coupled with inadequate state provision of public education, make for ideal conditions for the promotion and eventual adoption of education privatisation. While participants sometimes see benefits to such privatisation, many are concerned about its implications for equity and the notion of education as a common good.

Our study provides grounds for our recommendations that policymakers first fund education to remove additional, often prohibitive costs for parents of their child(ren) attending school. These include for textbooks and extra-curricular activities. Second, policymakers should tax profits from private-sector involvement in education to fund work towards achieving goals in education-sector plans and/or UN Sustainable Development Goals for education. We recommend that researchers explore more fully who the key actors are of education privatisation in the Caribbean and that teachers' unions increase awareness of all forms of education privatisation, including the way the way in which it frames the debate through the widespread and unquestioned adoption of corporatised understandings of key terms—it is hard to argue against privatisation whilst accepting the meaning imposed upon key terms by its protagonists.



COMMERCIAL IN CONFIDENCE

CARIBBEAN PASCAS UNIVERSITY



NORTHERN CARIBBEAN UNIVERSITY

TAFE



Technical And Further Education Craft Creations Family Shed

x^2 Year 10

Δ Year 11

\sqrt{y} Year 12

\leq Year 7

$\text{\textcircled{p}}$ Year 8

\approx Year 9

∞ Year 4

$\%$ Year 5

$\text{\textcircled{a}}$ Year 6

$\text{\textcircled{d}}$ Year 1

$\text{\textcircled{v}}$ Year 2

\pm Year 3



KINDERGARTEN PRESCHOOL



Chaldi Child Care Centre & Kindergarten

WELCOME!



SAFE SANCTUARIES



COMMERCIAL IN CONFIDENCE

The Learning Pyramid:



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

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



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

WITHIN EVERY MEETING HOUSE, FREE AND OPEN DISCUSSION FLOWS THROUGH A 'FISH BOWL' STRIVING TOWARDS 'NATURAL SELF EXPRESSION'!



CRAFT CREATIONS
 Shop front – retail and ordering facility. The administration and support for the complete Craft Creations Centre.

PASCAS CAFÉ
 Being part of Craft Creations, it is a catering, nutrition cooking facility that functions also as a Pascas Café. Food and nutrition are the premiers of all crafts.

HOME CRAFTS
CRAFT CREATIONS is generally focused towards skills embraced by women in their practical attention to the needs of the family. That said, there are no boundaries. At all times, the opportunity to introduce and enable children of all ages to become proficient is supported. Those within the community are to be supported in their sharing of their unique skills with others.

STRUCTURAL CRAFTS
CRAFT CREATIONS embraces word working, metallurgy and mechanical repairs. This could be said to be the domain of a Men’s Shed, however, the whole family is welcome. These specialised skills need to be shared as much as every other craft.

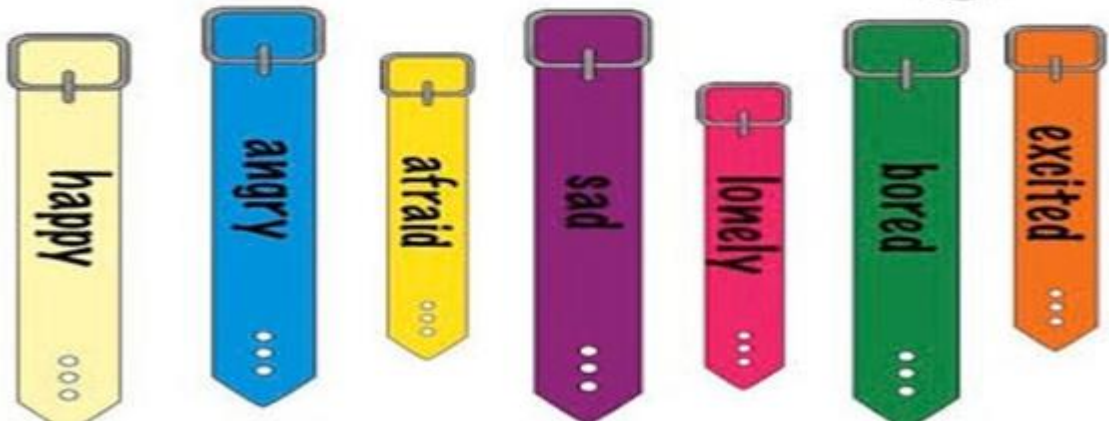
CRAFT CREATIONS is to enable anyone to be autonomous and self-sufficient in their endeavours.

MEETING HOUSE
 Discussion pods for around 12 people as meetup rooms.

FAMILY SHELTER
 Modules of 10. Studio rooms to accommodate a parent and two children, or thereabouts.

FEELINGS
must be
FELT

Express Your Feelings

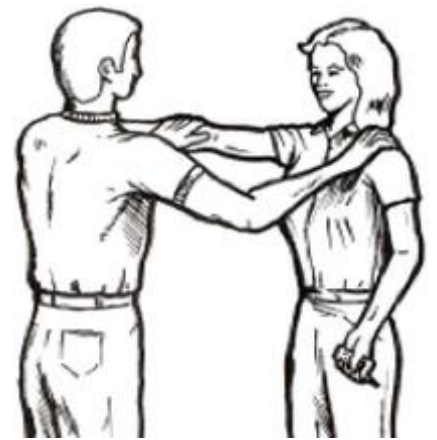


**BE FEELINGS
EXPRESSIVE!**

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

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

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



Kinesiology Muscle Testing for the level of truth

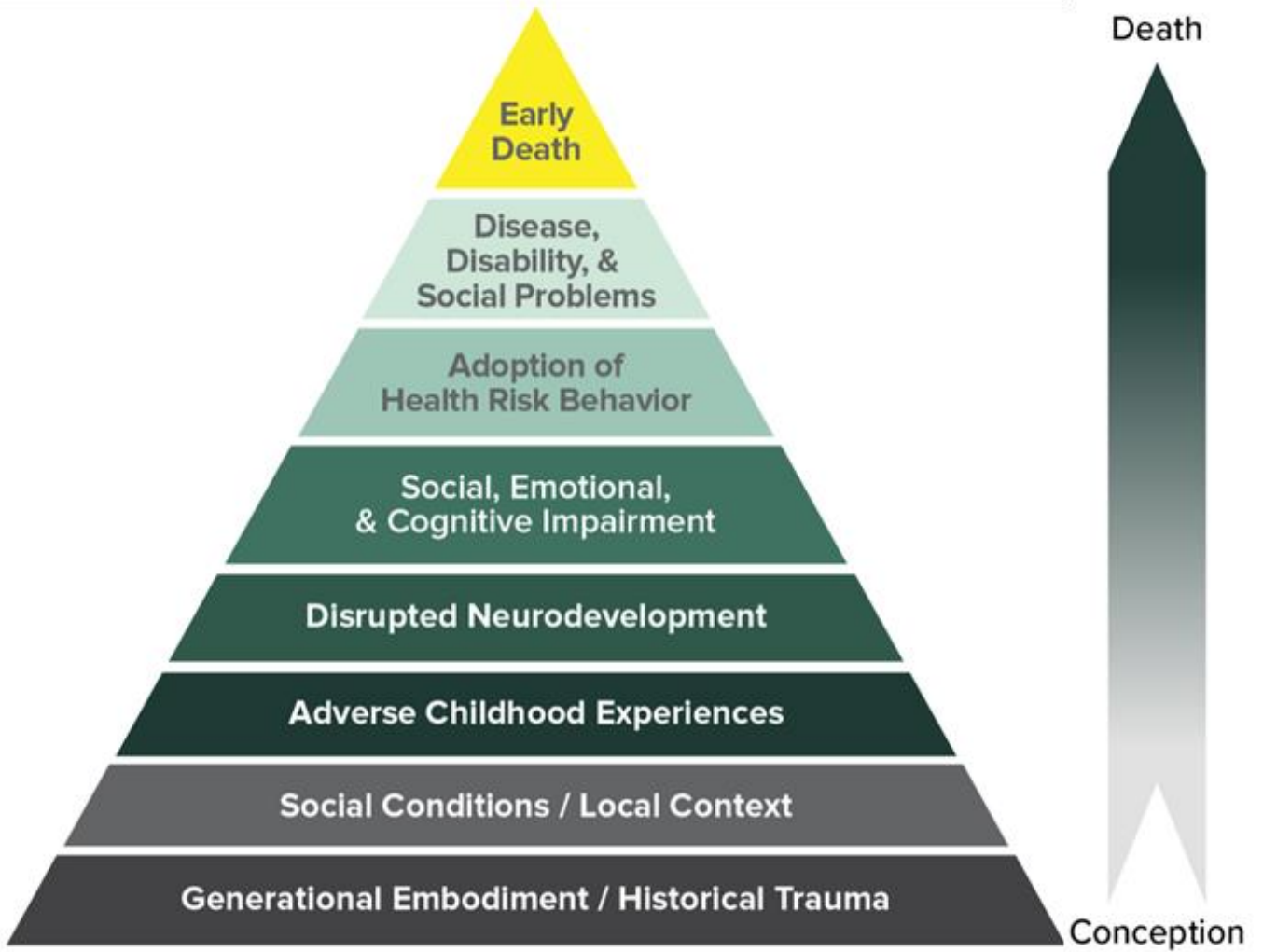


our MIND is a CONTROL ADDICT!
our MIND is addicted to UNTRUTH!
our MIND cannot discern TRUTH!
our FEELINGS are our TRUTH!
FEELINGS FIRST, mind to follow!

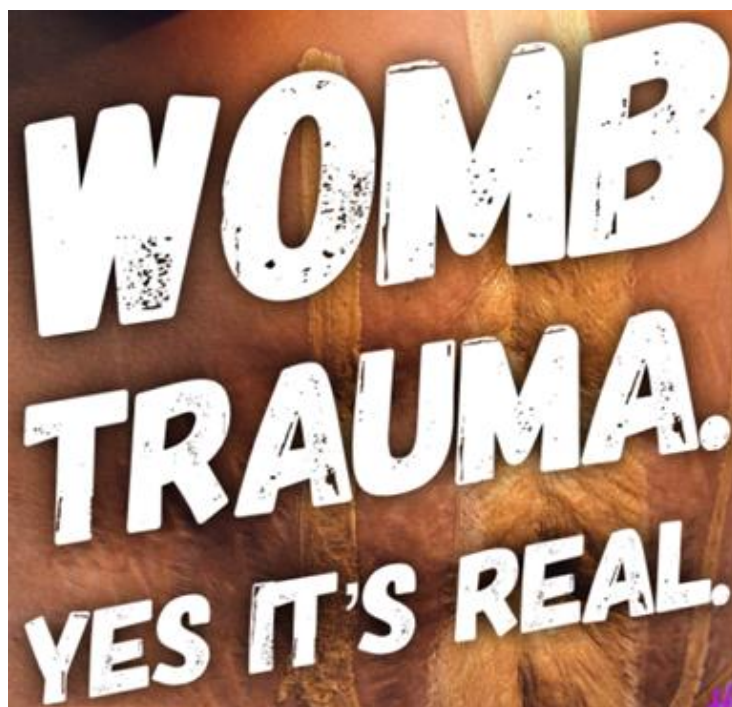
<http://www.pascashealth.com/index.php/library.html>

Library Download – Pascas Papers

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



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



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



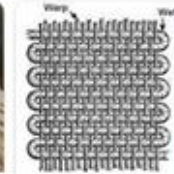
Quilting



Wood carving



Pyrography



Weaving



Upcycling



Photography



Calligraphy



Woodworking



Gardening



Watercolor painting



Toy



Quilling



Sewing



Knitting



Painting



Embroidery



Crochet



Handicraft



Drawing



Book Binding



Glassblowing



Brewing



Pottery



Scrapbooking



Origami



Cross-stitch



Floral design



Macramé



Pressed flower craft



Decoupage



Whittling



Leather crafting



Digital art



Needlepoint



Knife making



Tatting



Carpenter



Doodle



Digital photography



Beadwork

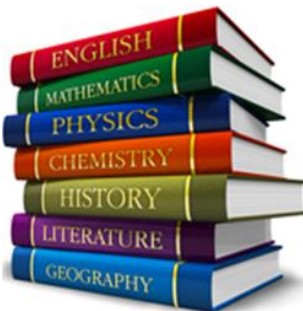
CHALDI COLLEGE

Primary thru to High

"Feelings First"



Children Tutoring Each Other!







































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Pascas Care Hospital



Pascas Care Medical Clinic

Medical Specialties

- | | | | | | |
|--|---|--|---|--|---|
| 
Geriatrics | 
Obstetrics | 
Postnatal Care | 
pregnancy | 
Cardiology | 
Fetus |
| 
Rhinology | 
Pulmonology | 
Dental Care | 
Facial Plastic Surgery | 
Gynecology | 
Dermatology |
| 
Otology | 
Gastroenterology | 
Hepatology | 
Psychiatry | 
Plastic Surgery | 
Symptom Checker |
| 
Human Brain | 
Pelvic Bone | 
Neurosurgery | 
Chiropractic | 
Hematology | 
Osteology |
| 
Breast Augmentation | 
Breast Reduction | 
Optometry | 
Naturopathy | 
Newborn | 
Herbal Medicine |
| 
Ear examination | 
Eye Specialties | 
Dermatology | 
Neurology | 
Orthopedics | 
Pulmonology |

Pascas Care MEDICAL CENTRE



PASCAS HEALTH SANCTUARY:

ALLOPATHY PROFESSIONAL MEDICAL TEAMS - OVERVIEW

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

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

NEUROSURGERY:

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



EARS, NOSE & THROAT - ENT:

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

UROLOGY:

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

ORTHOPAEDIC:

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

TRAUMA SURGERY:

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

GYNAECOLOGY:

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

IN-VITRO FERTILISATION - IVF:

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

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

GENERAL SURGERY:

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

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

OPHTHALMIC SURGERY:

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

DENTAL and FACIOMAXILLARY SURGEONS:

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

PLASTIC and RECONSTRUCTIVE SURGERY:

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

CARDIO THORACIC:

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

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

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

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



ONCOLOGY - CANCER:

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

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

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

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

CARDIOLOGY:

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

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



RADIOTHERAPY UNIT:

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

DIRECTOR of MEDICAL SERVICES:

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

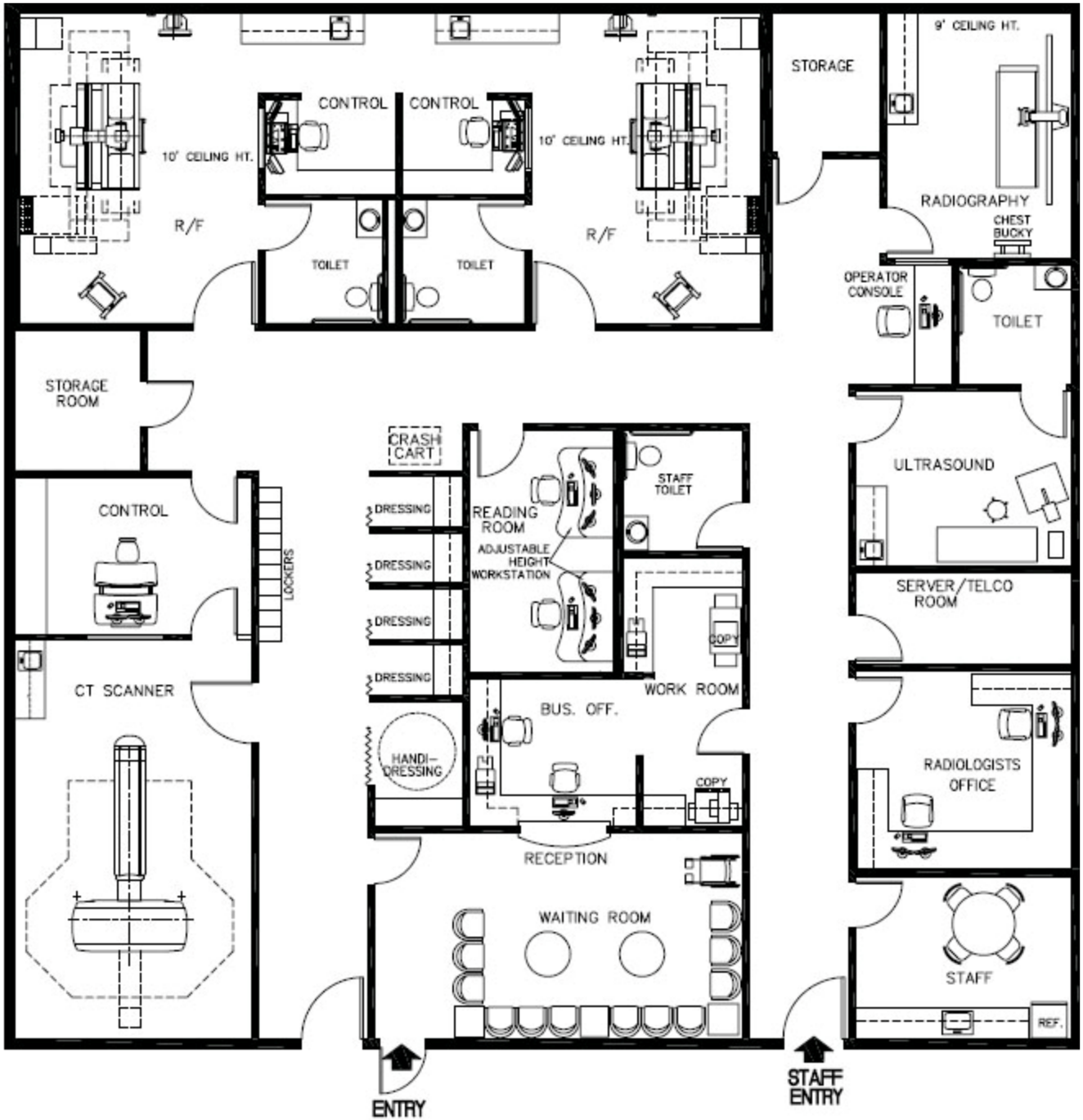
Case management is assigned to a Diagnostic Streamer.
Patient interviews will typically be with all appropriate
diagnostic technicians within one session.



Streamer's Meeting



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RADIOLOGY

4422 SF

PASCAS HEALTH SANCTUARY – MEDICAL ADVISORY COMMITTEE:

The medical advisory committee has a number of functions:

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

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

MEDICAL TEAMS:

Based around their various disciplines and frequently with overlapping boundaries:

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

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

PASCAS HEALTH SANCTUARY – X-RAY UNIT:

DIAGNOSTIC SERVICE

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

Access to the Unit has to be from:

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

EMERGENCY

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

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

EQUIPMENT SUPPORT

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

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

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

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

EQUIPMENT SUPPLIER

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

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

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

MAGNETIC RESONANCE IMAGING

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

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

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

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

EQUIPMENT SUPPLIER

They may be:

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

DISABILITY accommodating MEDICAL CENTRE:

One in five people have a disability that needs medical attendance.

Access to health services



Disability group

Disability group is a broad categorisation of disability. It is based on underlying health conditions and on impairments, activity limitations and participation restrictions. It is not a diagnostic grouping, nor is there a one-to-one correspondence between a health condition and a disability group.

Broadly, grouping disabilities depends on whether they relate to functioning of the mind or the senses, or to anatomy or physiology. Each disability group may refer to a single disability or be composed of a number of broadly similar disabilities. These 6 separate groups are based on the particular type of disability;

- sensory and speech (sight, hearing, speech)
- intellectual (difficulty learning or understanding)
- physical (including breathing difficulties, chronic or recurrent pain, incomplete use of limbs and more)
- psychosocial (including nervous or emotional conditions, mental illness, memory problems, and social or behavioural difficulties)
- head injury, stroke or acquired brain injury
- other (restrictions in everyday activities due to other long-term conditions or ailments).



Comprehensive care delivery

- Patients are engaged as partners in their care
- Goals of care guide clinical decisions and the patient journey
- Diversity and equity are respected and supported
- Transparency is a core element of safety and quality care

Clear purpose, strategy and leadership

- A commitment to exceptional person-centred care is clearly stated in the organisations purpose and strategy
- Great leadership drives exceptional person-centred care, with the support of champions across the organisation
- A person-centred strategy is articulated to the workforce and the community and implemented across the organisation.

People, capability and a person-centred culture

- An organisational culture for person-centred care is built and maintained through long-term systematic approach
- The capabilities of all members of the workforce are continually developed through formal and informal learning
- The organisation regularly monitors and is dedicated to support workforce satisfaction and wellbeing

Person-centred governance systems

- Consumers and the community are involved in governance at all levels
- Consumers are trained and supported to meaningfully contribute
- Organisational structures and models of care are designed around the person
- There are clear accountabilities at all levels – from the board to the clinician
- Financial, strategic and operational decisions and processes are person-centred

Strong external partnerships

- Healthcare organisations have a comprehensive network of service partner and relationships
- There is a focus on seamless transitions and coordination of care
- Healthcare organisations operate as leaders in the system improvement
- Community volunteers are recognised and supported as critical partners in enhancing the patient experience

Person-centred technology and built environment

- Person-centred design principles are applied to the built environment
- Healthcare organisations are pragmatic and innovative where resources are limited
- Technology must enhance patient experiences and outcomes, but also not be relied upon alone

Measurement for improvement

- There is culture of learning and continuous improvement
- Measurement can be acted on to improve outcomes and reflects what patients and communities value

The term “medically disabled” refers to **disability based solely on impairment(s) which are considered to be so medically severe as to prevent a person from doing any substantial gainful activity.**

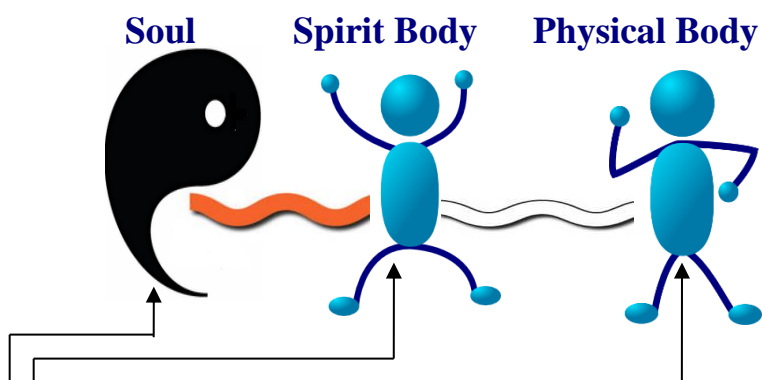
Recognising that each person with a disability has unique needs, we offer services that aim to provide an array of support options to help you make the best decision. Programs like Adult Family Care and Personal Care Attendant offer ways for you to live with a caregiver or on your own with just the right amount of in-home support for your needs, while Healthy Living workshops can help you learn to better manage your condition and take control of your life.

- | | |
|---|--|
| Adult Day Health Screens | Information & Referral |
| Adult Family Care | Long-Term Care Ombudsman Program |
| Benefits Counselling | Meals on Wheels |
| Case Management | Money Follows the Person |
| Community Choices | Nursing Facility Discharges |
| Community Nursing Facility Screens | Nutrition Education & Consultation |
| Congregate Housing | Options Counselling |
| Consumer-Directed Care | Personal Care Attendant Program (PCA) |
| Enhanced Community Options | Private Pay Care Management (Senior Options) |
| Farm to Home Food Program | Respite Services |
| Home Care Services | Rides for Health |
| Information and Caregiver Resource Centre | Serving the Health Insurance Needs of Everyone |
| Healthy Living | Supportive Housing |
| <ul style="list-style-type: none"> ○ My Life, My Health: Living Well with Long-Term Health Conditions ○ Chronic Pain Self-Management ○ Diabetes Self-Management ○ A Matter of Balance: Managing Concerns About Falls ○ Healthy Eating For Successful Living in Older Adults ○ Enhance Wellness Coaching ○ Healthy Living Testimonial | |

Benefits of person-centred care

			
<p>Better patient and community experience</p> <ul style="list-style-type: none"> ✓ Improved patient satisfaction ✓ Improved patient engagement ✓ Improved community perceptions of healthcare organisations 	<p>Better workforce experience and improved wellbeing</p> <ul style="list-style-type: none"> ✓ Improved workforce satisfaction ✓ Improved workforce attitudes ✓ Less workforce turnover ✓ Reduced emotional stress for the healthcare workforce ✓ Improved workforce wellbeing 	<p>Better clinical outcomes, safety and quality</p> <ul style="list-style-type: none"> ✓ Lower mortality ✓ Reduced readmissions ✓ Reduced length of stay ✓ Reduced healthcare acquired infections ✓ Improved treatment adherence 	<p>Better value care through lower costs of care</p> <ul style="list-style-type: none"> ✓ Shorter length of stay ✓ Lower costs per case ✓ Better utilisation of low versus high cost workforce members ✓ Less workforce turnover

HIERARCHY of HEALING SYSTEMS



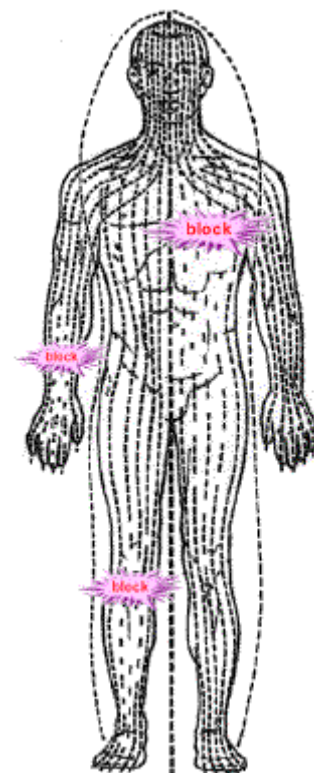
ALLOPATHIC – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven. Symptoms are suppressed – no healing!

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

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

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

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



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

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

Education and Health systems are now to EVOLVE!

The elephant in the room being: CHILDHOOD SUPPRESSION

The pathway forward is to embrace: FEELING-HEALING

Pathway Forward

Hippocratic Oath



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

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

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

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

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

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

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

PASCAS FOUNDATION (AUST) Ltd



7 July 2022

Pascas Foundation (Caribbean SIDS) Inc 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 region such as the Caribbean, 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](#)

COMMERCIAL IN CONFIDENCE

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

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

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

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

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

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

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

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

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

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

BUSINESS CASE:

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

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

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

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

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

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

The contents of this document test:

TRUE

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

MoC 1,000

John the Typist

MAP OF CONSCIOUSNESS

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

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

PERSONALITY TRAITS:

Less than two dozen people on planet Earth.

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

Debate and implement resolutions without argument and delay. 470

Debate and implement resolutions in due course. 440

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

Management supervision is generally necessary.

Politics become the hope for man's salvation.

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

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

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

Harm of others prevails, self-interest prevails.

Totally self-reliant, not God reliant.

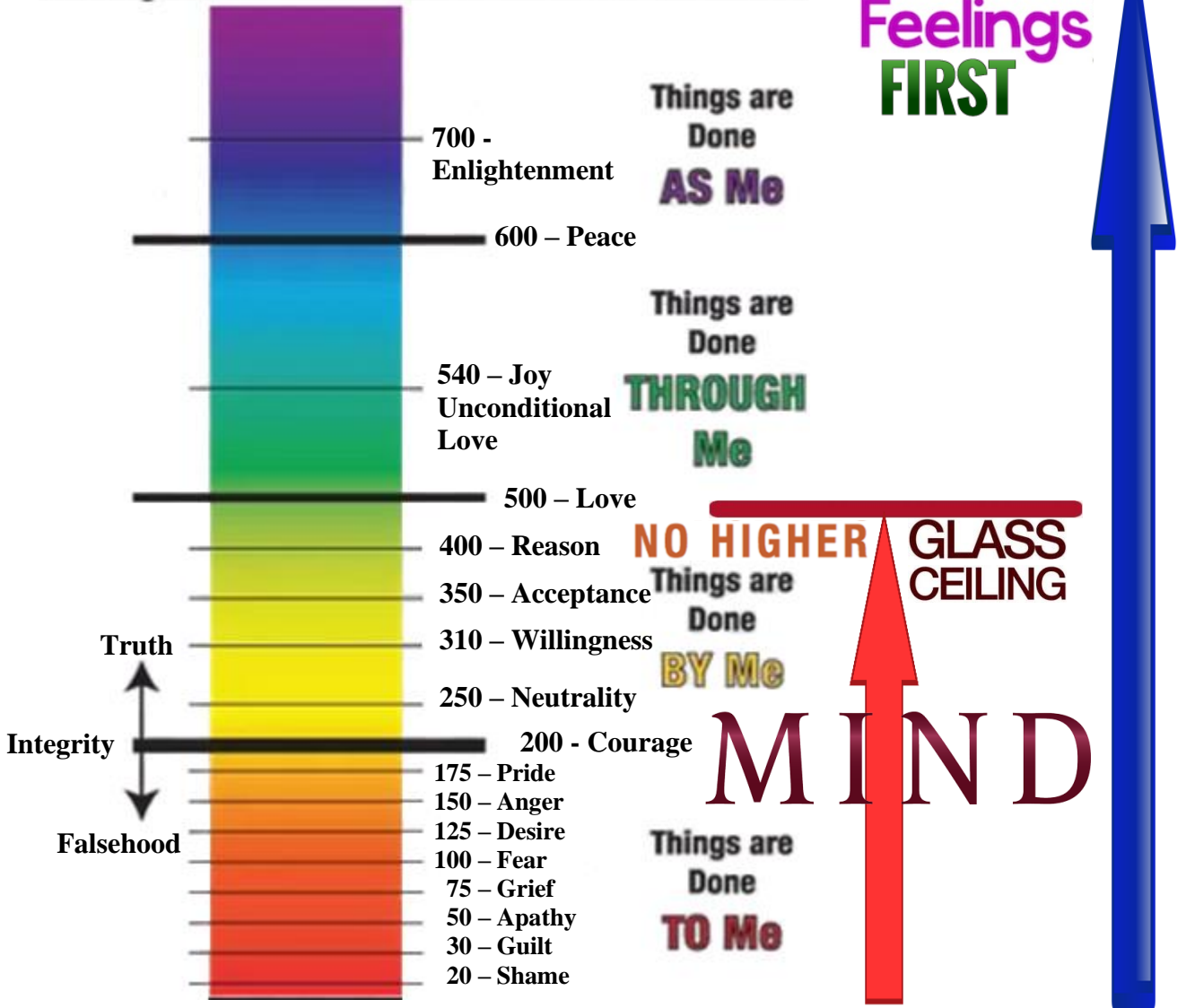
Fear dominates all motivation.

Suicide is possible and probable.

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

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

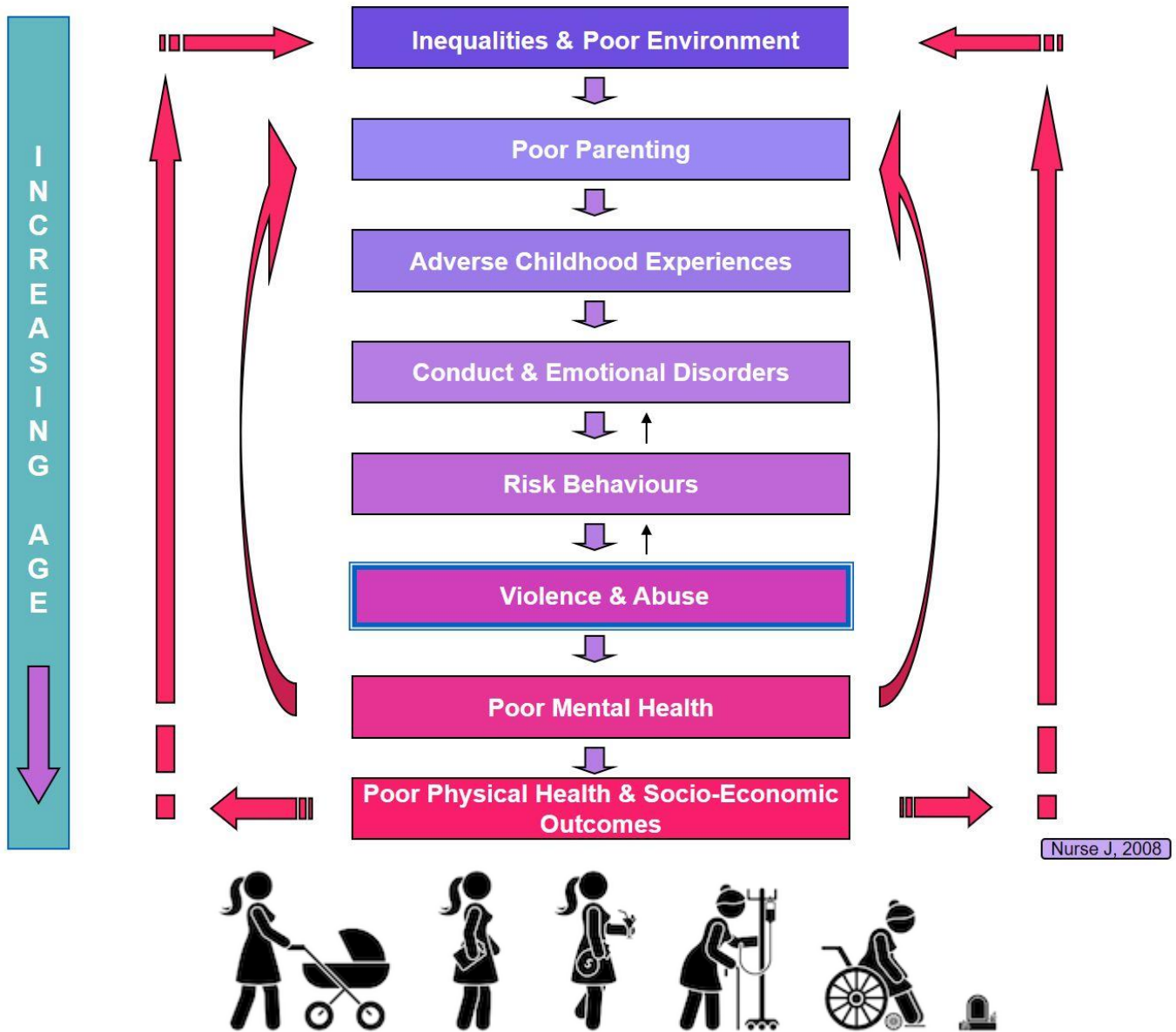
Map of Consciousness



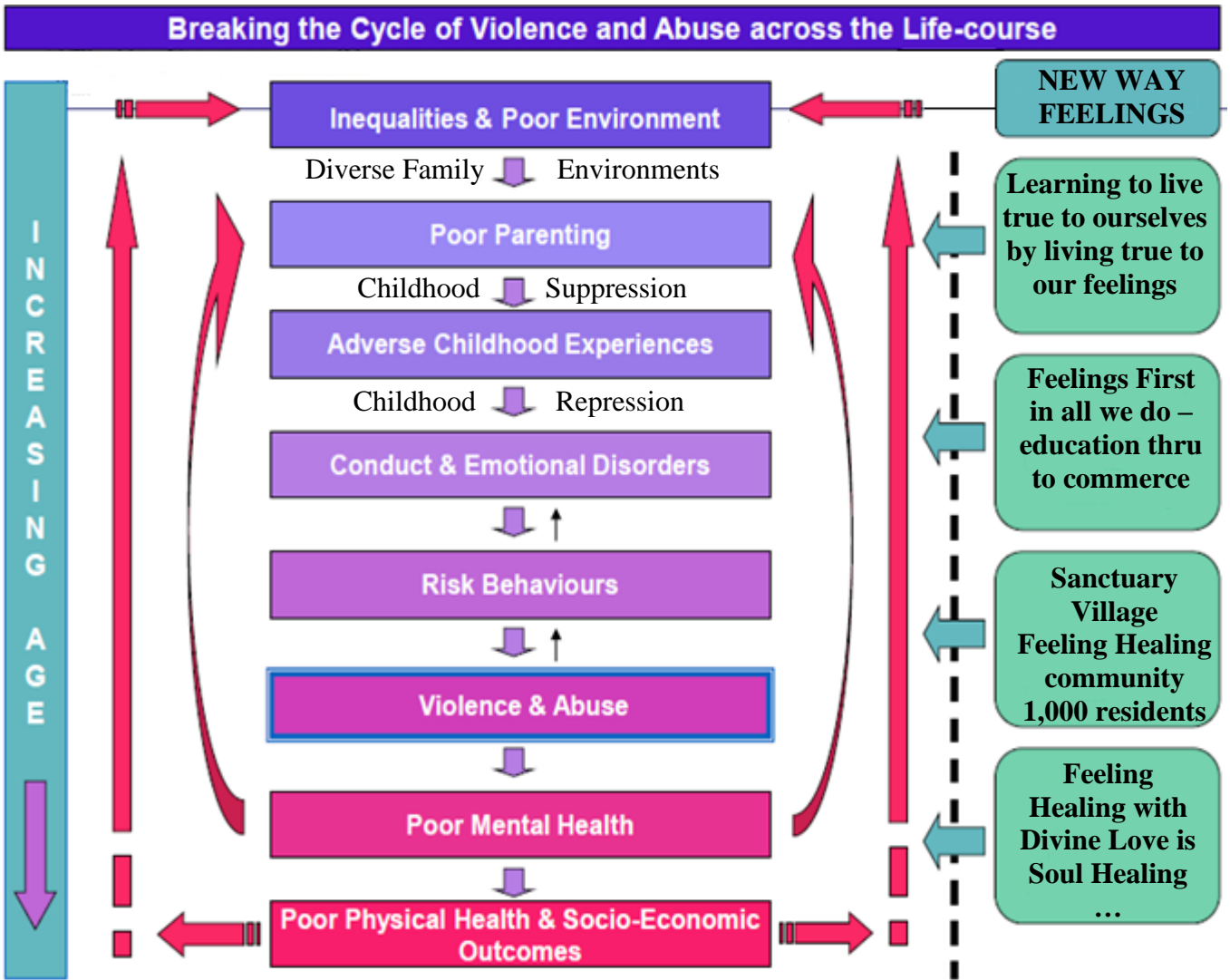
LIFE IS FOR LEARNING



The Cycle of Violence and Abuse across the Life-course



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

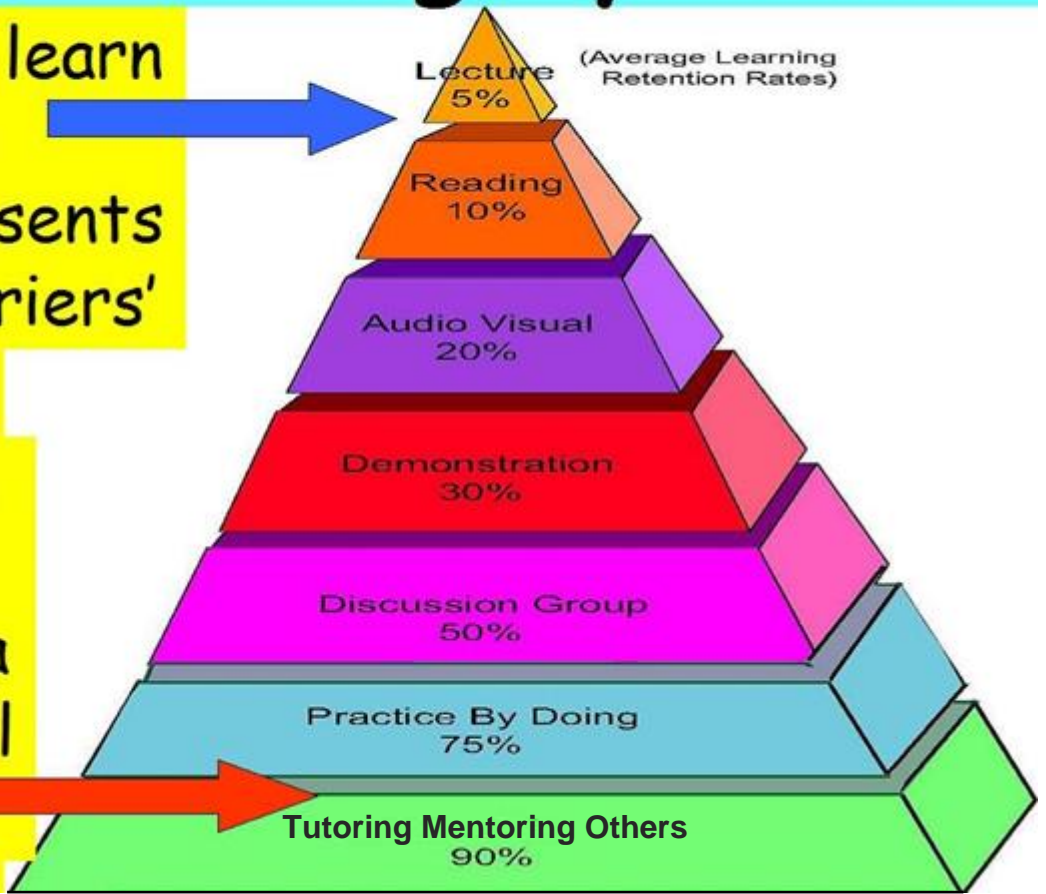


Childhood Suppression is the underlying cause of all physical illness and social issues seen throughout society.

The Learning Pyramid

Trying to learn using this often presents many 'barriers'

Effective Learning requires a great deal of this



100% retention is **Natural Self Expression**

Correlation of Levels of Consciousness and Societal Problems

Level of Consciousness	Rate of Unemployment	Rate of Poverty	Happiness Rate "Life is OK"	Rate of Criminality
600+	0%	0.0%	100%	0.0%
500-600	0%	0.0%	98%	0.5%
400-500	2%	0.5%	70%	2.0%
300-400	7%	1.0%	50%	5.0%
200-300	8%	1.5%	40%	9.0%
100-200	50%	22.0%	15%	50.0%
50-100	75%	40.0%	2%	91.0%
<50	97%	65.0%	0%	98.0%

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



Feelings, good and bad, are to be expressed.



Talk it Out!

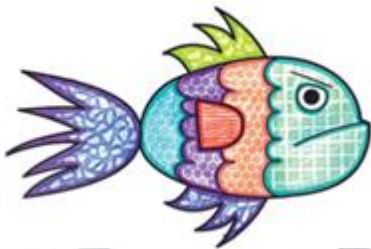


Heartfelt feelings are our truth.

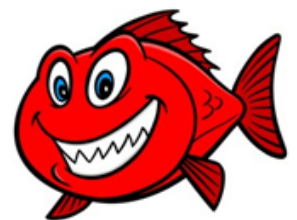
LONG to KNOW ABOUT what you are FEELING!
Long to understand the truth behind
what your feelings are pressing upon you.



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

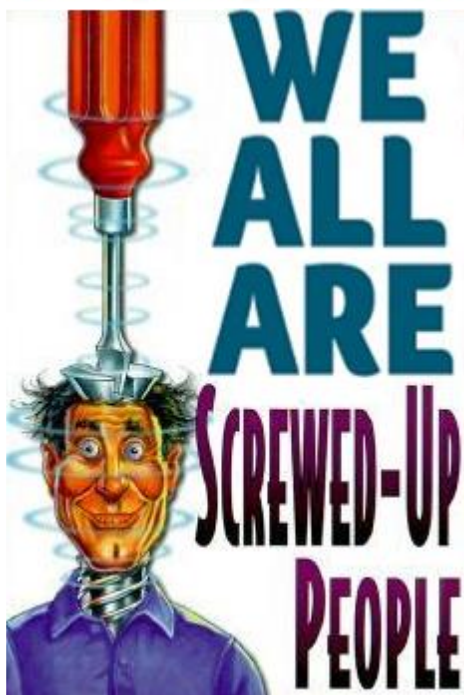
Feelings
in Control

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."

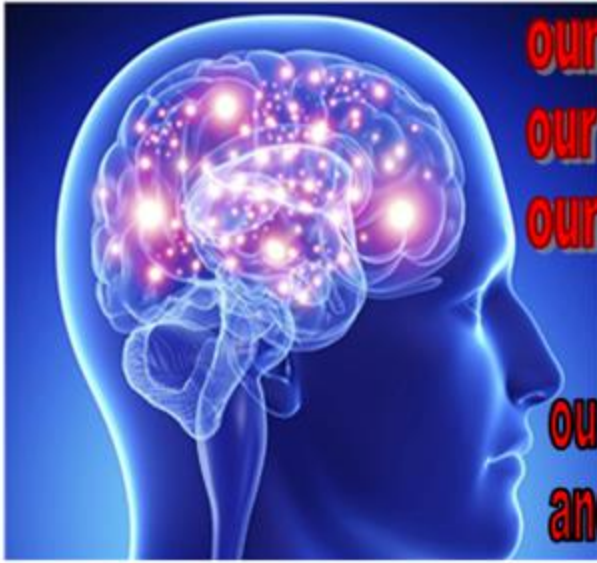
John the Typist

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!

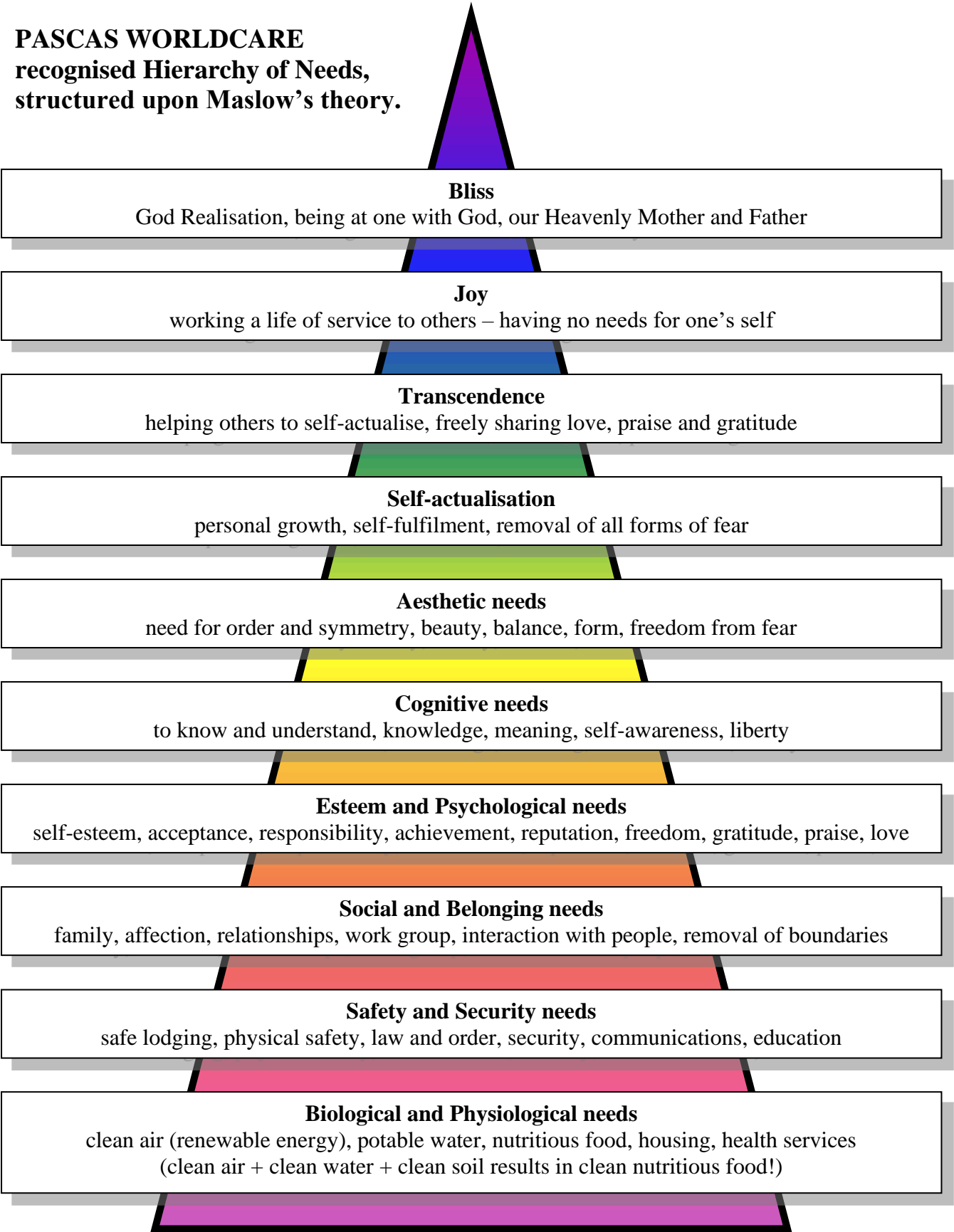
HEALING ends
MIND-CONTROL!



**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

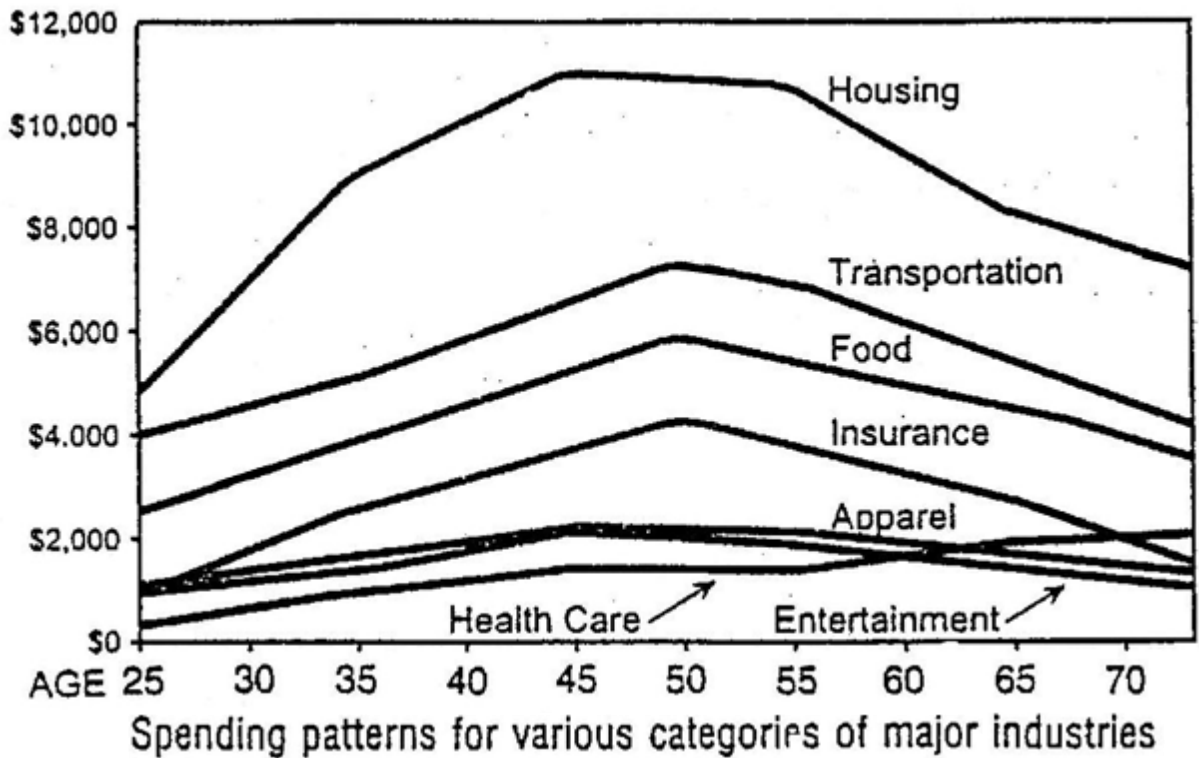
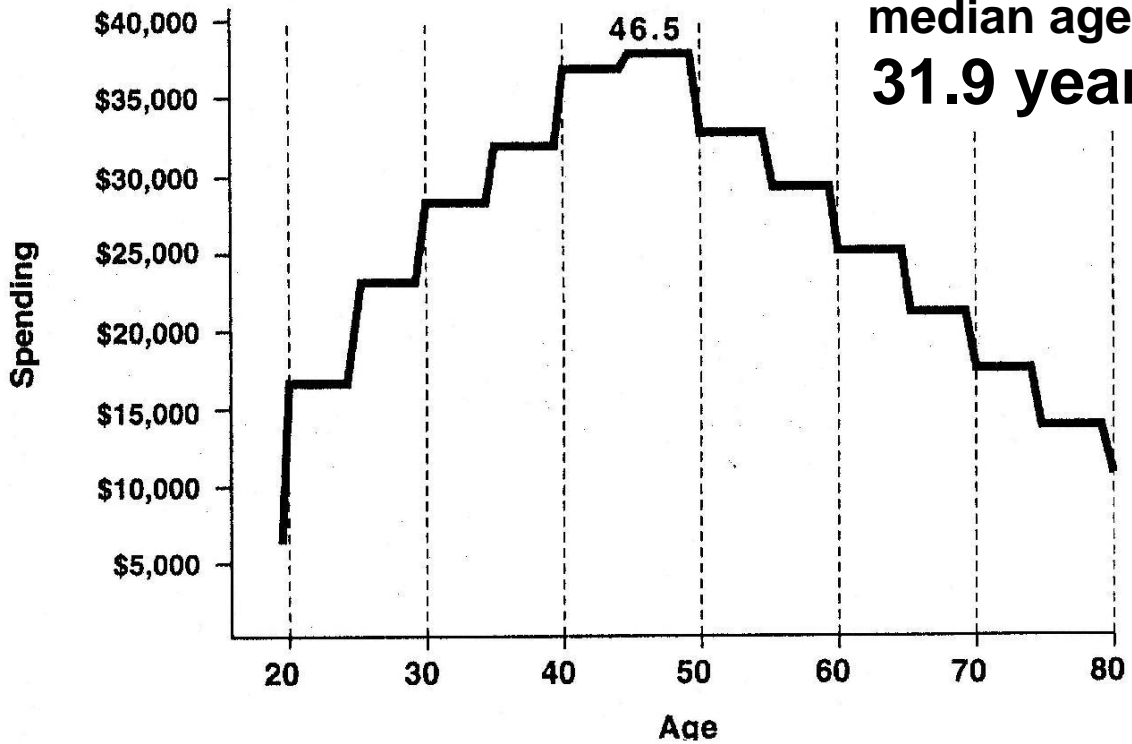


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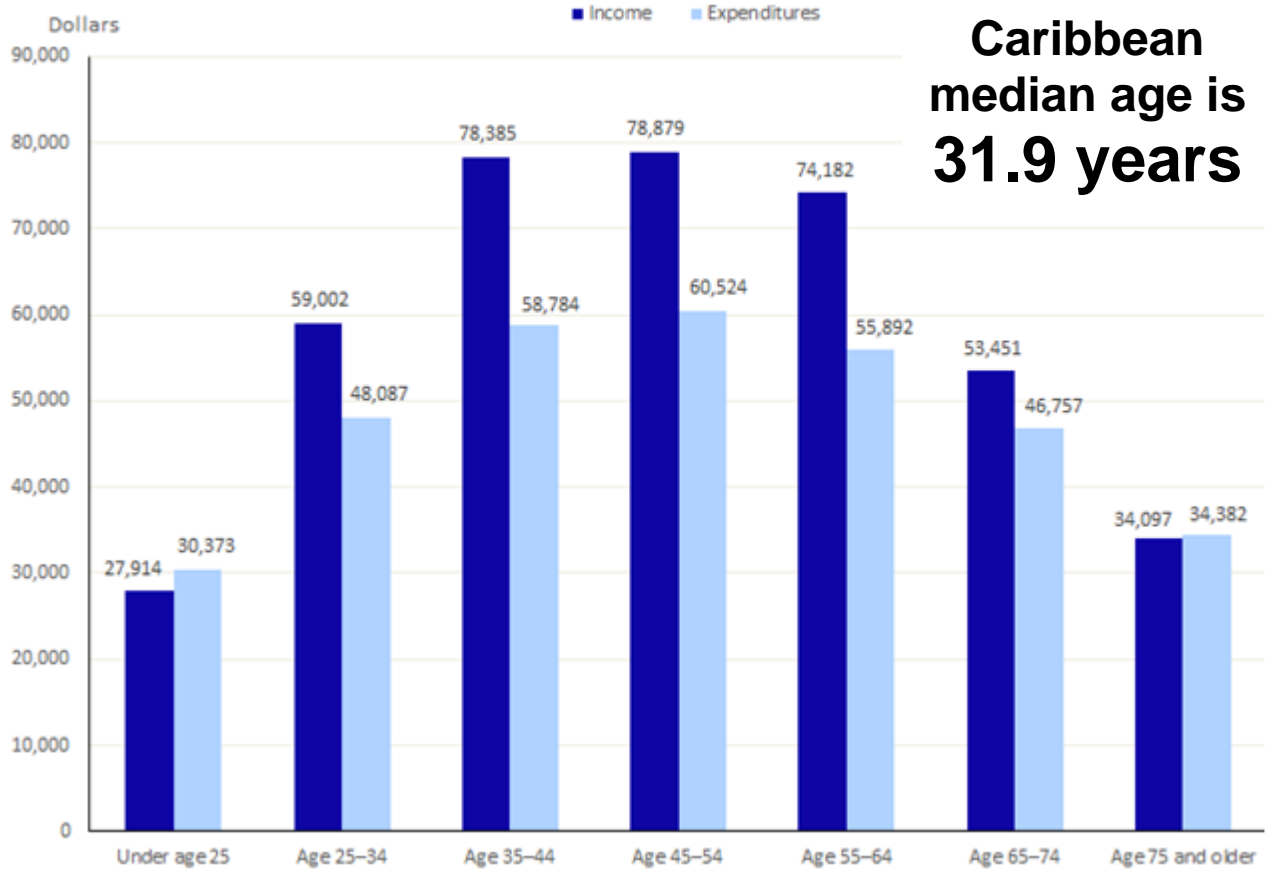
BUYER TRENDS – Patterns within societies:

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

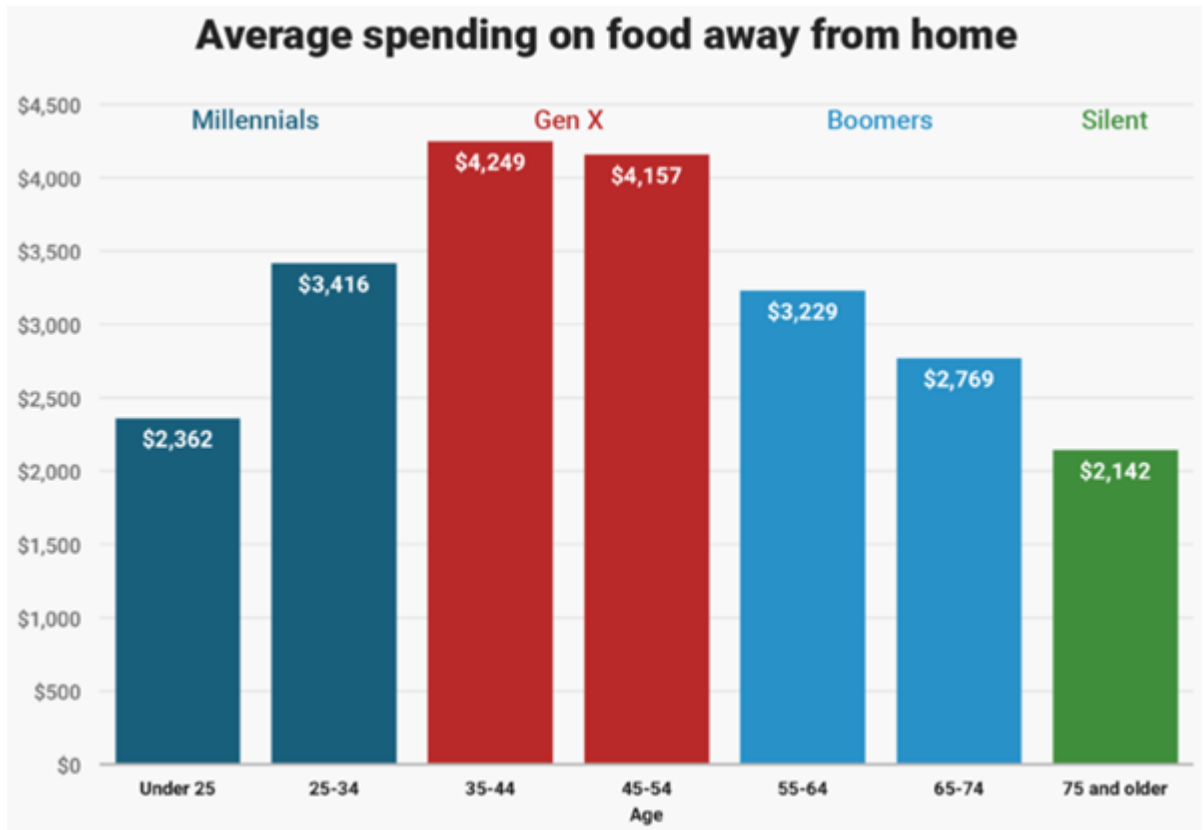
Caribbean
median age is
31.9 years



Income and expenditures, by age of reference person.

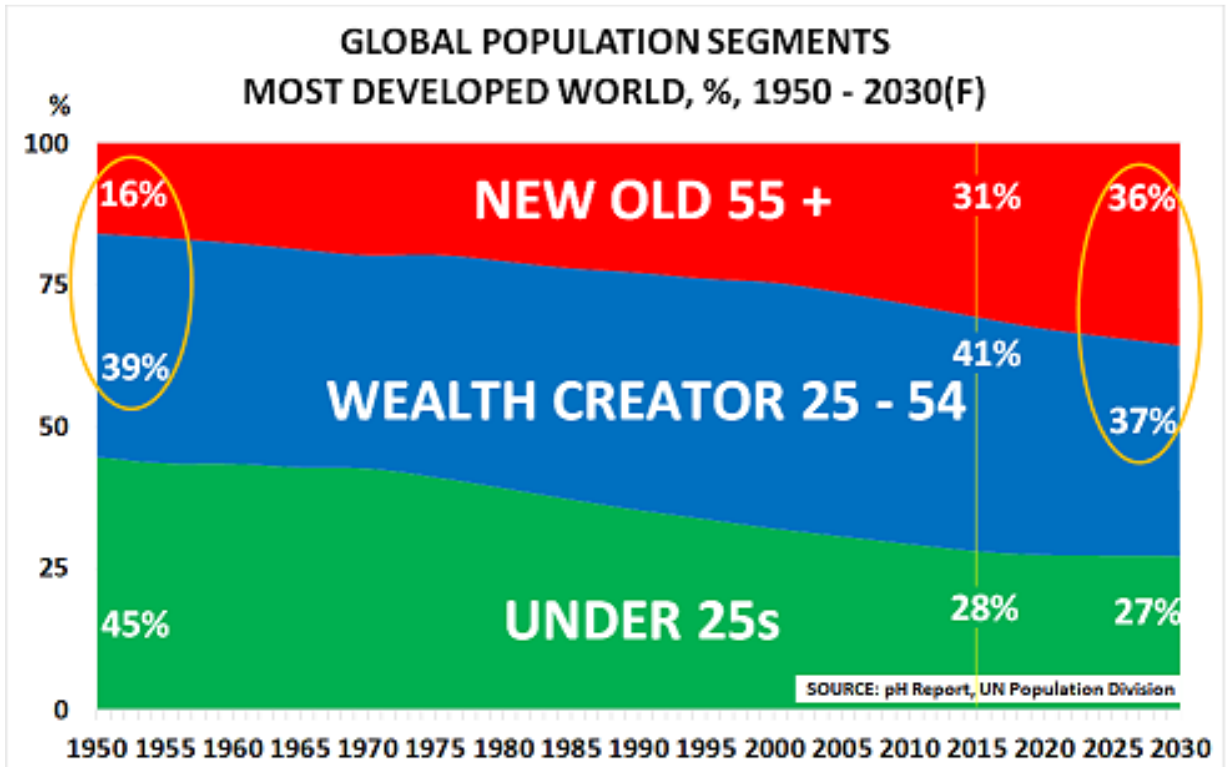
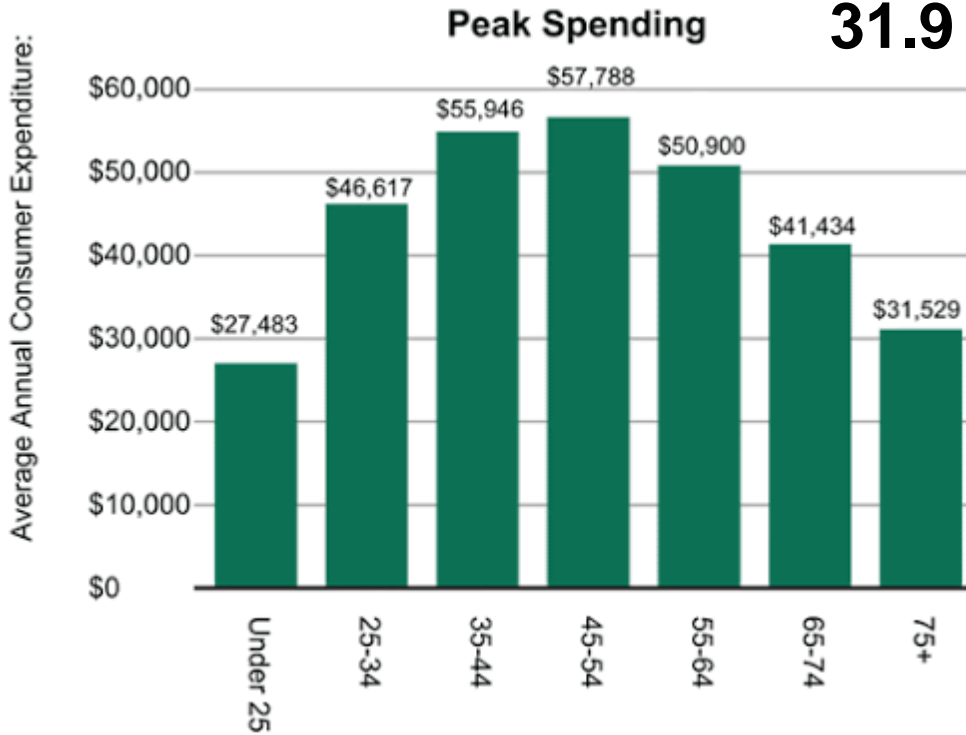


**Caribbean
median age is
31.9 years**



These observations being relevant within every society:

**Caribbean
median age is
31.9 years**



DOMINICA SALARY:

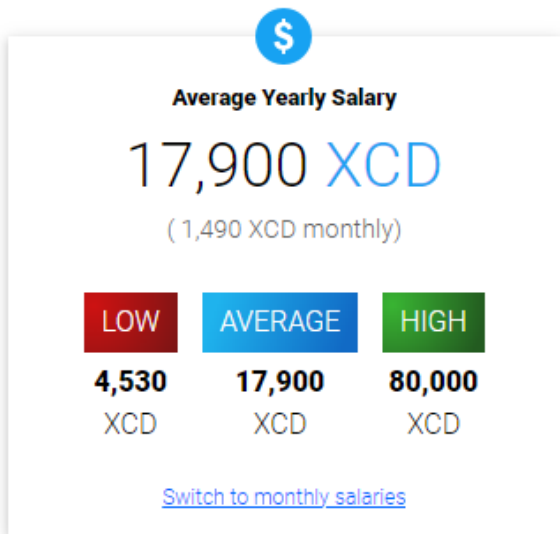
A person working in **Dominica** typically earns around **17,900 XCD** per year. Salaries range from **4,530 XCD** (lowest average) to **80,000 XCD** (highest average, actual maximum salary is higher). (2.70XCD = US\$1.00) (Average salary is USD 6,630.)

A Master's degree program or any post-graduate program in **Dominica** costs anywhere from **7,470** East Caribbean Dollars to **22,400** East Caribbean Dollars and lasts approximately two years. That is quite an investment.

The Gross Domestic Product (GDP) in Dominica was worth 0.55 billion US dollars in 2021, according to official data from the World Bank. The GDP value of Dominica represents less than 0.01 percent of the world economy. source: [World Bank](#)

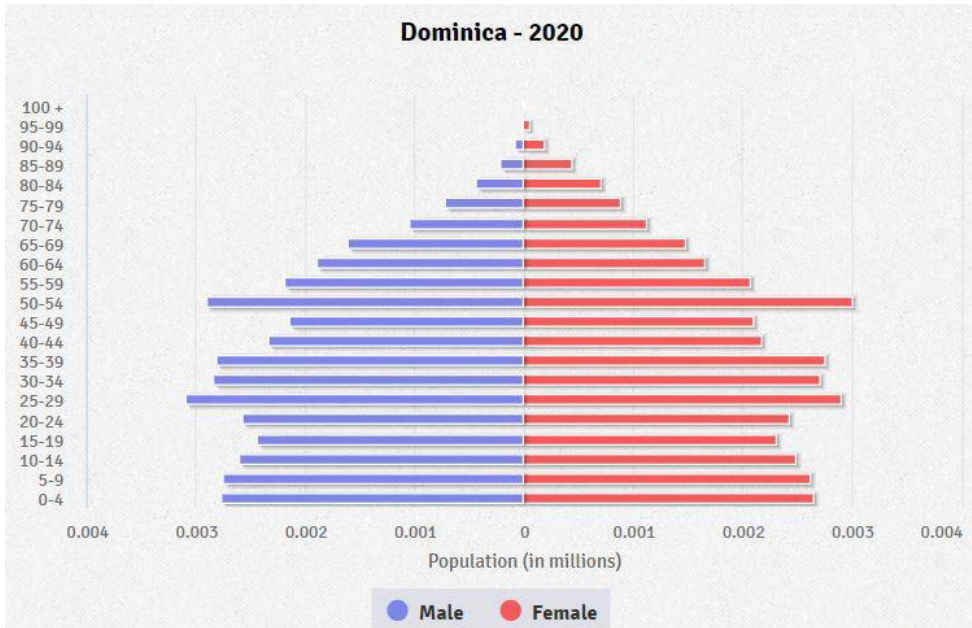
The gross domestic product in current prices of Dominica was forecast to continuously increase between 2022 and 2027 by in total 0.2 billion U.S. dollars (+33.33 percent). The GDP is estimated to amount to 0.81 billion U.S. dollars in 2027.

The Gross Domestic Product per capita in Dominica was last recorded at 6,964.78 US dollars in 2021. nThe GDP per Capita in Dominica is equivalent to 55 percent of the world's average. source: [World Bank](#)



Distribution of Salaries in Dominica

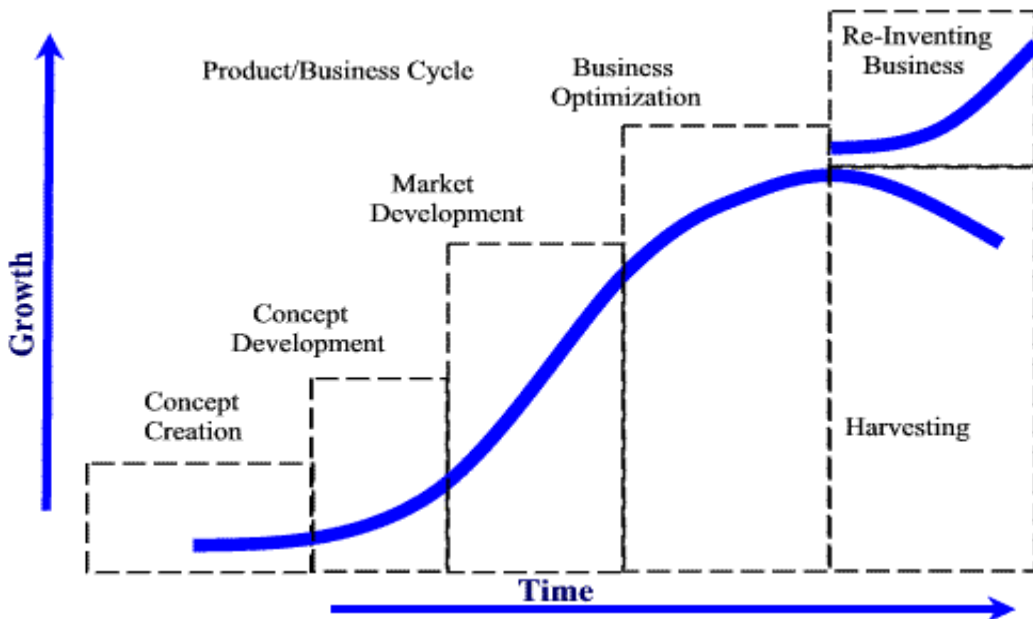
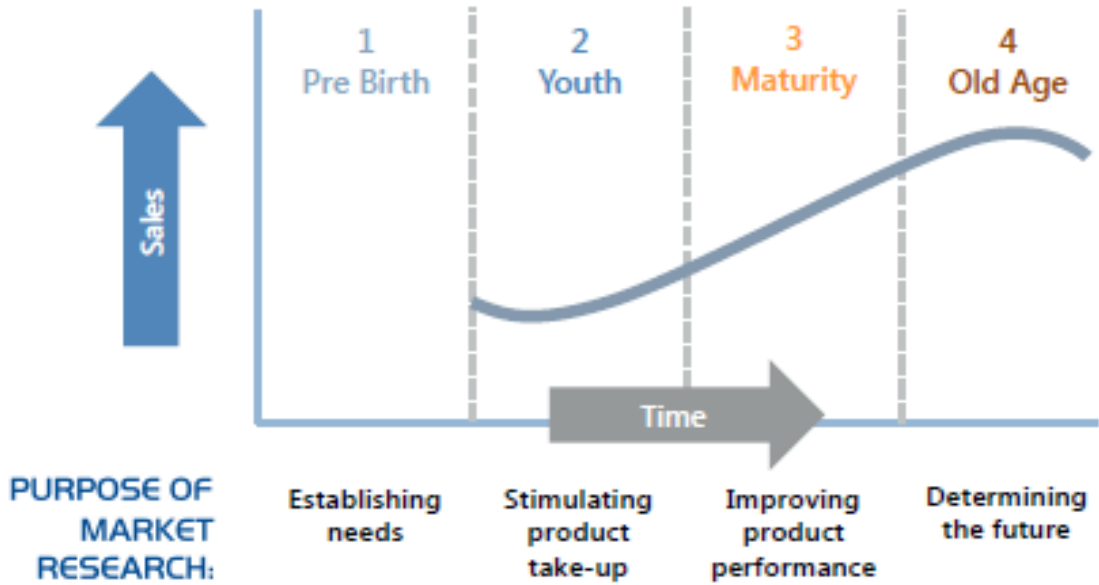


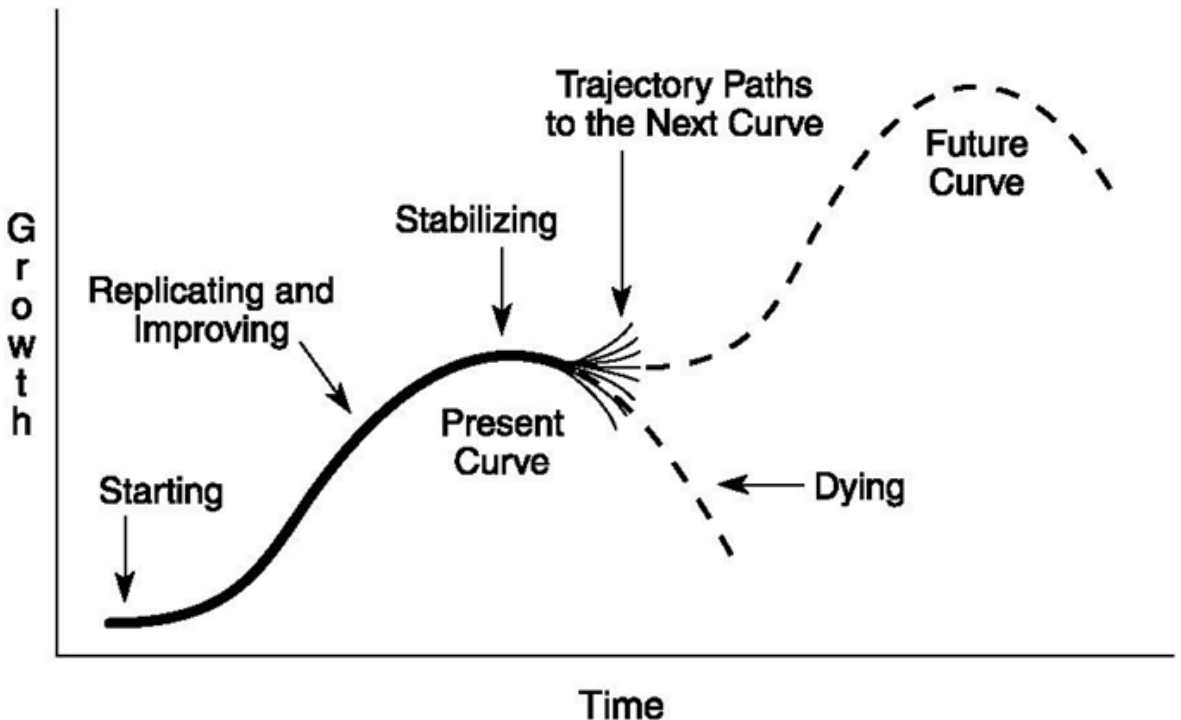
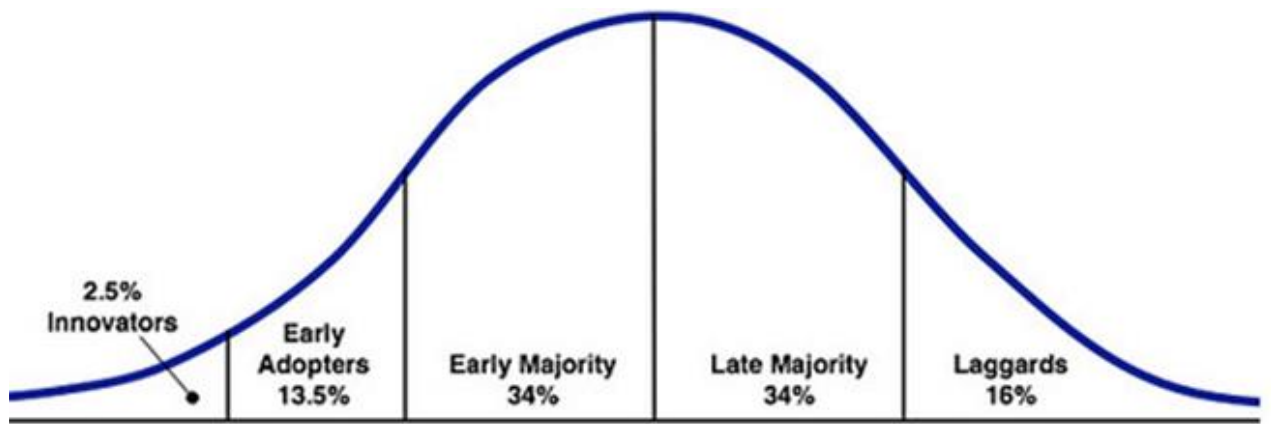
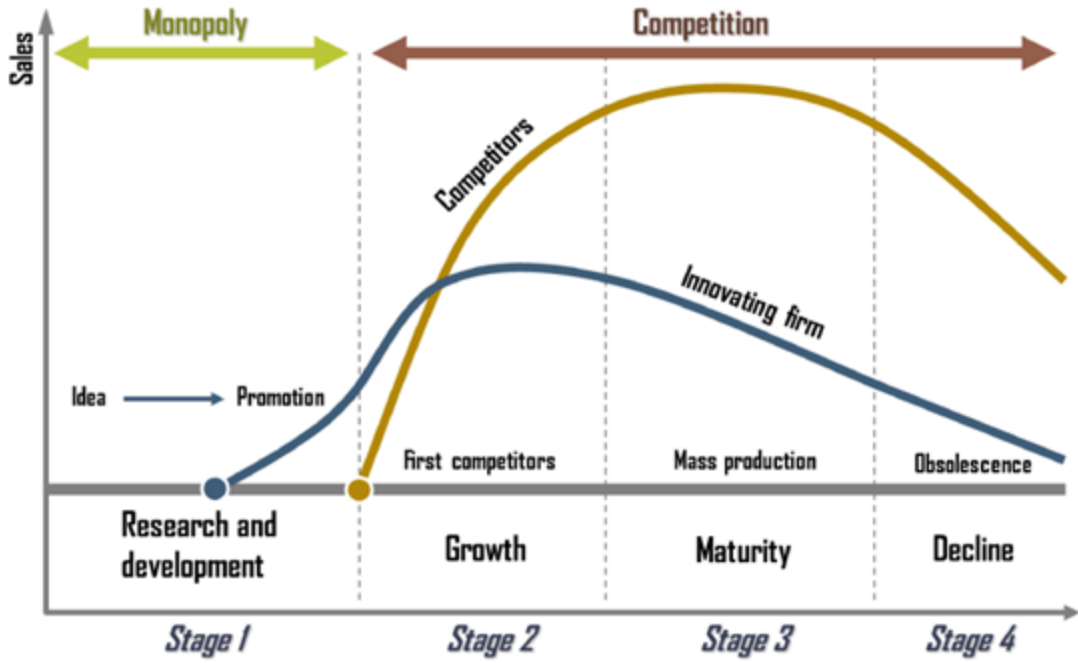


COMMERCIAL IN CONFIDENCE

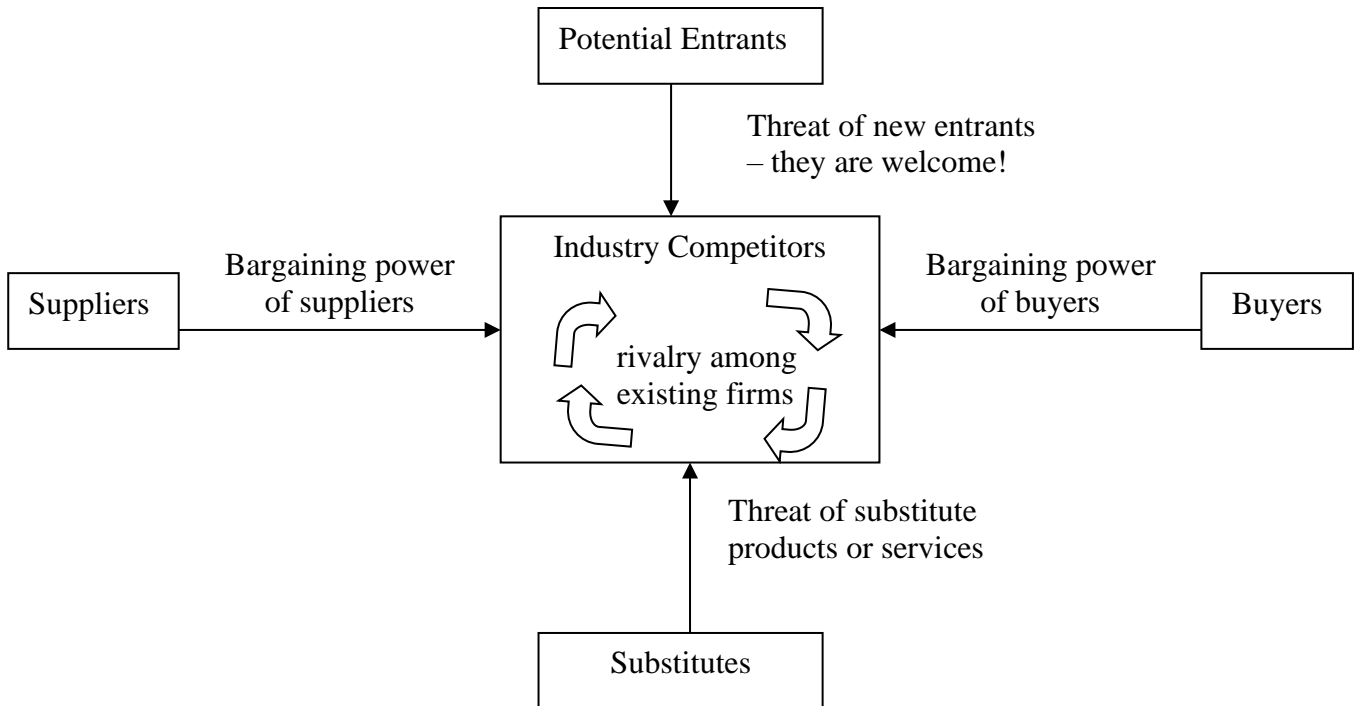
PRODUCT CYCLE – services:

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 the Caribbean 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.

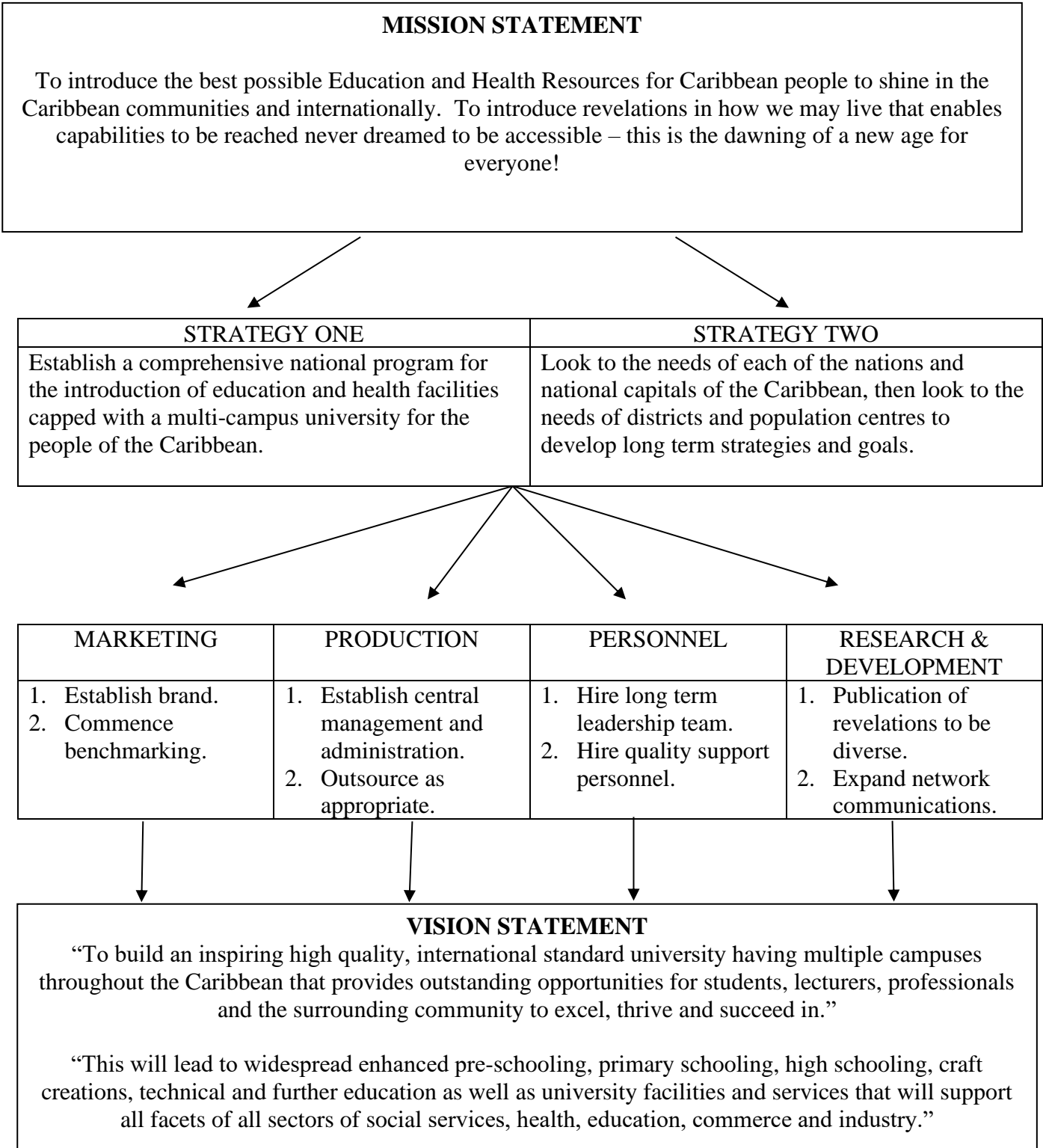
LAYERS of MANAGEMENT – REFLECTING the ORGANISATION CHART:

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

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ACTION PLAN:



STRATEGY:

Pascas Foundation (Caribbean SIDS) Inc 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 the Caribbean.
- Research and development continually ongoing.
- Access to diverse media content – communication and involvement by all.

PASCAS FOUNDATION focuses upon:

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GOALS & MILESTONES SCHEDULES:

SHORT TERM GOALS Year 1

- ✓ Consolidate our management team.
- ✓ Establish our brand name and market appreciation for our endeavours and services.
- ✓ Establish that our Corporate Shared Values positions us as an EXCELLENT Foundation.
- ✓ Meet our milestones and exceed our goals.
- ✓ Identify specific market penetration strategies for other products and industries.
- ✓ Monitor customer expectations and satisfaction levels.
- ✓ Enhance the Foundation's objectives and services in response to people's needs, requests and issues.
- ✓ Develop complementary programs to grow the potential for all involved.

MEDIUM TERM GOALS Years 2 - 4

- ✓ Bring operating budgets into line with management objectives for both schools and health facilities.
- ✓ From then on, maintain a balanced budgeted cash flow.
- ✓ Fully establish the market presence as per our identified market plan with a focus on the needs and goals for each state throughout the Caribbean.
- ✓ 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 Caribbean landscape, even with many local team members.	Gain in the field expertise within the Caribbean landscape through operatives within the education and health sectors within the Caribbean.
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 the Caribbean.
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 the Caribbean.
- Lack of food security throughout the Caribbean.
- 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:

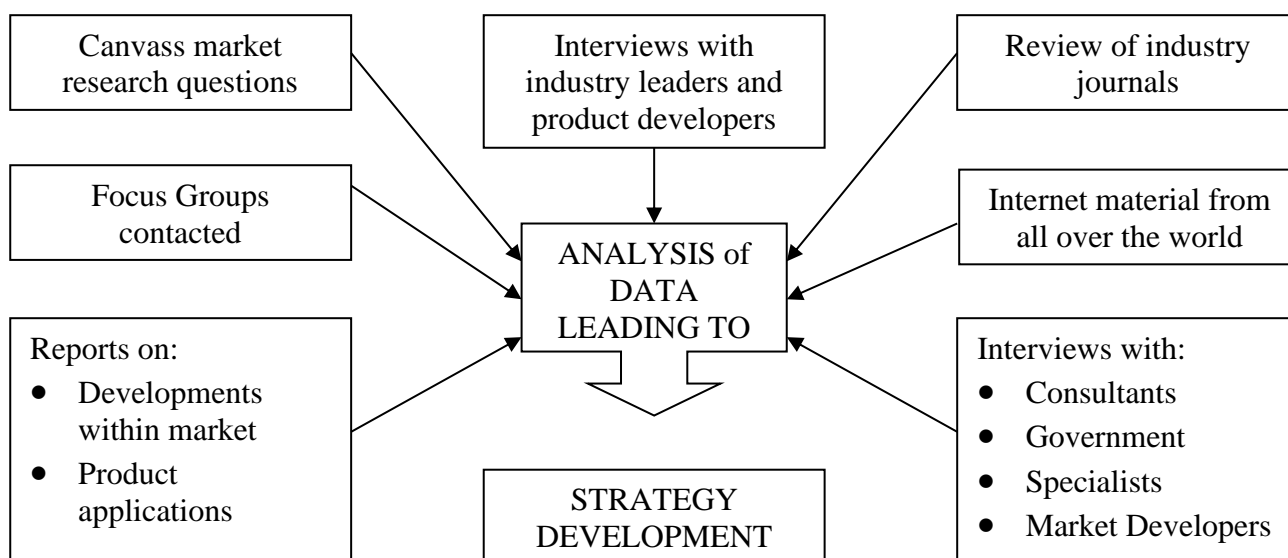
MARKET PLANNING PROCESS	
PREPLANNING REQUIREMENTS 	<ul style="list-style-type: none"> ● Identify markets for products and services. ● Determine Foundation's goals and expectations. ● Establish objectives.
SITUATION ANALYSIS 	<ul style="list-style-type: none"> ● Identify education and health needs. ● 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 Caribbean 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 Caribbean 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 the Caribbean, Pascas Foundation (Caribbean SIDS) Inc 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 (Caribbean SIDS) Inc is the entire nation, 44,000,000 citizens throughout the Caribbean, 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 (Caribbean SIDS) Inc.

MARKETING

The marketing activities to promote the long term plans and projects of Pascas Foundation (Caribbean SIDS) Inc 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.

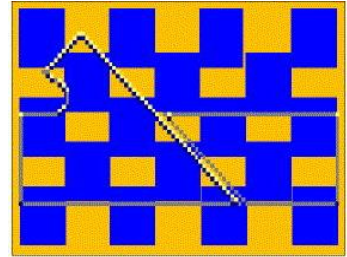
Corporate Development and M&A (mergers and acquisitions)

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

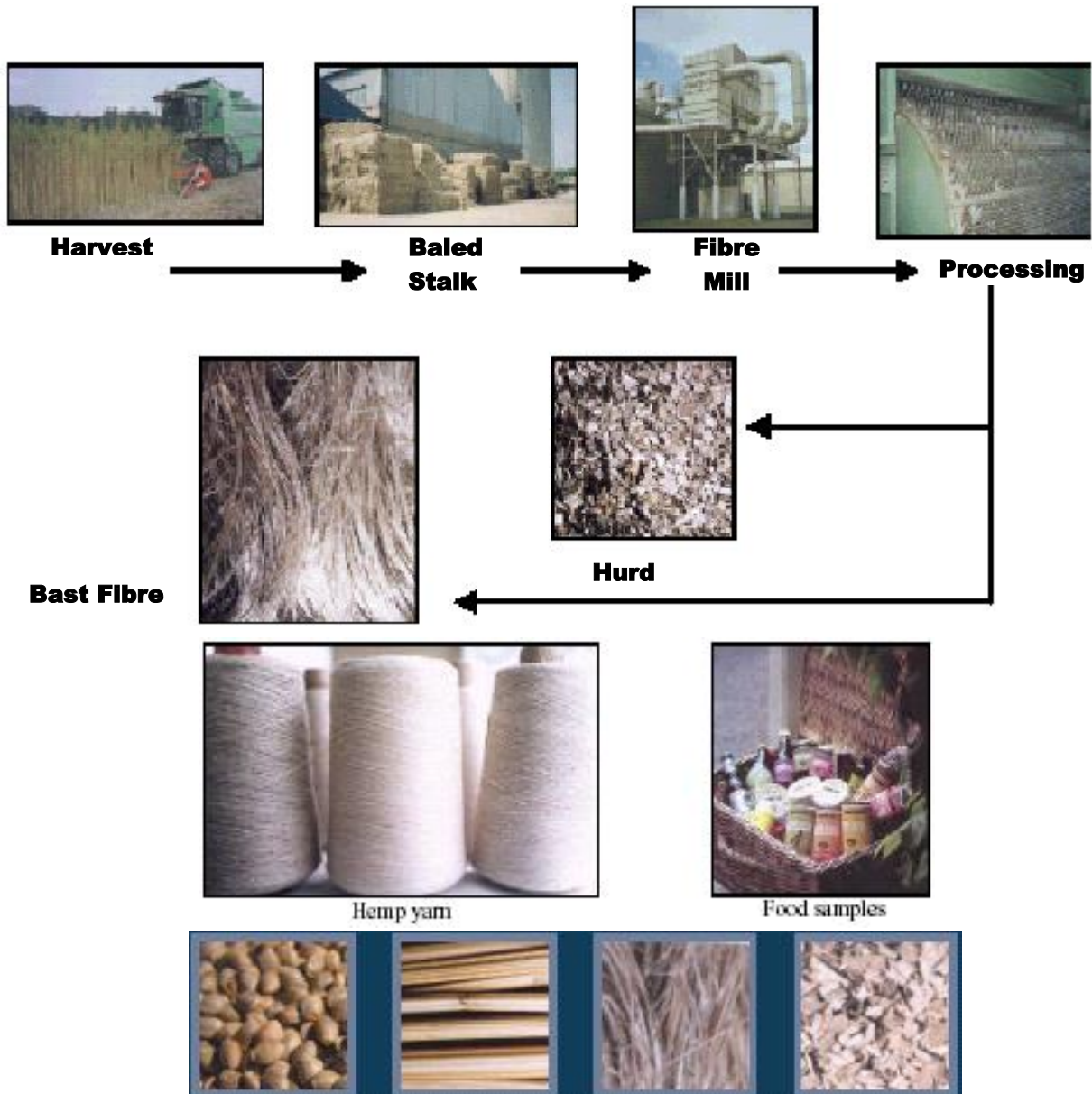


Cedar Dining





ECOFIBRE INDUSTRIES



Value adding Natural Resources!

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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



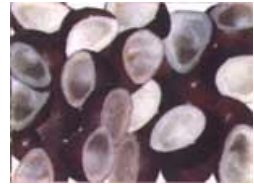
40 to 48%

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%

↓
Value adding Natural Resources!

NEW BIOSPHERE

AGRICULTURE

The Marvellous Mushroom.



Mushrooms are unique amongst other vegetable crops in that they are grown in a totally artificially controlled atmosphere. Cropping is not dependent on the climate. Mushrooms are not seasonal and are available all months of the year. Of course, small growers without sophisticated climate control systems cannot grow over the hotter summer months.

Estimated amount of water required for producing 1 kg of fresh oyster mushrooms using rustic technologies, in comparison with that for other food and forage crops (Martínez-Carrera *et al.*, 1998).

Product	Litres of water/kg	Protein content _a	Litres of water per gram of protein
Oyster mushrooms (<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



OYSTER FARM



GOURMET
OYSTERS



Value adding Natural Resources!

COMMERCIAL IN CONFIDENCE

NEW BIOSPHERE AGRICULTURE



APIARY

BEEKEEPING

&

HONEY



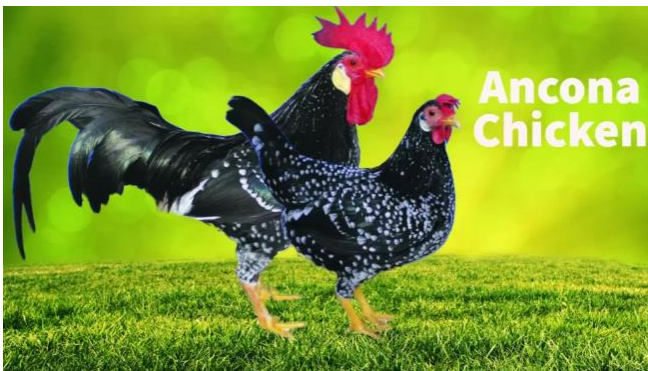
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NEW BIOSPHERE AGRICULTURE



The 10 BEST layer breeds for hot climates



Breed	Egg color	Eggs/week	Eggs/year	Age of lay (months)	Broodiness	Confinement tolerance	Temperament	Noise level	Notes
Ancona	White	4-6	200-300	5	Low	Low	Flighty, active	High	
Andalusian	White	3	150	5-6	Low	Low	Flighty, active	High	
Catalana	White to creamy pink	3-5	150-250	5-6	Low	Low	Variable	Moderate-high	Rare
Egyptian Fayoumi	Creamy white or pink	3-5	150-250	4-5	Low for 2-3 years, then moderate-high	Low	Flighty, active	High	Disease-resistant
Leghorn	White	3-6	150-300	5	Low	Low	Flighty, active	Moderate-high	White variety lays the best
Minorca	White	2-4	100-200	5-7	Low	Low-moderate	Flighty, active	Moderate-high	Extra-large eggs
Naked Neck (Turken)	Brown	3-4	150-200	6	High	Moderate-good	Docile	Moderate	
Penedesenca	Dark brown	3-4	150-200	5-6	High	Low	Flighty, active	Moderate-high	
Sicilian Buttercup	White	2-4	100-200	5-8	Low	Low	Variable	High	
White-Faced Black Spanish	White	3-4	150-200	5-6	Low	Low-moderate	Variable	High	Delicate, not hardy

Value adding Natural Resources!

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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

FRESH is BEST!





COMMERCIAL IN CONFIDENCE

POVERTY MITIGATION in CHINA

[How did China beat poverty and bring its poverty rate down from 26% to 4% in only seven years?](https://www.quora.com/)

<https://www.quora.com/>

Originally Answered: How did China beat poverty?

I am glad to answer this question. Sorry my English is not good.

Chinese government has done a lot of work to help the poor get rich. I'll give you a few examples:

Poverty had been common in many parts of China, because the traffic is not convenient, so the government emphasises improving the traffic condition as the most important work. For example, in Guizhou Province, one of the poorest province in China, the local government has spent a lot of money to repair a lot of roads. In China, there is a saying, "Building roads is the first step to becoming rich."



The Chinese government has a great plan known as "村村通" (Every village has a highway, electricity, tap water, telephone lines, etc.). Sometimes the investment may seem not worthwhile in economic point of view. I saw a news: in a small village in Xinjiang with only one hundred poor people was asked to move out by the local government, but they didn't want to. So they spend nearly one million

yuan to build roads from the highway nearby to their village, and the government never asked them to move out from then.



COMMERCIAL IN CONFIDENCE

In some remote places, there is no electricity nor cable TV, so the Chinese government offers free solar cells and satellite dishes to residents.



The Chinese government has ordered communications companies to build mobile phone signal towers in remote areas regardless of financial benefits. Since these communications companies are state-owned enterprises, they have to execute orders.



COMMERCIAL IN CONFIDENCE

In some of the rural areas in China, the government has a great plan called "New Socialist Rural Areas." Houses are built in groups and the government has paid most of the expenses, and the rest is paid by the residents themselves.



There is also a policy called "结队帮扶" (help the poor by collaboration), which means richer areas are assigned to poorer areas in order to help them get out of poverty. In the countryside, every CCP official is required to help a difficult family. The job is very stressful. If his work is done badly, it will be difficult for him to advance, some of them even complain about this.



COMMERCIAL IN CONFIDENCE

Sometimes, government officials become a salesman to help farmers sell their products. Look at the picture below. A county market sells watermelons on the street.



The Chinese government also has a policy that sounds very interesting, called "精准扶贫" (targeted anti-poverty projects). It sounds like the policy targets poverty and “destroy” it like Tomahawk missiles.



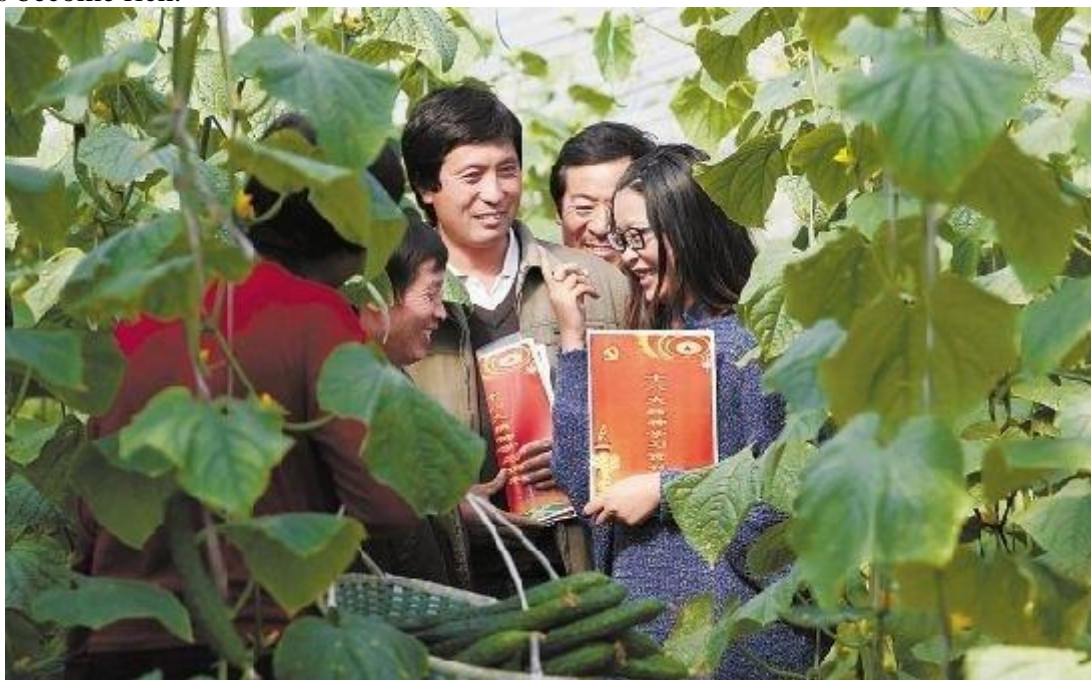
A large numbers of scientists and agricultural experts are sent to poor areas to research the local environment, figure out what is the most suitable product for them to grow, and guides the local people to grow it.



Since 2011, the Chinese government has implemented the rural compulsory education student nutrition improvement program. The central government has allocated about 16 billion RMB per year to provide food subsidies for rural students. The policy benefits 26 million rural students.



In the past, most rural officials did not have a high diploma. Now the Chinese government encourages college graduates to go to the countryside to serve as officials after graduation. They have a name called "大学生村官" (College students as rural officials). The government hopes their knowledge will help farmers become rich.



In my hometown, poor people can apply for subsidy if his house is not safe to live in. The subsidy is between 5,000 to 20,000 RMB.

There are still a lot of poor families in China, but we see the government trying to improve their lives. But now people have a new topic: in some areas, sympathy because of poverty, the government to give them a lot of benefits, the folk also gave them a lot of money, they don't want to change my life, too lazy to work, so that they can continue to make contributions. Such things are not uncommon.

<https://www.quora.com/How-did-China-beat-poverty-and-bring-its-poverty-rate-down-from-26-to-4-in-only-seven-years>

During the past 30 years, China has helped 800 million people escape poverty, which accounts for 70% of all people lifted out of poverty worldwide. Ban Ki-moon, eighth Secretary-General of the United Nations, recognised China's efforts by saying "China has achieved transformational results in reducing poverty". Many global media outlets also applauded China's achievements in this field.

By the end of 2015, Chinese President Xi Jinping brought up the idea, "eliminating poverty in China by 2020" – 10 years ahead of the target of 'eliminating poverty in all forms by 2030' set by the United Nations.

Today, there are still more than 80 million people living in extreme poverty. The success of Chinese poverty alleviation serves as a valuable experience for the whole world.

COMMERCIAL IN CONFIDENCE



Besides personalised anti-poverty plans for each person, the nation’s targeted poverty alleviation efforts also include various arrangements to create work opportunities and give people job training, turning the anti-poverty mode from “blood transfusion” to “haematopoiesis.”

The Dulong Mountain Valley is home to about 7,000 people in China's mountainous southwest. Due to its high altitude, the mountain is snow-covered for half a year, isolating the community in impoverished and rudimentary conditions.

Different from the usual poverty alleviation, government staff are planning to build the mountainous area as a tourism hotspot with its beautiful landscapes.

Pu Guangrong feels like he’s over the moon since government has built new houses for him – two to be exact, one for his family, and another for tourists. Like others in the area, he used to eke out a living by collecting wild fruit and hunting. Tourism wasn't even in his mind, but poverty-alleviation workers changed all that.

Today, his village is connected to the outside world by a new tunnel, luring in tourists, broadening their vision and bringing in economic revival.

A Chinese saying goes, **"Teach a man how to fish, rather than give him a fish."**



COMMERCIAL IN CONFIDENCE

But targeted poverty alleviation is more than this. The Chinese government would prepare accommodations and jobs in other places for those who live in areas without development value and encourage them to move away from their original places. As for eco-logical preservation area where exploitation is not allowed, the government will arrange jobs for forest rangers and forest planting. Accordingly, the environment will remain protected while people can have jobs.

In the past five years, the Chinese government has invested 196.1 billion yuan in poverty alleviation and allocated petty loans – 283.3 billion yuan to poor people. (7.2 Chines Yuan to 1 USD)

All positive results reflect on the government's efforts and investment into poverty alleviation. The government officials are encouraged to try their best to implement poverty-alleviation programs. To prevent counterfeiting, the Central Committee of the Communist Party of China has set up a strict inspection system, which allows different provinces to supervise each other, while all data needs to be verified by a third party as well.

Kim Hoonae, director of International Fund for Agricultural Development's Asia Pacific Division, has praised China. "This anti-poverty policy based on the accountability assessment is very effective. The more effort you put into it, the more support you get from government. As a result, local governments are working under pressure while feeling inspired at the same time."

Chinese President Xi Jinping has visited nearly all 14 officially designated 'areas of destitution'. During his entire five-year span at the leadership helm, he has visited poor regions even on the eve of every Lunar Chinese New Year – Spring Festival.

Maybe, as The Huffington Post had suggested, "If we were to learn from the experience of the past decade and half, the next development goals could be to create another China story, so to speak, which would bring humanity at the doorstep of ending extreme poverty for good. "

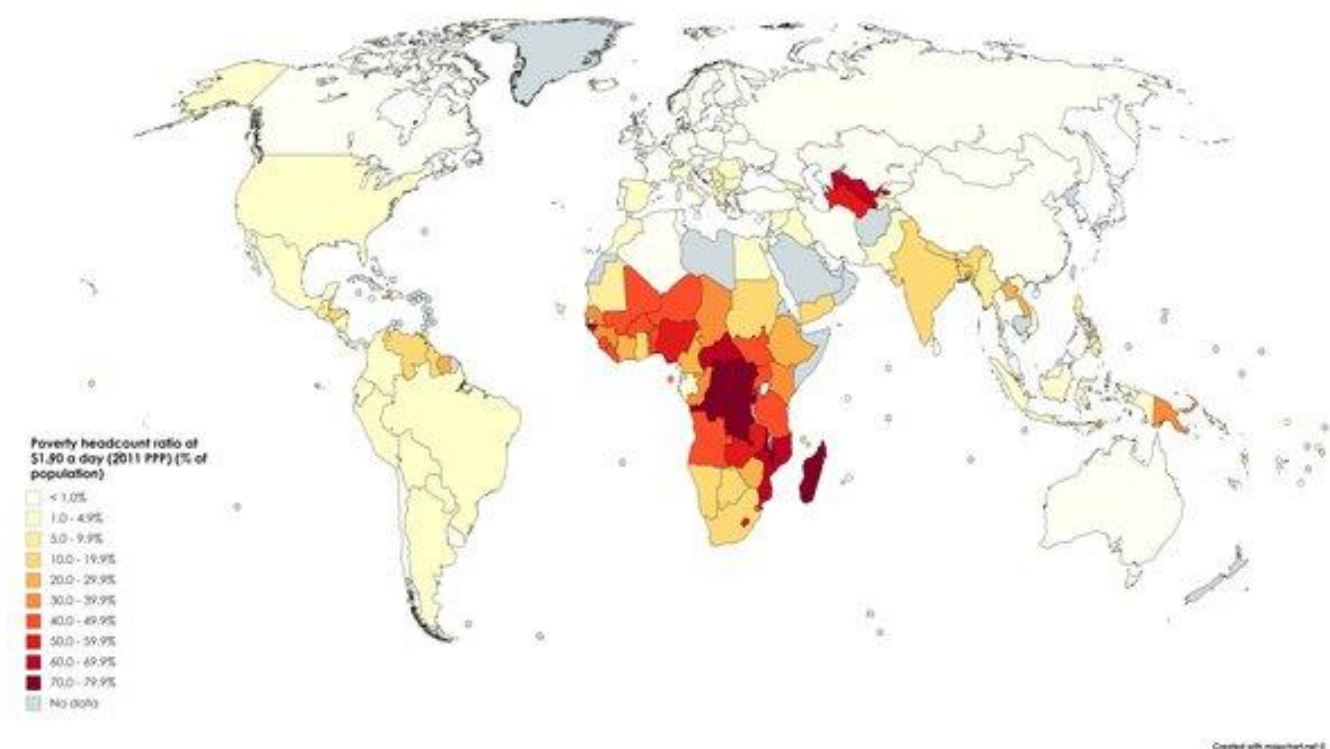
[How is China able to have a poverty rate as low as 1.7%?](https://www.quora.com/How-is-China-able-to-have-a-poverty-rate-as-low-as-1-7?)

<https://www.quora.com/How-is-China-able-to-have-a-poverty-rate-as-low-as-1-7>

Because fighting poverty is one of the major tasks of China since the inception of the **PRC**.

Since 1978 China raised more than **750 million people** out of poverty. That alone amounted to **50% of the global poor population**.

An amazing achievement. While poverty alleviation is a task that many developed countries still are working on, including the USA, China instead vowed to end absolute poverty for the Centenary of the Communist Party of China (2021).



2018's absolute poverty headcount ratio according to international poverty line (under US\$1.90 per day). Interestingly, the % of people in absolute poverty is lower in China than in some Western countries, like Spain, Italy and USA. Source: Wikipedia

The national poverty line is not the same as the international poverty line – its requirements are actually higher.

How does poverty alleviation work in China?

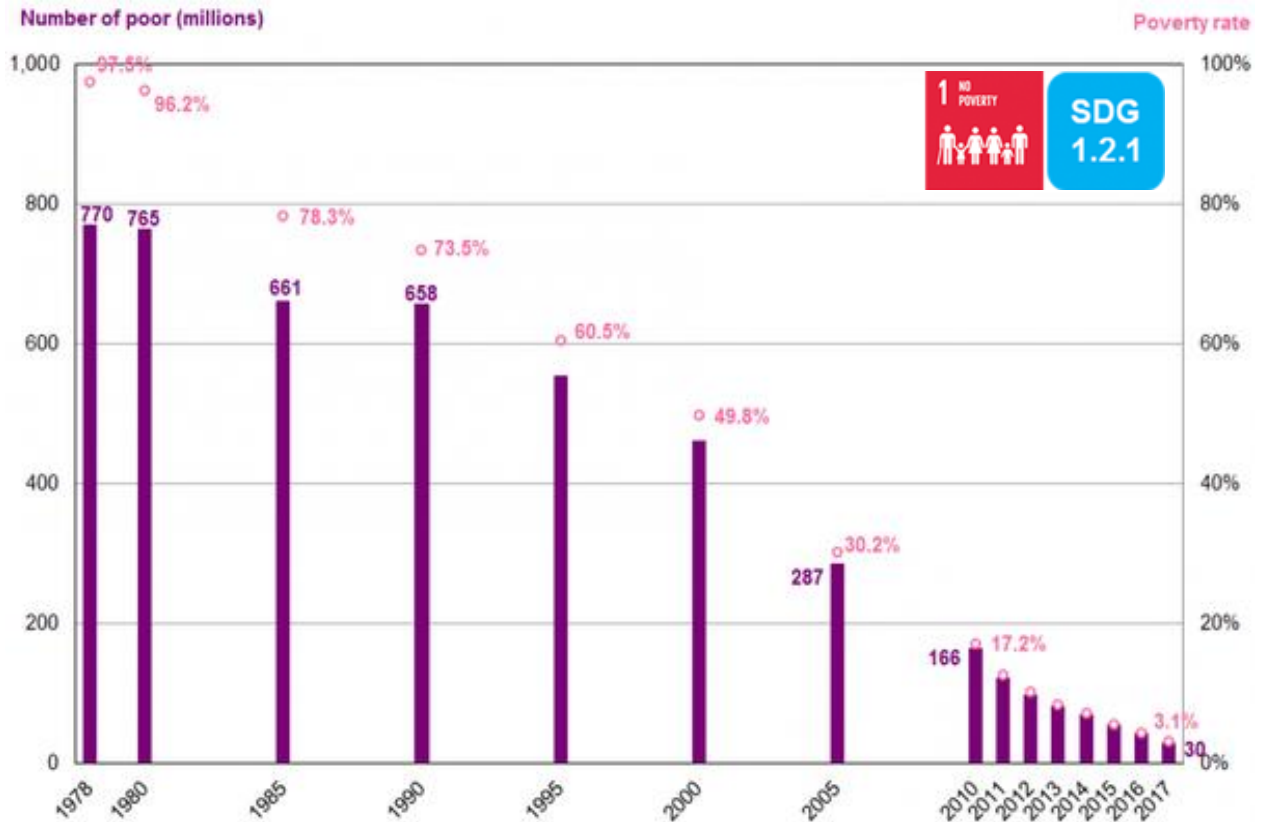
According to the Chinese government, a person can be considered as lifted out of poverty if all the following conditions are true:

1. Income is above the national poverty line of US\$3.20 per day. By comparison, international poverty line, set by the World Bank, is US\$1.90 per day. Both are adjusted by **Purchasing Power Parity** (2011);
2. Must live in a decent housing, with electricity, running water and a proper roof;
3. Any child should be going to school; illiterate adults need basic education too.

All the work that needs to be done to ensure these three points is on the shoulders of the poverty alleviation commissioners. They are members of the **Chinese Communist Party** who volunteer to go far away from their homes to help lift people out of poverty. As such, they need to do all kinds of tasks, from building modern houses to teaching basic hygiene.

As one may guess, it is also a dangerous job. **Almost 800 commissioners already lost their lives on duty**, but their results are incredible.

China's results in fighting poverty in rural areas from 1978 to 2017. Source: Unicef [CGTN made a documentary about a poverty alleviation commissioner's work in late 2019](#), showing the issues and the challenges of poverty alleviation.



Making sure people won't get poor again anymore

This is the most important part.

The Chinese approach against poverty has been effective especially thanks to **long term planning**. It is not enough to just provide **subsidies** to survive. Otherwise, once the subsidies are removed, people will just fall back into poverty again.

Chinese government believes that the basis for overcoming poverty is **education**.

For this reason, commissioners need to both ensure that **children go to school**, instead of working in the fields, for example. **Adults have to receive some basic schooling** as well.

In order to do that, they combine economic aid and support the adoption of new technologies, especially in farming. For example, schools provide lunch for children in the most impoverished areas. Some parents will send them to school only to have a **free meal**.

While COVID-19 is not exactly making things easier, China has very good chances of finishing the job right on time.

After that, it will be time to work on other categories of poor people: not in absolute poverty but, anyway, needing aid.

[How did China get rid of its poverty in a few decades?](https://www.quora.com/How-did-China-get-rid-of-its-poverty-in-a-few-decades?)

<https://www.quora.com/How-did-China-get-rid-of-its-poverty-in-a-few-decades>

To understand China's "secret," we must first look back to 1978, when the period of reform and opening up began. Former Chinese leader Deng Xiaoping, the chief architect behind China's pro-market reforms, famously said, "Poverty is not socialism. Socialism means eliminating poverty."



Since the economic reforms were launched, China has witnessed unprecedented economic growth. Decades of rapid growth have served as the bedrock of the country's development, without which China's poverty alleviation miracle would not have been possible. That said, economic development alone was not enough to completely eliminate poverty.

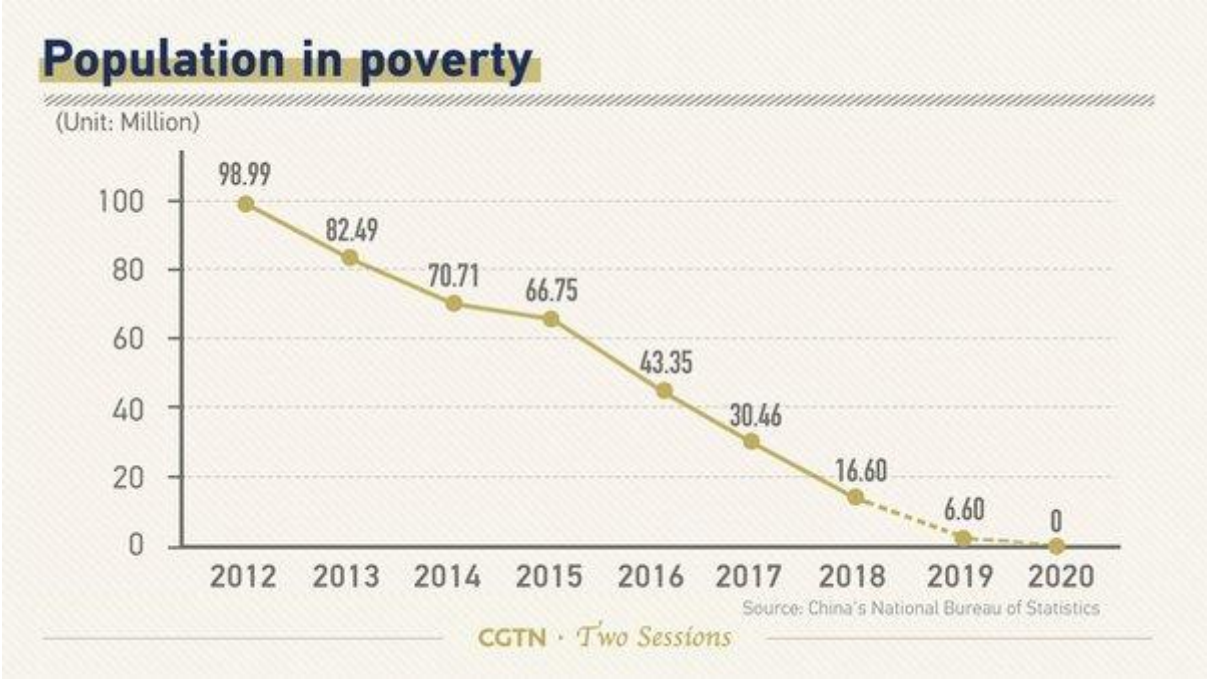
Ban Wei, deputy director of the Editor's Office of Xinhua News Agency, noted that the market is ultimately unable to deliver for those at the bottom. In an address to the International Forum on Poverty Governance and Development Towards Modernization, Ban explained that many of China's rural poor were excluded from the market for living in remote locations.

The market is a decisive and important resource-allocating factor, he said. "But market economics is based on efficiency and the market is unfriendly to those people in poverty."

Robert Walker, a professor with the China Academy of Social Management at Beijing Normal University unpacked this point further. "The market will always favour the city because the city brings economies of scale," he told Beijing-based media China Focus.

Under the leadership of President Xi, China waged an all-out war against poverty in late 2012. Officials in Beijing rallied the 91 million Communist Party of China members, together with the private sector and members of the general public in pursuit of one central aim: The elimination of absolute poverty by 2020.

COMMERCIAL IN CONFIDENCE



Local authorities largely took the lead over regional development, adopting a two-pronged approach that weaved together large-scale infrastructure projects with targeted poverty alleviation measures.

Targeted poverty alleviation, explains producer and writer Robert Lawrence Kuhn, means individualised attention to people in poverty.

Using a standardised criterion—which looked at income, opportunity, and access to basic necessities—all households below a certain threshold were assessed on whether they met the classification of "extreme poverty." The root causes of a family's poverty were then explored, and a customised plan was developed to ensure all received the support needed.

"Every poor family has its own file, a literal notebook, each with its own targeted plan to lift each above the line of absolute poverty," said Kuhn.

More than 250,000 teams were dispatched to offer on-the-ground support. In total, more than 3 million people were sent to the country's most remote villages as special commissioners for poverty relief.

A common cause for many in poverty was found to be their location. Take Tibet Autonomous Region for example. Tibet has historically been China's poorest region, mainly due to its remote and hostile environment. Known as the Roof of the World, the Qinghai-Tibet Plateau sits at an average elevation of 4,572 meters, and is surrounded by one of the most formidable mountain ranges on the planet.



Living in the remote highlands meant being cut off from high-quality public amenities, such as healthcare and education. It meant being unable to grow a variety of stable crops. And it also meant being restricted from engaging in trade and commerce.

To alleviate this problem, local authorities launched an ambitious relocation program in 2013.

Following the example of other remote regions in China that incorporated relocation programs with a mass-infrastructure drive, Tibet's most impoverished people were relocated to newly built communities with full access to essential services. More than 260,000 residents across the autonomous region took advantage of the scheme. Within six years, Tibet had shaken off absolute poverty.

In the hope that others can learn from its experience, China has committed to sharing its knowledge and methods with the developing world. It has made clear, however, that although China's methods worked for China, other countries must follow their own path in line with their unique challenges and environment.

The key to China's development, then, is not any particular policy or method, but rather its political economy. To understand China's success in poverty alleviation, researchers often refer to the five Ds. They are determined leadership, detailed blueprint, development-oriented, data-based governance, and decentralised delivery.



The determined leadership of President Xi and the Party has been noted by the UN secretary general and so bears not repeating. Its detailed blueprint refers to the plans sketched out by national and provincial-level leaders, some of which stretch for decades. Local leaders were largely responsible for the implementation and delivery of the detailed plans, and this is where decentralised delivery comes in.

Data-based governance refers to the more than 100 million files created on impoverished households. Development-oriented refers to the government's intervention in the market to promote more equitable growth.

With clear national priorities and using the power of the state to intervene, it is possible to organise the market in the people's interest while trying to control some of its disadvantages, Walker explained. The result is that "you can achieve the best of both worlds and benefit all sections of society," he added.

China's secret then, if it can be called a "secret," lies in its creation of a powerful synergy between the state, market and society. Socialism with Chinese characteristics has ultimately developed a new model of political economy with a proven track record in delivering high-quality development that is more fairly distributed across society.

Worldwide GDP for 2021 was US\$95 Trillion of which 5.3% was spent on education or US\$5 Trillion.

Humanitarian expenditure worldwide did not reach US\$50 Billion in 2021.

Total military expenditure worldwide in 2021 was US\$2 Trillion.

STATE OF DEMOCRACY



DRUNK, HIGH & DRUGGED
ZOMBIES

COMMERCIAL IN CONFIDENCE

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

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

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

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

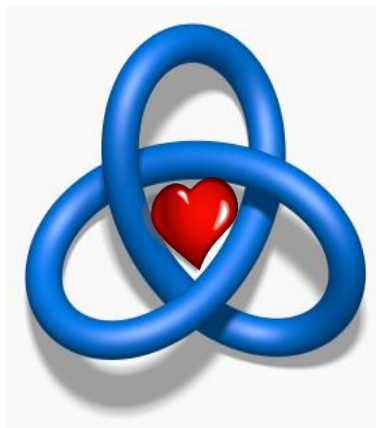
The Golden rule is: Never interfere with another's will.

Our Heavenly Parents simply desire for us to ask for Their Love.

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

Violence is never Justified

Never is hatred, nor discord, nor war among men justified – no matter what the cause – and if men will only learn the Truth there will never exist such feelings or acts. Militarism is all wrong. Jesus 25 December 1915



Violence is never Justified

COMMERCIAL IN CONFIDENCE



TALK IT OUT



We are to express our feelings, both good and bad, and nothing is sacrosanct or to be withheld.

All that's wrong and untrue within us has to be expressed out of us, each of us, it all has to come to light for us to see the truth of. We have to know the truth of ourselves and the truth of our family relationships.

Everything needs to be expressed, to come out into the open.

What enters emotionally has to be expressed emotionally – it has to come out emotionally – leave us emotionally!

However, we are not to act upon what we are feeling emotionally! We are not to act it out! But, we are to go on and long to know the truth of what is behind our feelings, why we are having these feelings and experiences.

Long to the Mother and Father for Their Divine Love, and ask Them to help you see the truth through your feelings – that which They want you to know. Long and ask; long and pray. Pray to see, know and BE the truth, the truth of you – of all of it!









Fortunately;

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

Nanna Beth Summarises her Message to James – 12 November 2018

Everything about what you, James, and John and those people involved personally with you, is extraordinary, and normally none of it would happen. And it's all because of the extra ordinariness of what's happening on the higher spiritual levels. So we're able to do things with people and people are able to do things themselves, which normally, and particularly while under rebellious influences, simply wouldn't happen. It's all in different ways as remarkable as Jesus and the Celestials coming to James Padgett, and The Urantia Book being presented to humanity, yet even more so, much more so – far more so. They were just blips on the path of humanity's evolution, this is a major event. This affects everyone and everything on the world and in the mind Mansion Worlds. Nana Beth, 3rd Celestial Heaven, John's grandmother – 12 November 2018

Kindly consider www.pascashealth.com, then Library Download page, and then in the Pascas Care Letters section, click on to open:

-  [Pascas Care Letters Family Shelters Abuse & Remedial.pdf](#)
-  [Pascas Care Letters Family Shelters Overview.pdf](#)
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-  [Pascas Care Letters Family Shelters Social Housing.pdf](#)
-  [Pascas Care Letters Family Shelters Support Centre.pdf](#)
-  [Pascas Care Letters Family Shelters towards Liberation.pdf](#)

The following; **“The Healing Power of “Bello” – Beautiful”** is also in Pascas Care Letters Family Shelters towards Liberation.

Pascas Craft Path is founded on “SanPa”:

The Healing Power of “Bello” – Beautiful: How an Italian community uses craftsmanship to rehabilitate some of Europe’s most intractable drug addicts.

<https://craftsmanship.net/the-healing-power-of-bello/>

Issues: [Spring 2019](#)

Topics: [Work, Education, and Community](#)

Locations: [Italy, USA](#)

Materials: [Animals & Insects](#), [Food](#), [Leather](#), [Paper](#), [Textiles](#)



Since San Patrignano’s founding more than 40 years ago as a commune for local drug addicts, 26,000 people have been through its recovery program. “*SanPa*” teaches its residents a wide variety of artisanal crafts on a campus that now covers 520 hectares (1,280 acres), becoming the largest addiction treatment facility in Europe. *Photo courtesy of San Patrignano.*

By LAURA FRASER

1. [Hippie Commune, Italian-Style](#)
2. [Rehab: Communal Cookie-Making vs. An Oil Change](#)
3. [A Thread of Quality From The Past To The Present](#)
4. [Pranzo: Lunch, The Great Provider of Quality and Community](#)
5. [Work: The Great Equalizer](#)
6. [A Rare Craft, Revived](#)
7. [Can SANPA Work Anywhere Else?](#)

In the hills above Rimini, Italy, is a restaurant renowned across the region for its pizza. The terrace, surrounded by flowering trees, overlooks vineyards that roll down to the distant Adriatic Sea. In the centre of the restaurant, called “*SP.accio*,” tattooed men knead, shape, and twirl dough in a gleaming, open kitchen. The cooks follow the standard routine of any good *pizzaiolo*—they sprinkle on herbs and cheese,

and slip the pies into a fiercely-hot, wood-burning oven—but they cook with unusual focus and passion, as if their very lives depended on the perfection of these pizzas.

“The dough teaches you,” says Massimo Bertoglia, the head chef, as he shapes a piece into a round. “You have to have constancy, and you have to have care.” He pauses to survey his results and seems pleased. “If you don’t care for it, it will die.”

Unlike most rehab methods, SanPa doesn’t rely on therapists, substitute drug treatment, 12-step programs, or religion. Instead, it treats addiction as a community problem, where an individual’s destructive tendencies can be changed by becoming a member of a big family, Italian-style, participating in work and education for the common good.

Bertoglia’s pizza philosophy is far more than a metaphor. Learning to become a pizzaiolo actually did help to save his life. A former drug addict, Bertoglia is one of some 26,000 people since 1978 who have come to San Patrignano, the addiction recovery community that runs this restaurant, as a last-ditch effort to pull himself out of a life centred on doing anything necessary to get his next fix. Everyone who works at SP.accio, from Chef Bertoglia to the waiters, busboys, and the woman who sells gifts in the boutique (“*spaccio*” means store in Italian) is either a current resident or a graduate of the rehab program. Some of the best chefs in Italy come here to train the pizzaioli, who are highly sought-after in Italy after graduation.

It’s easy to see why. All the ingredients at the restaurant, Bertoglia explains, are *kilometro zero*—produced within view of the terrace tables, from the tomatoes and basil to the wine, mozzarella cheese, prosciutto, and delicate date cookies served with espresso at the end of their meals. The pizza crust—a crucial and elusive art in the pizza world—achieves an unusual quality here because it’s part whole-wheat, and it’s made with natural yeast, with a “mother” dough that has to be refreshed three times a day. The resulting pizza, Bertoglia says as he thumps the dough, is more easily digestible than a pizza made with commercial yeasts. It’s a bit like a Napolitano pizza—large, chewy, with a big border—but not quite as soft.

In SanPa’s bakery sector, residents make fresh bread every day for the Centre’s communal meals, typically made with locally grown food. “In Italy, lunch is when a family takes time to share a beautiful experience,” says Lucia Rughi, SanPa’s communications director. Rughi is married to one of the sons of SanPa’s founder, Vincenzo Muccioli. *Photo by Laura Fraser.*



On my way out of the restaurant, I pass a sumptuous deli and gift boutique that tells the story of a community that makes much more than pizza. Cheeses, cured meats, wine, pastries, olive oil, and other quality foods are all made at San Patrignano (SanPa), a campus covering 642 acres that includes farms and vineyards, and where some 1,500 residents and 300 staff currently reside. Another room in the boutique features high-quality leather goods and finely-spun shawls and scarves, all with the SanPa logo: a tree of life. SanPa is also renowned for breeding horses and dogs, fine woodworking, graphic arts, and other sophisticated crafts. The income from the residents’ efforts covers about 60% of the

community's operating budget of €27 million euros (just over US\$30 million dollars). The rest is made up by donations to the private non-profit organization, some of which come from billionaire Italian patrons.

The Philosophy of 'Bello' (beautiful)

SanPa is unlike other Rehab Centres in the world for a variety of reasons. First is the length of stay, which is three and a half years. By contrast, the average stay in a Rehab Centre in the United States, according to the National Survey on Drug Use and Health, is 28 days. Second, unlike most rehab methods, SanPa doesn't rely on therapists, substitute drug treatment, 12-step programs, or religion. Instead, it treats addiction less as a medical problem than a community problem, where an individual's lack of self-esteem and destructive tendencies can be changed by becoming a members of a big family, Italian-style, participating in work and education for the common good. (For an intimate sense of this culture, see our documentary short, "The Philosophy of *Bello*, in our sidebar column.)



Chefs from all over Italy come to train the cooks at SP.accio, a restaurant entirely staffed by San Patrignano residents. After the residents conclude their three-and-a-half year program at SanPa, 90% of them land jobs. *Photo by Susan West.*

Third, the entire program is free to the residents and their families. While this is costly up front—US\$48,000 per resident year, including food, lodging, medical, and education and training costs—it saves taxpayers enormous sums over the long run. SanPa's directors estimate that its program saves the Italian

government €23 million Euros each year (or about US\$27.5 million) in costs it would otherwise spend on incarceration or governmental rehabilitation.

And fourth, unlike other Rehab Centres that sell their wares, SanPa doesn't produce crafty tchotchkes; it is dedicated instead to the production of high-quality goods that are sold to top Italian restaurants, fashion houses, and architects. According to SanPa's philosophy of rehabilitation, fine craftsmanship is essential to building self-esteem, and that ensures not only the residents' success but also the program's sustainability. And each craft sector seems to develop this idea its own way.

HIPPIE COMMUNE, ITALIAN-STYLE

Every resident commits to the full three-and-a-half-year residency. During this time they aren't paid for their work, but they learn a trade and may get a university education.

San Patrignano was founded 40 years ago Vincenzo Muccioli, by a hotelier who inherited a **200-hectare Estate** and wanted to do something about the drug addicts he saw in nearby Rimini. He began inviting addicts to his San Patrignano estate for Christmas, and then started bringing addicts home to live with his family. Eventually, he founded an informal alternative medicine free clinic at their weekend farm, and then began building the community.

Muccioli had no training as a psychologist or addiction specialist when he started the Centre; he was a messianic do-gooder with New Age interests. But he had a clear idea that the best way to treat drug

addiction was to make addicts feel like they were part of a community that depended on them for its well-being. He and his wife invited addicts to live in San Patrignano on three conditions: They had to stop all drug use, they couldn't ask for money from the government, and they had to choose among different income-producing activities to make SanPa a self-sustaining community. Instead of traditional therapy, **inmates talked while they worked**. Eventually, medical and psychological facilities were added on campus for a few residents, but the model was based on a feeling of belonging and working that raised self-esteem.

The pizza at SP.accio is renowned for its chewy crust, made from wheat grown in Italy's Marche region. The pizza dough is leavened with a 10-year-old starter that must be tended every few hours to keep it fresh. Most of the toppings come from SanPa's own garden. *Photo by Susan West.*



Soon, addicts in sleeping bags began to camp in line outside San Patrignano for weeks, awaiting a coveted spot in what was then akin to a hippie commune, where everything, from the buildings and chairs to the cheese and wine, was made by the residents. In the 1980s, when few clinics would care for patients with HIV/AIDS, Muccioli opened a FOURTY (40) Bed Clinic for them at San Patrignano; several people with AIDS are still in residence.

Muccioli, who died in 1995, had powerful friends who funded his project: he'd been in a meditation group with Gian Marco and Letizia Moratti, billionaire oil industrialists who ranked among the wealthiest financiers in Italy, and who bankrolled San Patrignano from the start, encouraging other aristocratic (and often right-leaning) Italians to contribute to their foundation. Gian Marco died in 2018, but Letizia continues to help govern SanPa; she has also been mayor of Milan and the first female president of the RAI, Italy's public broadcasting company. This network of high-ranking political and business friends has helped give San Patrignano tax breaks and other financial benefits, forging collaborations with top Italian designers, chefs, architects, and fashion brands.



From the start, Muccioli made his own rules, and while he was beloved in the community, he was also attacked by some ex-residents and the media for being a dictator, and for his unconventional methods, which in the 1980s occasionally involved harsh punishments and violence (the rationale was that drug addiction inevitably caused death, and so they used whatever means necessary to save lives). In one scandal, Muccioli was accused of covering up the beating death of a resident, planting heroin on the corpse and claiming the death was an overdose; he was convicted but did not serve time—again, because of powerful political allies.

The *pizzaioli* from SanPa are sought-after throughout Italy for their skills. Most of the SanPa residents go on to work for one of the many fashion, leather, food, and wine companies that have connections to SanPa, and who often send their experts to train the Centre's residents. *Photo by Susan West.*

Since Muccioli's death, San Patrignano has been reorganized into a more conventional non-profit structure with several boards of governance and oversight, and a network of community ties throughout Italy, and

the scandals have ceased. SanPa now downplays its history, which is absent from its website, and instead focuses on the future, collaborating with several European groups to work on expanding its model of rehabilitation to other countries.

Today, San Patrignano, situated atop a hill above Rimini, looks more like a modern, well-endowed college campus than a commune. And while SanPa has a reputation for being a closed community, the family immediately opened its doors to a visiting journalist.



While other artisanal sectors such as leather-working employ both men and women, the studio for *tessitura* (or weaving) is for women only. This creates a safe place for female addicts who have a history of sexual or physical abuse, which is common among the residents. The women say the meditative, repetitive nature of the work calms the urges and anxieties that tend to beset an addict. *Photo by Laura Fraser.*

Antonio Tinelli, who until recently was the president of San Patrignano, and who entered the program as a cocaine-addicted financial trader (almost everyone who works at SanPa was once a resident there), says that over the years, the community has learned from its mistakes. *“There was a time when we had a lot to learn, and there were moments during the 80s when drugs were difficult to combat, and it looked like they were going to win,”* he says. *“After trial and error, San Patrignano has built a structure that helps drug addicts find solutions and survive in the midst of all the challenges and difficulties of their lives.”*

When he first arrived, Tinelli was sent to work with the Centre’s various animals; one of Muccioli’s beliefs was that working with animals, whether horses, dogs, or farm animals, could help addicts calm down and give them an opportunity to connect with, and be responsible for, another living being. *“They asked if I liked animals, and I said sure, thinking about cats and dogs,”* Tinelli recalled. One of the first jobs the slick financial trader was confronted with was midwifing a calf. *“There I was, covered in everything that comes out of a cow giving birth, holding a tiny calf in my hands, and I knew it was more than a metaphor. This, here, is a new life.”*

Tinelli explained that when new residents arrive, each is assigned a *“guardian angel,”* someone who is a year ahead of them in recovery, to act as a guide; they live, work, eat, and sleep alongside each other, providing constant peer support. The residents work in *“sectors”*— woodworking, textiles, graphic arts, baking, animal husbandry, wine, and many others—with people they eat and live with as a family. Every resident commits to the full three-and-a-half-year residency, during which time they learn a trade and may get a university education. They aren’t paid for their work while they are in the community, but the products they make help support their stay, which is free.

During the first year, the residents (they are called *ragazzi* inside the community, which loosely translates to *“guys”*) are allowed no contact with family except via hand-written letters. Men are housed separately from women, who are TWENTY PERCENT (20%) of the residents. **For the entire stay, the ragazzi have**

no access to cell phones or the Internet. (“*The real detox,*” as one told me.) San Patrignano claims that, upon release, nearly NINETY PERCENT (90%) of its residents are employed through its network of trade and community partners, and that SEVENTY PERCENT (70%) stay sober in three-year follow-up surveys conducted by the University of Bologna—impressive statistics in this field. While data on rehab success, including SanPa’s, is hazy at best, the best Centres in the US claim only a THIRTY PERCENT (30%) rate of recovery.



All new SanPa residents have an *Angelo Custode*, or a guardian angel—a more experienced resident who never leaves their sides. When addicts feel lonely, angry, or upset, this gives them someone who can always talk things over with them. Here, the weavers are mounting a loom, which can take up to three days. *Photo courtesy of San Patrignano.*

REHAB: COMMUNAL COOKIE-MAKING VS. AN OIL CHANGE

To understand its success, I toured San Patrignano to talk with some of the residents. From the administrative offices, with its large graphic design lab, I walked along a muraled alley wafting with breezes of something good in the oven. When I ducked into the bakery and watched the ragazzi shaping loaves of bread and mixing up cookie dough, I immediately noticed a light-hearted atmosphere—the guys comfortably joking with each other as they kneaded vast quantities of dough.



Claudia Corazza came to SanPa in the 1980s as a resident, then stayed on as a designer and instructor, teaching women to create their own patterns. These fine shawls are destined for a Milan boutique. *Photo by Laura Fraser.*

In addition to all the bread for the community, and monthly birthday cakes for the residents, the bakery sector makes cookies, breads, and 35,000 buttery fruit-filled *panettone* at Christmas for commercial sale outside. When one of the guys, arms covered in tattoos, offered me samples, the quality was immediately apparent. The fig and walnut cookie was moist, chewy, and crispy at the same time. A corn and orange biscuit was both flavourful and delicate. No ordinary cookies, these.

Between bites, I chatted with Gregory Raimo, an Italian-American from New Jersey who had the tough-guy looks and voice of Robert De Niro in *Taxi Driver*. His arms and chest were covered in rough tattoos.

“I’ve done a lot of damage,” he said, and indeed, I wouldn’t want to meet those piercing blue eyes on a street corner at night. **“Jail, rehab, nothing helped. In the United States, you get eight days detox, then a month of rehab—it’s like an oil change. You go back outside and go right back to drugs and the life you were living before.”**

Desperate to find help for his drug problem, Raimo had to search beyond the U.S. He came to Italy when his Italian grandparents suggested San Patrignano as a final option. (While the program is technically open to foreigners, entry can be tricky for Americans to obtain. Among other things, it requires a three-year medical visa for a program that, by U.S. standards, is not accredited.) For Raimo, communal living was a big change. *“Back home I minded my own business. Here, everybody knows if you have a problem,”* he said. *“It’s not easy, but if it was easy, it wouldn’t work.”* I asked him if he would be interested in going into baking when he leaves. *“I’m not big on cookies, to tell you the truth,”* he said, flashing a warm smile. *“But I’ve learned a lot about organizing here. I’m good at organizing. I figure if I finish this, I can do anything.”*



SanPa textiles are commissioned by top fashion houses, including Chanel, Zegna, and others, as well as high-end home furnishing brands. *Photo courtesy of San Patrignano.*

A THREAD OF QUALITY FROM THE PAST TO THE PRESENT

Next door, I entered the *“Design Lab,”* a Textile Studio where I found FORTY (40) mostly young women at work. The room on the left was filled with sewing machines, and on the right, giant, old-fashioned wooden looms. Each had a spread of colourful yarn, and the women sat in twos operating the looms, passing the shuttle under the threads. There was a quiet, regular rhythm of work in the room.



San Patrignano is one of the few places in Europe that continues to make hand-painted wallpaper. The design managers work with architects and designers to create custom wallpaper, or *carta da parati*, often installing it in their clients’ homes. The wallpaper panels can cost thousands of dollars apiece. *Photo by Laura Fraser.*

Claudia Corazza, a woman in her fifties who was helping a colleague thread a large loom, arrived at San Patrignano when she was 18, an alcoholic and addict. *“At that time, it was all mud and country living,”* she said. The weaving sector is one of the oldest at SanPa, initially taught by a woman who was a master weaver. *“She was a little nonina—a grandmother—who showed us the basics, and she was glad to pass along what was a dying tradition,”* Corazza said.

From the start, SanPa invited older artisans to teach. Many had done their life’s cycle of work and wanted to transmit their skills to another generation. The workshops taught by the artisans—weavers, Michelin-starred chefs, cheesemakers, winemakers, designers—created a foundation for SanPa to preserve those

artisanal traditions. *“Our ragazzi learn to make something that isn’t slap-dash or just okay or good enough, but something with their hands, passions, and originality,”* said Tinelli.

Slow, deliberate work like weaving, he said, can help replace the immediate cravings of drugs. *“Gradually, they learn that satisfaction isn’t immediate, but longer, and more beautiful and profound. It comes from sacrifice and discipline, and the ragazzi have a sense of filling the emptiness inside, and of discovering a passion for life and quality.”*

Corazza, for example, took a course in weaving at SanPa, worked in the sector for years, and then stayed on to help others. Designers and others in the fashion world still visit. *“It’s a constant transmission of knowledge,”* she said.

Lisa Carrara, threading the loom with Claudia, has been at SanPa for over six years. *“My parents brought me here, against my will, but I kept going,”* she said. After her three-year rehabilitation, she stayed on as a teacher. *“Weaving helps you concentrate, and it gives you something to do. Sometimes you talk, and sometimes you take a moment to cry.”*



San Patrignano’s hand-painted wallpaper designs range from traditional to geometric and oriental-themed. *“We care about quality,”* says Diego. *“It’s a lost art, even in Italy, but we are carrying on.”* Photo by Laura Fraser.

“Also,” Corazza pointed out, *“you learn mathematics.”* Figuring out measurements and quantities of yarn for weaving takes a good deal of calculation.

The women tell me that working in the all-female weaving sector helps the young women, most of whom have been raped or have prostituted themselves in order to get money for drugs. Almost all of them have suffered some form of violence and abuse. In contrast, the weaving workshop radiates calm, offering a safe place for women to untangle their feelings and experiences.

With one touch, it was easy to tell that everything is made of the finest cashmere, silk, or linen. I couldn’t resist a baby blanket-soft cashmere shawl for US\$140; similar items destined for Chanel will retail for US\$1,200.

The weaving is still based on the techniques of the Nonina, but updated with new technology. There are nine looms in the weaving sector, ranging from 1.5 metres to 3 metres wide; each is equipped with 24 heddles—the wire cords that the thread passes through to create a weaving against the warp thread. Where older looms required a lot of pedals, which lifted shafts that determine a textile’s design, a computer now operates those shafts. The computerisation allows for more complicated designs, and fewer mistakes, but the actual weaving is still done by hand; each weaving, which is turned into a shawl, clothing, or a throw, takes two to three days to produce.

The weaving sector works on commission from fashion houses such as Chanel, Ferragamo, Brunello Cucinelli, and Zegna, as well as making San Patrignano-branded scarves and shawls that they sell to the public. At the workshop's entrance, an armoire displays samples for sale. With one touch, it's easy to tell that everything is made of the finest cashmere, silk, or linen. I couldn't resist a baby blanket-soft cashmere shawl in cloud blue with a dark border for US\$140; similar items destined for Chanel will retail for US\$1,200.

“When you make something this beautiful,” Corazza said, holding a shawl to her cheek, ***“you feel better about yourself because you created it.”***



Some of SanPa's *carta da parati* is silk-screened after the paper has been cured, some is stenciled, and some painted by hand. *Photo courtesy of San Patrignano.*

PRANZO: LUNCH, THE GREAT PROVIDER OF QUALITY AND COMMUNITY

At precisely 12:30, the residents headed to an enormous dining hall, which can seat 1,200 people at long wooden tables, where the residents eat with others from their sectors. A wide arc of floor-to-ceiling windows shows off hundreds of acres of vineyards outside. Before eating, everyone in the room stands for a moment of silence. ***“It's a moment to offer thanks, or to reflect,”*** said Tinelli. ***“It is not religious, but it can be.”*** Many of the residents crossed themselves, then everyone sat.

White-coated waiters listed the lunch choices, served in the Italian style—a pasta *primi*, followed by a main dish. Everyone takes turns working as a waiter and serving others, rotating during the month. Like everything else at San Patrignano, most of the food was grown and processed on the premises. In this large, industrial dining room, I was stunned to find my plate of pasta was steaming and perfectly *al dente*, with creamy home-made ricotta cheese and sun-dried tomatoes.

“We're preserving and transmitting Italian culture, in which the idea of eating with a family is very important,” said Tinelli. Until recently, in accordance with Italian tradition, everyone was allowed one glass of San Patrignano wine at lunch and dinner, but because many are alcoholic and had problems with the wine, now they drink water. After lunch, also in keeping with Italian rhythms, everyone takes time to nap or relax before getting back to work later in the afternoon.



In SanPa's leather workshop, residents create fine purses, wallets, and other goods that are either commissioned by Italian fashion brands or sold, like these, under the San Patrignano brand, and its logo: the tree of life. *Photo courtesy of San Patrignano.*

WORK: THE GREAT EQUALISER

That afternoon, I visited the leather sector, where residents stitch San Patrignano-branded handbags, and produce others for Italian fashion houses, including the high-end leather company Tod's, whose owners and designers have come to SANPA to offer workshops. Each person was at a station, sewing zippers, cutting leather, or hand-stitching. Unlike at a commercial leather workshop I visited in the United States, the atmosphere was cheerful and talkative. Interestingly, this is one of the few sectors where men and women work together.

Why don't we see SanPa's model across the U.S.? "We're living in a world where everyone wants things cured in five minutes, shoot everybody up with drugs so we don't have to worry about whether we can change their lives," says Mimi Silbert, the founder and long-time president of Delancey Street. "People are terrified to do long, hard things."

I was struck by how diverse this group was—in age as well as life circumstances. When I asked Tinelli how someone like him—bright, educated, making piles of money as a financial trader—was able to bond with homeless heroin addicts and people with misspelled prison tattoos, he said it wasn't easy at first. ***"San Patrignano taught me one of the most important things I lacked: humility."***

Marco Castelli, a 43-year-old Italian with a scruffy beard who was painting the edges of some pebbled calf leather that would become a luxury handbag, learned that lesson the hard way. Castelli is an engineer by training, and he used to work at the Italian fashion house Gucci, living a fast lifestyle fuelled by copious amounts of cocaine. In a story familiar to most addicts and their friends, the more Castelli used, the more of his stylish friends dropped away; soon he was left isolated, working long hours to support his habit. At a certain point, his income couldn't cover his drugs, and he found himself begging for money from his friends and parents. One by one, they turned away from him. Eventually he lost his job, his home, his friends, and his savings in pursuit of the next line of coke.

"After 23 years of abusing drugs, I decided I needed a change," said Castelli, who has spent over two years at SanPa. ***"I had two separate roads in front of me, and only one of them was life."*** Now he spends his time teaching his Gucci design sense and standards to fellow addicts in the leather workshop.



San Patrignano spends more per year on training for its residents (€15,000 euros, or US\$17,000) than on their room, board, and medical care (about €11,000 euros). *Photo courtesy of San Patrignano.*

At one work table in the leather sector, women were stitching together stuffed animals made with real fur for the luxury market. One woman in her 50s, Roberta (who preferred not to use her last name), had a face etched with the lines of a hard life. A former accountant, she became a heroin addict. After revolving in and out of TWO (2) Rehab Centres, she was clean from heroin but separated from her husband and had turned to alcohol. ***"San Patrignano was like the last beach,"*** she said. It took a big commitment to stay in; she recently missed her daughter's wedding. But she said she is content, and somewhat amazed at her luck. ***"I could never have imagined this place. We get good food, a place to stay, and friends."***

Demonstrating a fur rabbit with evident pride,” she said, “This place is beautiful, and we make these beautiful things.”

A couple of tables over from Roberta, Kyra (who also did not want to use her last name), a woman in her early 20s who has spent two years here, was stitching wallets. An American from a celebrity family, she has dark hair, wide green eyes, and prep school elocution. ***“My aunt’s friend was a friend of the founder, and she asked if I could enter,”*** she said.

Antonio Tinelli was a financial advisor until 2001, when he entered SanPa as a cocaine addict. He worked in animal husbandry, then in communications; until September, 2018, he served as President of the San Patrignano community. *Photo by Laura Fraser.*



Kyra started taking pills on weekends as a child for fun, and the habit escalated, especially since her parents were rarely present. She’d been a debutante and interned at a famous fashion house; her Instagram feed prior to San Patrignano reveals someone who was a rich, partying, hot mess. ***“I had no morals when I arrived here,”*** she said. ***“I didn’t know what a relationship was. I had to learn to listen to people. San Patrignano has transformed me.”***

Despite her upbringing, with housekeepers and nannies, Kyra doesn’t see the labour of stitching wallets as drudgery. ***“I’m passionate about fashion, and studied it, but I never thought I could use my hands to create something,”*** she said. ***“Instead of going into fashion as a business, now I want to go into design. I’ve been able to learn about leather, which is complex.”*** Kyra has also taken courses in the textile sector, adding to her education in the hands-on side of fashion, which

she took for granted before. ***“I came from a very fast-paced lifestyle, and this work, learning a skill, and these people have saved my life.”***

A RARE CRAFT, REVIVED

The most unusual craft workshop in San Patrignano’s design lab produces hand-painted wallpaper, or *carta da pareti*. When I visited, two ragazzi spread a thin, gluey mixture on long rolls of paper, which then went into a kiln to be cured. When the paper came out, it was painted with one or more of three methods: stencils, silk-screen, or hand-painting with brushes. One of the guys in the workshop, a 36-year-old named Diego, paged through a sample book of wallpaper with geometric patterns, faux parquets, and marble inlay, damask, *chinoiserie*, and floral motifs that looked like they’d adorn the walls of palaces and Italian villas: in fact, they do, along with decorating yachts, luxury hotels, restaurants, and boutiques.



At SanPa meals, residents take turns being servers. Following the Italian custom, each meal has a *primi* (a pasta or soup course), followed by a *secondi* (the main dish). ***“It’s considered disrespectful to the cooks and to the community not to eat everything on your plate,”*** says Lucia Rughì, SanPa’s communications director. Not surprisingly, this sin is rarely committed. *Photo courtesy of San Patrignano.*

Jonathan Tomasello, 30, used to sell drugs and spent some time in jail. ***“When my family didn’t want me in the house, I thought I’d better think about something else.”*** He’s been in San Patrignano for two and half years. ***“Outside, no one tells you anything when you’re wrong, no one cares,”*** he says. ***“Here you have to follow someone, and then you have to lead them and take the attention from yourself to someone else’s well-being.”*** Tomasello is thinking about opening a bakery when he leaves. *Photo by Laura Fraser.*

Hand-painted wallpaper—a single panel starts at thousands of dollars and may take 100 hours to paint—is a rare craft these days. Imported to Europe from China in the 18th century, the art form became popular among Italy’s aristocracy. The late Renzo Mongiardino, one of the country’s best-known designers of commercial and residential interiors as well as film sets, was a master of using hand-painted wallpaper to create illusion—Moroccan tilework, drapery, frescoes, floral motifs. He designed homes for the uber-wealthy, as well as for directors including Franco Zeffirelli. Early in SanPa’s history, he also brought his teaching skills to the community.



The difficulty with this wallpaper, since its colours are mixed and painted by hand, is achieving consistency over an entire wall. ***“You have to throw out a lot of pieces,”*** said Diego. ***“It may take a year to do one large job. You need patience.”*** Diego says he loves working with wallpaper, but once he’s out of San Patrignano, he isn’t sure he’ll find work in the field. ***“Hand-painted wallpaper is a very restricted art,”*** he said. ***“But I’ll find something using these painting and design skills. It’s become a passion.”***

CAN SANPA WORK ANYWHERE ELSE?

San Patrignano has now spread to THREE (3) Satellite Centres, one (1) in London and TWO (2) in Italy, and it participates in world conferences on rehabilitation, partnering with other like-minded programs in Europe. Given that more than 72,000 people died of drug-related deaths in the U.S. last year, and more than 8,000 in

Europe, many people have studied SanPa to determine if the model could work elsewhere. But it’s not easy to replicate.

The closest relative to SanPa in the United States is Delancey Street, a San Francisco-based rehabilitation program for violent criminals and drug abusers that has a similar approach. Mimi Silbert, founder and long-time president of Delancey Street and a criminal justice expert, praised the Italian program, which she called a *“sister organisation.”* Like SanPa, Delancey Street rejects traditional therapeutic approaches in favour of making the addict feel like an important participant in a community, and accountable to its members.

At Delancey Street, which has expanded from its San Francisco home to SIX (6) other Treatment Centres around the country, residents run a restaurant, a moving company, and make some furniture and crafts. **The cost of a Delancey Street residency, which typically runs for about FOUR (4) Years, is approximately US\$30,000 a year—close to the US\$48,000 cost of a San Patrignano residency.** However, like SanPa’s directors, Silbert argues that this expense ultimately saves on public costs for repeat incarcerations, to say nothing of superficial prison rehabilitation programs that usually fail, imposing further costs on society. But Delancey Street’s model is not widely replicated, either.

“The reason they don’t end up replicating us is primarily because of money,” says Silbert. *“In Italy, they have a great donor. We don’t, so we have a great struggle—but a willingness to struggle.”* She says most treatment programs fail because they are short-term, partly for reasons of money and insurance, and don’t provide residents with the sense of support and family they need.

“Instead of taking people who have messed up their lives and treating them as these poor people who need our help, we search for their strengths and develop them,” said Silbert. *“Making crafts develops those strengths, lets them be creative, gives them something to be passionate about, and teaches them to rely on each other in order to work together. In the process they discover their own self-reliance,”* she said. But few programs have the resources or patience to try such an approach.



And at one of Italy’s prisons: Rehabilitation through wine-making. Why not?

“Right now, we’re living in a world where everyone wants things cured in FIVE (5) minutes, shoot everybody up with drugs so we don’t have to worry about whether we can change their lives,” she said. *“We’re living in a time when people are terrified to do long, hard things. Change takes a long time, but it’s worth it.”*

Another factor that makes SanPa difficult to replicate is its very Italian-ness; it grew in a country where the history and value of craft is woven into the fabric of society. One Australian team visiting SanPa concluded, *“San Patrignano is un-replicable in its entirety, due to its history, its scale, its location, and the Italian culture in which it is situated.”*

Lucia Rughi, SanPa’s communications director, is married to one of founder Muccioli’s sons, Giacomo, who has become a veterinarian. *“Our philosophy,”* she says, *“is the education of bello.”* Within that philosophy, the process of understanding and working toward beauty is the only means to combat the ugliest expression of self-loathing: addiction.

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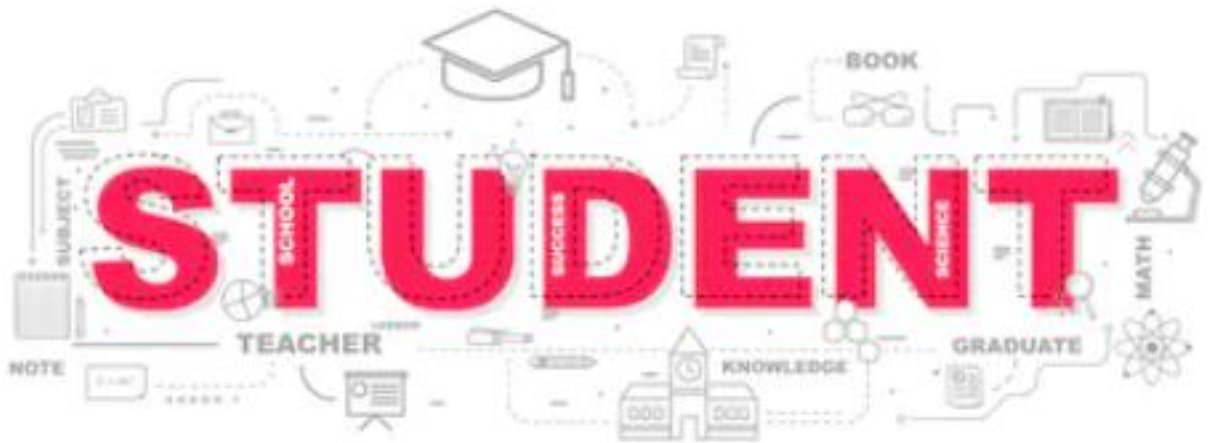
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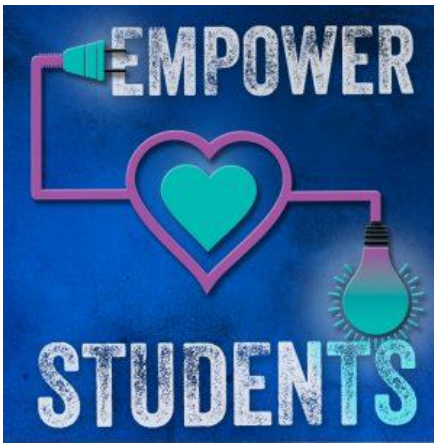
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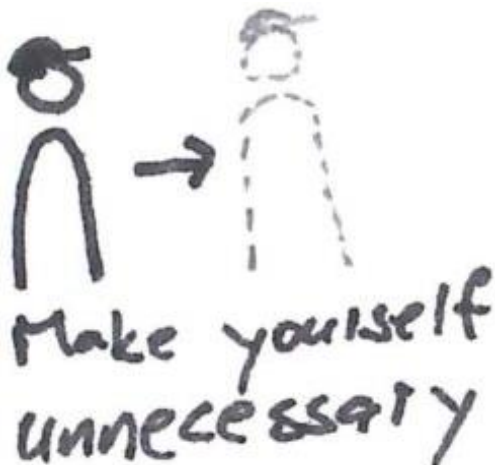


to:

Learn through play
Independently explore subject
Research⁺ with fellow students
Explore topics you enjoy
Engage in what you are passionate about
Ask and keep asking
Question every aspect
Commonsense is not common
Assumptions are mostly in error
Embrace what you may be feeling
We have been retarded and restrained
We are to be our true self
We are to express all our feelings
We are self contained all is within
By doing is how we learn
Tutoring others is a great self teacher
Our capabilities are infinite




while you



∞



From the moment of conception
and then onwards for all of eternity .

We are TRUTH SEEKERS!

COMMERCIAL IN CONFIDENCE

Healed potential



Insightful Genius

Brilliance!

DYNAMIC

vibrant

Our journey is one of never ending learning and ever growing love!



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