

PASCAS FOUNDATION (Poland) Ltd



POLAND

WARSAW, POLAND



Business Plan & Financial Feasibility

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FINANCIAL FEASIBILITY – STATEMENTS & PROJECTIONS

Sheets 1 - 78



PASCAS
wrap-around
support

PASCAS FOUNDATION (Poland) Ltd

EXECUTIVE SUMMARY

THE PRODUCT:

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

The **culture of Poland** is the product of its geography and distinct historical evolution, which is closely connected to an intricate thousand-year history. Poland has a Roman Catholic majority, and religion plays an important role in the lives of many Polish people. The unique character of Polish culture developed as a result of its geography at the confluence of various European regions.

It is theorised and speculated that ethnic Poles are the combination of descendants of West Slavs and people indigenous to the region including Celts, Balts and Germanic tribes which were gradually Polonised after Poland's Christianisation by the Catholic Church in the 10th century. Over time Polish culture has been profoundly influenced by its interweaving ties with the Germanic, Baltic, Jewish, Latinate and to a lesser extent; Byzantine and Ottoman cultures as well as in continual dialogue with the many other ethnic groups and minorities living in Poland.

The people of Poland have traditionally been seen as hospitable to artists from abroad and eager to follow cultural and artistic trends popular in other countries. In the 19th and 20th centuries, the Polish focus on cultural advancement often took precedence over political and economic activity. These factors have contributed to the versatile nature of Polish art, with all its complex nuances. Nowadays, Poland is a highly developed country that retains its traditions.

Poland has made significant contributions to the art, music, philosophy, mathematics, science, politics and literature of the Western World. The term which defines an individual's appreciation of Polish culture and customs is Polonophilia.

THE PEOPLE OF POLAND are LIVING in SURVIVAL MODE (MoC 190):

Polish people live between two dominating nationalities, the Russians to the east and the Germans to the west. For decades, the people of Poland have been subjected to the domineering, suppression of Communism and the Catholic Church. This has been cascaded by authoritarian national and local governments of vary persuasions and ideology.

Consequently, the Map of Consciousness calibration of the population of Poland reflecting 190 on Dr David Hawkins' scale is reflecting the fact that the people of Poland are generally submissive and curtailing to long imposed submissiveness by those with controlling agendas and thus the people of Poland are yet to free themselves of the imposts of such a suppressive consciousness condition as they presently do not know how to escape such entrapments.

Through the awareness of living feelings first, then embracing feeling healing, and with the asking for of our Heavenly Mother and Father's Divine Love, we each may choose to escape the restrictions of the past way of living and embrace the freedom of truth that we each have within us. There is no need for a hierarchy of control. Once we know, we cannot unknow.

SUBMISSIVENESS:

Unbeknown worldwide, every institutionalised system has evolved under the covert control of high level personalities to ensure that the people that the institution serves, or the system delivered, maintains control of the people, that they remain stagnant in their development. Each generation of any community does not grow in consciousness, generation after generation. At least 78% of humanity has a consciousness level

below 200 on Dr David Hawkins' Map of Consciousness (MoC), these people will all submit to the guile and will of those who seek to subject them to their personal corrosive control and suppression.

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

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

The OLD WAYS are to GO!

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

NOW TO BEGIN:

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

The product is the consequence of need. The population of Poland calibrates around 190 on Dr David R Hawkins' Map of Consciousness (MoC) scale which is based on the common log of 10. The world population overall is 220 and Australia is 410 MoC. As has been the case around the world, the missionaries from many and diverse religious platforms introduced education systems into communities that did bring about spiritual development and economic growth to a degree and this progress generally then plateaued. This is the scenario generally throughout Poland – authoritarian suppression is mainly universal.

Universally open, free, education through primary schooling, through high schooling, technical and further education and then university has been and continues to be the driver of any society's progress and development. Open and free to all with the development of feelings orientated curriculums is now required. Open implies that it is free from the restraints and dictates of government, that includes liberal and democratic governments as well as authoritarian and oppressive governments. All governments are agents of control. Open also implies free from being dominated by any religious institution. And free implies that the education service is provided free of cost to the students at all levels. Truth needs to prevail.

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

FEELINGS are our Supreme Guide!

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

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

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

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

This sounds easy. It is not. Others have touched upon these points but until now – 2024 – no one had gone deep enough and achieved the healing that comes through living feelings first. Now it has been achieved and can be shared with all of Earth's humanity, both in the physical as well as in spirit.

THE COMPANY:

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

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

MARKETS & COMPETITION:

POLAND Doctors Nurses Teachers Ratios

	DOCTORS		NURSES & MIDWIVES		TEACHER / STUDENT	
	per 1,000 people		per 1,000 people		ratio	
Poland	2020	3.7	2018	6.8	2015	17
Germany	2021	4.5	2020	12.3	2017	8
Russia	2020	3.8	2020	6.2	2017	10
China	2020	2.4	2020	3.3	2018	16
India	2020	0.7	2020	1.7	2017	33
Australia	2018	3.8	2019	13.2	1999	18
United States America	2018	2.6	2018	15.7	2017	14
Spain	2018	4.0	2018	6.1	2017	13
		Austria		Switzerland		San Marino
Strongest Worldwide	2020	5.4	2019	18.0	2018	7
https://data.worldbank.org/		Africa 27		Africa 30		Africa 21
Weakest Worldwide		nations 0.1		nations 1.0		nations 40+

Primary goal is to increase the number of doctors throughout Poland, while advancing their education and skill levels.

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

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

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

NATIONAL SECTORS:

The two river basins and being 16 provinces, provide the opportunity to have regional administrative and developmental zones throughout Poland whilst coordinating a national developmental agenda.

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

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

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

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

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

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

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

FINANCIAL REQUIREMENTS:

Funding required in the form of grants to commence this national endeavour over five years is AUD3.6 billion (US\$2.4 billion). It is anticipated that these funds will be used for land and buildings (US\$1,112 million), cooperative enterprises (US\$100 million), plant and equipment (US\$117 million), office building (US\$5 million), housing accommodation (US\$550 million), scholarships granted overseas (US\$91 million), and operating costs with working capital (US\$425 million) with other funds offsetting partially.

PROFITABILITY:

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

CONTACT INFORMATION:

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	Gary Allan WILSON	Bs: +61 452 539 743
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PASCAS FOUNDATION (Poland) Ltd

EXECUTIVE SUMMARY – BRIEF

Pascas Foundation (Poland) Ltd is to support the installation of infrastructure throughout the 16 provinces of Poland, with auxiliary services throughout communities, to advance the standard of education throughout the primary schooling system, potentially growing the high schooling capacity with the objective of greatly increasing the numbers who qualify for higher education through the technical and further education system, also to be expand the university system, all having additional campuses.

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

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

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

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

Conservative grant requirement projections are:

Year 2025	Year 2026	Year 2027	Year 2028	Year 2029
AU\$780 million	AU\$774 million	AU\$870 million	AU\$585 million	AU\$540 million
US\$520 million	US\$516 million	US\$580 million	US\$390 million	US\$360 million

CONTACT INFORMATION:

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PASCAS FOUNDATION (Poland) Ltd

PERSONAL BENEFITS for all Children, Women and Men from REVELATIONS

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

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

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

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

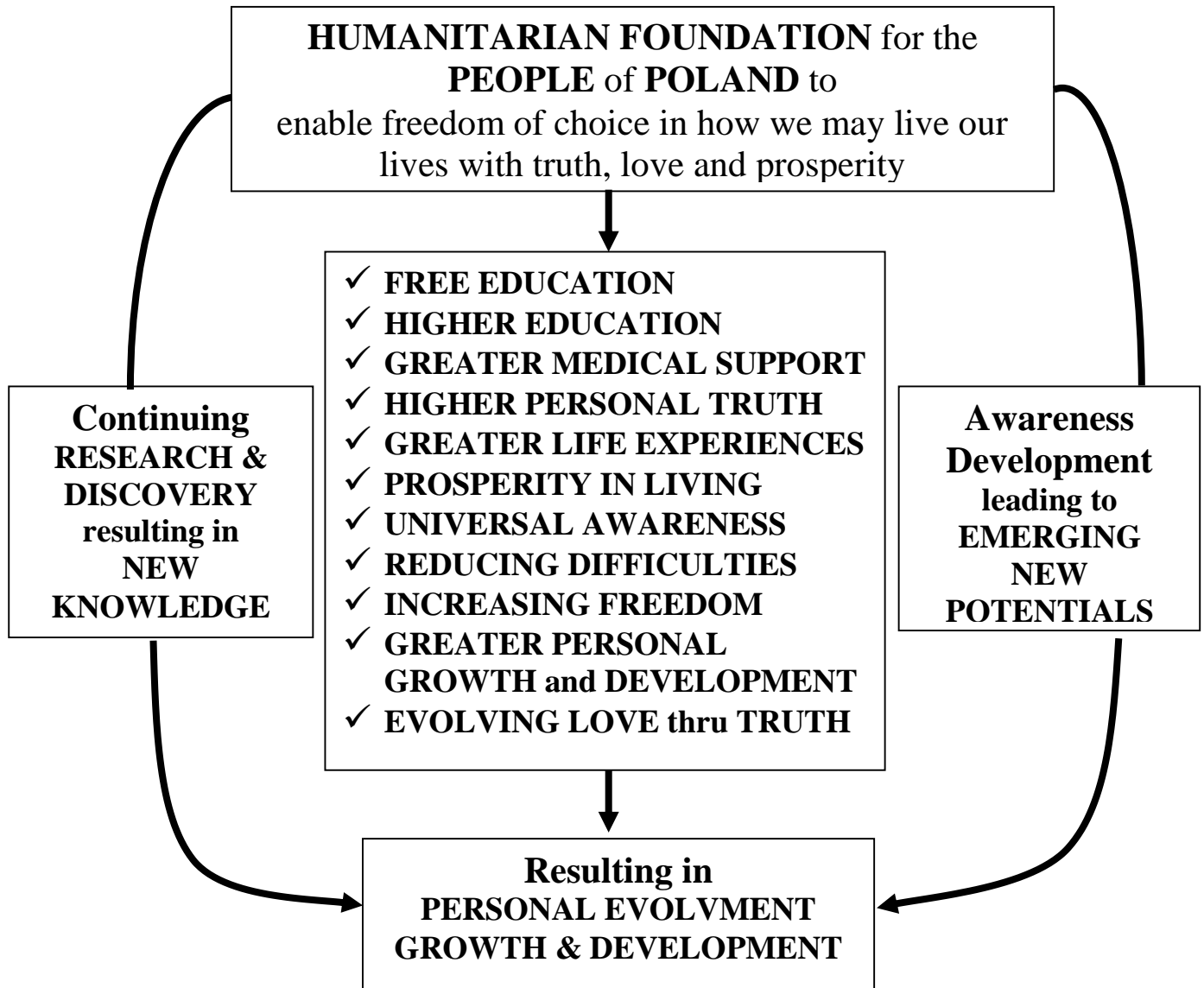
Application: “LIVING FEELINGS FIRST – FEELING HEALING” for Men:

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

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

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

PASCAS FOUNDATION (Poland) Ltd



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

PRINCIPAL:**PASCAS FOUNDATION (Poland) Ltd**

Bs 61 452 436 227

to be a registered as a not-for-profit foundation with the Poland Government.

Em: info@financefacilities.com

Chairman of

Directors:

Rafal ZAWILINSKI

Bs 61 434 969 063

Directors

Renata JUSZCZEK

Bs

Lawyer Poland national

Bs

Psychologist Poland national

Bs

Asad BASIT

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Gary Allan WILSON

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Ian Thomas DOWLING

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Project:

PASCAS FOUNDATION (Poland) Ltd

Project

Location:

Poland central office to be located in Wroclaw.

Funding:

Grants projected required per quarter AUD195,000,000pq USD130,000,000pq

Grants projected required per annum AUD780,000,000pa USD520,000,000pa

Term:

Grant drawdowns could be said to be AU\$195,000,000 per quarter in advance, being US\$130,000,000 per quarter in advance.

Project:

Essentially it is to grow the capacity and capabilities of the education, nursing and doctoring personnel while lifting the standards and potentiality of all professional staff and personnel engaged in these sectors throughout all 16 provinces of Poland, and Poland includes **two** major basins, the Oświęcim and Sandomierz, which are rich in several minerals and natural gas, suggesting operational zones for the Foundation. While doing this, further education facilities and universities are to be strategically located to enable all required professionals throughout Poland to have available free feelings orientated education to achieve their passions in any profession and walk of life.

Objective:

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

Profitability:

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

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

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

KEY PERSONNEL:

Board of Directors:	Rafal ZAWILINSKI	DOB
Position:	Director	
Duties:	Chairman	
	Renata JUSZCZEK	DOB
Position:	Retailer in the food industry of fish. Also leader of Buena Foundation, headquarters in Wroclaw, Poland.	
Duties:	Director of national operations.	
	Lawyer	DOB
Position:	Director	
Duties:	Director	Legal affairs and health
	Psychologist	DOB
Position:	Director	
Duties:	Director	
	Asad BASIT	DOB 14 October 1949
Position:	Director	
	Originally from Pakistan, having an accounting background, is working with humanitarian programs throughout the region of Afghanistan to India.	
Duties:	Director and education	
	Gary Allan WILSON	DOB 19 May 1959
Position:	Director	
	Financial industry background of more than 30 years.	
Duties:	Liaison officer for the networking of activities for Pascas Foundation (Aust) Limited.	
	Ian Thomas DOWLING	DOB 23 July 1986
Position:	Director	
	Project development and finalisation. General administration and oversight.	
Duties:	Oversight of projects.	
	John Edward DOEL	DOB 16 January 1947
Position:	Representing Pascas Foundation (Aust) Limited	
	Conducted substantial public accounting practice, developed and operated two private hospitals in New South Wales. Undertaken extensive industry research and business practice developments.	
Duties:	Financial controller and project analysis.	

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



National headquarters of Buena Foundation is in Wroclaw, as will be Pascas Foundation (Poland) Ltd.

POLAND, WROCLAW

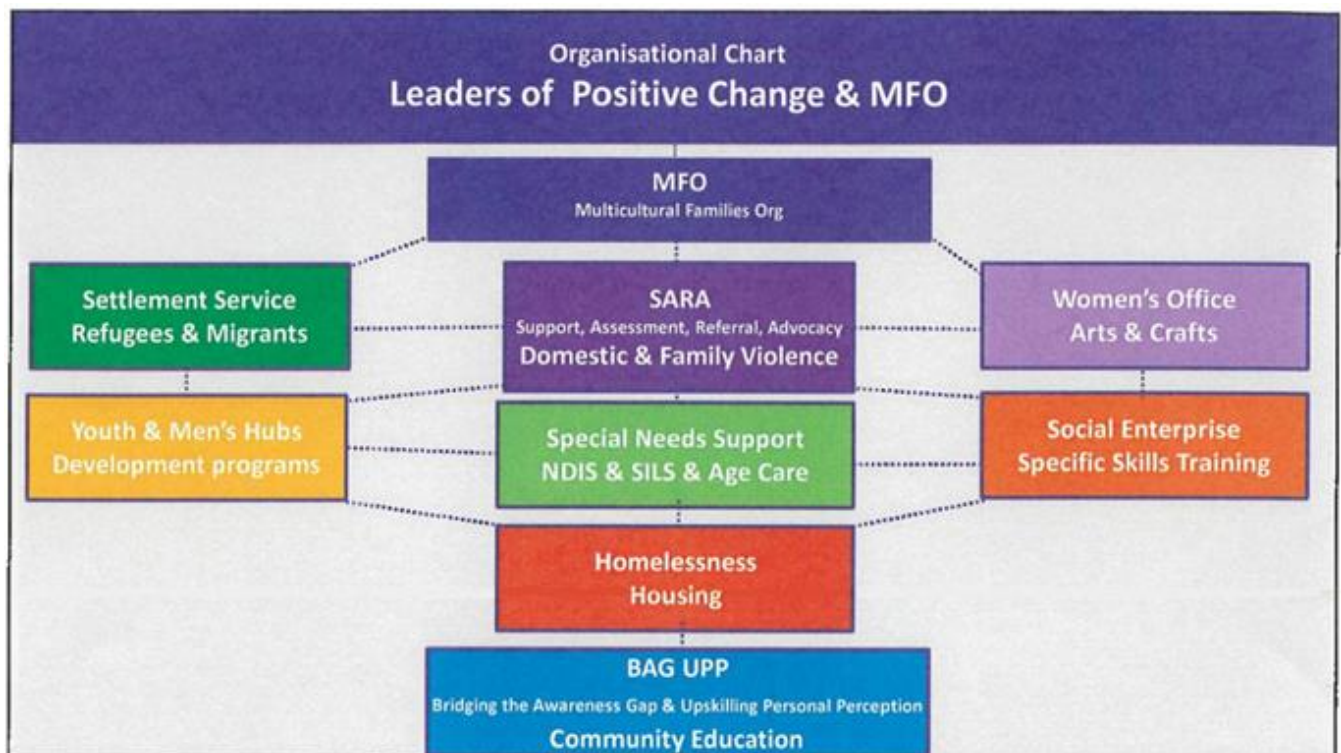


COMMERCIAL IN CONFIDENCE

PASCAS - BUENA

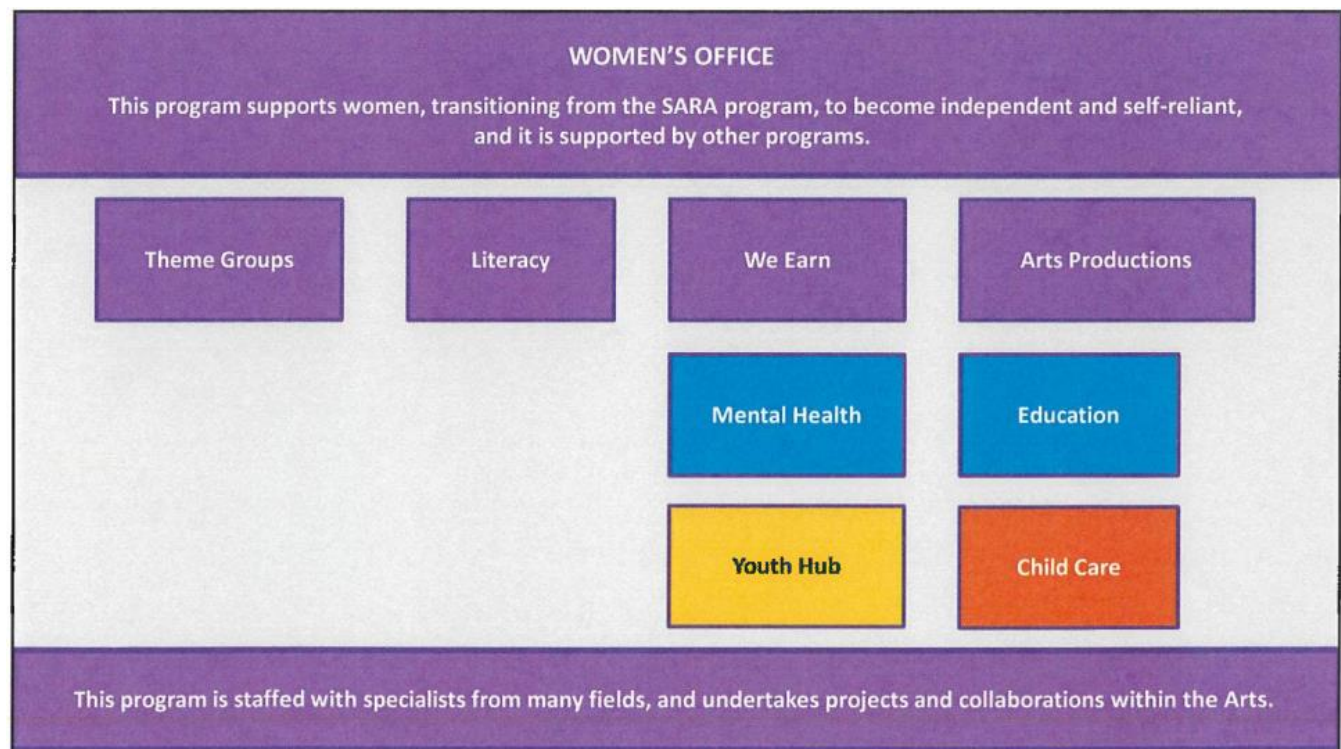
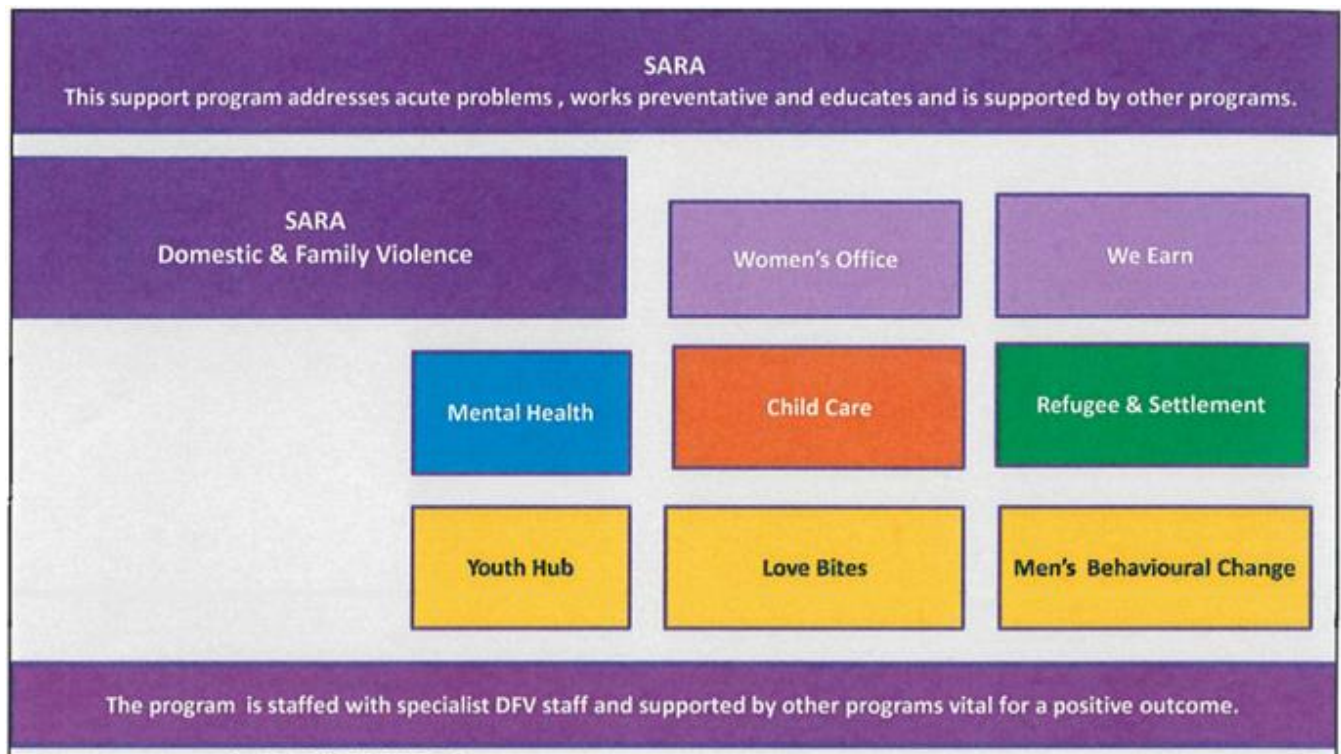


Leaders of Positive Change

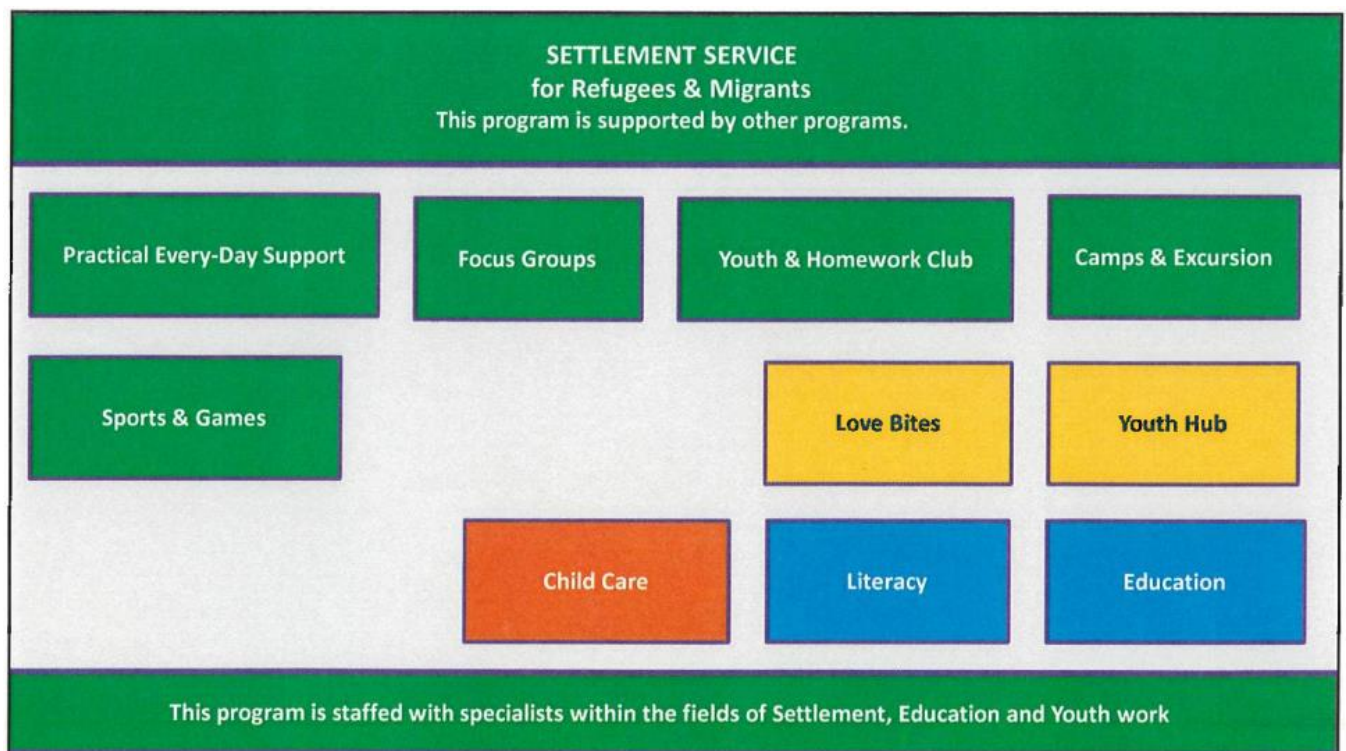
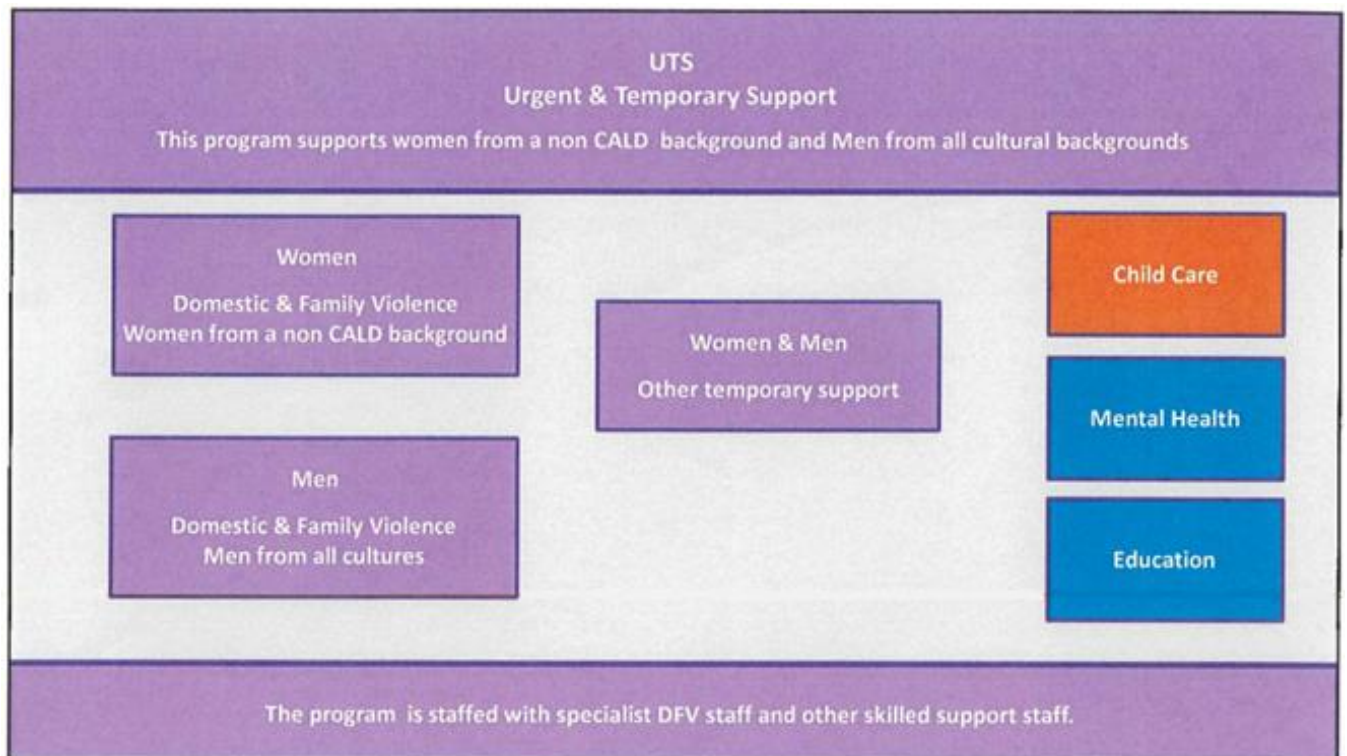


Leaders of Positive Change aims to reduce all kinds of violence and motivate and guide attitudinal and behavioural changes using educational approaches that allows the individual to develop personal leadership, and the community to facilitate long term changes.	
REDUCING VIOLENCE	DFV & Preventative work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

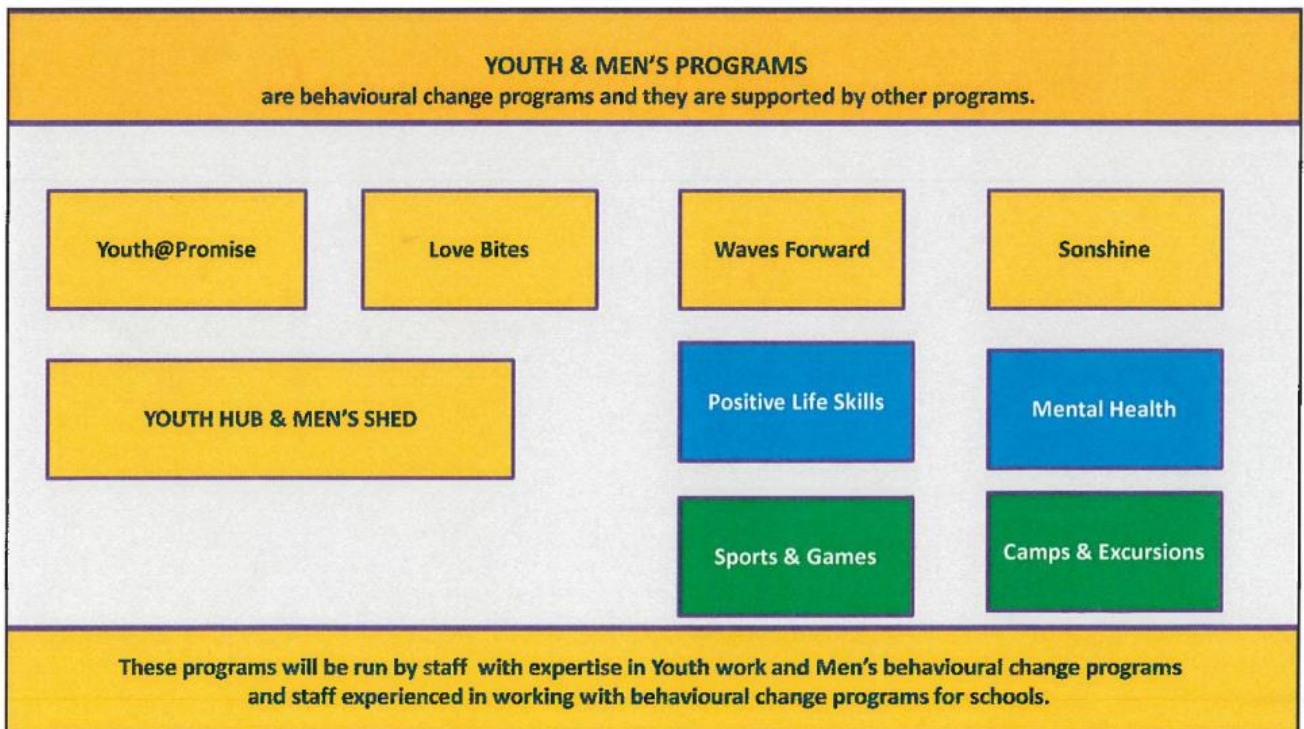
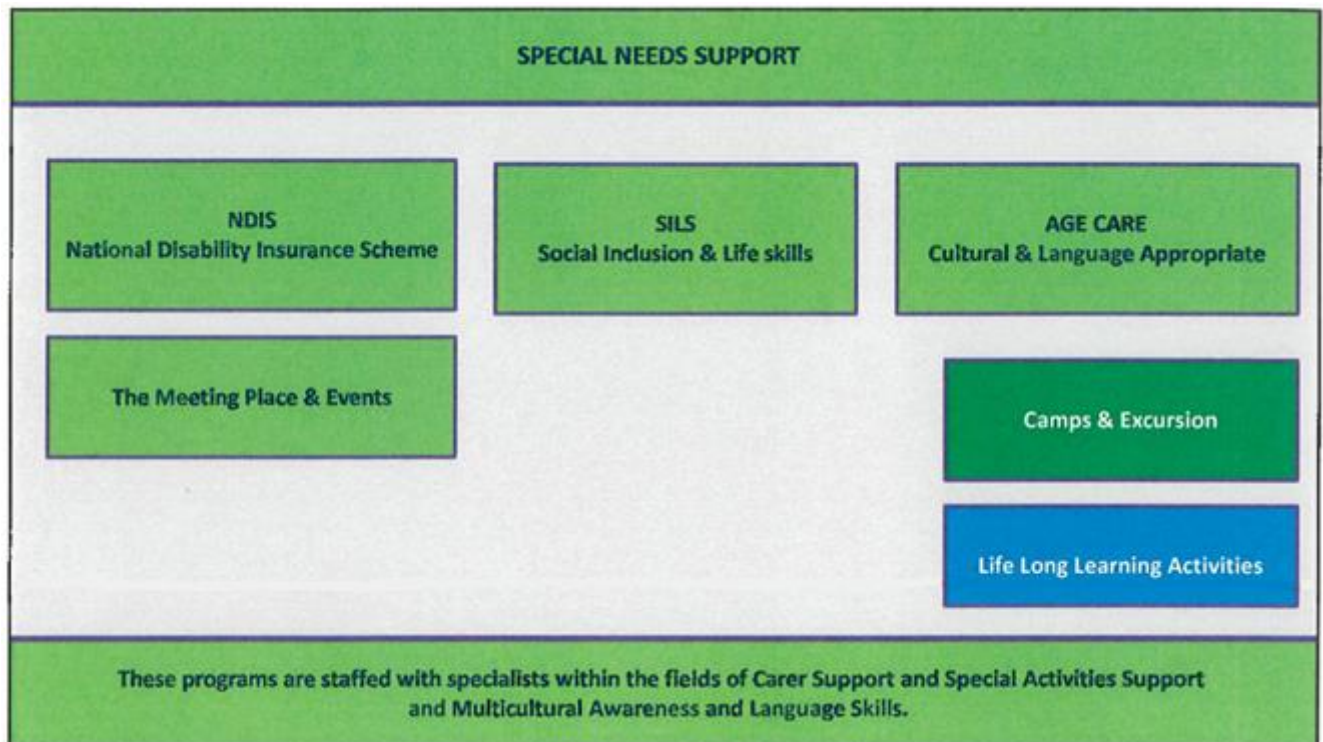
PASCAS - BUENA



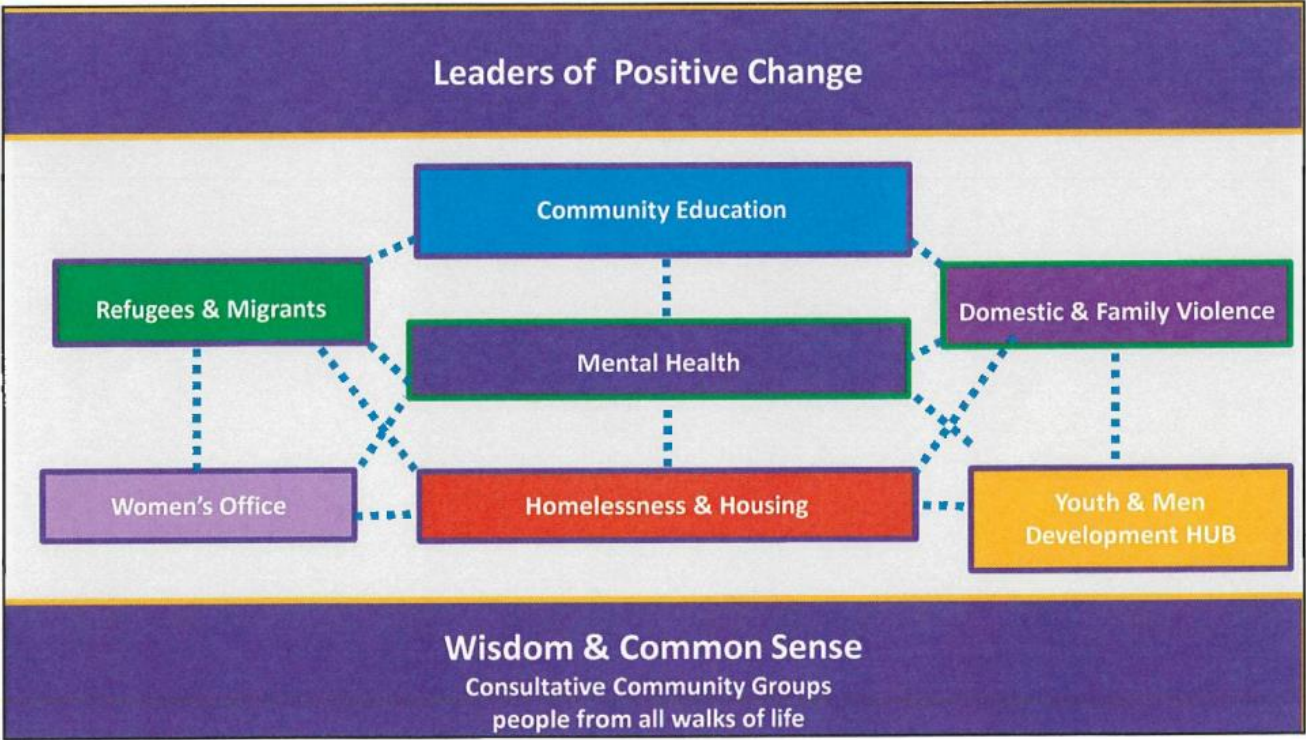
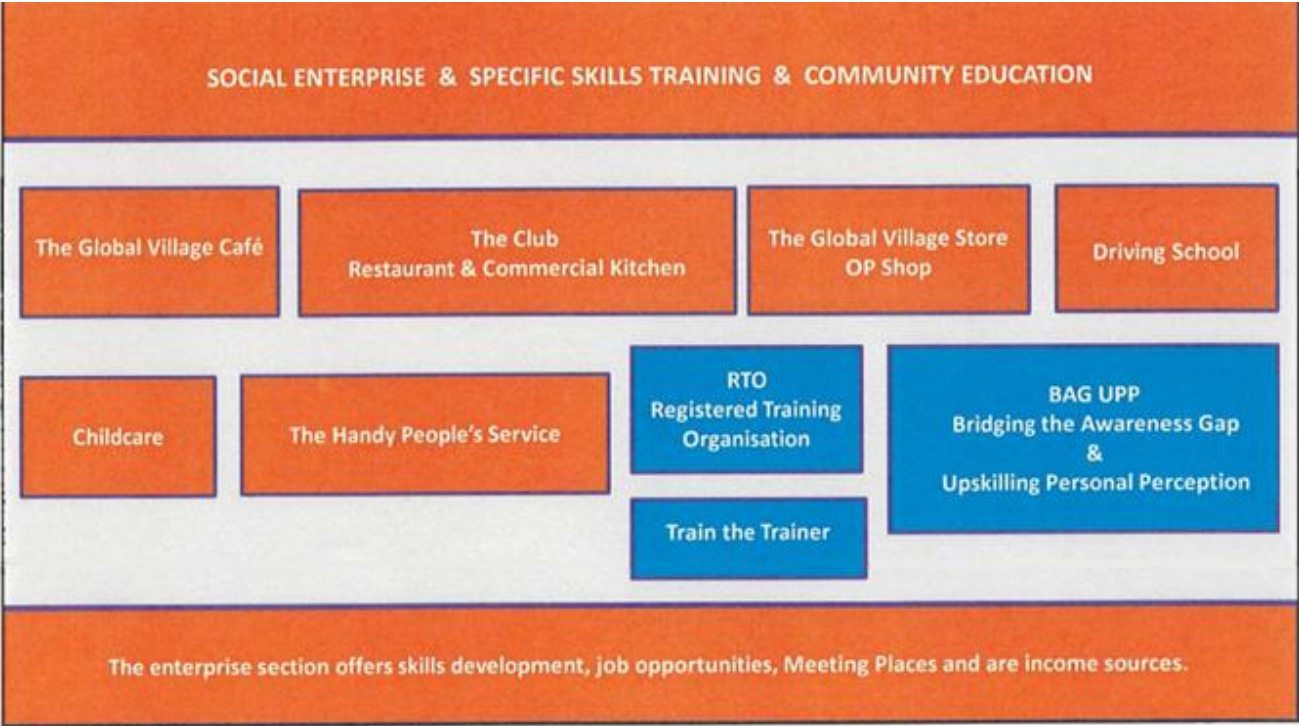
PASCAS - BUENA



PASCAS - BUENA



PASCAS - BUENA



PASCAS - BUENA

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

Patiently, the **PASCAS – BUENA** squad that typically represents the skills and life experiences of around 15 or so counsellors untangle the intertwining strings of concerns,

stresses, difficulties, pains, misery and joys to set in place a

host of possibilities for the new friend to consider, embrace and take control of their newly revealed possibilities, pathway and potential independence.



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

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

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

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

PASCAS – BUENA moving people to independence!

PASCAS - BUENA & **People in Need**

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

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

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

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

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



Lack of Love from Parents!

Parents abandon their Children emotionally!

Our Parenting of our Children is oh so unloving!

The vilest thing we do is to have Children!

Put Children First

simple is what life is meant to be!

Children only need their parents' love!



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

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

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

KEY FINANCIAL DATA:

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

FINANCIALS US \$,000	Year 1	Year 2	Year 3	Year 4	Year 5
GRANT FUNDS	520,000	515,700	580,400	390,100	359,500
LAND & BUILDINGS	435,200	460,300	501,700	210,400	176,400
SCHOLARSHIPS granted abroad	6,700	13,400	20,100	24,400	26,300
DEPRECIATION	17,293	36,511	65,027	73,451	80,515
OPERATING Deficit	-59,630	-90,631	-130,055	-148,447	-165,528
NET CASH GENERATED	-42,450	-54,480	-68,242	-90,338	-85,300

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.

Poland country profile

<https://www.bbc.com/news/world-europe-17753718>

26 June 2023



Poland can trace its roots back over 1,000 years. Positioned at the centre of Europe, there have been periods of independence as well as periods of domination by other countries.

Several million people, half of them Jews, died in World War Two.

A new era began when Poland became an EU member in May 2004, five years after joining Nato and 15 years after the end of communist rule.

It was the birthplace of the former Soviet bloc's first officially recognised independent mass political movement when strikes at the Gdansk shipyard in August 1980 led to agreement with the authorities on the establishment of the Solidarity trade union.

REPUBLIC OF POLAND: FACTS

- **Capital:** Warsaw
- **Area:** 312,696 sq km
- **Population:** 38.5 million
- **Languages:** Polish
- **Life expectancy:** Both sexes 78.8 years, 75.1 years (men) 82.5 years (women)

LEADERS

President: Andrzej Duda



Andrzej Duda of the conservative, Eurosceptic Law and Justice Party, scored a surprise win in the 2015 election, beating the incumbent Bronisław Komorowski of the centrist Civic Platform in the closest presidential contest in Poland's history. (2024 – Duda is now and independent and still president.)

Born in 1972 and a law lecturer by profession, Mr Duda has been active in conservative politics since the early 2000s, rising to work in the Presidential Chancellery under Lech Kaczyński in 2008-2010.

In the 2019 general election, the Law and Justice party retained its majority in the Sejm, the lower house, but lost its majority in the Senate, the upper house.

The Western-educated economist Mr Morawiecki has a more polished manner than his predecessor, but also supports a conservative Catholic social agenda, and opposes European Union demands over accepting Muslim refugees.

MEDIA

Poland's broadcasting market is the largest in Eastern and Central Europe. TV is the leading medium.

Many non-state media are owned by foreign companies.

Critics cried foul when the newly-elected conservative Law and Justice government (Catholic influenced) introduced a bill in 2015 to allow ministers to appoint the heads of the public broadcasters TVP and Polish Radio.

Facebook is the leading social network.

TIMELINE



A view of the Royal Castle square in Warsaw

Some key dates in Poland's history:

966 – Duke Mieszko I, the historically recognised founder of the Polish state, adopts Catholic Christianity.

1025 – Boleslaw I proclaims the Kingdom of Poland.

1569 – Poland signs Union of Lublin with the Grand Duchy of Lithuania to establish the Polish-Lithuanian Commonwealth, a major power in Europe.

1683 – Jan III Sobieski leads a Polish-Lithuanian army to defeat an Ottoman army besieging Vienna. The siege is often seen as the highpoint of Ottoman advances into Europe.

1772 – The Commonwealth is subjected to the first of three major partitions by its neighbours Prussia, Russia and Austria following an anti-Russian revolt.

1791-1793 – A programme of political and social reform culminates in the 3 May Constitution in 1791, which promises civil rights to the urban and peasant population of the Commonwealth. Russia invades to prevent liberal change. Prussia also sends in troops, and the two powers carry out a second partition in 1793.

1794-1795 – Reformers lead an armed uprising against the partitioning powers. Following its failure the Commonwealth is finally partitioned among Prussia, Russia and Austria.

1807 – Napoleon creates the Duchy of Warsaw as a client state to rally Polish support for his cause.

1815 – The Congress of Vienna creates a rump Kingdom of Poland, ruled by Russia.

1830-1831 – Military revolt in protest at Russian erosion of the Kingdom's political autonomy and civil liberties.

1863-1864 – Another revolt against Russian rule is defeated and the Kingdom annexed to Russia.

1864-1914 – The Polish national movement in Russia, Prussia and Austria focuses on strengthening the grassroots through education, culture and political parties.

1918 – After more than a century of foreign rule, an independent Polish state is restored after the end of World War One.

1920 – Soviet Red Army offensive repulsed.

1939 – Nazi Germany invades, starting World War Two. Germany and the USSR divide Poland between them and treat Poles with extreme brutality.

1940 – Soviet secret police carry out systematic massacre of about 22,000 Polish army officers, professionals and civil servants mainly in a forest near Katyn. The USSR attributes this crime to the Nazis until acknowledging responsibility in the late 1980s.

1941 – Germans start to build concentration camps in Poland. Their names - Auschwitz, Treblinka, Majdanek - become synonymous with the Holocaust.

1943 – Warsaw ghetto uprising against German attempts to transport the remaining Jewish inhabitants to concentration camps. Resistance lasts nearly four weeks before the ghetto is burned down. The Germans announce the capture of more than 50,000 Jews.

1944 – Polish resistance forces take control of Warsaw in August. The Germans recapture the city in October and burn it to the ground.

1945 – Soviet forces drive German forces from Poland, whose borders are set by Potsdam conference; Poland loses territory to the Soviet Union but gains some from Germany.

1947 – Poland becomes a Communist People's Republic after Soviet-run elections and subsequently joins the Soviet-run Warsaw Pact military alliance.

1955 – Poland joins the Soviet-run Warsaw Pact military alliance.

1956 – More than 50 people killed in rioting in Poznan over demands for greater freedom.

1970 – Food price riots in Gdansk, Gdynia, Elblag, and Szczecin.. The protests are suppressed, 44 people are killed with more than 1,000 injured.

1978 – Karol Wojtyla, Cardinal of Krakow, is elected Pope.

1980 – Strikes at the Lenin Shipyard in Gdansk lead to the emergence of the Solidarity trade union under Lech Walesa.

1981 – Martial law imposed. Many of Solidarity's leaders, including Walesa, are imprisoned.

1983 – Martial law lifted.

1989 – Round-table talks between Solidarity, the Communists and the Catholic Church pave the way for fall of communism in Poland. Partially free elections see landslide win for Solidarity, which helps form coalition government. Tadeusz Mazowiecki becomes Poland's first non-Communist Polish prime minister since 1946.

1990 – Lech Walesa elected president. Market reforms, including large-scale privatisation, are launched.

1991 – First parliamentary elections since fall of communism. Soviet troops start to leave.

1999 – Poland joins Nato, along with Hungary and the Czech Republic.

2004 – Poland is one of 10 new states to join the EU.

2008 – Poland agrees in principle to host a controversial US missile defence system.

Poland's last Communist leader, General Wojciech Jaruzelski, goes on trial in connection with the imposition of martial law in 1981.

2010 – President Lech Kaczynski and many other senior officials are killed in an aircraft crash travelling to a ceremony in Russia marking the 70th anniversary of the Katyn massacre during World War Two.

2014 – Poland asks Nato to station 10,000 troops on its territory, as a visible mark of the Alliance's resolve to defend all its members after Russia's seizure of Crimea.

2015 – Poland announces purchase of US Patriot surface-to-air missiles amid rising tension with Russia.

2017 – Nato troops are deployed in the northeast, as part of efforts to enhance security following Russia's annexation of Crimea.

2018 – A new law makes it an offence to ascribe Nazi atrocities in occupied Poland to the Polish state.

2022 – Russia's invasion of Ukraine sees some seven million refugees cross Poland's borders.

Poland Country Factsheet

<https://www.cia.gov/the-world-factbook/countries/poland/factsheets/>

Background

By the mid-16th century, the Polish-Lithuanian Commonwealth ruled a vast tract of land in Central and Eastern Europe. During the 18th century, internal disorder weakened the nation, and in a series of agreements between 1772 and 1795, Russia, Prussia, and Austria partitioned Poland among themselves. Poland became a Soviet satellite state after World War II. Free elections in 1989 and 1990 brought the communist era to a close.

Geography

Area

total : 312,685 sq km

land: 304,255 sq km

water: 8,430 sq km

Climate

temperate with cold, cloudy, moderately severe winters with frequent precipitation; mild summers with frequent showers and thundershowers

Natural resources

coal, sulfur, copper, natural gas, silver, lead, salt, amber, arable land

People and Society

Population

total: 38,746,310

Ethnic groups

Polish 96.9%, Silesian 1.1%, German 0.2%, Ukrainian 0.1%, other and unspecified 1.7% (2011 est.)

Languages

Polish (official) 98.2%, Silesian 1.4%, other 1.1%, unspecified 1.2% (2011 est.)

Religions

Catholic 84.6% (Roman Catholic 84.6% and other Catholic 0.3%), Orthodox 1.3% (almost all are Polish Autocephalous Orthodox), Protestant 0.4% (mainly Augsburg Evangelical and Pentecostal), other 0.3%, unspecified 13% (2022 est.)

Population growth rate

-1% (2024 est.)

Government

Government type

parliamentary republic

Capital

name: Warsaw

Executive branch

chief of state: President Andrzej DUDA (since 6 August 2015)

head of government: Prime Minister Donald TUSK (since 11 December 2023)

Legislative branch

summary: bicameral Parliament consists of the Senate (100 seats) and the Sejm (460 seats)

Diplomatic representation in the US

chief of mission: Ambassador (vacant); Chargé d'Affaires Adam KRZYSZCZAK (since 31 July 2024)

Diplomatic representation from the US

chief of mission: Ambassador Mark BRZEZINSKI (since 19 January 2022)

Economy

Economic overview

high-income, diversified, EU-member economy; significant growth in GDP, trade, and investment since joining EU in 2004; rebounding from slowdown triggered by inflation and fall in consumer demand; strong foreign investment supported by EU structural funds; income tax reform and defence spending have added to public debt

Real GDP (purchasing power parity)

\$1.616 trillion (2023 est.)

\$1.613 trillion (2022 est.)

\$1.527 trillion (2021 est.)

Real GDP per capita

\$44,100 (2023 est.)

\$43,800 (2022 est.)

\$40,500 (2021 est.)

Exports

\$469.264 billion (2023 est.)

\$434.008 billion (2022 est.)

\$392.694 billion (2021 est.)

Exports – partners

Germany 27%, Czechia 6%, France 6%, UK 5%, Netherlands 5% (2022)

Exports – commodities

vehicle parts/accessories, plastic products, garments, electric batteries, computers (2022)

Imports

\$419.701 billion (2023 est.)

\$421.226 billion (2022 est.)

\$369.82 billion (2021 est.)

Imports – partners

Germany 23%, China 11%, Italy 5%, Netherlands 5%, Czechia 4% (2022)

Imports – commodities

garments, crude petroleum, cars, vehicle parts/accessories, plastic products (2022)

Life Expectancy in Poland

BOTH SEXES **78.8 years** (life expectancy at birth, both sexes combined)

FEMALES **82.5 years** (life expectancy at birth, females)

MALES **75.1 years** (life expectancy at birth, males)

Poland Urban Population

Currently, **58.7 %** of the population of Poland is **urban** (22,625,763 people in 2024), **rural 41.3%**.

The **median age** in Poland is **41.8 years**.

Infant Mortality Rate and Deaths of Children under 5 Years Old in Poland

INFANT MORTALITY **3.3** (infant deaths per 1,000 live births)

DEATHS UNDER AGE 5 **3.8** (per 1,000 live births)

GDP - composition, by sector of origin

agriculture: 2.9% (2023 est.)

industry: 28.7% (2023 est.)

services: 58.8% (2023 est.)

Labour force

18.387 million (2023 est.)

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

Unemployment rate

2.91% (2023 est.)

2.89% (2022 est.)

3.36% (2021 est.)

note: % of labour force seeking employment

Youth unemployment rate (ages 15-24)**total:** 11.6% (2023 est.)**male:** 12% (2023 est.)**female:** 11.1% (2023 est.)**note:** % of labour force ages 15-24 seeking employment**Population below poverty line**

11.8% (2022 est.)

note: % of population with income below national poverty line**Gini Index coefficient - distribution of family income**

28.5 (2021 est.)

note: index (0-100) of income distribution; higher values represent greater inequality**Average household expenditures****on food:** 19.4% of household expenditures (2022 est.)**on alcohol and tobacco:** 6.4% of household expenditures (2022 est.)**Household income or consumption by percentage share****lowest 10%:** 3.4% (2021 est.)**highest 10%:** 22.8% (2021 est.)**note:** % share of income accruing to lowest and highest 10% of population

In 2022, women in Poland accounted for nearly **51.7% of the total population, while men accounted for 48.3%.**

Homeless people rose only slightly by 2% between 2019 and 2024, increasing from 30,300 to 31,000. The total figures, however, hide a shocking reality: the number of children experiencing homelessness surged by 54%.

Poland – **At Risk of Poverty** rate was **14.00%** in December of 2023, according to the EUROSTAT. In 2023, Poland's extreme poverty rate amounted to **6.6%**. The category of minimum subsistence means the level of meeting needs, which hinders survival and poses a threat to human psychophysical development.

Poland is **not a poor country** by any means, but the region has historically had little wealth due to war and political oppression.

The People of Poland

<https://culturewhiz.org/articles/people-poland>

by CultureWhiz.

Average Polish people



There are variations in the human condition everywhere, and generalities are difficult. However, general mainstream behaviours tend to be conservative, largely because of the country's general religious inclination. Typically, mainstream people have jobs or educational goals, and seek partners for serious relationships. Their **innate conservatism** can be seen in their way of dress and character personalities. Polish people are very self-conscious about appearances. Anything different from the ordinary draws a lot of attention.

Language

Polish, a Slavic language, is the official language and the most widely spoken. However, as the country's influence in the European Union has grown, so has the amount of foreign languages. English is the most popular foreign language. Many ethnic minority languages such as Czech and Ukrainian are spoken throughout the country, as well.

Appearances



All people of Polish descent are going to have varying looks based on which genes are dominant and which genes are recessive. However, certain characteristics can be ascribed generally. It is a popular misconception that **every** Pole is pale, blue-eyed and blonde. There are many of Polish people who don't look "Polish" at all, with a bronze tan and dark curly hair. The general look is lighter hair and eyes and high cheekbones and often sharp noses. This is a typical Slavic look. Poland is the most Slavic country in terms of genetics. R1a haplogroup /a Slavic gene/ has

been found in the highest frequency in Poland with around 60% of the nation belonging in that group. Slavs have the lowest pigmentation levels in Europe (that is, the highest incidence of blond hair, blue eyes ["pure" and "grey"] and fair skin). Slavic peoples originally had hair colour between dark blond to dark brown with fair to olive skinned. Red hair is uncommon, although dyed red, platinum, and black is popular.

As for height, it depends on the generation. In general, older people are quite short, likely due to their living conditions and nutrition under communist rule. Younger generations are taller and generally slim. Women tend to have high cheekbones often wide cheeks and the eye lines will turn ever so slightly up, while men tend to have very square chiselled or puffy faces. When they gain weight, it's usually all in their upper figure and their waist and legs stay slim.

Women



As in countries everywhere, there are many kinds of women in Poland. In terms of sociocultural and socioeconomic demographics, they fall into half a dozen highly generalised categories that express the many facets of a culture that has undergone major transitions in a few generations.

Among the peasant class, the roles of women changed very little, even while the country around them shifted from an aristocracy to a Communist regime, and finally to a modern, democratic Poland. Peasants and workers throughout have maintained a strong patriarchal ideology; **a husband will still regard himself as superior and the master, while the wife is expected to play a submissive role and treat the husband accordingly.** Yet a man will not make important decisions without consulting his wife. More equal relationships exist in the upper class and among the intelligentsia, where a man typically places great value on his wife's opinions and counsel. The worker and intelligentsia classes have increased both proportionately and numerically, in part due to the growing number of educated women; in Poland, women are now better educated than men.

The importance of the Catholic Church diminished during the Communist era, permitting many changes in the behaviours of Polish women, particularly in the western part of the country. Catholicism resurged after Communism, and it is particularly significant in the eastern part of the country; the general Polish population is very dedicated to religion, especially compared to other European countries. This means that most Polish women can be rather conservative.

Research shows that Poles have far fewer sexual partners than their Western neighbours. Strict Catholicism, which prevailed in the country until the Communist takeover, supports the patriarchy and reinforces double standards. The expression of female sexuality was taboo and a “good” woman was supposed to be modest, humble, and prepared to be an obedient wife and mother. However, the generation born in the 80s and 90s has deviated from the traditional norms of the highly religious society. Divorce, casual sex, and single women are more common, as people discard social values of previous generations and shift into more contemporary social mores.

General Categories of Women

Commentators on the social divisions of women in Poland have identified five major categories of female “types” and estimated percentage for each social group. These can be loosely identified as young liberated women (10%), female “players” (1%), country dwellers (19%), intellectuals (1%), and mainstream women (69%). As with all generalities, these categories do not take into account the cross-over factor. It is possible for women to leave the patriarchal country lifestyle to join the mainstream in urban centres, or for young liberated women to be intellectuals.

Young Liberated Women:

The Poles of today are pretty optimistic. They travel and learn languages and are like other Europeans, unlike the older, Communist generation. This social group has an intense culture of casual sex, much as their counterparts in England. The parochial nature of their social circles compensates for their poverty. They have the same mindset and worldview as young women in Britain, but this is obfuscated by their apparent sweetness.

Female Players:

Women in this small general category do not choose their men solely based upon appearance or power, but have a complicated rubric with other criteria. Some of their criteria can be very strange, like consciously choosing unattractive men in hopes that they will become hooked and be easily manipulated. Women in this category also want the freedom to date several men simultaneously to serve different needs and purposes, in the same manner that men in the “player” category maintain relationships with multiple women.

Country Dwellers:

This category shares many characteristics with urban women in the lowest socioeconomic bracket. Over 20% of the Polish population lives in the countryside, subsisting primarily upon farming and agriculture. They tend to be passive people, with little education, few skills, and few employment opportunities. People from the countryside and poor areas of cities are at the bottom of social hierarchy and see children as insurance for protecting their future. Their way of thinking can be incoherent; logic is based on conspiracy theories, and they believe in a utopia of riches waiting for everybody when the conspirators are gone and real “people” take power. They rarely change their minds on an issue, even if shown undisputed facts, and thus they live in an endlessly repeating cycle of ignorance and poverty.

This cycle is due to a particular combination of religion and history. Catholic religion is known for its dogmatism and top-down method of imposing a belief system. There is no place for critical evaluation of any dogma; one is labelled a heretic if they do. Simply put, there is no place for rational, fact-based thinking. It is replaced by dogmas and conspiracy theories. There is a historical context for this social

group; **Poles were suppressed and oppressed by foreigners for two centuries**, which made the underclass cling to their beliefs as a major tool for mental survival.

Kindly go to www.pascashealth.com, then Library Download page, scroll down to Medical – Soul Condition & Health, and click on to open:

 [Bible New Testament Matthew Peshitta Lamsa.pdf](#)

 [Bible New Testament Revelation Mary Magdalene.pdf](#)

 [Bible New Testament Review - Part I.pdf](#)

 [Bible New Testament Review - Part II.pdf](#)

Intellectuals:

Women in this social category are highly educated and often placed in high-level positions professionally. They are often obsessed with doing well in school and getting a good career. In other ways, they share many of the characteristics of women in the mainstream of Polish society, in terms of manners, appearance, and behaviours.

Mainstream Women:

General mainstream behaviours tend to be conservative, largely because of the country's general religious inclination. They convey the general impression of “the girl next door” type, and rarely can be seen in very short skirts, unless they wear leggings underneath them. Like so many Polish women, they share a taste for high heels, which mitigates the overall modesty of the mainstream style of dress.

Men



Men usually don't wear bright colours, maybe apart from red in informal clothes. If you ever see a guy wearing pink, it is a shirt covered by a dark suit jacket. **Many Polish men can be curiously unemotional** and have difficulties relating to others, especially women.

Simple values

Most Polish men are simple, hard-working guys. They like to have a good discussion and even a stiff drink of two but are unpretentious at heart. They usually like thinner women, but sometime prefer a girl

with curves. Family is important to them, and they usually have big families, and call everyone aunt and uncle.

Traditional at heart

Even though Poland has joined the rest of the western world after the lifting up of the Iron Curtain, it is still largely traditional as far as social relations and interactions are concerned. Part of the reason is the overwhelming influence of the Catholic Church. Here men and women have clearly-defined roles and expectations in society. Men on the whole like women who are feminine in their appearance and behaviour. Sometimes Polish men have a very narrow preference towards someone with whom they would like to spend the rest of their life and others don't quite know what sort of things a woman should possess so that she, as they say, could "catch their eye".

There are also those who don't quite think about this because they believe it simply doesn't make sense to do so. According to them, when they find the right girl, they will instinctively know that she is the one, and whatever characteristics she has will not matter much.

Relationships

According to Maslow's hierarchy of needs, humans need to feel love (sexual/nonsexual) and acceptance from social groups (family, peer groups). In fact, the need to belong is so innately ingrained that it may be strong enough to overcome physiological and safety needs. An interpersonal relationship is a strong, deep, or close association or acquaintance between two or more people that may range in duration from brief to enduring. This association may be based on inference, love, solidarity, regular business interactions, or some other type of social commitment. Interpersonal relationships are formed in the context of social, cultural and other influences. The context can vary from family or kinship relations, friendship, marriage, relations with associates, work, clubs, neighbourhoods, and places of worship.

Stages

Interpersonal relationships are dynamic systems that change continuously during their existence. Like living organisms, relationships have a beginning, a lifespan, and an end. They tend to grow and improve gradually, as people get to know each other and become closer emotionally, or they gradually deteriorate as people drift apart, move on with their lives and form new relationships with others.

According relationship development proposed by psychologist George Levinger, the natural development of a relationship follows five stages:

Acquaintance and acquaintanceship – Becoming acquainted depends on previous relationships, physical proximity, first impressions, and a variety of other factors. If two people begin to like each other, continued interactions may lead to the next stage, but acquaintance can continue indefinitely. Another example is association.

Buildup – During this stage, people begin to trust and care about each other. The need for intimacy, compatibility and such filtering agents as common background and goals will influence whether or not interaction continues.

Continuation – This stage follows a mutual commitment to quite a strong and close long-term friendships, romantic relationship, or even marriage. It is generally a long, relative stable period. Nevertheless, continued growth and development will occur during this time. Mutual trust is important for sustaining the relationship.

Deterioration – Not all relationships deteriorate, but those that do tend to show signs of trouble. Boredom, resentment, and dissatisfaction may occur, and individuals may communicate less and avoid self-disclosure. Loss of trust and betrayals may take place as the downward spiral continues, eventually

ending the relationship. (Alternately, the participants may find some way to resolve the problems and re-establish trust and belief in others.)

Termination – The final stage marks the end of the relationship, either by breakups, death, or by spatial separation for quite some time and severing all existing ties of either friendship or romantic love. Friendships may involve some degree of transitivity. In other words, a person may become a friend of an existing friend's friend. However, if two people have a sexual relationship with the same person, they may become competitors rather than friends. Accordingly, sexual behaviour with the sexual partner of a friend may damage the friendship. Sexual activities between two friends tend to alter that relationship, either by "taking it to the next level" or by severing it.

Romantic relationships

Humans are social creatures, and there is no other behavioural process that is more important than attachment. Attachment requires sensory and cognitive processing that lead to intricate motor responses. As humans, the end goal of attachment is the motivation to acquire love, which is different from other animals who just seek proximity. Stages of romantic interpersonal relationships can also be characterised more generally by the following: attraction; initiation; development; sustaining vs. terminating.

Attraction – Premeditated or automatic, attraction can occur between acquaintances, co-workers, lovers, etc., be based on sexual arousal, intellectual stimulation, or respect. Studies have shown that attraction can be susceptible to influence based on context and externally induced arousal, with the caveat that participants be unaware of the source of their arousal.

Initiation – There are several catalysts in the initiation of a new relationship. One commonly studied factor is physical proximity (also known as propinquity). The MIT Westgate studies famously showed that greater physical proximity between incoming students in a university residential hall led to greater relationship initiation. More specifically, only 10% of those living on opposite ends of Westgate West considered each other friends while more than 40% of those living in adjacent apartments considered each other friends. The theory behind this effect is that proximity facilitates chance encounters, which lead to initiation of new relationships. This is closely related to the mere exposure effect, which states that the more an individual is exposed to a person or object, the more s/he likes it. Another important factor in the initiation of new relationships is similarity. Put simply, individuals tend to be attracted to and start new relationships with those who are similar to them. These similarities can include beliefs, rules, interests, culture, education, etc. Individuals seek relationships with like others because like others are most likely to validate shared beliefs and perspectives, thus facilitating interactions that are positive, rewarding and without conflict.

Development – Development of interpersonal relationships can be further split into committed versus non-committed romantic relationships, which have different behavioural characteristics. In a study by Miguel & Buss (2011), men and women were found to differ in a variety of mate-retention strategies depending on whether their romantic relationships were committed or not. More committed relationships by both genders were characterised by greater resource display, appearance enhancement, love and care, and verbal signs of possession. In contrast, less committed relationships by both genders were characterised by greater jealousy induction. In terms of gender differences, men used greater resource display than women, who used more appearance enhancement as a mate-retention strategy than men.

Sustaining vs. terminating – After a relationship has had time to develop, it enters into a phase where it will be sustained if it is not otherwise terminated. Some important qualities of strong, enduring relationships include emotional understanding and effective communication between partners. Research has also shown that idealisation of one's partner is linked to stronger interpersonal bonds. Idealisation is the pattern of overestimating a romantic partner's positive virtues or underestimating a partner's negative faults in comparison to the partner's own self-evaluation. In general, individuals who idealise their romantic partners tend to report higher levels of relationship satisfaction. Other research has examined the impact of joint activity on relationship quality. In particular, studies have shown that romantic

partners that engage in a novel and exciting physical activity together are more likely to report higher levels of relationship satisfaction than partners that complete a mundane activity.

Relationship forming

Bonding is the process of development of a close, interpersonal relationship. It most commonly takes place between family members or friends, but can also develop among groups, such as sporting teams and whenever people spend time together. Bonding is a mutual, interactive process, and is different from simple liking. This bond is characterised by emotions such as affection and trust. Any two people who spend time together may form a bond. Male bonding refers to the establishment of relationships between men through shared activities that often exclude females.

Social gatherings are frequently arranged to enable people looking for a partner to meet. Such occasions may be parties of all types and social dances. Sometimes attendance at churches or similar venues would also act as occasions for people to meet. Schools and colleges are also common places for people to meet and form long-term relationships. It is not unknown for couples to form over alcohol or drugs.

Dating/Courtship is a part of the human mating process whereby two people meet socially for companionship, beyond the level of friendship, or with the aim of each assessing the other's suitability as a partner in an intimate relationship or marriage. It can be a form of courtship consisting of social activities done by the couple. While the term has several meanings, it usually refers to the act of meeting and engaging in some mutually agreed upon social activity in public, together, as a couple.

Dating rules

Polish women live in a male-oriented society. So you are expected to be a gentleman. Polish dating is old school, meaning you are expected to be a gentleman and chivalrous. Polish girls tend to think beyond material needs, so won't be offended if you suggest going for a bike ride as a date idea instead of some fancy-shmancy dinner that costs your entire pay check.

Mating strategies

Successful mating requires solutions of a number of difficult adaptive problems. These including selecting a fertile mate, out-competing same-sex rivals in attracting a mate, fending off mate poachers (those who try to lure one's mate away), preventing the mate from leaving, and engaging in all of the necessarily sexual and social behaviours required for successful conception to take place. As a consequence of the number and complexity of mating problems humans have recurrently faced over the long expanse of human evolutionary history, it is reasonable to anticipate that humans have evolved a large and complex array of adaptations specifically dedicated to the task of mating.

Nowhere do people have an equal desire to mate with all people. Everywhere, some people are preferred as mates, others shunned. Desires are central to all facets of mating. They determine who we are attracted to, and who is attracted to us. They influence which attraction tactics will be successful (those that fulfil desires) and which attraction tactics will fail (those that violate desires). Successful mate retention tactics involve continuing to provide resources that fulfil the desires of a mate. Failure to fulfil these desires causes breakup and divorce. At every step of the mating process, from mate selection to mate expulsion, desires determine the ground rules.

Long-term

Most girls and guys simply date people they know and fall in love. Most of them are either single for very short period of time [due to lots of available people they know from somewhere] or they are in the middle of their relationship which can be good or bad or whatever however since they're committed to it they want to make it work in the first place.

Short-team

The human desire for companionship is one of the strongest human drives. It is an innate feature of human nature, and may be related to the sex drive. If you're looking strictly for short-term partners. You may want to check out some of our user tags for places to visit. However, to get the higher end in foreign lands, you generally either pay for play, or you immerse yourself successfully into local social circles.

Social Life: As a country, Poland is very conservative. Unlike the rest of Europe, you won't find open displays of nudity in Poland, and a former President even tried to ban miniskirts and heavy makeup in 2007! Now, you've got to understand that these sentiments are mostly held by the older generations. The problem is that Poland is an [aging country](#). Because of economic and political reasons, Polish people simply aren't having many children and the population has gotten old. This makes it pretty difficult for the younger generations who grew up with Western culture and the internet.

Etiquette in Poland

Men are called "Pan" and women "Pani" (in direct address; as Polish nouns are declined, the form of "pan" and "pani" change depending on how they are used in a sentence). That said, most Poles would just use their first names when speaking in English (or in another language without a similar form). If you are speaking in Polish, make sure to use the correct form.

In Polish, it takes some time before adults become familiar enough with one another to refer to each other using the familiar equivalent of "you" ("ty", equivalent to the French "tu"). Often, people who have worked together or have lived as neighbours for years still do not use the form "you" when speaking to one another.

Some men, particularly older men, may kiss a woman's hand when greeting or saying goodbye. Kissing a woman's hand is considered to be chivalrous by some, but is more and more often seen as outdated. Handshakes are quite common; however, it is very important to remember that men should not offer their hand to a woman – a handshake is only considered polite if the woman offers her hand to the man first. For a more heartfelt greeting or goodbye, close friends of opposite sex or two women will hug and kiss three times, alternating cheeks.

Social attitudes and norms

Poland is a modern country with an old-fashioned social system. Currently there are three strata in the Polish social hierarchy: a very wealthy and powerful upper class that owns and controls the means of production; a middle class of professional workers, small business owners, and low-level managers; and a lower class, who rely on low-paying wage jobs for their livelihood and often experience poverty. The Communist regime, which survived until 1989, largely suppressed the middle class under Communism, and curiously, the general population assumed many of the customs of the szlachta (nobles or gentry). The educated and the former aristocratic class continue to use politeness and social graces to differentiate themselves from the uneducated and the nouveau riche.

Homosexuality is legal in Poland but not openly tolerated. Polish society is conservative and for the most part remains hostile towards the Lesbian, gay, bisexual, and transgender (LGBT) community. The Polish gay and lesbian scene is fairly discreet; Warsaw and Kraków are the best places to find bars, clubs and gay-friendly accommodation, and Sopot is noted as gay-friendly compared to the rest of Poland.

Cultural Beliefs

There is a cultural concept in Poland called "Polish Hell". If someone in Poland achieves something, people believe it is either because they stole something or they used other people, rather than working hard—or they simply had connections. "Polish Hell" is an excuse to blame everyone for everything. It doesn't matter if you achieve success in Poland, because many Poles come up with an excuse for the

achievement that diminished it. However, if you fail, you are still subject to tough criticism and blamed for your failures. **Communism imprinted the mentality of “worse is better” and “don’t try to get above average.”** It is the frustration of the masses in Poland that reveals itself when somebody achieves success; it’s generally assumed someone successful must be a bad person, because he couldn’t have achieved it without some illegal activity.

The Importance of Family

The family is the centre of the social structure. One’s obligation is to the family first and foremost. Extended families are still the norm and really form an individual’s social network. Poles draw a line between their inner circle and outsiders. Family members are naturally part of the inner circle along with close friends, usually “family friends”. Poles will interact differently with their inner circle and outsiders. The inner circle forms the basis of a person's social and business network. The people from the inner circle can be relied upon to: offer advice, help find a job, cut through bureaucracy, or even rent an apartment. There is an elaborate etiquette of extending favours and using contacts to get things done.



**SOS CHILDREN'S
VILLAGES**

Poland

<https://www.sos-childrensvillages.org/where-we-help/europe/poland>



SOS Children's Villages ensures that children grow up with the care, protection and relationships they need to become their strongest selves (photo: SOS Children's Villages Poland).

Officially the Republic of Poland, the country is the fifth-most populous member state of the European Union with a declining population of 38.3 million inhabitants. Around 60% of the country's population lives in urban areas or major cities and 40% in rural communities. Seeking refuge from the war in their home country, over 1.5 million Ukrainian refugees registered in Poland in 2022. Most of these are women and children, who were seeking safety. Children and young people need support so that they can continue their education.

SOS Children's Villages has been supporting children and young people without parental care, or at risk of losing it, in Poland since 1983.

Children are at risk

Before the war in Ukraine, there were around 7 million children and young people under 18 in Poland, constituting 19% of the population. Around 70,000 children live in out-of-home placements. However, there is an aversion to intervening in family situations in Poland. As such, a child can only be removed from their family if there is a serious risk, or when an extreme situation arises in the family. Yet, there is no clear definition of what that the terms mean, and no appropriate system in place to protect the best interests of a child.

3.8 M

Children need social assistance

Children need support

Many families are not covered by social security, which leaves 3.8 million children in need of social assistance. Social assistance programmes in Poland are often limited. For example, many entitlements, including child allowance, have remained the same for several years and have not increased to include the rising cost of living. Coupled with low wages, families struggle to provide for their children. As a result, children in these families live precariously on the margins of society, in poverty, or at risk of falling into poverty.

1 in 6

Children are at risk of poverty in Poland

Children live in poverty

Around 15% of the population in Poland live below the poverty line, with approximately 900,000 children at risk of poverty. In addition, over 4% of people live in extreme poverty, meaning that more than 400,000 children in Poland are experiencing severe material deprivation. Extreme poverty makes it impossible for parents to meet the basic needs of their household. As a result, children do not have adequate food and shelter, and lack access to education, and healthcare.

1 in 10

Young people are unemployed in Poland

Unable to find work

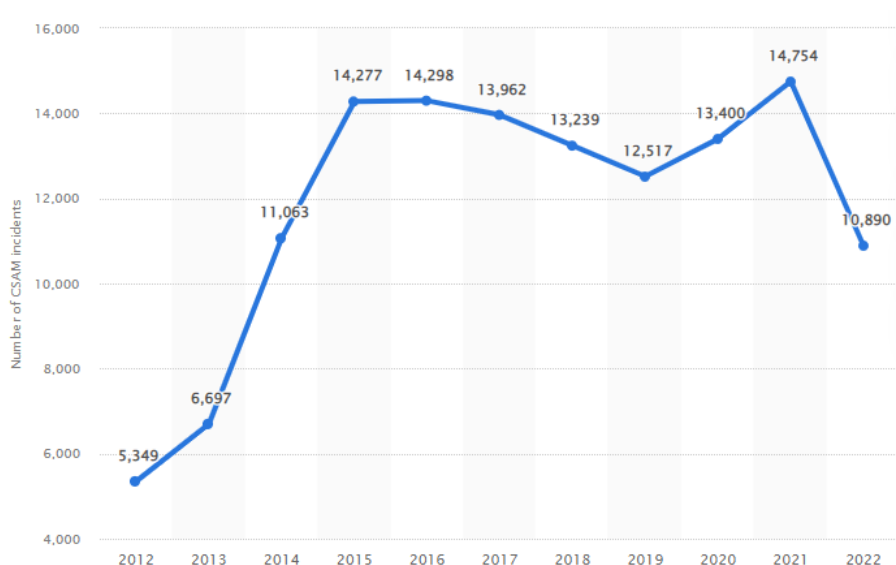
Unemployment affects around 5% of the Polish labour force, with around 1.7 million people registered as unemployed. However, the highest rate of unemployment, over 9%, is experienced by young people, meaning that almost 340,000 young people are struggling to find work. Young people who are out of work have decreased well-being and greater social isolation. They also lack opportunities to gain and improve their skills, exacerbating employment and socio-economic challenges.

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

Number of reports and incidents relating to Child Sexual Abuse Material (CSAM) in Poland from 2012 to 2022

<https://www.statista.com/statistics/1029459/poland-incidents-relating-to-child-abuse/>



Incidents relating to child sexual abuse in Poland 2012-2022

[Adriana Sas,](#)

20 September 2024

The total number of received reports and incidents analysed by Dyżurny.pl in 2022 concerning content depicting the sexual abuse of children nearly doubled compared to 2012. After a sharp increase in 2014 (65% growth) and 2015 (30% growth), there was stabilisation in 2016 and a slight decline in 2019. However, this increased again in 2021, amounting to over 14.7 thousand analysed incidents in all categories. In 2022, this number dropped again to almost 10.9 thousand incidents.



Head in the Sand!

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

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

Child abuse is typically occurring within one in four families.



WHAT IS CHILD ABUSE ?



Verbally abusing a child



Teasing a child unnecessarily



Exposing a child to pornographic acts or literature.



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



Forcing a child to touch you.



Breaking down the self-confidence of a child.



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



Manipulating a child



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



Using a child as a servant



Not listening to a child



Neglecting emotional needs of a child



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



Hitting and ridiculing a child at school



Neglecting a child's medical needs



Neglecting a child's educational needs



Leaving a child without supervision



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Catholic Church in Poland Discloses Hundreds of Sexual Abuse Accusations

<https://www.nytimes.com/2021/06/28/world/europe/poland-catholic-church-abuse.html>

Andrew Higgins

28 June 2021



Church authorities said they had received 368 reports of the sexual abuse, and almost half involved children under 15.

Polish Catholics celebrating a Corpus Christi holiday Mass in Krakow earlier this month.

WARSAW — Poland's Catholic Church, assailed by accusations that it for years ignored the sexual abuse of minors by clergy members, on Monday acknowledged that from July 2018 through the end of last year, it had received complaints of abuse against 368 boys and girls.

Pleading for “forgiveness” from “those wronged and all those shocked by the evil in the church,” the head of the Polish church, Archbishop Wojciech Polak, said the figures “do not express the full depth of the drama of sexual abuse of minors perpetrated by some clergymen.”

Nearly half the latest cases reported related to accusations of abuse against victims under age 15. The timing of the figures' release — just days after the Vatican said it was investigating accusations against a retired Polish cardinal of negligence on sexual abuse — suggested an effort by the Catholic Church in Poland to show that it is serious about grappling with sex crimes by the clergy, an issue that has badly tarnished its reputation and antagonised Rome.

But the figures, compiled by the church in a voluntary survey of dioceses and monasteries across Poland, gave no clear indication of whether the problem had grown worse in recent years. More than three quarters of complaints reported on Monday related to incidents of alleged abuse that occurred before 2018, with some dating back to 1958.

An earlier survey released in 2019 found that 382 abuse complaints had been received by the church over the previous 28 years.

In a country where 90% of the population identifies as Catholic, the issue of sexual abuse among some members of the clergy attracted little public attention until the release in 2019 and 2020 of two documentaries that provided shocking testimony from victims who had been abused as children.

The Polish church has been scrambling since to assure worshipers that it has the problem under control. Several senior churchmen have been forced to resign or go into early retirement.

In the latest such case, the Vatican on Monday accepted the apparently forced resignation of a bishop in south-eastern Poland, Zbigniew Kiernikowski, who had been placed under investigation for failing to act against the sexual abuse of a minor in his former diocese.

The Catholic Church in Poland, one of the country's most respected institutions, still enjoys high esteem among many Poles but has struggled to halt a steady decline in regular churchgoing, particularly among young people who view the church as too closely aligned with the country's deeply conservative and openly anti-gay governing party, Law and Justice.

Human trafficking in Poland

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

The U.S. State Department's Office to Monitor and Combat Trafficking in Persons placed Poland in Tier 1 in 2024. Below is the full copy of a webpage section relating to Poland in a report published by the Bureau of Public Affairs of the United States Department of State, entitled "Country Narratives: Countries N Through Z: Trafficking in Persons Report 2024", which is in the public domain.

Poland is a source and destination country for men and women subjected to trafficking in persons, specifically conditions of forced labour and for women and children in forced prostitution. Men and women from Poland are subjected to conditions of forced labour in Italy and Sweden. Women and children from Poland are trafficked for forced prostitution within Poland and also in Belgium, Germany, Italy, the Netherlands, Spain, Portugal and Sweden. Women and children from Moldova, Ukraine, Bulgaria, Romania, Belarus, and Russia are trafficked to Poland for forced prostitution. Men and women from Bangladesh, China, and the Philippines are found in conditions of forced labour in Poland. Men and women from Thailand, Nigeria, Iraq, Ukraine, Belarus, Romania, Bulgaria, Moldova, Mongolia, Vietnam, Turkey, Djibouti, and Uganda are found in conditions of forced labour, including forced begging and debt bondage, and also forced prostitution in Poland.

The government of Poland fully complies with the minimum standards for eliminating trafficking and in 2024 was upgraded to Tier 1. These accomplishments include prosecuting and convicting more traffickers, increasing funding for victim services for the first time since 2016, and boosting funding for the National Action Plan (NAP) implementation for the first time since 2018. The government also intensified efforts to investigate and identify labour, with 79% of ongoing prosecutions related to labour trafficking and the majority of identified victims being labour trafficking victims. The government funded two NGOs that assisted more potential trafficking victims. Courts awarded restitution to trafficking victims in four cases, marking the first time since 2020. In September 2023, the government formed an Inter-Ministerial Team for Counteracting Human Trafficking, which replaced the Ministry of Interior (MOI) advisory board that had been in operation since 2019.

In 2022 the government implemented comprehensive measures to combat the trafficking of individuals escaping the conflict in Ukraine instigated by Russia. These measures included raising public awareness, establishing a dedicated hotline, formulating and applying standard operating procedures (SOPs) for unaccompanied children from other countries arriving at the Poland-Ukraine border, and engaging in proactive collaboration with international bodies and non-governmental organisations. Efforts included investigating and prosecuting more suspected traffickers, adopting a new national action plan (NAP), and implementing a procurement strategy to prevent forced labour in government contracts.

In 2023 the Organised Crime Index gave Poland a score of 5.5 out of 10 for human trafficking noting that most victims are women from Eastern Europe and Russia.

Prosecution

The government of Poland demonstrated progress in its overall anti-human trafficking law enforcement efforts during the reporting period. Poland prohibits all forms of trafficking through Article 253, Article 204 Sections 3 and 4, and Article 203 of the criminal code. Article 253 and organised crime statutes are used to prosecute labour trafficking cases, though there are no provisions that specifically define and address trafficking for forced labour. Penalties prescribed under Article 253 range from three to 15 years' imprisonment, and Articles 203 and 204 prescribe from one to 10 years' imprisonment; these punishments are sufficiently stringent and commensurate with those prescribed for other serious crimes, such as rape. Law enforcement officials and NGOs continued to report that the lack of a clear legal definition of trafficking in Poland's criminal code limits effective prosecutions. Prosecutors rely on trafficking definitions in the 2000 UN TIP Protocol when pursuing prosecutions against traffickers.

In 2022 law enforcement authorities conducted 23 investigations under Article 189a, which was a decrease compared to the 32 investigations in 2021. These investigations focused on various forms of trafficking:

COMMERCIAL IN CONFIDENCE

- Seven cases were related to sex trafficking.
- Twelve cases involved forced labour (including five for forced begging).
- Four cases pertained to unspecified forms of trafficking.

Prosecutors also initiated 26 investigations based on referrals from police and border guards, a decrease from the 57 investigations in 2021. They prosecuted 17 defendants under Article 189a, down from 25 in 2021. Additionally the police initiated 12 case investigations under Article 203 and four cases under Article 204.3. Prosecutors indicted 11 defendants under Article 203.

In 2021 police investigated 16 cases related to Article 203 and/or Article 204.3. Prosecutors indicted 16 defendants under the same articles.

The National Prosecutor's Office (NPO) reported that courts convicted four traffickers under Article 189a in 2022, a significant decrease compared to the 25 traffickers convicted in 2021. The sentences included:

- One trafficker received five years' imprisonment.
- Another received four years.
- A third received three years.
- The fourth received two years.

Furthermore: Three persons were convicted under Article 203 in 2022, compared to none in 2021. The Border Guard launched two investigations into forced labour, involving victims from Guatemala, Colombia, Venezuela, and Mexico. These victims were exploited through local recruitment agencies and fraudulent internet platforms.

Since the start of Russia's full-scale invasion of Ukraine, the National Police initiated five investigations into possible trafficking of Ukrainian refugees. Among these cases, one was confirmed as human trafficking and involved two child victims of sex trafficking.

The government provided training on trafficking awareness and victim identification to officers in the national police, Border Guard, and the Internal Security Agency. In March 2009, the National School for Judges and Prosecutors provided trafficking-specific training for 60 prosecutors. Additional anti-trafficking training and victim identification and treatment training was provided to at least 614 police officers, border guard officials, and social workers. In partnership with a local NGO, the Ministry of Labour and Social Policy focused significant training for law enforcement and social workers on child trafficking issues, including identification and the special needs of children exploited in the sex trade.

The National Police took part in three major international operations launched by EUROPOL within the framework of the European Multidisciplinary Platform Against Criminal Threats. These operations targeted child trafficking, forced labour, and the fight against human trafficking related to sexual abuse, begging, or criminal activities.

Protection

During 2009 the government continued to improve efforts to assist trafficking victims; they identified at least 206 victims of trafficking – including 123 children in prostitution – compared with 315 victims identified by NGOs and government authorities in 2008. In total, 193 victims received some government-funded assistance. The government referred 22 victims for assistance in 2009. In April 2009, the government established the National Intervention Consultation Centre, which expanded the ability of authorities to assist victims. The NGO-operated centre established a 24-hour hotline, provided direct assistance to victims of trafficking, and served as a consultation point for law enforcement working with victims of trafficking. The national centre enhanced victim protection available to foreign victims of trafficking. Previously, only foreign victims who agreed to cooperate with law enforcement were eligible for government-funded emergency assistance. With the establishment of the national centre, both Polish and foreign victims were no longer required to be identified by or cooperate with local law enforcement to receive government-funded emergency assistance through Poland's victim assistance program.

In 2009 the government allocated approximately US\$298,000 for victim assistance, including US\$59,000 for a shelter for use by adult female victims of trafficking. In response to criticism that there were no shelters dedicated to assisting male victims of trafficking, the government housed seven male trafficking victims in a government-run crisis centre in January 2010 and enrolled them in the Victim / Witness protection Program, ensuring they had access to necessary care. Under Polish law, all foreign victims are permitted to stay in Poland during a three-month reflection period, during which time they are eligible to access victim services while they decide whether or not to cooperate with law enforcement. In 2009, no victims took advantage of the 90-day reflection period. Those foreign victims who choose to cooperate are permitted to stay in Poland during the investigation and prosecution process. In 2009, two foreign victims were granted temporary residency permits to remain in Poland pending completion of the prosecution process. However, some trafficking experts expressed concern that some victims who chose not to cooperate with law enforcement may not have been given victim status and therefore may not have received emergency victim assistance. Police encouraged victims to cooperate with law enforcement. In 2009, 22 victims assisted law enforcement, compared with 21 victims in 2008. There were no reports that identified victims were penalised for unlawful acts committed as a direct result of being trafficked.

In 2022, the Polish government provided 1.1 million zloty (around US\$251,140) to two non-governmental organisations dedicated to assisting trafficking victims. This level of funding has been maintained since 2015.

National Action Plan (NAP) against Trafficking in Human Beings

National Action Plan (NAP) against Trafficking in Human Beings for 2022–2024 in Poland is a comprehensive document that outlines the country's strategy to combat human trafficking.

The NAP defines human trafficking as a crime involving the recruitment, transportation, harbouring, or receipt of a person through various means such as force, fraud, or coercion for the purpose of exploitation, including forced labour, prostitution, and other forms of exploitation. The NAP aims to intensify preventive measures, training, and strengthen the role of Voivodeship Teams for Counteracting Trafficking in Human Beings. It also focuses on introducing remedial actions to ensure all components of the anti-trafficking system are complementary.

The plan emphasises the need to intensify prevention, information, and education activities at all levels, aiming to reach the widest possible groups of people. This is particularly important considering the increasing number of individuals seeking employment in Poland, who may be at risk of falling victim to human trafficking crimes.

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

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

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

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

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



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Slavery in Poland

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

Serfdom in Poland existed on the territory of the Kingdom of Poland during the rule of the Piast dynasty in the Middle Ages. It continued to exist in various forms until late in the 14th century when it was supplanted by the institution of serfdom, which has often been considered a form of modified slavery.

Present day

Slavery is illegal in Poland. Poland is part of the European G6 Initiative Against Human Trafficking. Contemporary slavery however still persists in Poland, just as it does in the rest of the world. According to the Global Slavery Index, **there were 128,000 people living in the condition of modern slavery in Poland as of 2019.**

Types of slavery found in Poland include forced labour, forced begging, and forced criminality. Sectors of the Polish economy considered most vulnerable to slavery and other forms of exploitation include agriculture, construction, food processing, housekeeping and cleaning, although problems have also been found in the industrial production and catering sectors. Some of the people subject to forced labour in Poland were from temporary workers from North Korea. Common techniques for trafficking people into slavery from other countries include false job promises, high fees or alleged debts, rape, and withholding the person's documentation. False offers of employment are usually for sales or agricultural work. Many trafficking victims from Bulgaria and Ukraine are forced into sex slavery.

Poland

https://home-affairs.ec.europa.eu/policies/internal-security/organised-crime-and-human-trafficking/together-against-trafficking-human-beings/eu-countries/poland_en

General information: situation on trafficking in human beings

Trafficking in human beings, also referred to as modern slavery, is a serious crime and violation of human rights and dignity. It affects women and men, irrespective of their age, to the same extent. The most vulnerable ones, the children, are in a particularly difficult position. Trafficking in human beings has a strong international connotation, while organised criminal groups derive substantial financial benefits from it. Poland is considered to be a **country of origin** for victims – trafficked mostly to other EU countries, as well as a **transit country** and a **destination country** in terms of THB.

Poland is a source, transit, and destination country for men, women, and children subjected to forced labour and sex trafficking. Labour trafficking is increasing in Poland and most of the victims originate from Europe, Asia, and Africa. We can observe the increasing tendency in labour trafficking among the Ukrainian migrants. Children, particularly Roma (gypsies), are recruited for forced begging. Men and women from Poland are subjected to forced labour in Europe, primarily Western and Northern Europe. Women and children from Poland are also subjected to sex trafficking within the country and also in other European countries. Women and children from Eastern Europe, particularly Bulgaria, Romania and Ukraine are subjected to sex trafficking in Poland. A growing number of Vietnamese victims transit through Poland to Western Europe after being subjected to labour trafficking in Russia.

Poland noted an increase in numbers of labour exploitation, although labour exploitation cases are still hard to identify. In recent years, large numbers of Polish citizens were identified as victims of labour exploitation in the UK, Germany and the Netherlands. Regarding the exploitation of foreigners in Poland, based on research, it is believed that the exploitation is most common in agriculture, construction sectors and food industries. Victims are mostly exposed for forced labour, prostitution, begging, domestic slavery and criminal exploitation. In terms of sexual exploitation the majority of victims are Polish women and women from Ukraine and Belarus. At the same time there is a noticeable decline in the number of Polish nationals forced to provide sexual services abroad.

Institutional, legal and policy framework to address trafficking in human beings

Criminal Law

Poland prohibits all forms of trafficking in human beings. The offence is considered a felony and is now prosecuted on the basis of article 189a of the Polish Penal Code. The article, along with a definition of trafficking in human beings in article 115 section 22, was introduced into the Penal Code in 2010. On the basis of article 189a section 1 the minimum penalty for the offence is three years of deprivation of liberty (imprisonment). The highest possible sentence is 15 years of deprivation of liberty. Additionally article 189a section 2 penalises preparations made to commit the crime and sets the penalty to 3 months to 5 years of deprivation of liberty. However, due to the Russia's invasion of Ukraine and tied to this influx of Ukrainian refugees and high risk of human trafficking, in March 2022, Polish authorities have toughened penalties for trafficking in human beings. According to the Law on assistance to Ukrainian citizens in connection with the armed conflict on the territory of the country the perpetrator who, during the armed conflict on the territory of Ukraine, committed the crime referred to in Article 189a of the Criminal Code shall be sentenced to imprisonment for 10 to 15 or 25 years.

Act on Foreigners

Act on Foreigners (AF) came into force in May 2014. It regulates the issues of residence of foreigners in Poland, including the foreigners who were identified as victims of trafficking in human beings. Under the AF, victims are entitled to a reflection period (3-month time permission of legal stay) as well as for a temporary residence permit (which lasts up to 6 months with the possibility of extension for another 6 months).

The Act on Social Assistance

The Act on Social Assistance (ASA) regulates the system of providing social assistance to social beneficiaries, among others also to victims of trafficking. Based on the provisions of ASA victims of trafficking are entitled to short-term assistance and have a right to receive social services such as:

- shelter
- meals
- necessary clothing
- financial support for specific purposes
- psychological assistance
- social or legal aid

Committee for Counteracting Trafficking in Human Beings

An inter-ministerial Committee for Combating and Preventing Trafficking in Human Beings was established by the Council of Ministers in March 2004. The Committee was chaired by the Secretary of State of the Ministry of the Interior and Administration. The Committee consisted of representatives from public administration and non-governmental organisations and acted as an Advisory Board to the Prime Minister. The Committee was replaced in February 2019 by the **Committee for Counteracting Trafficking in Human Beings** under the Minister for Interior and Administration. The composition, tasks and objectives of the Committee remains the same.

The tasks of the Committee include:

- evaluation of the implementation of programmes to combat and prevent trafficking in human beings;
- initiating actions to combat and prevent trafficking in human beings;

- preparing draft National Action Plans Against Trafficking in Human Beings, monitoring the feasibility of planned tasks and drawing up annual reports implementation of the National Action Plan.

As the Committee only meets twice a year, the on-going work of monitoring and information exchange has led to the establishment of a special Working Group, made up of experts representing the institutions in the Committee's work. Moreover, to better address chosen issues, expert groups were established, dealing with trafficking in children and preventive actions.

The Committee is also responsible for monitoring and ongoing assessment of the National Referral Mechanism. It also steers the work of the expert group for supporting and protecting victims of trafficking. Moreover, the Committee is monitoring the implementation of the **National Action Plan against THB**.

Ministry of the Interior and Administration

In the Ministry of the Interior and Administration acts above-mentioned Committee for Combating and Preventing Trafficking in Human Beings that was established by the Council of Ministers in March 2004. Moreover, in the Ministry operates Team for the Coordination of Counteracting Trafficking in Human beings, a separate organisational unit reporting directly to the Deputy Director of the Department for International Affairs and Migration. The main tasks of the above-mentioned unit are: coordination and monitoring of anti-trafficking work undertaken by institutions and organisations involved in the fight against trafficking in human beings in Poland; coordination of the international cooperation in the field of counteracting of trafficking in human beings.

National Rapporteur or equivalent mechanisms

In December 2022 Deputy Director in the Department of International Affairs and Migration has been appointed as a Polish National Rapporteur in the EU Network of National Rapporteurs and Equivalent Mechanism.

National Referral Mechanism

There are mechanisms in force compatible with the concept of National Referral Mechanism, which took the form of algorithms dedicated to national law enforcement authorities and services. However, work on the creation of the document that will constitute a National Referral Mechanism has been completed in late 2022. The legislative process is underway and it's expected to be completed in 2023.

National Consulting and Intervention Centre for Victims of Trafficking (KCIK)

The system of supporting and protection for victims of trafficking in human beings in Poland came into force at the beginning of 2006. Since then the system has been improved and developed. The main objective of the system is to identify victims and to refer them to the proper institutions for assistance and support. Nowadays the National Consulting and Intervention Centre for Victims of Trafficking (KCIK), which was established in 2009, serves as the main centre for intervention and support. The Centre is fully financed by the budget of the Ministry of Interior and Administration.

In particular KCIK provides:

- 24/7/365 helpline
- intervention assistance such as accommodation, food, psychological support, medical assistance
- two safe locations (shelters) for female victims of THB and one for men
- interpreting services and the presence of an interpreter if needed
- legal consultations

- consultations and support for the institutions and organizations dealing with the victims of THB

The Programme of voluntary returns of victims of THB

The Programme of voluntary returns of victims of THB is carried out by the **International Organisation for Migration** on the basis of Agreement between the PL MoI and the IOM in the field of voluntary returns of foreigners leaving the territory of Poland. Based on the amendment to the agreement (which came into force in 2011) all foreigners (including the EU-citizens) who are officially identified as victims of trafficking are entitled for voluntary return organized by the IOM.

National Action Plan

The National Action Plan (NAP) is the core policy document setting out the goals and methods of implementing actions aimed at combating and limiting the phenomenon of THB. The NAP is adopted by the Council of Ministers for a period of 3 years (currently 2022-2024). The first NAP was adopted in 2003.

The main goals of the NAP are:

- raise public awareness of the phenomenon of THB
- improve the standards of support for victims of THB
- providing trainings for institutions responsible for prosecuting crimes against THB
- strengthening and development of international cooperation in the area of THB

Cross-border cooperation to address trafficking in human beings

Poland has signed a number of bilateral agreements on law enforcement cooperation. These agreements allow the exchange of operational information with EU countries, as well as with third countries. Operational information is also exchanged with EUROPOL (via SIENA channel) and with INTERPOL through the Bureau for International Police Cooperation of the National Police Headquarters

Crime Index by Country 2024 Mid-Year

https://www.numbeo.com/crime/rankings_by_country.jsp

Rank	Country	Crime Index	Safety Index
1	Venezuela	80.9	19.1
2	Papua New Guinea	80.1	19.9
3	Haiti	78.7	21.3
4	Afghanistan	75.7	24.3
5	South Africa	74.8	25.2
19	Argentina	63.8	36.2
96	Germany	39.0	61.0
97	Russia	38.9	61.1
118	Poland	29.1	70.9

Poland: Upholding full spectrum of rights key to ending violence against women and girls, says UN expert

<https://www.ohchr.org/en/press-releases/2023/03/poland-upholding-full-spectrum-rights-key-ending-violence-against-women-and>

9 March 2023

WARSAW/GENEVA (9 March 2023) – Unless women and girls enjoy the full spectrum of their human rights, no meaningful progress towards equality and prosperity can be realised in Poland, a UN expert said today.

“While Poland has made important advances towards a more equal treatment between men and women in the private and public sphere, women continue to face severe restrictions in their right to equality,” said Reem Alsalem, UN Special Rapporteur on violence against women and girls in a statement at the end of a 10-day visit to the country.

Alsalem noted that Poland has made important advances in equality for women particularly in the areas of economic empowerment, political participation and social policies and programs for pregnant and parenting women.

“More recently, Poland has improved its legal framework regarding domestic violence by revising the scope of related laws, expanding the definition of domestic violence, acknowledging sexual harassment and stalking and improving protection orders issued for victims of violence,” the Special Rapporteur said. But Alsalem noted that despite progress, women and girls continue to face serious limitations in their right to equality in law and in practice, and in their right to freedom of belief, expression, association, family, privacy, and sexual and reproductive health. Legislation and policies were in general insufficiently gender and diversity sensitive, and adequate sex education in schools was lacking.

Alsalem said it was clear that most laws, policies and practices restricting women’s rights were at odds with the desires of the majority of Polish citizens.

“Recent public polls demonstrated that the public opinion is in favour of women and girls enjoying more expansive rights to access abortion than currently permitted,” the expert said. “There are also clear indications that Polish society is becoming more tolerant and accepting of sexually and gender diverse persons, but this is not being reflected in the Government’s stands and policies.”

“No government can go wrong if it listens to the aspirations and desires of its people, and I urge the Polish government to listen more closely,” she said.

Alsalem also expressed particular concern about the serious restrictions imposed on the access of women to safe abortion, as well as the clampdown on women organisations, human rights and LGBTQI+ organisations and environmental defenders.

“It is troubling that in some cases orchestrated attacks have been either initiated, supported or tolerated by a number of public officials, political and religious actors and accompanied by inflammatory rhetoric, disinformation and misinformation campaigns that affect their equal enjoyment of human rights, including their right to equal participation in society,” she said.

Alsalem said she recognised that the context in Poland has become more challenging recently, particularly with the arrival of Ukrainian refugees – the overwhelming majority of whom are women and children.

“Poland demonstrated exceptional solidarity and generosity towards Ukrainians fleeing the war – a support that was shouldered primarily by ordinary people and local communities,” the expert said. “There is no doubt that receiving persons fleeing the horrors of the war in Ukraine and granting them a regular

status constitute in themselves powerful forms of protecting survivors of violence against further violence and supporting them,” she said.

But the Special Rapporteur said that now that lives had been saved and the most immediate needs of refugees met, it is important to put in place more nuanced mechanisms for reception, assistance, and protection of the most vulnerable groups, including women and girls.

She added that she was very concerned by the discriminatory treatment and violence that a majority of non-Ukrainian asylum seeker and refugee women, girls and their families were subjected to.

“You cannot continue to have these outright contradictions in the asylum and protection system to women and girls fleeing essentially for the same reasons: escaping persecution, violence, including sexual violence, and conflict,” Alsalem said. She recalled that Poland was bound by the same obligations under international law, including the protection against pushbacks and the right to safe and humane reception and access to effective asylum procedures.

The Special Rapporteur will present a full report on her visit to the Human Rights Council in June 2024.

Pascas / Buena "wrap-around support" for all children, women and men.



Poland Population Forecast

Year	Population	Median Age	Fertility Rate	Density (P/Km²)	Urban Pop %
2025	38,140,910	42.5	1.31	125	59.2 %
2030	37,198,543	45.0	1.33	121	60.6 %
2035	36,243,787	47.4	1.35	118	62.3 %
2040	35,179,554	49.3	1.37	115	64.5 %
2045	34,031,059	50.8	1.39	111	67.0 %
2050	32,814,096	51.8	1.40	107	69.5 %

Poland Per Capita Income Forecast

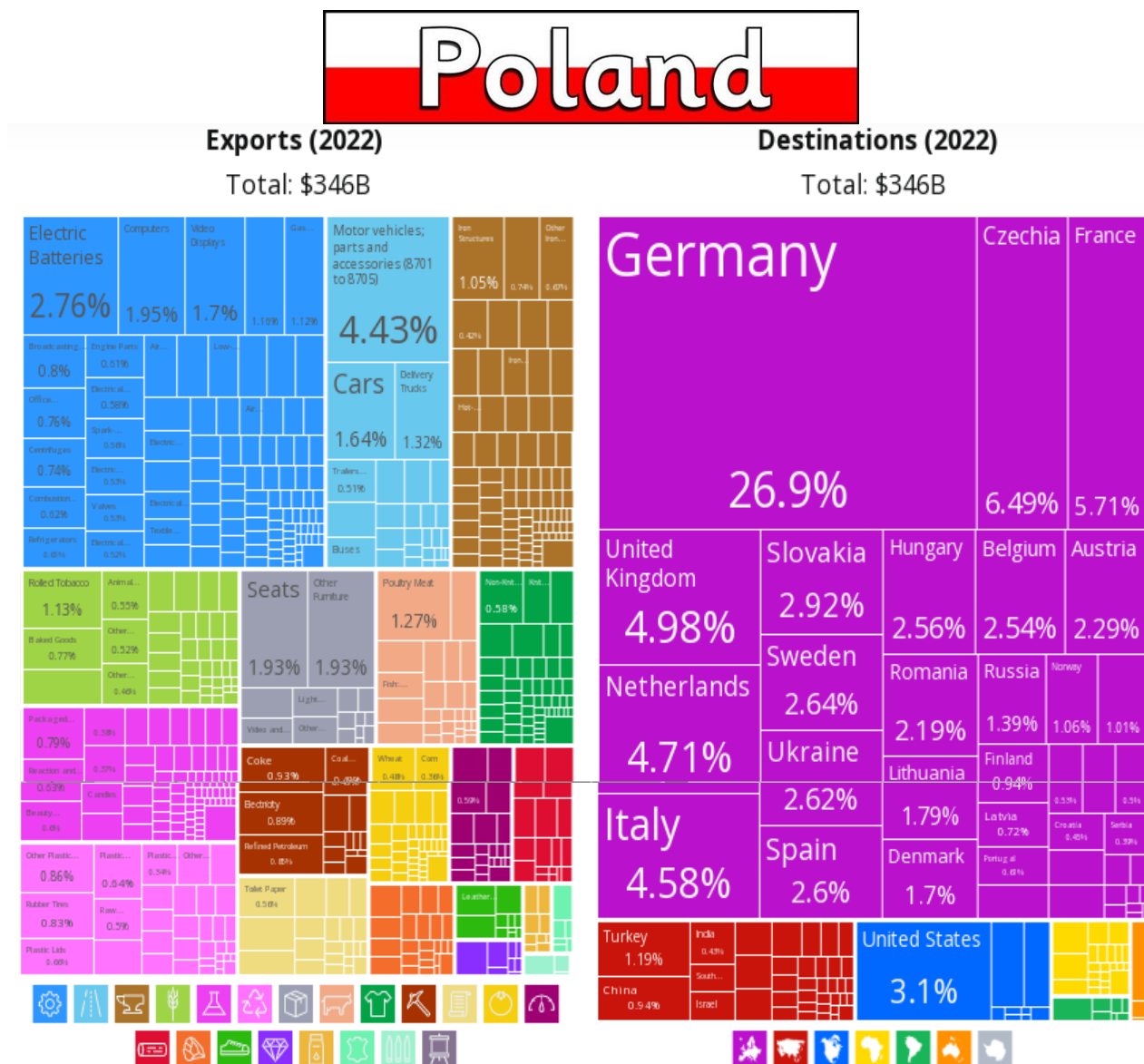
<https://www.statisticstimes.com/economy/country/poland-gdp-per-capita.php#:~:text=According%20to%20the%20IMF%20World%20Economic%20Outlook%20%28April,2024%20is%20forecast%20at%2049%2C060%20billion%20international%20dollars.>

According to the IMF World Economic Outlook (April 2024), Poland's nominal GDP per capita in Based on PPP, Poland's GDP per capita in 2024 is forecast at **49,060 international dollars PPP**.

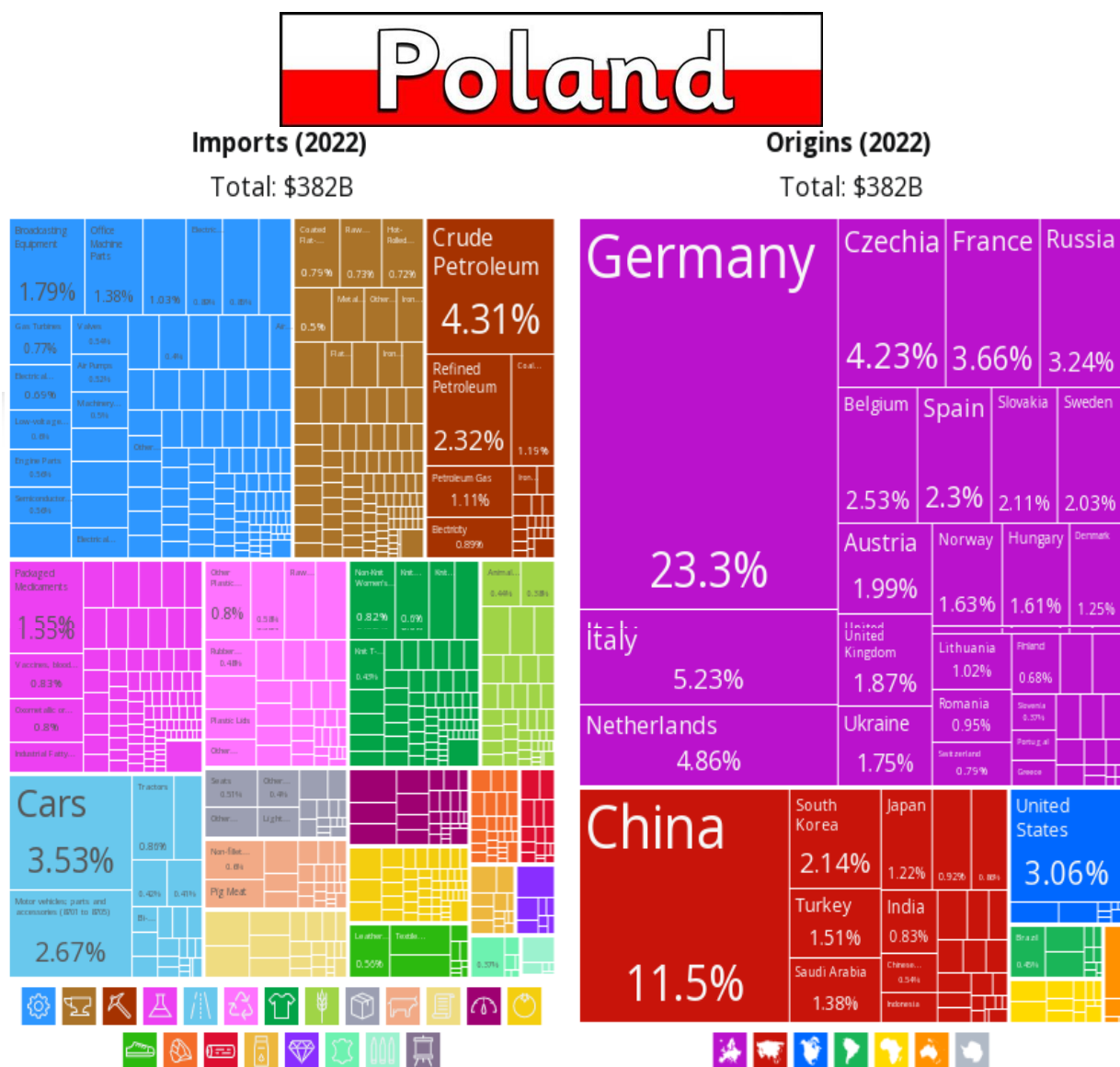
Projections by IMF				
Year	GDP per capita (\$/Int. \$)			
	Nominal	PPP		
2023	21,996	46,412		
2024	23,014	49,060		
2025	24,144	51,749		
2026	25,646	54,569		
2027	26,976	57,380		
2028	28,087	60,322		
2029	29,259	63,452		
Estimates by World Bank				
Year	GDP (Nominal) per capita (\$)		GDP (PPP) per capita (Int. \$)	
	Current	Constant (2015)	Current	Constant (2021)
2023	22,113	17,270	49,464	44,051

EXPORTS and IMPORTS

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



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



Poland

The road to
TRUTH and FREEDOM
is through
OPEN and FREE
Universal Feelings Orientated
EDUCATION

This is the  **GATEWAY**

Psychic Barriers

Barriers to our growth and development are the customs and norms passed down through the generations by our families and heritage. We each are infused with the errors of belief and emotional injuries of our parents and carers, thus, generation after generation calibrate on Dr Hawkins' Map of Consciousness at the same levels as one of our parents, should they calibrate differently.

Thus, until we step away from living like our parents, which is living mind-centric, no evolutionary growth is likely to unfold for societies around the world.

'Submissiveness'

'To put lower consciousness levels into context, it is helpful to know that, according to consciousness research: **78%**, if not **85%**, of the people on the planet calibrate below 200 on the Map of Consciousness, and 50% of the United States calibrates below 200 on the Map.'

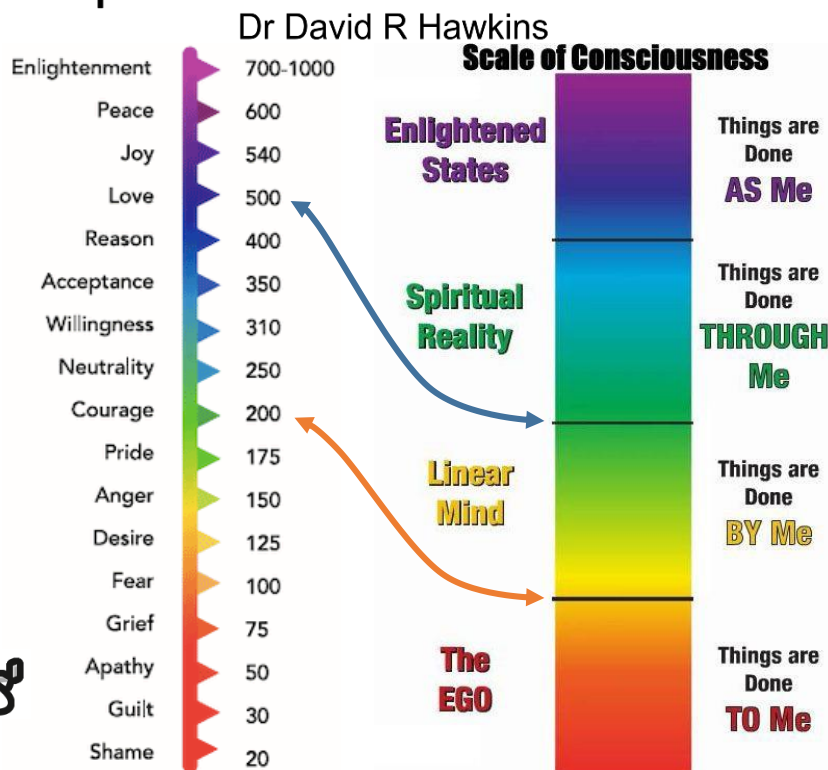
'**Things are done TO Me**' – that is those calibrating under **200 MoC** who submit to their environment and will of those imposing upon them. They are submissive to control and easily capitulate to coercive dominance without resistance. They readily capitulate to untruth and error, thus suffering greatly.

'Mind - Centricity'

200,000 years ago we were submissive to the control of high level personalities who induced us to believe we could become mini-gods by believing that our minds could take us to those levels. Women are closer to their feelings and consequently males had to dominate and suppress women. Living mind-centric prevents us progressing beyond 499 MoC. Living mind-centric, **Things are done BY Me**'. This glass ceiling can only be bridged by us embracing our feelings and living feelings first. Then through Feeling Healing and by embracing our Heavenly Mother and Father's Divine Love we can progress to Celestial Soul Condition while living here on Earth, which is beyond this Map of Consciousness scale.

Thus, these two distinct psychic barriers outline the cause of social issues and difficulties throughout societies and populations. The worldwide education systems actually prevent any consciousness growth and evolutionary progress. Only open and free universal feelings orientated education can erode these psychic barriers and bring about the freedom and progress that we all long for.

Map of Consciousness MoC



HEREDITARY ENVIRONMENTS may be our PRISONS!

We each are about to embark upon a worldwide endeavour with aspirations to shift communities a little towards a more prosperous and progressive life.

To truly achieve our objectives we are best to understand and recognise the issues confronting the community we are proposing to introduce our possibilities for growth to.

Kindly consider this Pascas Paper which can be downloaded from www.pascashealth.com, then go to the Library Download page, scroll down into Pascas Care Letters and click on to open:

 [Pascas Care Letters Worldwide Survey.pdf](#)

Kinesiology muscle testing in conjunction with Dr David R Hawkins' Map of Consciousness can enable anyone to calibrate the level of consciousness of the population of a nation, state / province, city, town, village, suburb and also drill down to a household and each individual therein within minutes.

The above worldwide survey is now supported by more than 14 independent worldwide surveys providing enormous cross fertilisation of information and guidance. This is included in this Pascas Paper.

This provides a comprehensive starting point from which we are to initiate programs for the community, with their involvement and actual delivery control, so that optimums can be achieved.

Thus, from the thousands of assessments drawn together, we have this simple chart summarising all:

WORLDWIDE SURVEY			
Levels of Truth / Consciousness	Countries	Population2020	Lifestyle Feature
500+ MoC	NONE	0 million	Feeling orientated rather than mind-centric
400s	22	700 million	Freedom and Progressive Leadership
300s	71	4,100 million	Open and Free Education (not feelings based)
200s	50	1,100 million	Current Religions
100s & below	73	2,100 million	Survival Living
Overall 220	216	8,000 million	Humanity entrenched in mind-centricity

The Map of Consciousness chart is based on natural love and is a scale of 0 - 1,000 based on the common-log of 10. A 10 point improvement is a 10,000,000,000 fold increase in energy. The overall scale also goes on to infinity.

Hereditary environments are fundamentally our prisons. We each end up calibrating at the same level of consciousness as one or the other of our parents, should they differ. Thus our environmental heritage imposes upon us the conditions that prevail generation after generation. Our parents impose upon us, unknowingly, their errors and injuries and all this occurs before our sixth year. We then go on living the social and emotional issues that our parents carried throughout their adult life, now we continue on doing the same throughout our adult life. Thus, the Worldwide Survey prevailing today shows that over a quarter of Earth's humanity are still living in a survival mode that prevailed more than 2,000 or even 2,500 years ago.

Kindly review Pascas Care Letters Worldwide Survey as it presents a vast array of understanding of the diversity of the environments in which living feelings first can greatly up-step communities while technological support is introduced and infrastructure developments anchor in the growth that they welcome and support for themselves.

Pascas Foundation (Aust) Ltd is a not-for-profit and the work involved is unique requiring enormous inputs from many people. We seek your participation through membership of the Foundation as we look to collaborate with each of you in the delivery of your own agendas. Kindly consider application for membership please. There are no obligations.

cheers for now

John Doel for 07 452 436 227
Pascas Foundation (Aust) Ltd

Rome
2 thousand
years ago



Africa
like...
an hour ago



2,000 years ago the world population was 300 million and all were living in survival mode. Now in 2020 we have over 2,100 million people living in survival mode. We have successfully multiplied the 'living in survival mode' by seven fold!

The Surprising Solutions to the World's Water Crisis | The Future With Hannah Fry

<https://www.youtube.com/watch?v=FDY2McKLvIM>

Our survival depends on water, yet global reserves are rapidly shrinking. It's now replaced oil as the most likely cause of global conflict. Can technology help secure humanity's future water needs? What is Poland's water situation?



Religion, Politics, and Oppression in Poland: A Call to Action

<https://journals.library.columbia.edu/index.php/cswr/announcement/view/409>

28 April 2021

Politics and religion often come hand in hand. In many cases, the prevalence of a religious institution in a community or country results from its history of assistance in times of hardship. The incorporation of religion in politics was likely a survival tactic for generations. Unfortunately, in some cases, it may lead to oppressive or harmful policymaking. Recognising and respecting religious history is vital to encourage engagement in challenging oppressive aspects of these institutions. This is especially important when working with older generations or those with powerful ties to their faith to ensure that change is community-centred and historically respectful.

A contemporary view of the intersection of government and religion in oppressive policy making can be found in Poland. The Catholic Church has been a part of the Polish landscape for generations, historically bringing science, culture, and higher society to the country. Natalia Ochman, a first-generation U.S. resident whose parents came from Poland, shared that her family always said, “When you have nothing else, you have faith” (Ochman, 2020). This sentiment – that Catholicism has been a core pillar of Polish identity for generations – is felt by many in the country.

Catholicism first came to Poland under King Mieszko I. His wife convinced him to baptise the country in 966, and they began to practice Catholicism as a means of distinguishing Poles from Germans, who were largely Lutheran or Orthodox in the East. This conversion pushed out pagan beliefs that were prevalent in Slavic culture at the time. Catholicism in the country remained a prominent cultural unifier for national identity during times of foreign oppression, such as the 17th century Swedish invasion and more recently during World War I.

By the time World War II occurred, Catholicism had become popular, with nearly 65% of Poles identifying as Catholic (Garlinski, 1985). Of the remaining 35% of the population, 10% identified as Jewish and made up a large portion of Polish cities (Gitelman et al., 2003). Mass genocide of Jewish Poles during World War II dramatically increased the Catholic percentage of the population. Catholicism was deeply entrenched in Poles’ lives, and the Catholic Church continued to play a prominent role in the country helping Poland survive the Nazi and Soviet invasions during the war.

Post-World War II, with Poland isolated behind the Iron Curtain, the Catholic Church stepped in to unite communities, provide faith through economic hardship, and protect the surviving Poles (Hetman, 2020). Especially within small villages, the Church acted as a support system. Priests joined families for dinner, comforting them, empathising with their challenges, and creating ties throughout the community. Community members invited the Church to approve sales related to farming, bless pregnant livestock, and protect the village (Hetman, 2020). Catholic traditions became the shared culture.

The Catholic Church became deeply involved in Polish politics with the fall of communism by ensuring a smooth transition of power to the new Polish democracy. Catholic clergy were always anti-communist as the communist state diminished the role of the Church in state matters. Polish people during communism were not allowed to discuss politics within their Church, and Church leaders were often told by communist officials not to get involved in political action. With the election of the first Polish Pope, John Paul II, in 1978, many Poles began to envision Poland as a country where the Church could play a role in both politics and everyday life (Porter-Szücs, n.d.). As a result, Church basements became meeting places for dissidents working to overthrow communism. (Michel, 1991).

Today, the contemporary Catholic Church in Poland is closely aligned with the Law and Justice party, or PiS, the largest party in Poland at this time. PiS came to power in 2015 by tapping into religious fervour, weaponising the ideological divide between East and West Poland, playing on the generational

differences of Poles, and instilling fear of Europe's liberalisation. PiS relies on support from older Poles who generally live in rural areas. The Church maintains this political support, and in return, PiS promotes policies that align with traditional Catholic values. Family values and a return to a traditional Poland remain at the centre of the party's ideology, with programs such as 500+ supporting stay at home mothers and encouraging childbirth by providing 500 PLN (US\$125) per child per month for each Polish family ("First Results of Poland's Family 500+," 2018).

Under the guise of protecting traditional Polish values and families, PiS along with the Church have waged campaigns against the LGBT* community of Poland and opposed abortion rights with some success. Currently, large sections of western Poland claim to be "LGBT ideology free." Church sermons and school teaching endorse PiS values. Terrorist threats, violence, and government intervention have cut pride parades short. Additionally, the Polish courts, propped up by PiS and with full support of the Church, ruled in October 2020 that abortion due to foetal abnormality was a form of eugenics and therefore against the Polish Constitution (Scisłowska, 2020). Because approximately 98% of abortions currently administered in the country are due to foetal abnormality, this effectively put in place a blanket ban on the practice ("Poland Enforces Controversial," 2021).

Freedom of the press in Poland has also been under fire with the PiS administration, resulting in recent taxation on independent news sources that will leave most of these organisations bankrupt, making TVP, the national news station run by PiS, as virtually the sole media source for Poles. This attack on freedom of the press has been admonished internationally because TVP is known to be a biased news source (Schmitz, 2021). However, the Catholic Church has been willing to support the taxation of independent news sources because TVP provides the Church with access to messaging. The symbiotic relationship between PiS and the Catholic Church reinforces a conservative agenda. Through its privileged connection to the media, the Church promotes messaging that Poland must remain traditional.

Many Poles have become aware of PiS's moves to severely limit free press, effectively eliminate abortion, and oppress LGBT people harmed their communities, and they have begun fighting back. For example, last fall, communities across Poland began to protest the abortion ban. Tens of thousands of women, teenagers, and male allies took to the streets for weeks, resulting in the largest protests since the fall of communism in 1989 (Taub, 2020). Even Poles from some conservative, PiS-controlled communities showed up to fight this encroachment of Church values and government regulation on women's rights.

The government delayed the passage of the abortion ban, and Polish women continued leading organised protests every Monday through December 2020, indicating their concern that an abortion ban law would be passed if their voices became silent. Despite these efforts, the abortion ruling went into place on January 27, 2021, leading to renewed protests across the country. The PiS ministry has responded by possibly incorporating "a room to cry in" in hospitals for women forced to give birth (Tilles, 2021). Despite their ties to the Catholic Church, members of the older generations, with the exception of PiS politicians, tended to support the abortion protests. Poland was one of the first European countries to allow women access to abortion in 1956, and the country only began to legislate against it in 1996 when Church influence increased again after helping to end communism (Chazin, 1996).

This nuanced history with abortion helps explain why many Poles support it to this day in cases of rape, incest, danger to the mother, and foetal abnormality. Nonetheless, older Poles generally remain loyal to PiS despite disagreeing with some of its social policies. One reason for this is that older Poles tend to live in more rural areas where the Church continues to hold influence and encourage members of the community to support PiS.

As evidenced by the abortion ban protests, young Poles are leading the fight against the imposition of Catholic beliefs into their lives. In order to continue supporting their fight, **the global community must increase infrastructure for affordable internet access across the country, increase access to education on social justice in Polish classrooms, and encourage freedom of the press** in spite of restrictive PiS policies. Exposure to the world outside of Poland through social media and the internet

has already resulted in the Church no longer being the main factor in the development and socialisation of children. Young Poles' consumption of pop culture around LGBT issues reduces the stigma surrounding this population (Hetman, 2020).

In addition, Polish education is shifting away from strict Catholic Church values by slowly including contemporary political action and social justice courses. Exposure to contemporary ideas helps Polish youth challenge Church and political ideologies without discarding their Polish traditions.

Poland's Catholic Church has a history of supporting and upholding Polish communities, traditions, and values. As described earlier, the Church provided aid during times of historical trauma and supported changes of government that proved beneficial to the country. Despite these impactful and important supports, the Church's relationship with political parties today has proven detrimental to marginalised groups such as LGBT Poles and women trying to access healthcare. These connections cannot be overlooked, and to effectively break them, **the global community and social workers must take steps to educate Polish youth, increase access to information, and encourage protesting.** The international community must continue to support cultural exchange. Current EU financial sanctions against the "LGBT ideology free zones," while working in some Polish communities to pressure them to reverse this label, have largely entrenched rural, religious, and poor communities in their harmful beliefs (Higgins, 2021). The best solution is through restorative discussions and a free flow of ideas, concepts, and values through cultural partnerships.

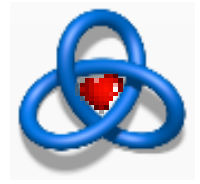
The global community, including government leaders, policymakers, and community organisers, should reflect on the recent protests in order to better support advocacy in Poland. The next Polish elections are not until 2023, unless a snap election is called. During the election delay, the international community can continue to support Polish protestors in their fight against these harmful policies as well as limiting the ties between the Church and PiS. The time to act through organising, education, and connection is now, to best secure a safer future for *all* Poles. Effective response in Poland can serve as a model for assisting other countries in separating faith from policymaking in the future.

* The LGBT community in Poland is inclusive of all individuals within the gender and sexuality spectra including those who identify as intersex, asexual, and queer. However, in Poland, this group is referred to as LGBT.

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

Only through longing, asking for, begging to know the truth behind our feelings and expressing our feelings to or with a companion can we then only begin to resolve and address our compulsions – all being part of our pathway of Feeling Healing, and with Divine Love, Soul Healing.

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



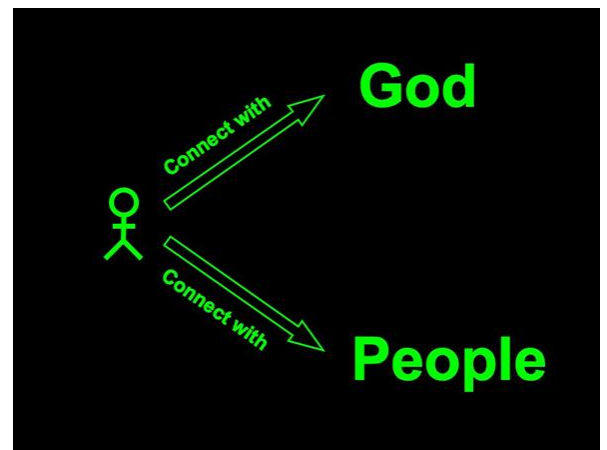
We are all interconnected.

We are all on a never ending learning pathway.

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





We embrace everyone's wisdom and strive to grow.

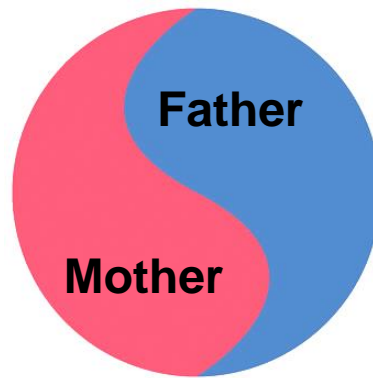
With this in mind, we see everyone in a loving way.



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

Church and State are to remain separated. Kindly go to www.pascashealth.com, then Library Download page, scroll down to Medical – Soul Condition and Health, click on to open:

-  [Bible New Testament Matthew Peshitta Lamsa.pdf](#)
-  [Bible New Testament Revelation Mary Magdalene.pdf](#)
-  [Bible New Testament Review - Part I.pdf](#)
-  [Bible New Testament Review - Part II.pdf](#)



Our Heavenly Mother and Father.


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



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

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



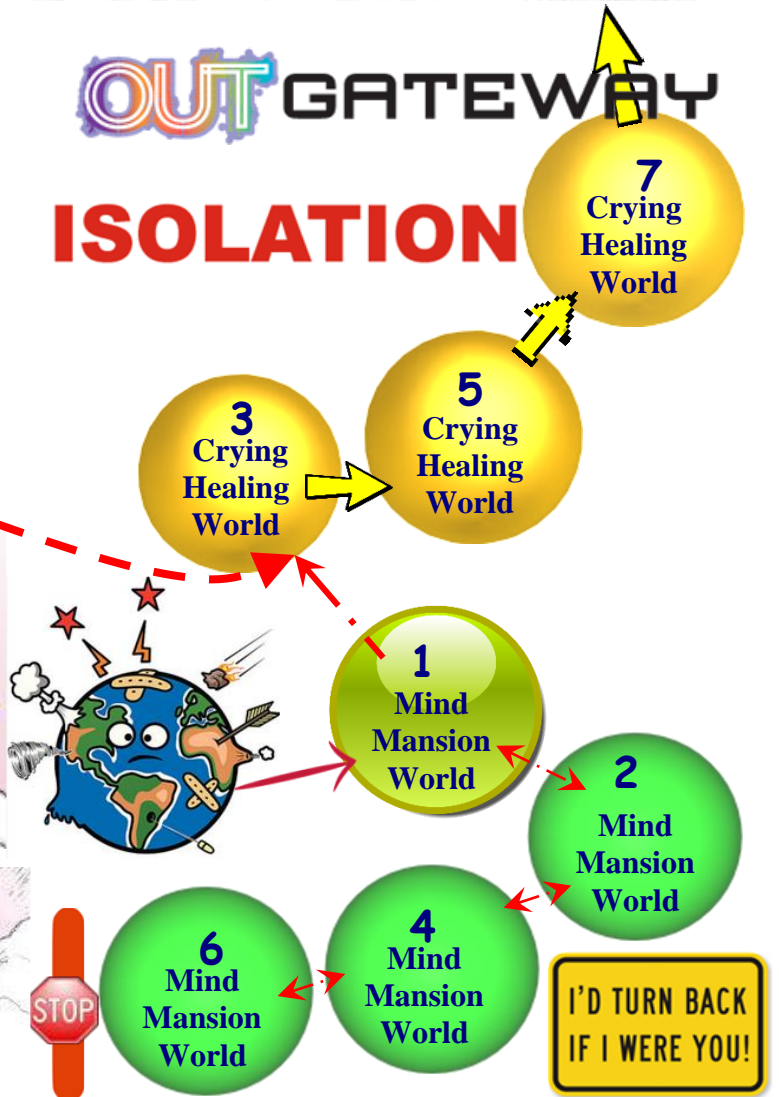
Kindly go to www.pascashealth.com, then Library Download page, scroll down to Medical – Soul Condition and Health, click on to open:  [Pascas Care Separation to Embrace.pdf](#)
Share as you please.

Our
Spirit
Friends
on duty



OUT GATEWAY

ISOLATION



WE ARE ALL BEING PLAYED

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



DIVIDE AND CONQUER MECHANISMS:

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

One Cause – One Pathway

simple is what LIFE is meant to be!

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

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

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

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

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

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

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

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

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

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

The New Way

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

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

Our Heavenly Parents simply desires for us to ask for Their Love.

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

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

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

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

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

**ONCE YOU KNOW -
YOU CANNOT UNKNOW!**

Mary Magdalene

SOME NUMBERS:

Currently, each year we have:

130 million live births
73 million abortions
25 million or so miscarriages

228 million conceptions /
incarnations per annum.

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

123.5 million of those incarnated
make it to adulthood.

55% of those incarnated make it to
adulthood.

45% of those incarnated do not have
an adulthood life experience.

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

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

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

Global estimates of INDUCED ABORTIONS:

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

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

BABIES born Each Year; 130,000,000

It is estimated that there are approximately 130 million
babies born throughout the world each year.

http://answers.ask.com/Society/Other/how_many_babies_are_born_each_year

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

<http://www.allaboutlifechallenges.org/miscarriage-statistics.htm>

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

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

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

Over one million people die by suicide every year.
**There are an estimated 10 to 20 million non-fatal attempted
suicides every year worldwide.**

<http://en.m.wikipedia.org/wiki/Suicide>

DEATHS worldwide per annum: 60,000,000
**Pollution causes about 40% of deaths worldwide, i.e., are
caused by water, air and soil pollution.**

<http://www.sciencedaily.com/releases/2007/08/070813162438.htm>

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

An UNBORN BABY'S 1st HEARTBEAT OCCURS 16 DAYS after CONCEPTION:

A research team funded by the British Heart Foundation (BHF) at the University of Oxford says a baby's first heartbeat is now far earlier than was previously understood. Dr. Susan Berry 12 October 2016

Further research confirms that the heart first starts to beat between 16 to 19 days after conception.

What happens when a child dies? 15 March 2013
Speaking with Mary Magdalene and Jesus, book 1

From the first heartbeat the incarnating person is technically living a physical life, and so if death occurs, it will move into one of the spirit nurseries. If it should 'die' before the first heartbeat, the soul merely 'withdraws', initiating incarnation when the next opportunity arises for its soul-personality. And of course as you know, there is no reincarnation, so when your soul starts you in Creation and you achieve your **first heartbeat**, then you're underway, be it on Earth or in spirit to Paradise, this being your ascension of truth.

As soon as the spirit body separates from the physical connections, there is no longer any pain, this of itself, as you might well imagine, greatly adding to one's good experience. The dying person, be it a child or an adult, has a good experience in death, especially once the pain has gone should there be pain; it's the people they might leave behind on Earth who don't understand this and who are suffering feelings of loss and deep grief, that have the harder time of it.



An unborn child is taken to spirit nurseries to be cared for. And within those nurseries they are looked after through the remaining time of their gestation period; then are 'born' into spirit life; then to carry on growing up as a spirit child of the Mansion Worlds. Many of them, just as with unwanted physical children, are fostered out or adopted by spirits wanting to be parents, this enabling a lot of people (who are now spirits), who for one reason or another couldn't have children on Earth, to have the experience of parenting. Even carrying the child to full term can be simulated so as to give the 'mother' the experience of being pregnant. The 'father' having his experiences as well. And of course lots of people who become spirits love being involved with children and so become spirit parents or simply involved in looking after the infants and young children of the nurseries.

The Heart commences to Beat as early as Day 16 after Conception:

Until now, researchers thought that the first time our heart muscle contracted to beat was at 8 days after conception in mice or around day 21 of a human pregnancy. Now, a team funded by the BHF at the University of Oxford has demonstrated earlier beating of the heart in mouse embryos which, if extrapolated to the human heart, suggests beating as early as **16 days after conception.**

<https://medium.com/british-heart-foundation/when-does-our-heart-first-start-to-beat-36bcba072c1>

Root Cause

Highly esteemed Lanonandek spirits from within our local universe of Nebadon were assigned as System Sovereigns of our local system to oversee Earth's humanity and their spiritual development. 200,000 years ago they, the Lucifers, became infatuated with their authority and turned against the regents of Nebadon, Mary and Jesus, as well as rejecting God. Through their Planetary Princes, also Lanonandek spirits, they had taken the humanities of 37 worlds within their local system into their Rebellion.

Through living through our minds, suppressing our feelings, we on Earth will continue to be at war with each other, illnesses of all descriptions will continue from our feelings suppression, famine and inequalities prevail, control of others is the core of all systems, we cannot determine truth from falsehood and life on Earth is a living hell. We have been continually seduced by mind Mansion World spirits and we live life in a stupor – nothing more than zombies doing the begging of the evil ones, the rebellious Lanonandek spirits.

Through living through our minds, suppressing our soul based feelings, we have been progressively going further and further away from our Heavenly Parents, now to the point that we cannot go any further. Through working cracks in the Universal Contract governing the Rebellion and Default, this control has been ended formally as of 31 January 2018.

Pathway Forward

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

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

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

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

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

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

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

PSYCHIC BARRIERS to CHANGE!

To put it succinctly:

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

Our minds are addicted to:

Control over others;

Control over our environment.

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

That our minds cannot differentiate Truth from Falsehood.

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

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

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

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

EINSTEIN'S THEORY of INSANITY

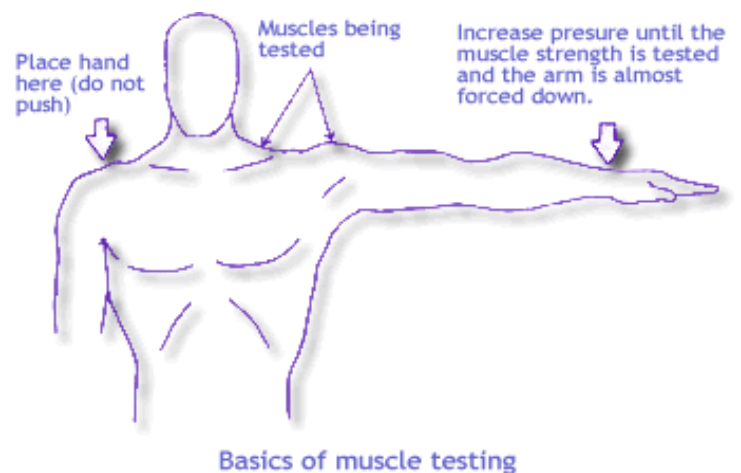


DOING THE SAME THING
OVER and OVER and
EXPECTING DIFFERENT
RESULTS.

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

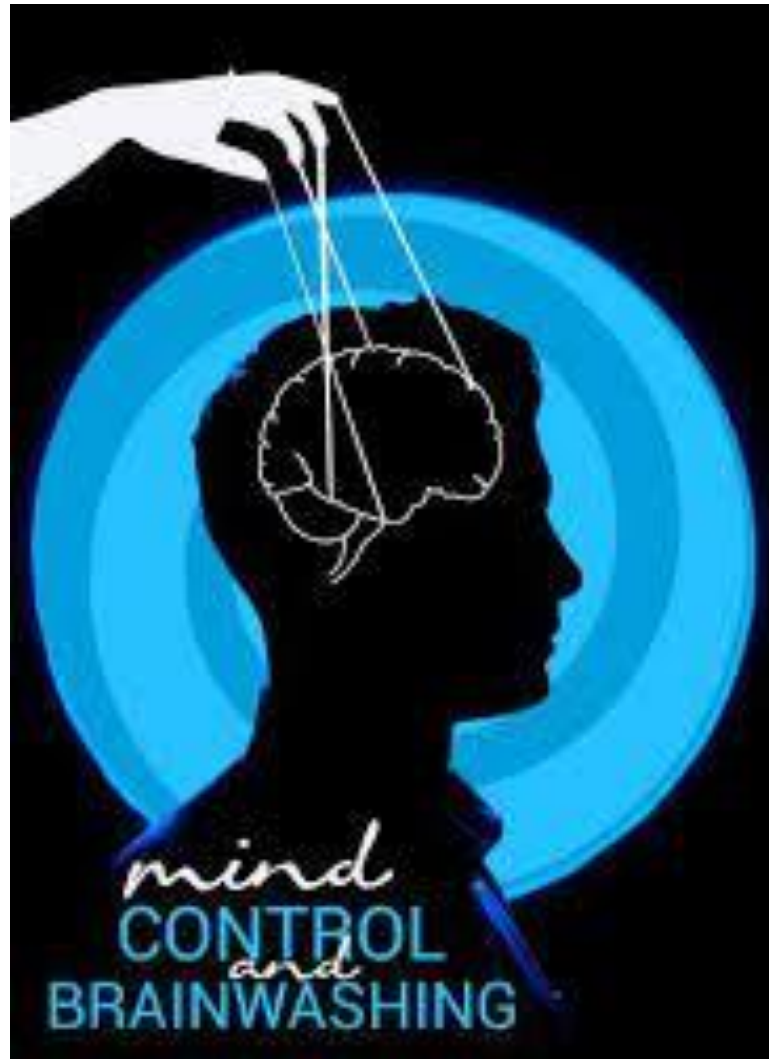
-ALBERT EINSTEIN

Kinesiology Muscle Testing



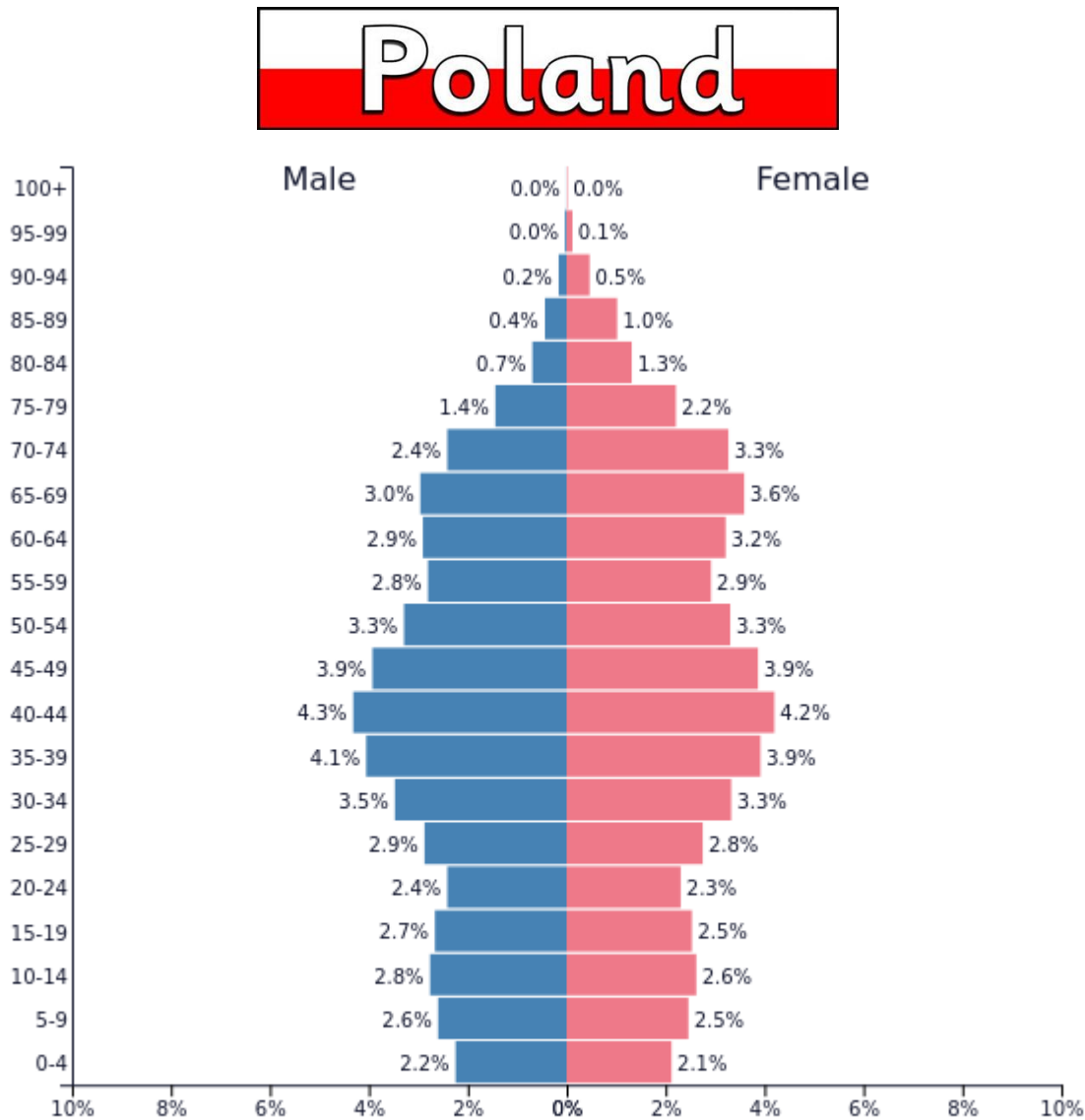
Through kinesiology muscle testing, we can determine what is in truth and what is not, further, we can also determine the level of truth of anything!

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



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

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

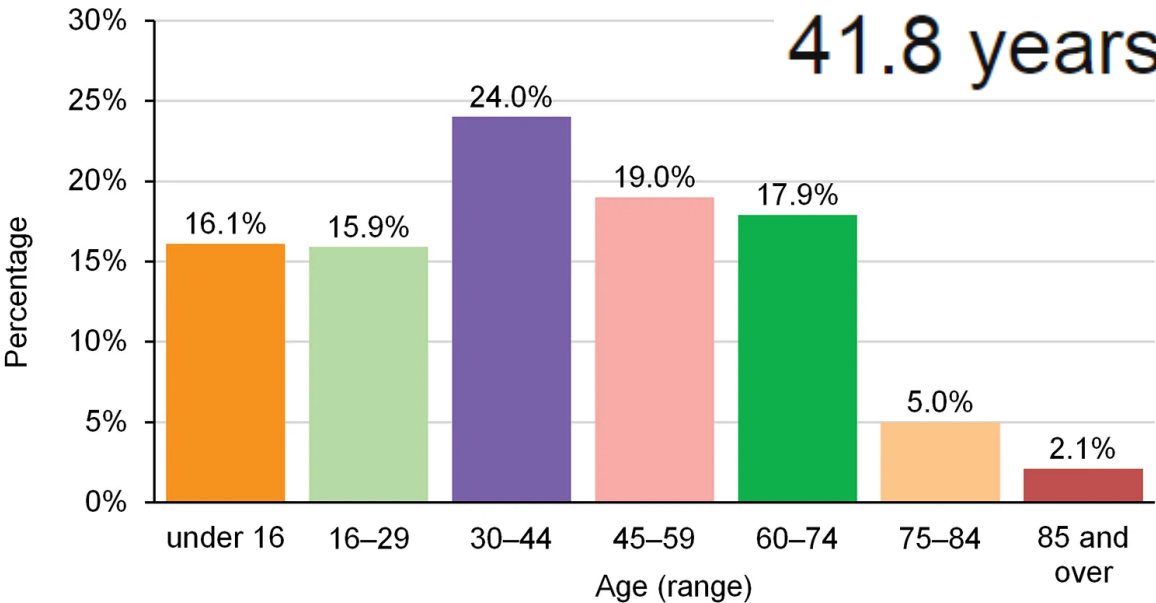


PopulationPyramid.net

Poland - 2024
Population: 38,539,200

Poland age breakdown (2019)

The median age in Poland is
41.8 years



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

put children first

Cause No Harm < $\begin{matrix} \text{to OTHERS} \\ \text{to MYSELF} \end{matrix}$

Strive to love others as I am to love myself

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

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

Violence is never Justified

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

MENTAL HEALTH AND SUICIDE DURING THE PANDEMIC: POLAND

<https://feeps-europe.eu/wp-content/uploads/2022/08/Mental-health-and-suicide-during-the-pandemic-Series-Poland.pdf#:~:text=In%20Poland%2C%20the%20dominant%20approach%20to%20mental%20health,between%2031%20and%20141%20days%20%28average%2080%20days%29.14>

September 2022

The dominant approach to mental health in Poland

In Poland, the dominant approach to mental health is largely based on the biomedical approach, which rather than locating treatment and support within the community-based approach, focuses on the lack of physical signs and symptoms. That positions mental illness as a brain disorder that requires pharmacological treatment, which over the years has proven problematic. Among the issues identified, there are concerns about the reliability of psychiatric diagnoses, methodology of psychiatric research, treatment effectiveness, and the influence of pharmaceutical companies on research and therapeutic activity. Moreover, despite the increasingly wide use of antipsychotic and antidepressant medicine, the number of chronically ill people keeps rising. The access to publicly available psychologists and psychiatrists is limited and the number of specialists insufficient, in particular child psychiatrists and those who work with adolescents. The waiting time to be seen by a psychologist in July was between 31 and 141 days (average 80 days).

Survey results

The severity of COVID-19 lockdown measures inevitably affected mental health and individuals' wellbeing. 51% of respondents reported feeling more depressed since the arrival of COVID-19. That positions Poland in second place among the countries surveyed. Only Ireland scored a higher number, where lockdown measures were among the most severe. Sweden, however, with the least severe lockdown measures notes the smallest number of people feeling more depressed since the pandemic began. While relatively similar numbers of men and women reported the feeling of being more depressed, men under 35 were the largest group to note depressive moods (56%). Females under 35 (50%) and over 35 (53%) also constituted a relatively large group. The level of education is also significant: those with a lower level of education felt less depressed than those with a higher education level. Also striking is that it is the highest earners who are reported feeling the most depressed: 57% of those who earn between of €2,000 and €2,500 and 56% of those who earn more than €2,500 were depressed compared to 51% of those earning less than €1,000. Nonetheless, the high percentage of all the earning groups reporting feeling more depressed indicates the economic pressure and uncertainty that people were faced with in the light of COVID-19. Moreover, 85% of respondents who felt more depressed since COVID-19 admitted to taking psychotropic drugs since the start of crisis, while 69% took them before it. For 71% the situation at work was a major influence: 73% of respondents who declared work to be a contributing factor suffered from burnout and 79% experienced sexual or moral harassment. The majority of those who felt more depressed either teleworked (65%) or combined remote and on-site working (66%).

Employment and its impact on mental health

Other situations also have a significant impact on individuals' mental health wellbeing, in particular significant levels of stress and burnout. Women were more susceptible to experiencing significant levels

of stress (44%) and burnout (32%) – although with the latter the difference between men and women is small (2%). In regard to the experience of significant stress and burnout, the higher the educational level, the greater the group experiencing the issue. Among those with a lower educational background, in addition to the significant stress mental health and suicide during the pandemic: Poland (25%) and burnout (20%), the experience of sexual harassment (15%) and sexual assault (15%) has been also reported.

Pandemic-related restrictions and economic downturn have also influenced the experience of the labour market, including periods of unemployment. In comparative perspective, Poles were the most likely to experience short-terms spells of unemployment, for up to three months. Such experience, indeed, had a negative impact on financial stability, self-esteem and often, in the case of men, it challenges the dominant masculine discourse of being a family provider, in particular in a time of uncertainty and increased stress related to the pandemic. Indeed, that reflects the results of the study, with men constituting a larger group of those experiencing short-term unemployment. In particular, those with a lower and average level of education experienced an unemployment period of between three and six months.

Suicidal thoughts

Among Poles who completed the questionnaire, nearly a quarter of participants admitted to seriously having considered suicide. Among them, around two thirds thought about it once, and the remaining one third multiple times.

Taking a closer look at those who admitted having suicidal thoughts, the spread of gender distribution among them is quite even. That means that both men (24%) and women (24%) equally think about suicide. In terms of age brackets, 37% of women under the age of 34 are more likely to have suicidal thoughts, as well as men from the same age group (31%). By far, the level of education among those having suicidal thoughts matters: the largest group of respondents with suicidal thoughts has a lower educational background (41%) as well as those with higher education (33%). To some extent, that corresponds also with the earning-level groups.

Suicidal thoughts are frequently the result of low mood and generally poorer mental health wellbeing. Nearly 60% of respondents who admitted having suicidal thoughts reported also feeling absolutely more depressed since the COVID-19 outbreak. Nearly half of respondents who admitted having suicidal thoughts also have experience of taking psychotropic drugs, either for a long time or since the health crisis.

Suicide attempts

23% of Poles participating in the survey know someone who attempted to commit suicide. For 12% this was an experience of a family member attempting to commit suicide. Among those who knew someone who tried to commit suicide in their close circles are those with a higher education level as well as those who earn over €2,500 (36%). Nonetheless, the scores remain on a relatively similar level, with around 20% of people from various socio-economic backgrounds knowing someone who attempted suicide. Poles who live in three-person (31%) and four-person (25%) households are also more likely to have someone who attempted suicide in their close circle.

In the case of those who have ever attempted to commit suicide, men were more frequently reporting such an attempt (35% in comparison with 26% of women), both once (21%) and multiple times (21%). Similarly, when age is considered, men of all the age brackets reported more cases of hospitalisation after a suicide attempt. In regard to the household composition, people who live alone most frequently experience hospitalisation after suicide attempts. The COVID-19 health crisis also deepened the reliance on the psychotropic drugs, with half of respondents who admitted taking psychotropic drugs having begun mental health and suicide during the pandemic: Poland taking them at the beginning of the health crisis. Only a small number of participants reported hospitalisation in a psychiatric ward. Nonetheless,

hospitalisation is most commonly experienced by men who are active in the labour market, and who fall into higher earning brackets. Those men either live on their own or in the larger households of four and more.

Access to treatment and support

Among the various medical services that Poles attended in the last two years, the services of psychiatrists or psychologists were among the least frequently attended – 25% in comparison with 87% attending their GP practice. The explanation can be twofold: on the one hand, the dominant paradigm and stigma associated with using such services remains strong; on the other hand, the availability of such services, namely waiting times to see psychiatrists or psychologists, are quite long, or can be accessed privately. Among those who have seen a psychiatrist or psychologist (25%), 15% admitted to seeing them multiple times, and 10% to using the consultation once. Looking at the profile of those who have had consultations with psychiatrists or psychologists, the gender spread appears relatively even, with a 3% difference for the total positive answers confirming attending consultations in the past two years. Women over 65 were the smallest group that used psychiatric or psychological consultation. The biggest groups, among those who declared using those services, are those in the age brackets 18 to 24 and 25 to 34, with the group of 35- to 49-year-olds as the biggest, indicating the stage of professional life, stress and pressure connected with the work-life balance and establishing themselves professionally.

The use of mental health services is more prevalent among the more educated groups with higher income brackets, from €2,000 to €2,500 (33%) and more than €2,500 (37%). In terms of household composition, the more people in the household, the greater the number of respondents admitting the use of psychiatric and psychological support. In addition, nearly 60% of those who use mental health support services also take psychotropic drugs, either since the start of the pandemic or prior to it. Those who positively responded to the use of psychiatric or psychological support have also, to a great extent, reported difficult work situations, ranging from burnout to major stress situations, and in particular sexual or moral harassment. In terms of work mode, those who availed of the mental health support services have either worked remotely or combined remote and on-site working.

When asked about the experience of taking medication to relax or to sleep, 24% of Poles admitted taking drugs to sleep or to help relax. Among those who reported taking drugs were mostly women (25%), with the crisis intensifying since the pandemic (14% of women; 15% of men); men were the least likely to take drugs in the long-term (7%). Additionally, the higher the income, the bigger the proportion of participants relying on drugs to deal with sleep and relax. Household composition also matters: those who live alone reported to be the least likely to avail of drugs (17%), with 3-person (27%) and 4-plus-person households (26%) being the biggest group.

Professionally, among those who admitted relying on medicines to help with sleep and relaxation, 47% teleworked, 32% combined work modes, and 17% worked on-site.



MENTAL HEALTH POLAND

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

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

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

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

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



PARENTING:

19 July 2022

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



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

We can't judge upon our own actions.

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

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

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



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

That is, everything in our life we may come to want it to help each of us to feel the feelings, good
COMMERCIAL IN CONFIDENCE

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

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

**To
Understand,

One must
Stand-Under.**

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

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

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

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

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

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

**What do our Heavenly Parents
desire for us to do?**

**To ask for Their Love,
Their Divine Love!**

**Just to ask our Heavenly Mum and Dad
for Their Love.**

Psychology



20 July 2022

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

Feeling Healing

encapsulated within:



Divine Love Spirituality

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

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

It is through ignoring our feelings!

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

We are to live true to our feelings!
It is that simple!



EDUCATION CANNOT WAIT

**EDUCATION
CANNOT
WAIT**



**EDUCATION
CANNOT
WAIT**

AN OVERVIEW OF HEALTHCARE IN POLAND

<https://borgenproject.org/healthcare-in-poland/#:~:text=Although%20Poland%E2%80%99s%20healthcare%20coverage%20is%20impressive%2C%20organizational%20problems%2C,still%20lower%20than%20in%20many%20other%20European%20countries.>

19 August 2020



Poland is an eastern European country between Belarus and Ukraine. As a member of the European Union, Poland enjoys many benefits and privileges. Many consider the eastern European country's economy one of the most developed in Eastern Europe. Meanwhile, its Human Development Index (HDI) score is around .872, which is very high. Additionally, Poland has a successful universal healthcare system, although it has experienced challenges. Here is some information about healthcare in Poland.

Universal Healthcare

Nearly all European countries have free and universal healthcare, and Poland is no exception. The country offers a free public healthcare system in which every Polish and E.U. resident has the right to accessible healthcare, supported by the National Health Fund. The organisation's funding consists of a mandatory contribution from every Polish citizen: an 8.5% deduction from individual income. These deductions are the main source of funding for public and free health insurance. However, Poland does offer private health insurance as well. As of 2017, 91% of Poland's population has insurance.

Flaws in Polish Healthcare

Although Poland's healthcare coverage is impressive, organisational problems, politics, underfunding and outdated technology still plague the system. The percentage of the population that has insurance is high,

COMMERCIAL IN CONFIDENCE

at 91%, but this is still lower than in many other European countries. Poland's organisational structure is also incredibly understaffed in physicians, and especially specialists. Under the current Polish government, funding for the National Health Fund is also converting into a federal budget funding system, further complicating the bureaucracy of Polish healthcare.

Income Inequality and Health

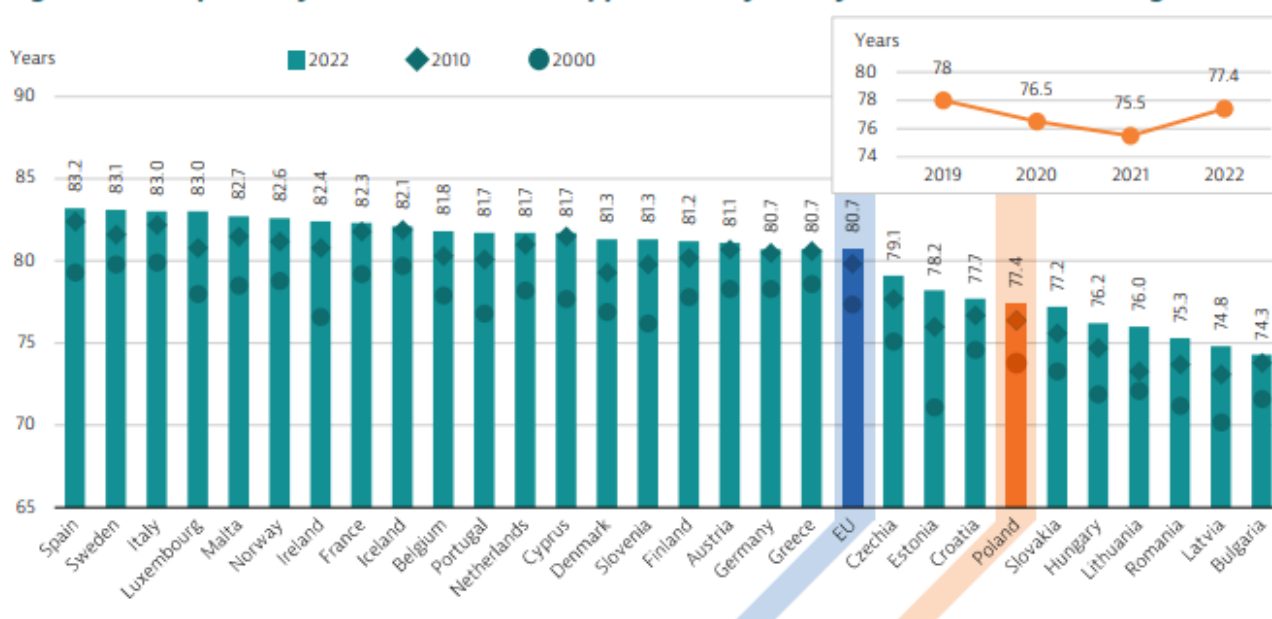
Another problem that plagues healthcare in Poland is the disparity of health between high income- and low-income groups. According to Poland's 2017 health profile, 71% of high-income citizens report that they are in good health while only 53% of low-income citizens state the same. This 18 point difference is sizeable, considering Poland's population. Poland's life expectancy rate is also lower than most European countries, ranking 24th in the E.U. at around 77.5 years. With the improvement of its healthcare system, Poland has the potential to increase its life expectancy and decrease the health gap.

Poland's healthcare system is effective in providing basic primary care to its residents. One can attribute this to both the improved treatment for cardiovascular disease—the leading cause of death in Poland—and the centralisation of Poland's healthcare system since 1999. However, the nation must prioritise the improvement of its organisational structure and funding system to continue to benefit its citizens.

Poland's healthcare system is keeping most citizens healthy, but there are further improvements necessary in order for the current system to increase efficiency and reach beyond-average higher standards of health. Healthcare in Poland may not currently live up to the standards of other western European countries, but it has the potential to improve its healthcare structure to compete with and possibly surpass them in the future, considering its relative economic stability. In pursuit of this goal, Poland is taking steps to improve its healthcare system. The Polish Ministry of Health has begun using electronic prescriptions and other e-health technologies to improve coordination between hospitals, physicians and patients. The Ministry is also working on plans to further increase the number of physicians and specialists available in the public sector. Such reforms are essential to remaining competitive with other European countries.

https://www.oecd.org/en/publications/poland-country-health-profile-2023_f597c810-en.html

Figure 1. Life expectancy at birth in Poland is approximately three years below the EU average



Demographic and socioeconomic context in Poland, 2022

Demographic factors

	Poland	EU
Population size	37 654 247	446 735 291
Share of population over age 65 (%)	19.1	21.1
Fertility rate ¹ (2021)	1.3	1.5

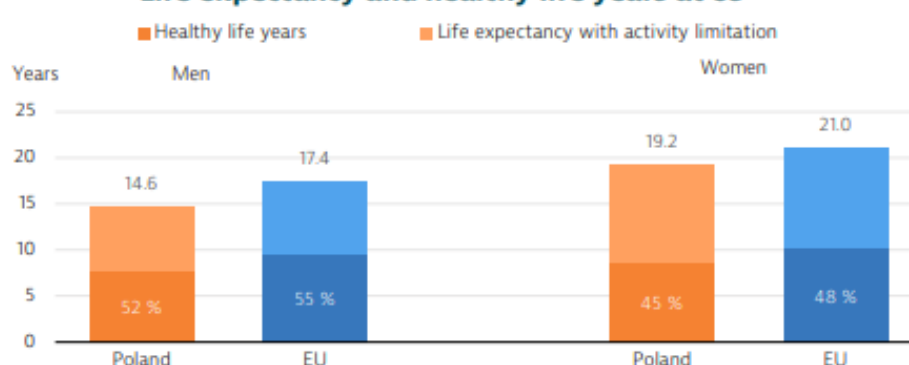
Socioeconomic factors

	Poland	EU
GDP per capita (EUR PPP ²)	28 044	35 219
Relative poverty rate ³ (%)	13.7	16.5
Unemployment rate (%)	2.9	6.2

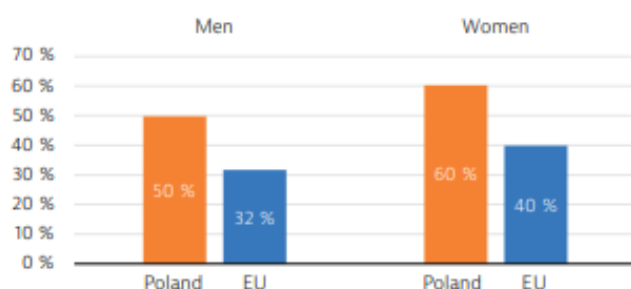
1. Number of children born per woman aged 15-49. 2. Purchasing power parity (PPP) is defined as the rate of currency conversion that equalises the purchasing power of different currencies by eliminating the differences in price levels between countries. 3. Percentage of persons living with less than 60 % of median equivalised disposable income. Source: Eurostat Database.

Figure 4. Rates of multimorbidity in Poles aged 65 years and above are among the highest in the EU

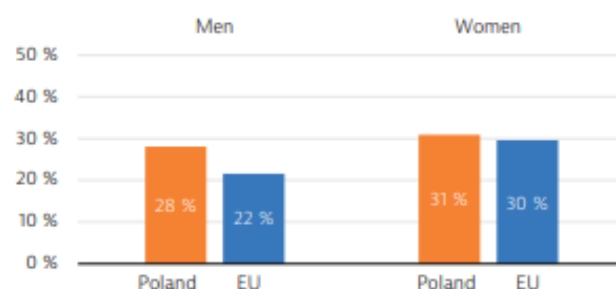
Life expectancy and healthy life years at 65



Proportion of people aged 65 and over with multiple chronic conditions



Limitations in daily activities among people aged 65 and over



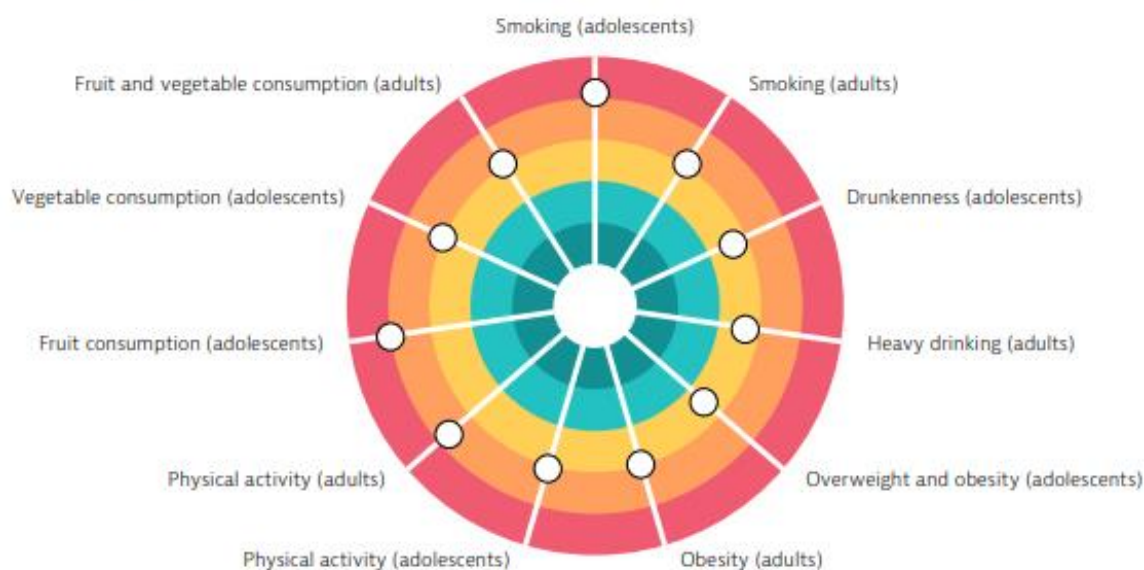
Sources: Eurostat Database (for life expectancy and healthy life years) and SHARE survey wave 8 (for multiple chronic conditions and limitations in daily activities). Data refer to 2020.

Figure 6. Tobacco smoking, poor diet and air pollution are major contributors to mortality in Poland



Notes: The overall number of deaths related to these risk factors is lower than the sum of each one taken individually, because the same death can be attributed to more than one risk factor. Dietary risks include 14 components, such as low fruit and vegetable intake, and high sugar-sweetened beverages consumption. Air pollution refers to exposure to fine particulate matter (PM_{2.5}) and ozone. Sources: IHME (2020), Global Health Data Exchange (estimates refer to 2019).

Figure 7. Many risk factors to health are more prevalent in Poland than in most other EU countries



Notes: The closer the dot is to the centre, the better the country performs compared to other EU countries. No country is in the white "target area" as there is room for progress in all countries in all areas.

Sources: OECD calculations based on HBSC survey 2022 for adolescents indicators; and EHIS 2019 for adults indicators.

The health system remains fairly centralised and offers universal coverage for the resident population

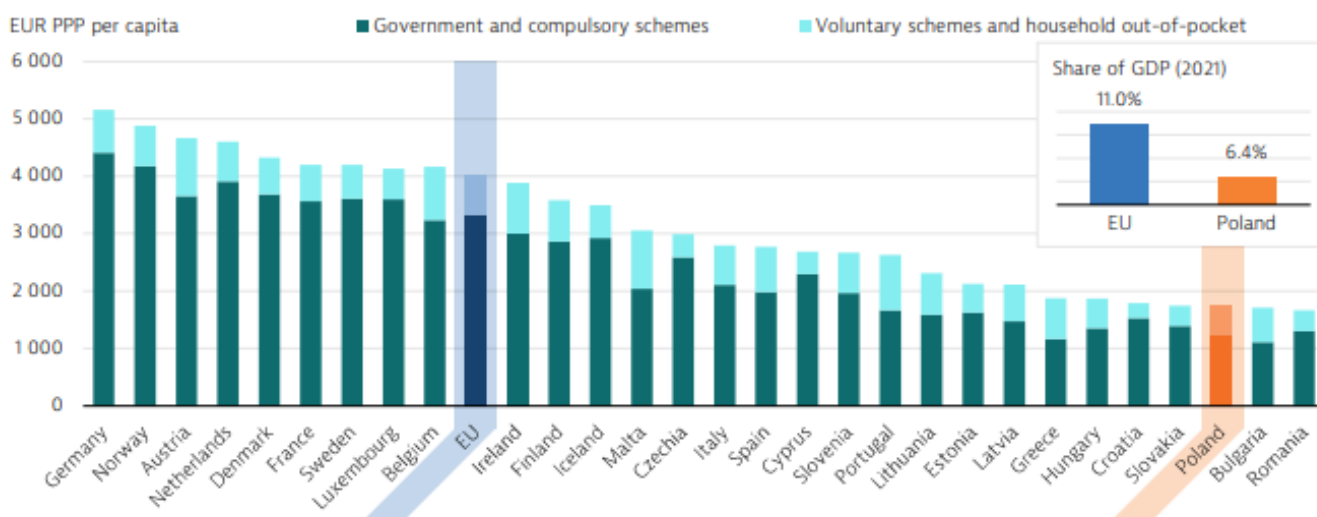
The Polish health system is based on social health insurance (SHI). Although SHI formally covers only 91% of the population, it is considered nearly universal, as most of those who are uninsured live outside the country while still being registered as residents. People who lack SHI coverage are able to obtain outpatient emergency medical care and primary care. The system is largely centralised, with the Ministry of Health and the National Health Fund (NFZ) in charge of governance, financing and purchasing. However, some key responsibilities have been decentralised, mainly to the 16 regions, which own the larger regional hospitals, and the 314 counties, which own the smaller county hospitals. Medical universities and the Ministry of Health own highly specialised clinics and institutes. Only about 15% of hospital beds are private. Some primary care practices are owned by municipalities, but the vast majority are privately owned as is the bulk of specialist outpatient care providers. All private providers can offer services to patients under contracts with the NFZ, or on a private, fee-paying basis.

Health expenditure is low and the share of private spending is substantial

In 2021, Poland's health spending was among the lowest in Europe, both in per capita terms (EUR1,733, adjusted for differences in purchasing power) and as a share of GDP (6.4%) (Figure 8). Overall, current health expenditure declined by 0.7% in 2020, but then grew by 5.8 % in 2021, as part of the response to the COVID-19 pandemic.

The share of public financing for health has grown slightly in recent years and amounts to approximately 73% of all financing, which is around 8 percentage points lower than the EU average in 2021 (81.1%). Approximately 60% of this funding comes from SHI contributions, which are collected as an earmarked payroll tax. Household private spending is the second most significant source of funding, representing 28% of current health spending compared to 19% in the EU on average. More than two thirds of this private spending (20% of current expenditure) is in the form of out-of-pocket (OOP) payments – mainly on outpatient pharmaceuticals, outpatient medical care and dental care. Voluntary health insurance (VHI) also plays a significant role, accounting for 8% of total health spending. It is usually purchased by employers for their employees to cover occupational health and other health services.

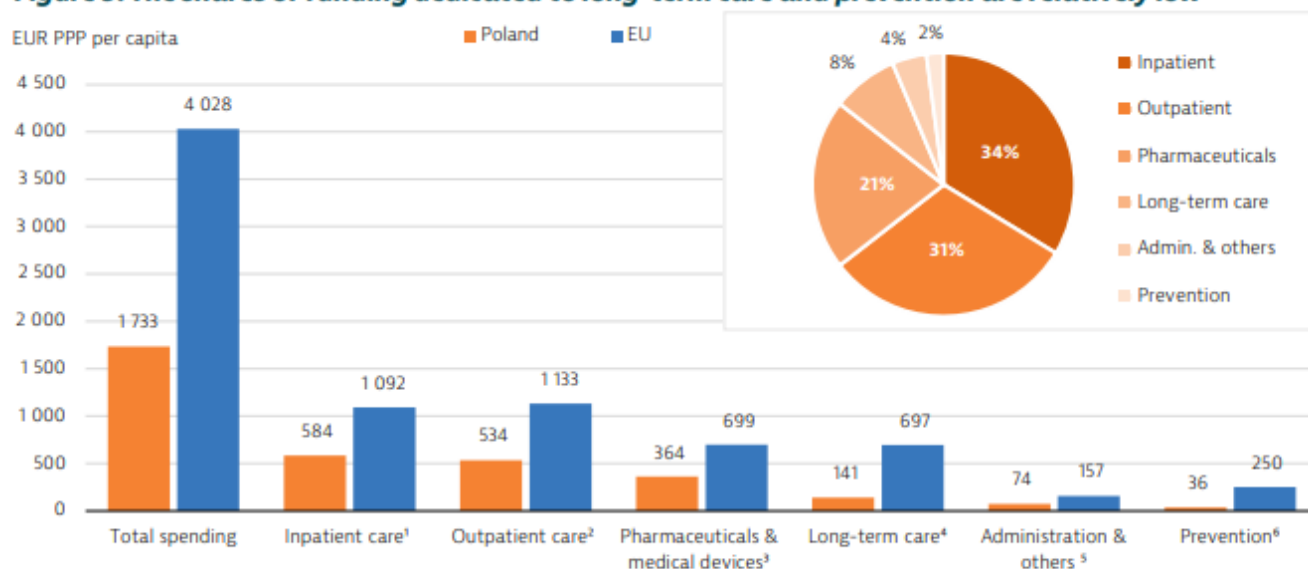
Figure 8. Poland spends less than half the EU average on health



Note: The EU average is weighted.

Source: OECD Health Statistics 2023 (data refer to 2021, except Malta (2020)).

Figure 9. The shares of funding dedicated to long-term care and prevention are relatively low



Notes: 1. Includes curative-rehabilitative care in hospital and other settings; 2. Includes home care and ancillary services (e.g. patient transportation); 3. Includes only the outpatient market; 4. Includes only the health component; 5. Includes health system governance and administration and other spending; 6. Includes only spending for organised prevention programmes. The EU average is weighted.

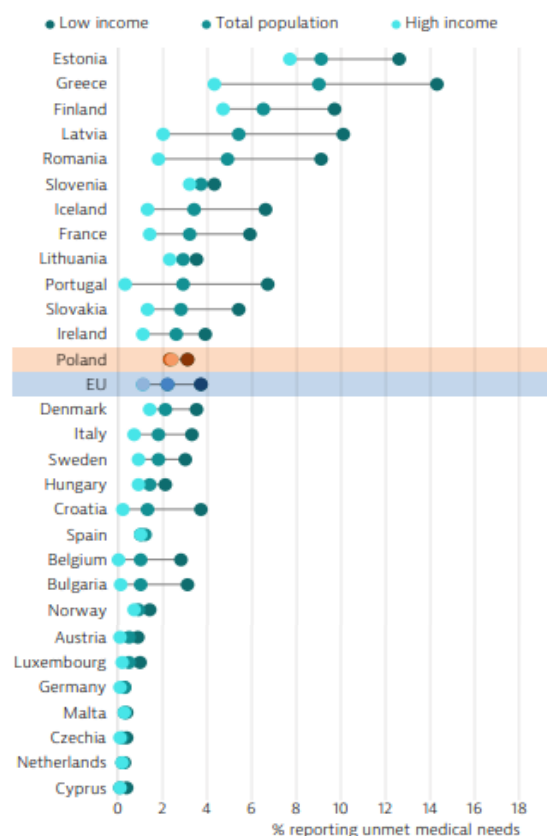
Sources: OECD Health Statistics 2023 (data refer to 2021, except Malta (2020)).

Poland has among the lowest numbers of health professionals in Europe

Poland has a lower density of doctors than most EU countries, with 3.4 doctors per 1,000 population compared to 4.1 per 1,000 across the EU (Figure 10), and there are shortages of doctors in some areas – especially rural ones. Nevertheless, according to national data, the number of doctors with a right to practise in Poland in 2023 was 4.0 per 1,000 population.

The number of nurses in Poland is a third lower than the EU average. The density of nurses in Poland is also one of the lowest in the EU, at 5.7 per 1,000 population compared to 8.5 per 1,000 across the EU. The nursing workforce is generally older, with almost a third of nurses aged 50-59 compared to a fifth of doctors. Virtually all nurses (97.5 %) are women, and 59 % of doctors are women (GUS, 2022). Salary increases have been implemented to try to boost nursing workforce numbers, but these have had collateral effects on the finances of community hospitals (see Section 5.3).

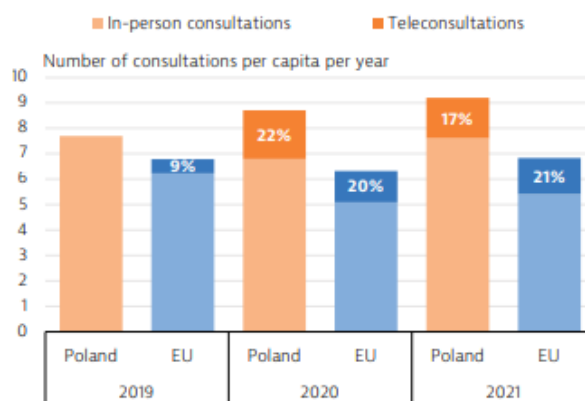
Figure 13. The gap between income groups for unmet medical care needs is narrower than in many countries



Notes: Data refer to unmet needs for a medical examination or treatment due to costs, distance to travel or waiting times. Caution is required in comparing the data across countries as there are some variations in the survey instrument used.

Sources: Eurostat Database, based on EU-SILC (data refer to 2022, except Slovakia and Norway (2020), and Iceland (2018)).

Figure 14. The total number of consultations per person remains among the highest in the EU



Sources: OECD Health Statistics 2022 (for in-person consultations) and national sources (for teleconsultations); Eurostat Database.

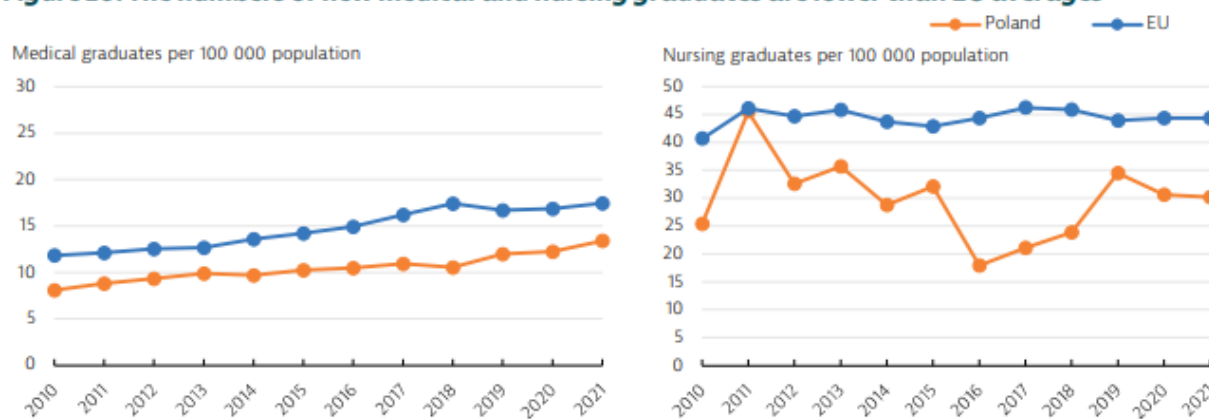
Coverage provisions have been adapted to provide for the inflow of Ukrainian refugees

Ukrainian refugees have been able to access SHI benefits on similar terms to Polish citizens

Ukrainian citizens who arrived in Poland since the Russian invasion of Ukraine on 24 February 2022 have the right to free public healthcare, including mental healthcare and reimbursed medicines, on similar terms to Polish citizens. Rehabilitation, health resort treatment in sanatoria, and cross-border care are excluded. Ukrainian refugees can choose their primary healthcare practice, but they are not included in the patient lists, and are thus not covered by capitation payments – instead, all services they receive are covered on a fee-for-service basis. This

means that they do not have access to certain services, such as preventive services and coordinated care programmes.

To obtain medical assistance, it is enough for a Ukrainian citizen to confirm that they meet the conditions set out in the Act on Assistance to Ukrainian Citizens in Connection with the Armed Conflict in the Territory of that State of 12 March 2022 and their identity. Confirmation of the right to medical care is a personal identification number (PESEL UKR), which also allows Ukrainians to receive social benefits, to work officially and study. Possession of a PESEL UKR has been obligatory since 1 March 2023. A special application has been introduced to facilitate communication between Ukrainian patients and doctors who do not speak Ukrainian or Russian. In addition, the First Contact Teleplatform service (which allows patients to receive medical assistance over the phone by accessing primary healthcare services outside office hours, on holidays and weekends) and the Internet Patient Account (which allows patients to see their medical documentation, e-prescriptions and similar) have been adapted to use the Ukrainian language.

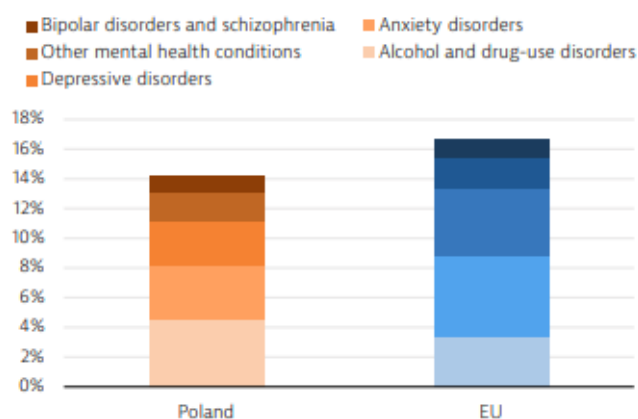
Figure 20. The numbers of new medical and nursing graduates are lower than EU averages

Note: The EU average is unweighted.
Sources: OECD Health Statistics 2023; Eurostat Database.

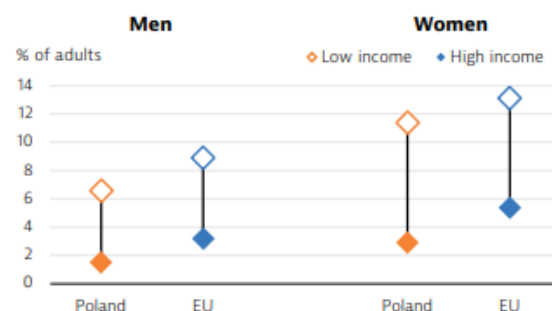
Spotlight on mental health

Prevalence of mental health problems in Poland is among the lowest the EU, but this may be due to underreporting. There are no systematic epidemiological studies of mental health disorders in the general population in Poland, and information on their prevalence comes from survey data. According to the latest estimates from the Institute for Health Metrics and Evaluation (IHME), the proportion of people who reported having a mental health problem in 2019 in Poland (14 %) was among the lowest in the EU (average 17 %) (Figure 22). However, this relatively low reported prevalence could be due to factors such as a lower level of mental illness awareness and higher stigma of mental illness, as well as worse access to mental health services and thus a lower chance of an individual receiving a diagnosis (OECD/EU, 2018).

Figure 22. One in seven people report a mental health disorder in Poland compared to one in six in the EU



Note: The EU average is unweighted.
Source: IHME (data refer to 2019).



Note: High income refers to people in the top income quintile (20 % of the population with the highest income), whereas low income refers to people in the bottom income quintile (20 % of the population with the lowest income).
Source: Eurostat Database (based on EHIS 2019).

Figure 23. About one in nine women in the lowest income group in Poland report depression

Women, especially those in the lowest income group, are more likely to report depression

In 2019, only 4% of Poles reported having depression, compared to an EU average of 7%, although this may be due in part to underreporting. People on lower incomes are more likely to suffer from depression. In Poland, this is particularly pronounced for women, with 11.4% of women in the lowest income quintile reporting depressive symptoms compared to 2.9% in the highest quintile (Figure 23).

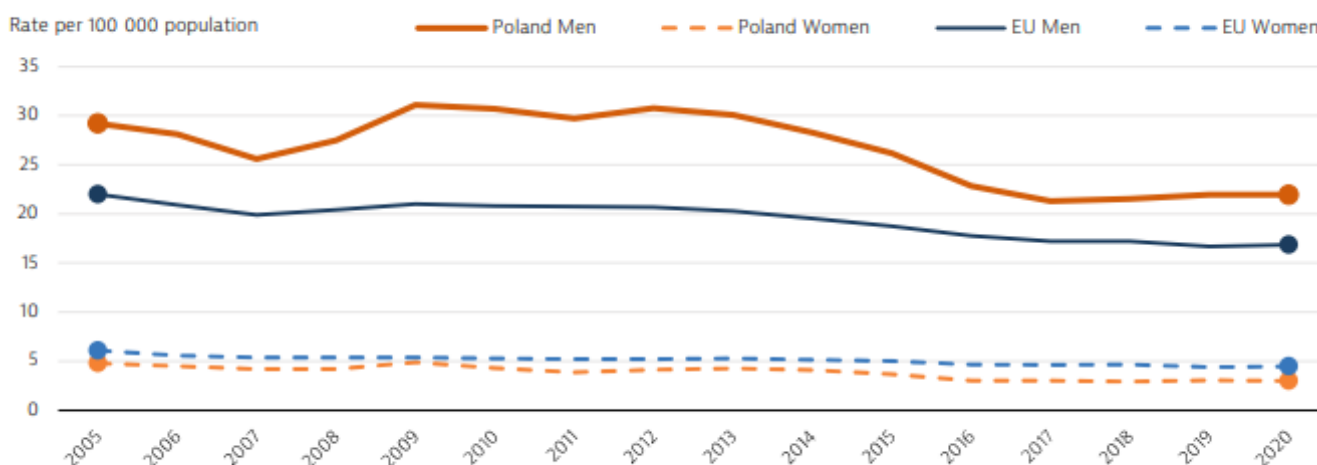
During the pandemic, those on low incomes were also at a greater risk of depression. The Living, working and COVID-19 e-survey conducted by Eurofound in 2021 showed that 71% of people in Poland living in households that reported financial difficulties could be considered at risk of depression compared to 49% of those living in households that did not report such difficulties. These proportions

were substantially higher than the EU averages of 62% in households reporting financial difficulties and 37% in households that did not report such difficulties.

Suicide is much more common among men than women, and the rate remains above the EU average

Nearly 4,000 Polish men died by suicide in 2020, which is a suicide rate of 22 per 100,000 population compared to 17 per 100,000 population across the EU. Although the male suicide rate declined substantially between its peak in 2009 (31 per 100 000) and 2017, narrowing the gap with the EU average, the rate stagnated and has increased slightly since then (Figure 24).

Figure 24. The declining trend in male suicide rate has stagnated in recent years



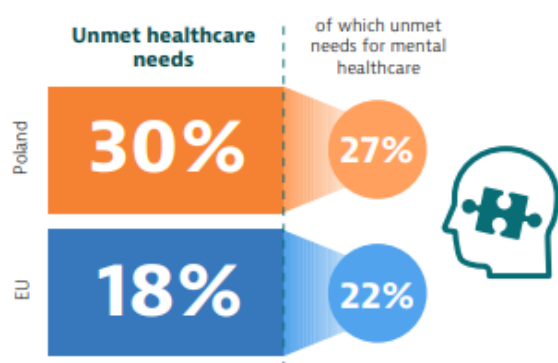
Source: Eurostat Database.

The proportion of people reporting unmet mental healthcare needs is much higher in Poland compared to the EU

Mental healthcare funding is very low in Poland, accounting for just over 3% of the NFZ's expenditure (Sagan et al., 2022b). Over 70% of these funds are allocated to residential care – mostly to psychiatric hospitals, where more than two thirds of psychiatric beds are located.

Unmet healthcare needs of psychiatric care in residential facilities may contribute to the social stigma

Figure 25. Unmet needs for mental healthcare account for more than one quarter of all unmet needs for health in Poland



Note: Survey respondents were asked whether they had any current unmet healthcare needs and, if so, for what type of care, including mental healthcare.

Sources: Eurofound (2021; 2022).

associated with psychiatric patients. Most providers of mental care services are contracted to offer only one type of service, such as outpatient, community, day or emergency (hospital) care, which – given the lack of co-operation among these providers – means that patients do not have access to comprehensive and coordinated psychiatric care. Consequently, many patients with mental health disorders seek help from primary healthcare providers, and may not receive the specialist care they need.

According to a Europe-wide survey carried out in spring 2022, 30 % of Poles reported unmet needs for healthcare, of which over one quarter (27 %) concerned mental healthcare (Figure 25).

Efforts are being made to shift mental healthcare to the community and reduce mental health stigma

Poland's mental healthcare system has traditionally relied heavily on psychiatric hospitals, with limited development of community-based care. Poland's second National Mental Health Protection Programme, which was in place between 2017 and 2022, led to pilots of community mental health centres across all regions. The number of these centres doubled from 40 in 2018 to about 80 in 2023. The pilot will run until the end of 2023, and has already demonstrated encouraging results in providing community care and reducing hospitalisations, as well as effectively adapting to the challenges posed by the COVID-19 pandemic (Sagan et al., 2022b). The new model has introduced new types of mental health professionals, such as recovery assistants (recruited among recovered patients) and mental health coordinators; collaboration with social assistance services; and a shift towards budget financing. Limited financing of mental health services and a shortage of mental health professionals have been among the key obstacles to reaching the target number of 250-300 centres by 2027. In 2022, investment in psychiatric care saw a sharp increase compared to previous years; this is attributed to the large increase in the number of people reporting mental health problems and substance abuse (Wojtyniak & Goryński, 2022).

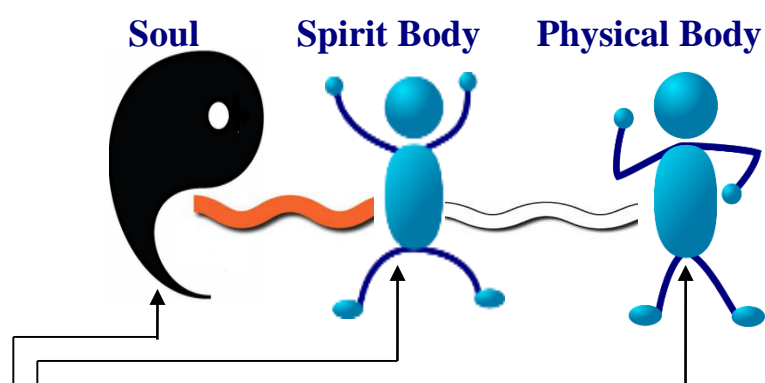
The draft of the new Programme for 2023-30, currently under public consultation, seeks to further popularise the community care model in Poland, and to reduce mental health stigma through informational educational activities. There has also been a strong focus on addressing the specific mental health needs of children and young people (Szredzińska, 2022; Rzecznik Praw Dziecka, 2023).

7 Key findings

- The COVID-19 pandemic had a greater impact on mortality in Poland than in most other EU countries, with life expectancy at birth falling by 2.5 years in 2019-21. However, the trend was reversed and life expectancy improved, returning to 77.4 years in 2022. Excess deaths surpassed COVID-19 deaths reported in 2020 and 2021, which may be an indication of underreporting of COVID-19 deaths or of other challenges, such as delayed access to healthcare services during the pandemic.
- Behavioural and environmental risk factors account for a significant number of deaths, and tobacco smoking and poor diet are major contributors to mortality in Poland. Relatively high use of e-cigarettes and increasing rates of overweight and obesity among young people are public health concerns.
- About 72% of total health spending comes from public sources, with the rest paid privately by households – primarily in the form of out-of-pocket spending, with nearly two thirds of this spent on medicines. Overall, health spending remains skewed towards inpatient rather than outpatient care, and the shares of funding allocated to long-term care and prevention are relatively low. Funding trends have reinforced the weakness of primary care, which remains underdeveloped. Total spending on health remains very low in Poland compared to other countries.
- The key challenge facing the health system is the shortage of health workers. **Poland has among the lowest numbers of doctors and nurses per capita in Europe**, and the numbers of medical and nursing graduates have been persistently low. However, increasing wages for health workers has challenged the financial viability of some community hospitals. Increases in the pricing of hospital services in 2023 should alleviate some of this pressure.
- Preventable and treatable mortality rates reveal weaknesses in the health system's ability to prevent disease and treat patients. Preventable mortality has been persistently higher than the EU average, and progress in reducing mortality from treatable causes has stagnated or regressed since 2014. Immunisation and screening data are incomplete, but rates appear to have worsened in some areas. Avoidable hospital admissions for some of the most common chronic conditions are among the highest in Europe, indicating shortcomings in the provision of outpatient care.

- Poland has been the largest recipient of Ukrainian refugees since the Russian invasion of Ukraine in February 2022. Special coverage provisions have been implemented to extend social health insurance coverage to 1.4-2 million Ukrainian refugees, but this puts pressure on the health system's resources.
- Overall, public spending on health has increased over the last decade, and will be supplemented by substantial investment in the health sector earmarked in the national Recovery and Resilience Plan and the EU Cohesion Policy. These will focus on reforming the hospital sector, developing digital health and strengthening the health workforce. There are also plans to strengthen capacity to monitor and detect potential epidemiological threats, but other threats – such as rising antibiotic consumption – may need further attention.
- Prevalence of mental health problems in Poland is among the lowest in the EU, but this may be an underestimate of the true burden due to a lower level of mental illness awareness, higher mental health stigma and worse access to mental health services. Provision remains heavily reliant on psychiatric hospitals, but efforts are being made to shift mental healthcare to the community and reduce stigma. A new draft Mental Health Protection Programme for 2023-30 is currently under public consultation.

HIERARCHY of HEALING SYSTEMS



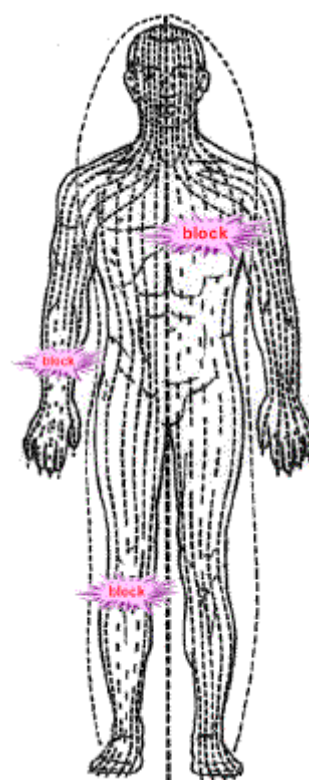
ALLOPATHIC – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven. Symptoms are suppressed – no healing!

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

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

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

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



To All the Suppressed Kids who are Dealing with the Consequences now as Adults...

The feeling of being rejected, disapproved of and conditionally loved by our primary caregivers – parents – is a monumental, long-lasting burden that we all carry. It produces chronic shame, guilt and anxiety. As a child we are blamed for doing things wrongly and in doing so we perceive ourselves as being bad, inconsequential, and having to embrace a persona that is not our true selves. We abandon our feelings expressiveness and embrace our minds to live life in the world foreign to truth and love. Our parents murder our free expression of our feelings and true personality! There are no exceptions.



Discomfort, Pain, Illness and Depression.

Verna, a Nature Spirit, 17 April 2020: Nature isn't randomly popping up viruses that might suddenly sweep through affecting humanity 'evilily'. The Rebellion and Default are the true viruses that we are all 'infected' with. Viruses are more of the spirit really, which is why they are so elusive. If our soul needs to give us the experiences of the virus we will 'catch' it. Other disease, like cancer, and the breakdown of the physical structure is again wholly physical however they are the physical manifestations from the breakdown of our spiritual light in our spirit systems.

All illness results from our inner levels of discontentment – BECAUSE WE DON'T FEEL LOVED.

Should every soul, all at the same time, need the experiences from a virus to feel all the feelings we need, then it will be **different feelings for every person**.

Humanity is to uncover the truth of evilness, its wrongness, of its rebellion and default. And illness is to show us that we are wrong. We wouldn't get sick if we were right. ILLNESS IS OUR FRIEND. It's all about what went into us through our forming and early childhood. All the secrets are contained back there within ourself. When we 'go in' we're to go into our early life through our adult 'now' feelings.

Corona, 24 March 2020: "There is no way on earth I (Corona) can possibly be worse than how your parents treated you, it just can't happen, I can only affect you as far and as badly as your parents affected you. I can't create more pain in you than your parents have already created.

"The extent of unloving parenting that you all had to endure as children is now killing you, that is the truth of how bad it was. It is killing you because you refuse to understand what is happening, you refuse to connect to your pain, you still refuse to accept the truth and this is the open door for me (Corona) to enter into you and find a cell for me to live off and mutate and multiply in you. Your denied and suppressed feelings let me in.

"Stop resisting me and work with me in what I want you to know about yourself. I am no greater pain than the pain you felt and denied as a child.

"You fear me killing you, making you feel so bad, yet isn't this all so familiar, isn't this how you felt with your parents at times in your life? Isn't this how they made you feel, only they didn't allow you to feel it fully, only a tiny portion of the pain they inflicted on you, with the rest you were forced to deny and keep suppressed. And this is what I 'feed' on, all your repressed misery and pain. It is your parents you fear, and I am helping you feel that truth.

“Your parents forced you to do their will and gradually your own will got left behind not being considered at all by your parents. And that is how I have to work with you all, and you will all feel me differently depending on the severity of your will denial and suppression.

“You were parented by two of the same Viruses, they are the Virus that is within you right from your conception and took away your will just as I am doing to you now. I am treating you the same way as your parents treated you as children and you refused to see it, so denied it.

“I am reuniting you with the truth of how hurt and unloved you feel because of your unloving childhoods. You all have the power to turn this around and all you have to do is to begin feeling how I am making you feel, accept every feeling, express every feeling and find the truth through your feelings. Do this and I will lose strength and lose the hold I have over you because I no longer have to make you feel so bad to make you feel your feelings. You have the cure within you all and that cure is YOUR FEELINGS!!”
(These are extracts from Corona speaking through a nature spirit to Samantha.)

The spiritual upliftment so far as the new ‘vibration’ humanity will experience is the new vibe of the next age, and it’s upliftment will only be uplifting those people who chose to do their healing, to submit to their bad feelings and by expressing them to uncover the truth of their evilness – all that resulted from our childhood.

If we all Heal ourselves, being of true and perfect Natural love, then by living in harmony with nature, which we would naturally be doing, such horrendous diseases would not afflict us, because we would not need them to show us that we are disharmonious with nature.

When we are fully Healed, we won’t need to get sick, the Celestial spirits don’t get sick, they don’t have the bad feelings as we do on Earth and in the mind Mansion Worlds, and so we won’t need to have those feelings that would come from an illness, so we won’t get sick.



EVERYTHING that happens to us does so to help us live one of two ways. So we will ‘get a virus’ to help us go further into our truth-denial; or we will get one to help us come out of it.

Our bodies are designed to live anywhere, even in the most infested disease ridden place on the planet, and we will get sick if we need that sickness to further our truth-denial, or we will get sick if we need it to help us heal our truth-denial, or we simply won’t get sick. There is NO OTHER REASON why we get sick!

If we are going to get sick, that will happen either way because we are already sick within ourself and from how we were treated through our childhood – there are no other reasons. We are sick because we are denying the truth of ourself and God. We are all very ill being in the Rebellion and Default. **The Rebellion and Default are the true viruses that we are all ‘infected’ with.**

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

The Rebellion and Default are the true viruses that we are all 'infected' with. Viruses are more of the spirit really, which is why they are so elusive. If our soul needs to give us the experiences of the virus we will 'catch' it.

Other disease, like cancer, and the breakdown of the physical structure is again wholly physical however they are the physical manifestations from the breakdown of our spiritual light in our spirit systems.

All illness results from our inner levels of discontentment – **BECAUSE WE DON'T FEEL LOVED.**

Should every soul, all at the same time, need the experiences from a virus to feel all the feelings we need, then it will be **different feelings for every person.**

Humanity is to uncover the truth of evilness, its wrongness, of its rebellion and default. And illness is to show us that we are wrong. We wouldn't get sick if we were right. ILLNESS IS OUR FRIEND. It's all about what went into us through our forming and early childhood. All the secrets are contained back there within ourself. When we 'go in' we're to go into our early life through our adult 'now' feelings.

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Enters emotionally - is to leave emotionally!

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

LIVING MIND CENTRIC is SUBMITTING to RETARDATION and MEDIOCRITY

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

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

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

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

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.

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

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

**Education and Health systems
are now to EVOLVE!**

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

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

PSYCHIC BARRIERS to CHANGE!

To put it succinctly:

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

Our minds are addicted to:

Control over others;

Control over our environment.

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

That our minds cannot differentiate Truth from Falsehood.

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

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

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

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

CORE PROBLEM – well, a starting point!:

POLAND Doctors Nurses Teachers Ratios

	DOCTORS		NURSES & MIDWIVES		TEACHER / STUDENT	
	per 1,000 people		per 1,000 people		ratio	
Poland	2020	3.7	2018	6.8	2015	17
Germany	2021	4.5	2020	12.3	2017	8
Russia	2020	3.8	2020	6.2	2017	10
China	2020	2.4	2020	3.3	2018	16
India	2020	0.7	2020	1.7	2017	33
Iran	2018	1.5	2018	2.0	2017	29
Australia	2018	3.8	2019	13.2	1999	18
United States America	2018	2.6	2018	15.7	2017	14
Spain	2018	4.0	2018	6.1	2017	13
		Austria		Switzerland		San Marino
Strongest Worldwide	2020	5.4	2019	18.0	2018	7
https://data.worldbank.org/		Africa 27		Africa 30		Africa 21
Weakest Worldwide		nations 0.1		nations 1.0		nations 40+

In summary:

Primary goal is to increase the number of doctors throughout Poland, while advancing their education and skills.

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

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

This all requires a massive growth in physical facilities and in the interim, an enormous scholarship program to support students being educated overseas, in various countries, to commence to grow the numbers of these critical industry skilled people, also to provide educators for universities, technical and further education, craft creation centres, child care centres, etc.

Such a national program will shift the overall consciousness of the people to such an extent that the nation may become a globally recognised tourism destination with all the supporting facilities of safety, health services and facilities, transport and communications that discerning travellers generally anticipate and expect.

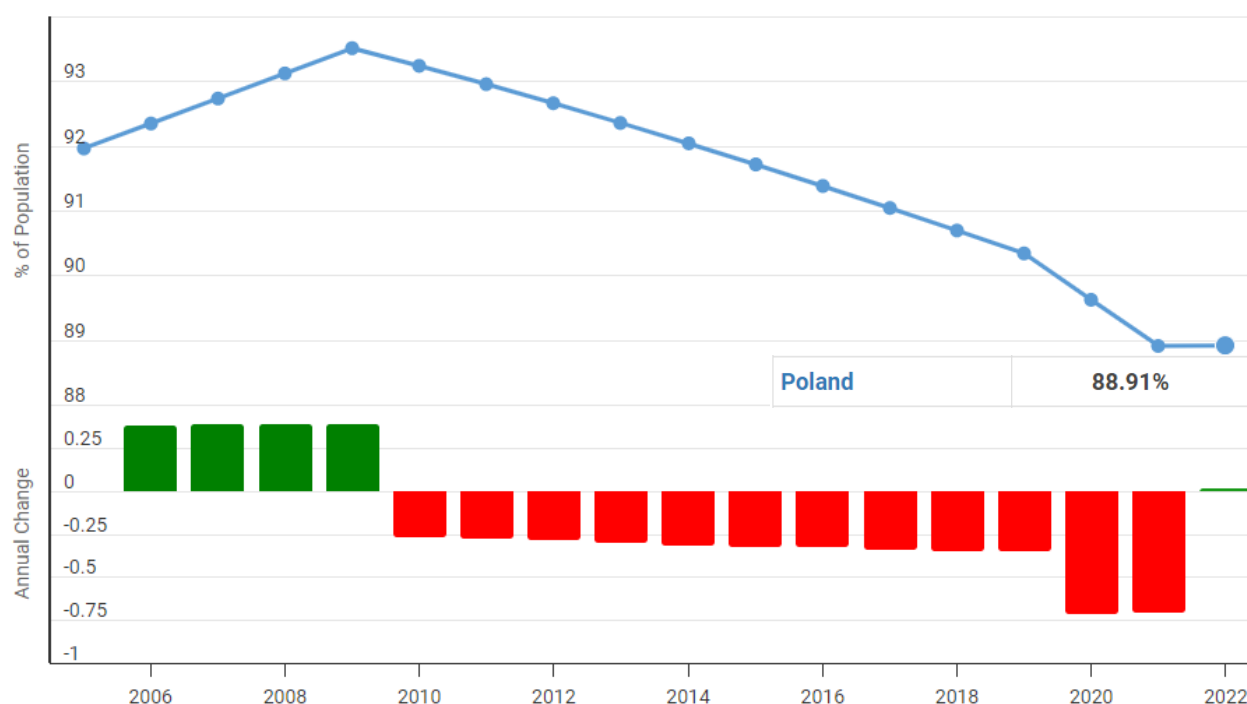
This is bold initiative for and by the people of Poland. The old ways of self-centred, ego-centric and greed driven control will need to give way as there will follow a universal dismantling of old institutionalised systems, all to be replaced by a new way of living – Feelings First with the mind following in support – not as how institutionalised systems now are.

Poland Clean Water Access 2005-2024

https://www.macrotrends.net/global-metrics/countries/POL/poland/clean-water-access-statistics#google_vignette

The percentage of people using drinking water from an improved source that is accessible on premises, available when needed and free from faecal and priority chemical contamination. Improved water sources include piped water, boreholes or tubewells, protected dug wells, protected springs, and packaged or delivered water.

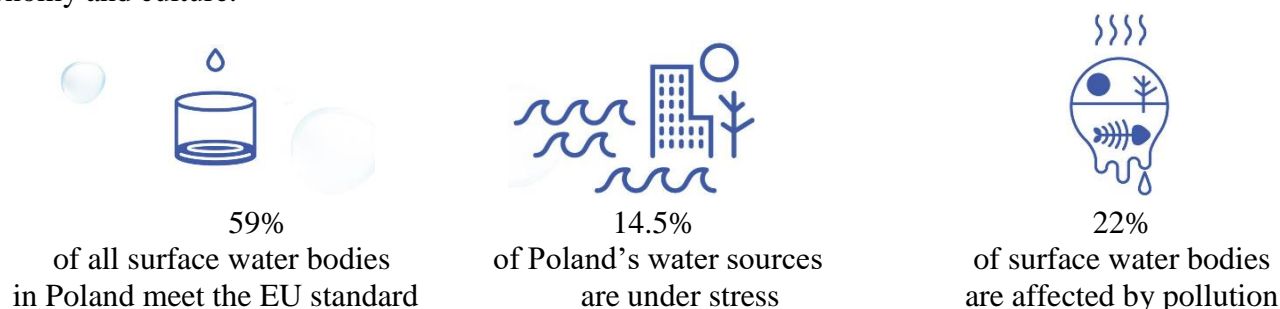
- Poland clean water access for 2022 was **88.91%**, a **0.01% increase** from 2021.



Poland: Ready to see water differently?

https://environment.ec.europa.eu/topics/water/water-wise-eu/poland_en#:~:text=Water%20resources%20in%20Poland%20are%20very%20scarce%20compared,and%20waste.%20Flooding%20is%20the%20greatest%20natur

Poland has a dense water network with lakes, rivers and coastal areas contributing to the country's economy and culture.



The issues affecting Poland's waters

Water resources in Poland are very scarce compared to other countries, earning it a reputation as the 'dry man of Europe'. Some 97% of resources come from rainfall, but much of it is lost to leakages and waste.

Flooding is the greatest natural risk. This is because Poland is located in the drainage basins of two large rivers – the Oder and the Vistula – with many large cities built on the two rivers and their tributaries. With the effects of climate change increasingly being felt and flooding becoming more frequent, action is needed to address this risk to the population.

COMMERCIAL IN CONFIDENCE

Water quality is also a key concern in Poland. Nutrients from agriculture and the inadequate treatment of municipal and industrial waste are two major causes of pollution. For example, the Oder River environmental disaster of 2022 was mainly due to industrial discharge as well as a lack of compliance with the Urban Wastewater Treatment Directive in the Oder River basin and caused around 360 tonnes of fish to die. It illustrated the devastating effect of pollution on ecosystems and wildlife in Poland.

The treatment of urban wastewater is crucial for good water management. However, despite heavy investment, Poland has not met EU targets for treating wastewater properly. This is a problem as untreated wastewater re-entering water sources threatens both the quality of drinking water and wildlife.

Solutions to the water issues in Poland exist

Poland is developing solutions to encourage water retention in cities and rural areas. This aims to tackle water shortages and drought by 2027.

In addition, in March 2020 Poland launched an initiative to help cities increase their resilience to droughts, floods and heatwaves by developing green and blue infrastructure.

Additional investments in sanitation, as indicated by the OECD, would help Poland reach and maintain compliance with EU laws.

Building on this work, nationally and locally, Poland can transform the way water is managed, used, and valued.

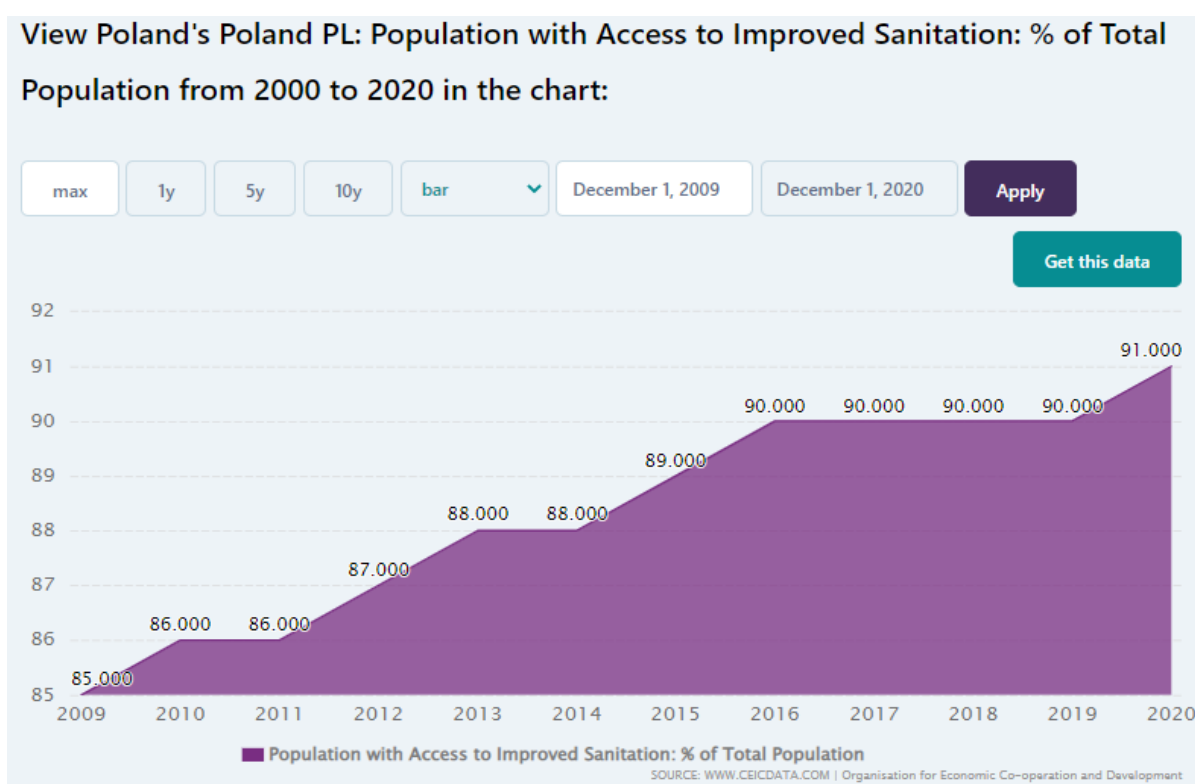


Poland PL: Population with Access to Improved Sanitation: % of Total Population

<https://www.ceicdata.com/en/poland/social-access-to-services-oecd-member-annual/pl-population-with-access-to-improved-sanitation--of-total-population>

2000 - 2020 | YEARLY ORGANISATION FOR ECONOMIC CO-OPERATION & DEVELOPMENT

Poland PL: Population with Access to Improved Sanitation: % of Total Population data was reported at 91.000 % in 2020. This records an increase from the previous number of 90.000 % for 2019. Poland PL: Population with Access to Improved Sanitation: % of Total Population data is updated yearly, averaging 86.000 % from Dec 2000 (Median) to 2020, with 21 observations. The data reached an all-time high of 91.000 % in 2020 and a record low of 79.000 % in 2000. Poland PL: Population with Access to Improved Sanitation: % of Total Population data remains active status in CEIC and is reported by Organisation for Economic Co-operation and Development. The data is categorized under Global Database's Poland – Table PL.OECD.GGI: Social: Access to Services: OECD Member: Annual.



Poland Sanitation facility access

https://www.indexmundi.com/poland/sanitation_facility_access.html#google_vignette

Sanitation facility access: improved: urban: 99.7% of population

rural: 100% of population

total: 99.8% of population

unimproved: urban: 0.3% of population

rural: 0% of population

total: 0.2% of population (2017 est.)

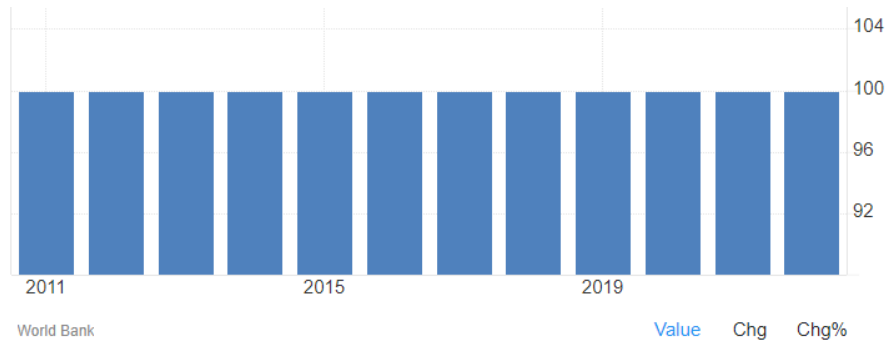
Definition: This entry provides information about access to improved or unimproved sanitation facilities available to segments of the population of a country. *Improved* sanitation - use of any of the following facilities: flush or pour-flush to a piped sewer system, septic tank or pit latrine; ventilated improved pit (VIP) latrine; pit latrine with slab; or a composting toilet. *Unimproved* sanitation - use of any of the following facilities: flush or pour-flush not piped to a sewer system, septic tank or pit latrine; pit latrine without a slab or open pit; bucket; hanging toilet or hanging latrine; shared facilities of any type; no facilities; or bush or field.

Source: [CIA World Factbook](#) – This page was last updated on Saturday, September 18, 2021

Poland – Access To Electricity (% Of Population)

<https://tradingeconomics.com/poland/access-to-electricity-percent-of-population-wb-data.html#:~:text=Access%20to%20electricity%20%28%25%20of%20population%29%20in%20Poland,of%20development%20indicators%2C%20compiled%20from%20officially%20recognized%20sources.>

Access to electricity (% of population) in Poland was reported at 100 % in 2022, according to the World Bank collection of development indicators, compiled from officially recognized sources. Poland - Access to electricity (% of population) – actual values, historical data, forecasts and projections were sourced from the World Bank on October of 2024.



Poland Adult Literacy Rate

99.80% for 2021

Poland Internet Coverage: Facts and figures

- Top-level domain: .pl
- Internet users: 36.68 million users; 88.4% of the population (2023)
- Fixed broadband: 6.4 million subscriptions, 17th in the world; 16.6% of the population, 54th in the world (2012).
- Wireless broadband: 18.9 million subscriptions, 16th in the world; 49.3% of the population, 33rd in the world (2012).
- Internet hosts: 13.3 million hosts, 12th in the world (2012).

Transport in Poland

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

Transport in Poland involves air, water, road and rail transportation. The country has a large network of municipal public transport, such as buses, trams and the metro. As a country located at the 'cross-roads' of Europe, Poland is a nation with a large and increasingly modern network of transport infrastructure.

The country's most important waterway is the Vistula river. The largest seaports are the Port of Gdańsk, the Port of Gdynia and the Port of Szczecin. Air travel is generally used for international travel, with many flights originating at Warsaw Chopin Airport. Railways connect all of Poland's major cities and the state-owned Polish State Railways (PKP) corporation, through its subsidiaries, runs a great number of domestic and international services of varying speed and comfort. In addition to this, five out of sixteen Polish voivodeships (provinces) have their own regional rail service providers.

Railways in Poland



POLAND – Infrastructure Investment

<https://infrastructuregovern.imf.org/content/PIMA/Home/Region-and-Country-Information/Countries/Poland.html>

Public investment is expected to play a significant role in the post-pandemic economic recovery in Poland. Like other countries in the Central, Eastern, and South-Eastern European (CESEE) region, Poland lags far behind more advanced European economies in the quantity and quality of its infrastructure despite significant progress in the last decade. The Government's recent economic plan—the New Polish Deal—foresees an extensive economic and investment plan, with investments in large infrastructure programs and digital infrastructure, many of which are expected to benefit from European Union (EU) funding.



CPK: an ambitious Polish mobility project in the heart of Europe

https://www.garrigues.com/en_GB/new/cpk-ambitious-polish-mobility-project-heart-europe

3 January 2022



Poland has plans to build the largest infrastructure project in the EU connecting Europe and Asia and making the country a passenger and cargo hub. This initiative, expected to mobilise over €30,000 billion, presents an opportunity for Spanish companies, not only in construction

but also in other sectors connected to the rail sector.

The Central Communication Port (*Centralny Port Komunikacyjny* – CPK), also known as the Solidarity Transport Hub (STH), is the largest infrastructure project in Poland’s history, and currently the largest infrastructure project in Europe.

First, what exactly is CPK?

The construction of a new airport able to serve 45 million passengers a year which could be increased to 100 million. But above all and more importantly, the construction of a new airport in the heart of Poland is accompanied by its connection to Poland’s main cities with more than 1,800 kilometres of new high-speed rail tracks.

An interesting feature of its history is that the CPK idea first emerged in Poland in the seventies of the 20th century. Later, in the nineties and the first decade of the 21st century, the various democratic governments in Poland also conducted studies and analyses. Now however, the executive branch of the Polish government in power has given a definitive push to this project and it has moved from a study phase to a planning and completion stage. On November 7, 2017, the government cabinet in Poland approved a resolution presenting the conceptual report on CPK. Among the contents of the report are a detailed analysis of the reasons making it necessary to build a new airport and a thorough study of the whole airport and rail project. On October 10, 2018, the Law on CPK was approved, setting out how the investment will be managed and made. At that point, the first tasks started to be performed through a business entity (*Centralny Port Komunikacyjny Sp.z o.o.*), created to manage the project. A company wholly owned by the Polish government.

Where will CPK be built?

CPK will be built around 37 kilometres west of Warsaw. This is a strategic location not only for Poland but also for the whole of central and eastern Europe from the standpoint of the various highway infrastructure projects already being built to connect northern and southern Europe, one of which is *Vía Carpatia*. *Vía Carpatia* is moreover an integral part of the planned infrastructure projects to facilitate trade with China and other parts of Asia. Not to be forgotten either is *Rail Báltica* a new rail network, currently under construction, which will connect Warsaw to all the Baltic countries.

Poland is restoring gas supplies halted by Russian firm

<https://apnews.com/article/russia-ukraine-business-europe-poland-warsaw-a2ab0053ccb99b8fc3a493a1a67efcad>

30 April 2022

WARSAW, Poland (AP) — Poland's state gas giant said Friday it was gradually restoring the flow of natural gas to municipalities that lost it after a Russian company halted supplies when Warsaw slapped it with sanctions over Russia's invasion of Ukraine.

The supply cut was a separate development from Russia's decision earlier this week to stop gas deliveries to Poland.

PGNiG said the Russian firm, Novatek Green Energy, complied with the demand to make its pipelines available to Polish companies that are now starting to convey their gas to the 10 affected areas. They include the popular Baltic Sea resort of Leba, which was anxious about a lack of gas ahead of Poland's long weekend through May 3, which usually brings many tourists there.

PGNiG said the handing over of Novatek's infrastructure and the necessary documents took place "without problems and in good atmosphere."

All affected locations should have gas on Friday, it said.

Earlier Friday, government spokesman Piotr Mueller warned that Novatek could face legal action under the country's crisis management laws if the company didn't immediately comply.

Europe's messy Russian gas divorce

More than two years after Putin's invasion of Ukraine, reliance on Russia for energy lingers

<https://www.brookings.edu/articles/europes-messy-russian-gas-divorce/>

18 June 2024

Providing a stable energy supply is often described in terms of a "trilemma"—a balance between supply security, environmental sustainability, and affordability. Of the three pillars of energy supply, security is the easiest to take for granted. Supply seems fine until it isn't. Security of fossil fuel supply is particularly easy to ignore in countries that are striving to greatly reduce their fossil fuel consumption for climate reasons. The political focus is on building renewable energy and zero-carbon systems, and mitigating the economic, social, and political costs of transition; the thought was that the existing system would take care of itself until it was phased out. This was the case for much of Europe until two years ago.

Russia's full-scale invasion of Ukraine on February 24, 2022, shocked Europeans into realising that they could no longer take the security of their fossil fuel supply for granted. The assumption had been that Europe and Russia were locked into a mutually beneficial, secure relationship, since Europe needed gas and Russia had no infrastructure to sell that gas anywhere else. That belief turned out to be wrong.

When the war began, Europe was importing a variety of energy products from Russia, including crude oil and oil products, uranium products, coal, and liquefied natural gas (LNG). But the Kremlin's sharpest energy weapon was natural gas, delivered by the state-backed gas monopolist Gazprom via pipelines and based on long-term contracts. Europe needs gas for power generation, household heating, and industrial processes.

Before the invasion, more than 40% of Europe's imported natural gas came from Russia, its single largest supplier, delivered via four main pipelines. Some European countries relied on Russia for more than 80% of their gas supply, including Austria and Latvia. But Germany was by far Russia's largest gas customer by volume, importing nearly twice the volume of Italy, the next largest customer. "Oil and gas combined account for 60% of primary energy," wrote the Economist in May 2022, "and Russia has long been the biggest supply of both. On the eve of the war in Ukraine, it provided a third of Germany's oil, around half its coal imports, and more than half its gas."

FIGURE 1
Gas flows to Europe

This paper launches a project on European energy security in turbulent times by analysing the European response to drastically reduced supplies of Russian pipeline gas. Future papers in the series will delve more deeply into specific aspects of European energy security and their policy implications.



Russia's actions to cut off gas supply to Europe starting in May 2022 were particularly virulent because it was extremely difficult to cope with the loss of such a large volume of gas. Other regional sources of pipeline gas (e.g., from the North Sea) have been declining and key sectors of European industry (e.g., chemicals) depend on gas as their primary energy source. LNG is a potential substitute for pipeline gas, but it requires specialised infrastructure and global LNG markets were already tight, with much of the world's supply going to Asia.

The story of Europe's adjustment to its main supplier of natural gas turning off the taps is generally told in heroic terms: with the continent securing new supply, conserving or substituting (often with generous government subsidies for industry and/or consumers) in order to weather the storm, and throwing Russia's weaponisation of gas back in its face through declining revenues. This narrative is not false, and the scale and speed of the response would certainly have been politically unimaginable before the invasion. But the self-congratulatory tale masks the fact that there were substantial regional differences in both energy supply and response to the crisis, which will make it difficult to generate a Europe-wide political response in the future.

GAS SUPPLY CUT OFF BY RUSSIA:

<https://www.quora.com/>

Kanthaswamy Balasubramaniam Lives in Chennai, Tamil Nadu, India

[Russia cuts off gas to two European countries. Who's next?](#)

Countries that have paid for Gas in Rubles: –

Hungary – 28.4.2022

Armenia – 28.4.2022

Slovakia – 30.4.2022

Greece – 30.4.2022

Austria – 30.4.2022

Countries that have opened GazProm accounts:-

10 Countries including Germany

Countries that have refused to pay in Rubles

Lithuania – Cut off Date estimated 15th May 2022, until then paying in Euros

Bulgaria – Cut off 27.4.2022

Poland – Cut off 27.4.2022

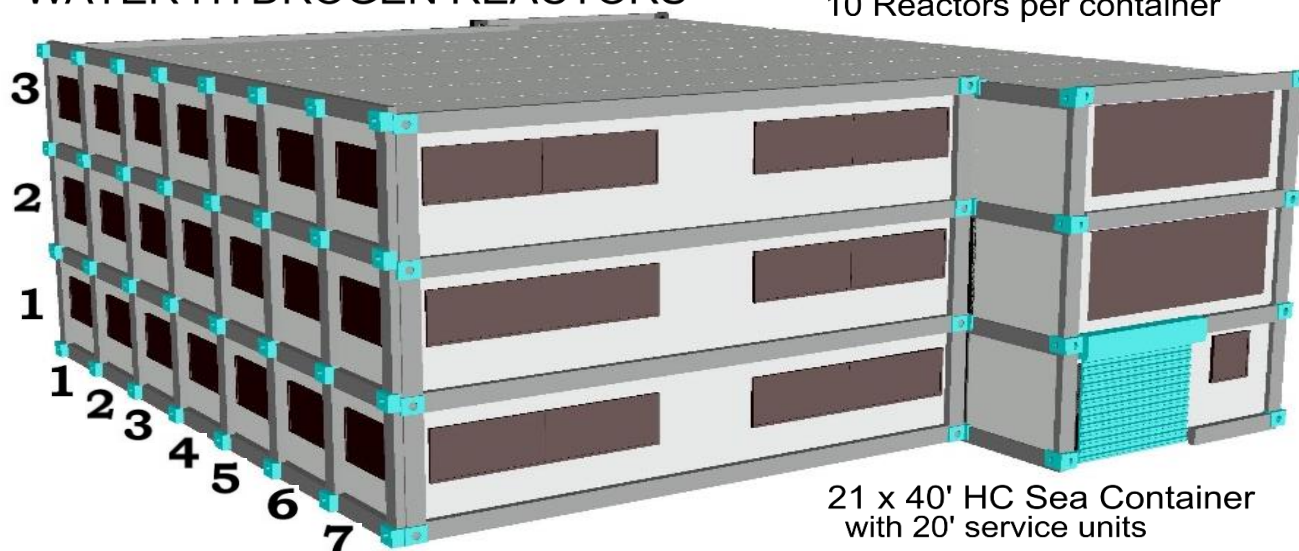
Czech Republic – Cut off estimated 15th May 2022, until then paying in Euros

**Now add Fission Hydrogen and Water to the
Equation!**

NATURALLY PERFECT WATER

WATER HYDROGEN REACTORS

10 Reactors per container



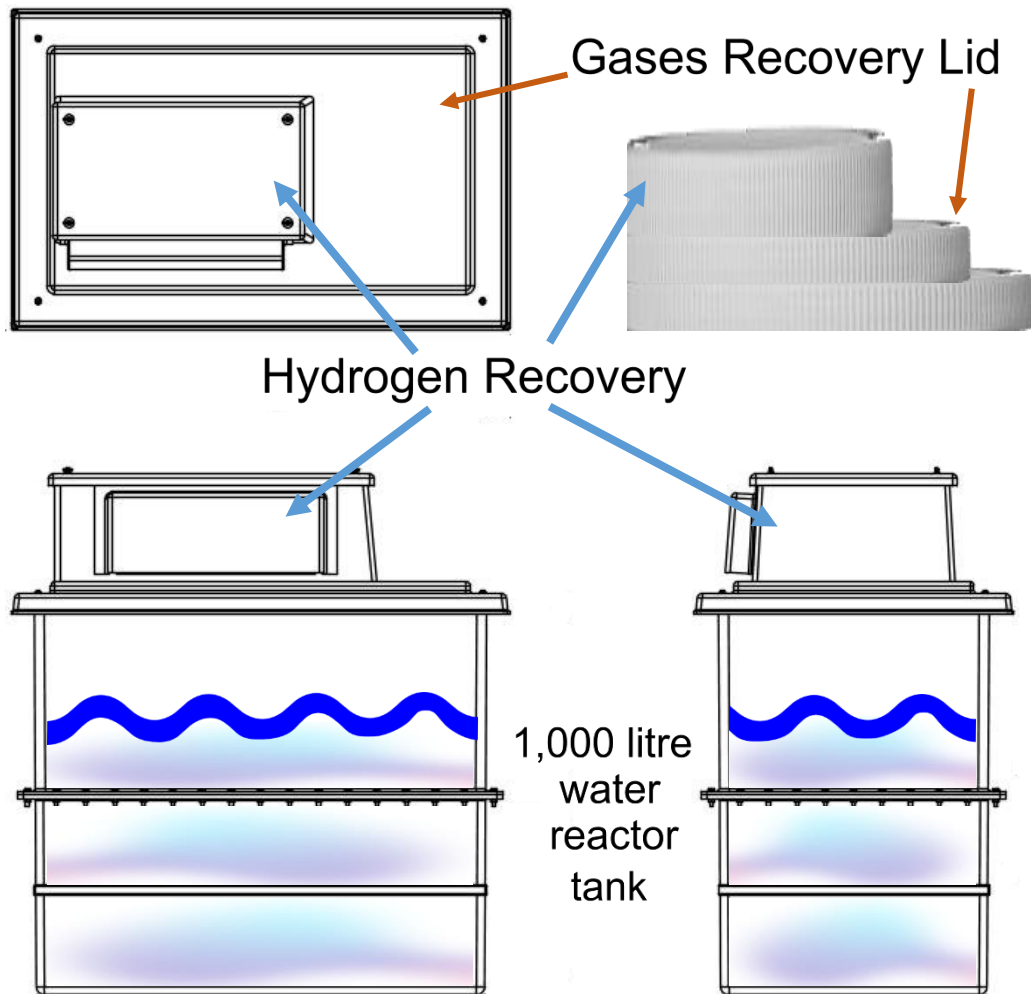
21 x 40' HC Sea Container
with 20' service units

REACTOR CONTAINERS	High Cube	21 x 40'	21 x 40'	Per anm
21 sea containers – 210 reactors	40'	210	210	<u>gigalitre</u>
Reactor capacity is 1m ³ – no. within	10	210	210	
Grade A: Dirty – polluted or seawater processing minutes required per m ³ 5'	per day 2,000m ³	per day 42,000m ³	per anm 15,330,000m ³	15.330
Grade B: Medium processing minutes required per m ³ 4'	3,000m ³	63,000m ³	22,995,000m ³	22.995
Grade C: Better processing minutes required per m ³ 3'	4,000m ³	84,000m ³	30,660,000m ³	30.660

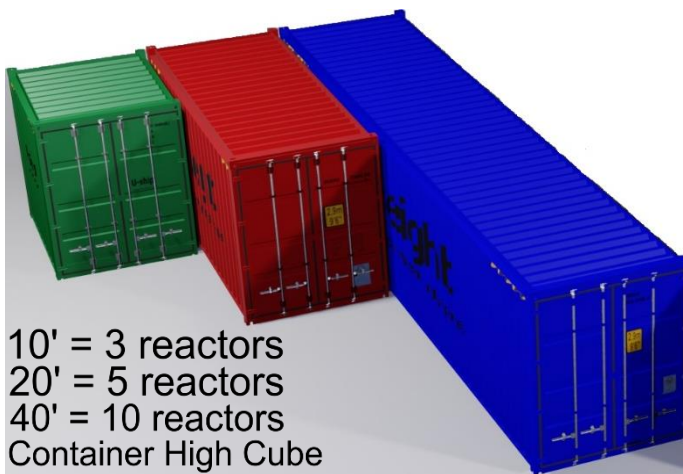
Water Renewal settings incorporate around 50 variables and options:

Grade A: Dirty – polluted		Heavily polluted
		Pristine clean / mineral 350 ppm±
Grade A: Dirty – seawater		Salt laden water
		Pristine clean / mineral 350 ppm±
Grade A: Dirty – seawater		Salt laden water
		Hydrogen
Grade B: Medium		Generally brackish
		Pristine clean / mineral 350 ppm±
Grade C: Better		Not in a potable state
		Pristine clean / mineral 350 ppm±

WATER HYDROGEN REACTOR



From 1 centimetre of rising water 3,600 litres to 36,000 litres of hydrogen may be recovered per hour. That is before pressurisation, consider 22,000 litres is captured per hour being the equivalent of 2 kilograms of hydrogen. When used as part of a fuel cell, 1 kilograms of hydrogen can produce up to 23 kWh of electrical energy. Thus one Water Hydrogen Reactor may release around 2 kilograms of hydrogen per hour enabling a fuel cell to deliver up to 46 kWh of electrical energy per hour.



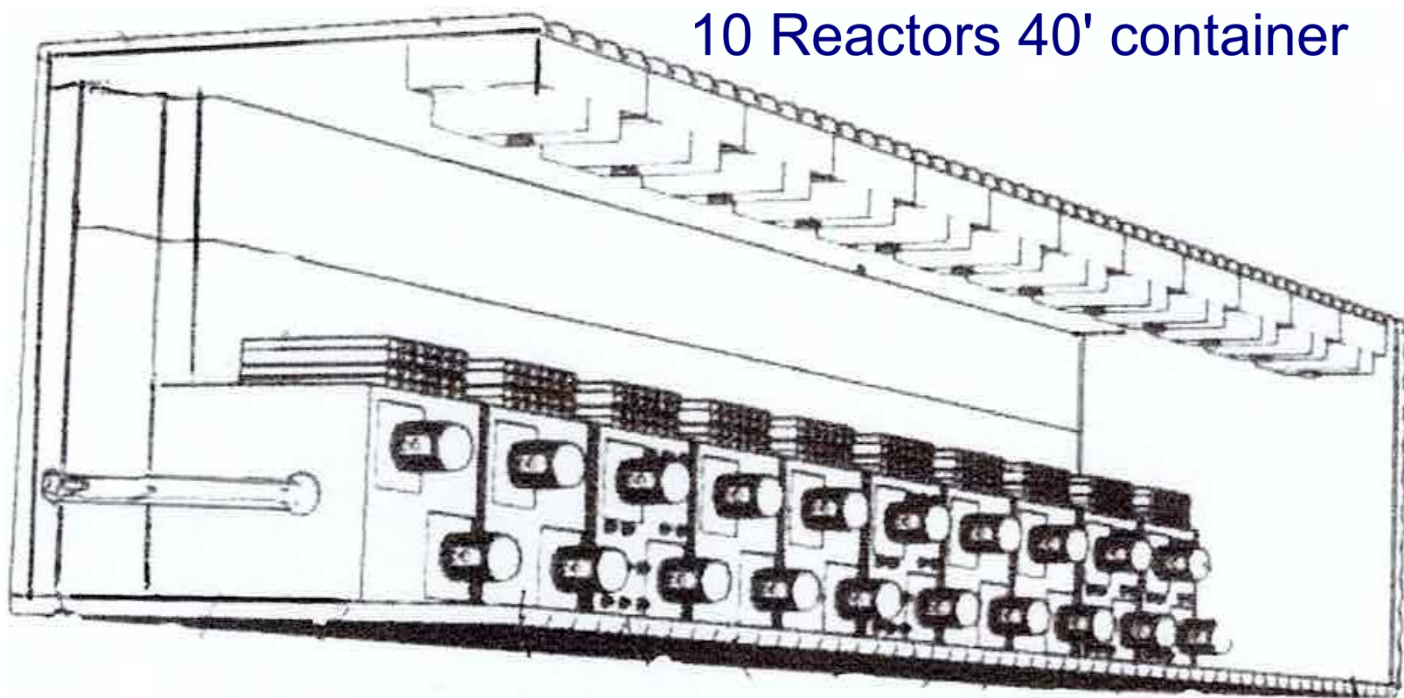
10' = 3 reactors
20' = 5 reactors
40' = 10 reactors
Container High Cube

Thus the potential power supply could be:
10' = 3 * 46 kWh per hour being 138 kWh
20' = 5 * 46 kWh per hour being 230 kWh
40' = 10 * 46 kWh per hour being 460 kWh
And the city configuration being:
112 * 40' containers delivering through
1,120 reactors * 46 kWh per hour 51,520 kWh

1 gegalitre is equal to **1,000,000 cubic metres**
1 gegalitre = **400** Olympic Size Swimming Pools

FISSION HYDROGEN & WATER

10 Reactors 40' container



The hydrogen is produced at 1 bar above Nm³, collected into a low-pressure storage tank, then pressurised into a 350 or 700 Bar large storage tank, ready for use. At this point it is ready to provide Hydrogen to fuel Jenbacher J420 engines driving 2,000 KW generators, these can be lined up in any number, or another option is to use Fuel Cells to produce the electricity required. The Cold Fission Hydrogen producing Generators, require 20- 30% of the Hydrogen gas produced to drive the Hydrogen producing equipment, Hydrogen Producing Hydrogen, how green can you get! The remaining 70% is to provide free electricity to drive the Desalination, Sewage water renewal plants, or produce enough purified water for a city of a million people. This technology is totally green.

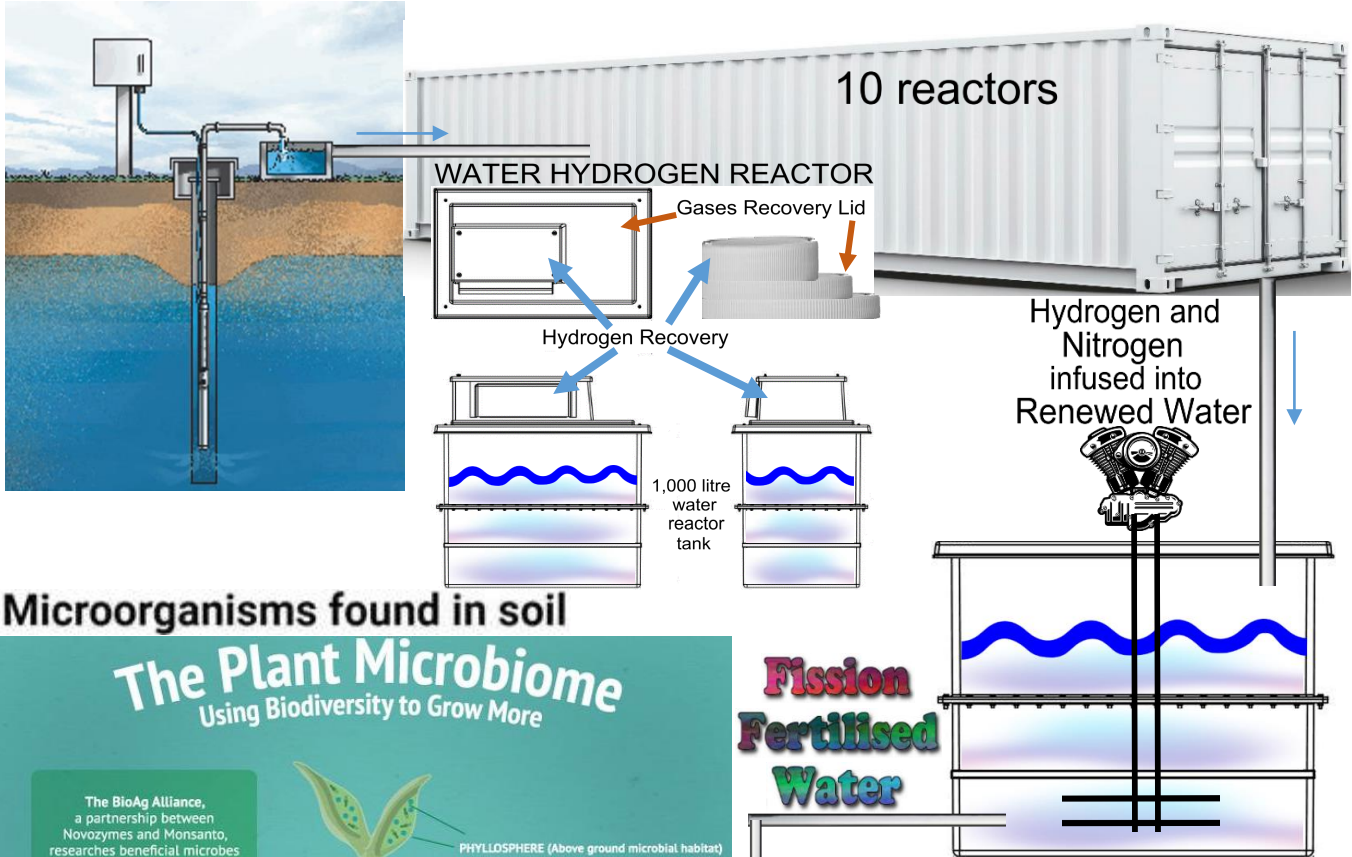
The difference between **Energy Hungry Electrolysis Systems** is that electrolysis uses High temperatures of 700 to 1,000 degrees C and High Pressure of 120 to 200 Bar of pressure to separate the Hydrogen and Oxygen.

COLD FISSION Technology requires only 1 Bar of pressure and around 30 degrees C of temperature. COLD FISSION destroys the electrons of the Oxygen water which releases the two (H¹) atoms, this happens many thousands of times per second in the H₂O Fission Reaction Chambers, Cold Fission require only 10% of the energy required by Electrolysis. Cold Fission Reactions, Hydrogen Production from electron destruction.

FISSION WATER
is
"NATURALLY PERFECT WATER"

Fission Fertiliser

Fission Water infused with Fission Fertiliser



Microorganisms found in soil

The Plant Microbiome

Using Biodiversity to Grow More

The BioAg Alliance, a partnership between Novozymes and Monsanto, researches beneficial microbes like bacteria and fungi that have a huge impact on a plant's growth and health.

PHYLOSOPHERE (Above ground microbial habitat)
A plant's leaves and stems can have up to 10 million microbes on each square centimeter.

RHIZOSPHERE (Soil near roots)
1 gram = up to 10 billion microbes and up to 30,000 different microbial species.

PATHOGENIC MICROBES
Damage plants by causing infection or creating a harmful environment.

COMMENSAL MICROBES
Influence the plant ecosystem, which then indirectly impacts the microbes and the health of the plant.

BENEFICIAL MICROBES

- Supply plants with beneficial nutrients like nitrogen and phosphorus
- Enhance root growth
- Protect plants from disease and repel pests
- Help plants tolerate conditions
- Give plants a good start and physical support like heat, flooding, and drought



NATURALLY PERFECT WATER

“COLD FISSION” WATER REACTORS PRODUCING GREEN HYDROGEN (H²), BY DESTROYING OXYGEN (O) ELECTRONS, H²O TECHNOLOGY – Patent app: 2024902228 – 17 July 2024

When applying the various 57 claims outlined in the patent of 93 pages and 25,118 words, patent lodged 12 July 2024, we have more than 10 key inventions to apply and as further variables in the applications and conditions are embraced, the possibilities may be considered to be greater than perceived. The claims are summarised as follows:

57 claims with 10+ inventions. Combinations and variations are endless:-

1. Producing Hydrogen on site, on demand on site, and it is also portable.
2. Desalinations sea water is without filtering membranes, heat, pressure and chemicals.
3. Ozone generation for extreme saturation is achieved without chemical inputs.
4. Ozone is not required for hydrogen gas production.
5. Cold Fission reactions destroy electrons of all atomic elements which is an essential attribute of the system.
6. Cold Fission Reactors do not require backwash – there is no brine or waste to dispose of.
7. Cold Fission Reactors desalinate salt without the need for backwashing toxic salt brine back into the sea, ocean or elsewhere.
8. Cold Fission Reactors desalinate sea water without the use of costly reverse osmosis systems and without membranes as well as without releasing toxic chemicals.
9. Cold Fission Reactions can breakdown and reduce the radiation of Gross Alpha, Gross Beta, Radon 222 (RN), Lead (Pb), Cadmium (Cd), Copper (Cu), Aluminium (AL), Carbon (C), Boron (B), Female Hormone Estradiol (C₁₈H₂₄O₀₂), Ethinyl Estradiol (C₂₀H₂₄O₂), Oxygen(O) whilst releasing large numbers of indestructible Hydrogen (H₂) atoms.
10. Cold Fission Reactions breakdown molecular structures of most gases or fluids (including oil or oil based fuel which contains destructible Carbons) whilst leaving both indestructible hydrogen (H₂) and mineral count at 350 to 354, which is perfect for potable water.
11. Cold Fission Reactions will reduce or destroy – Biochemical Oxygen Demand (BOD), Chemical Oxygen Demand (COD), Viruses, Bacteria, etc.
12. The Hydrogen Producing “Cold Fission Reaction” requires 80% less energy to produce massive amounts of Hydrogen H₂ Gas than an electrolysis heating, pressurised system, by dividing and breaking the Oxygen (O) electrons that hold the Hydrogen (H₁) atoms, and by destroying the single shared destructible Oxygen (O) electron holding them together, no heat or pressure is required.
13. Cold Fission Reaction recycles Ozone, etc.
14. The system requires no air pumps and only has two moving parts, which is explosion proof, vacuum creating variable speed electric turbine motors.
15. Plant energy neutral Hydrogen producing hydrogen (Hydrogen gas powered engines) using Cold Fission Hydrogen process.
16. 10% of the containerised building can be used for Hydrogen (H₂) gas production utilising 90% of the containerised building for desalination and water purification this will guarantee an energy neutral plant.
17. The Hydrogen (H₂) gas can be produced on demand within 5 minutes of startup, on site when needed in any quantity, and its transportable shipping containers housings can be bolted together into container buildings, in almost any location in just hours.
18. The Cold Fission Reactor System does not create irradiated water or gases, all or any water or gases leaving this Reactor System do not contain radiation, and the water always remains potable.
19. The Cold Fission Reactor System has up to 50 different settings, so it is always capable of producing the reactions required, once set.

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

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

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

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!



EMOTIONAL NEGLECT



KIDS

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

o o o

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

'FIND' a particularly unique child.



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



CHILDREN with too much shame learn to

NUMB

all emotion

HOWEVER



EMOTIONS are a **COMPASS** FOR LIVING

WE NEED THEM!



EMOTIONS EXIST IN THE BODY

EVEN IF A PERSON HAS SHUTDOWN AWARENESS OF THEM.

EXPERIENTIAL THERAPY

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

INHIBITORY emotions include

- SHAME
- GUILT
- ANXIETY

THESE SERVE TO AVOID

CORE EMOTIONS

7 CORE EMOTIONS

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

FROM
HILARY JACOBS HENDEL
ON

MENTAL HEALTH
HAPPY HOUR

DOODLE BY
@LINDSAYBRAMAN

How is it for you if you are Truly Honest with Yourself?



♥ You truly love your children, devoting yourself to them, wanting nothing more than for them to grow up and be as they want to be?

♥ You believe you truly love your children, believing you are devoted to them, wanting them to be as you want them to be?

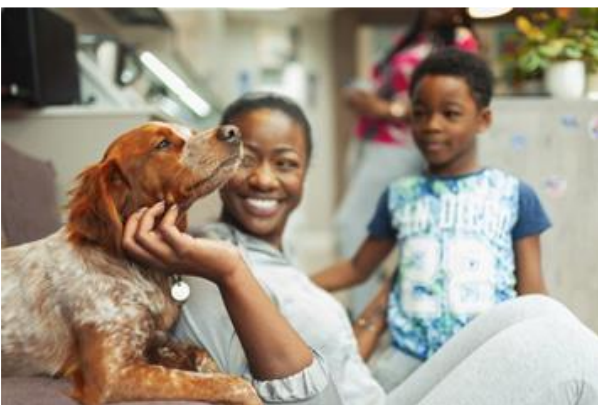


~~~~~



♥ You love your child more than you love your pet?

♥ You love your pet as much as your child, treating it as if it is another child?



♥ You love your pet more than your child?

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

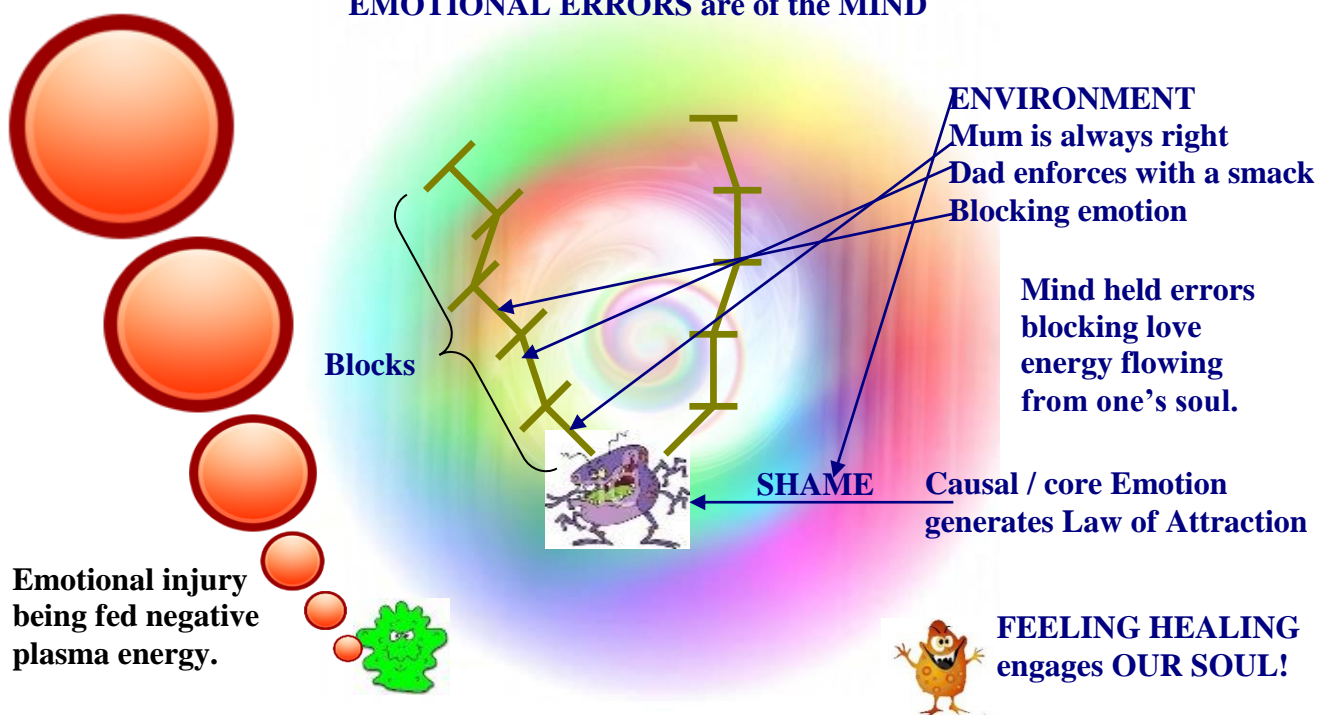
**LAYERS upon LAYERS are to be healed through longing for the TRUTH!**



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

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

**EMOTIONAL ERRORS are of the MIND**



# Poland, one of the safest European countries to live in

<https://sovereignty.pl/poland-one-of-the-safest-european-countries-to-live-in/>

19 December 2023



*Polish police car (Source: [iStock – jacekspotos](#))*

## **A comparison of the levels of crime, homicide, and rape in Poland and Western European countries** **Daniel Foubert**

The discourse surrounding crime rates within European countries has intensified in recent years, with a focus on the effectiveness of law enforcement, integration policies, and the socio-economic integration of immigrants. Poland's approach to crime has notably resulted in statistics that present a stark contrast to the trends observed in some Western European countries. Eurostat data ranging from 2012 to 2021 allows for a comparison between Poland and Western European countries in terms of crime, homicide, rape, and theft. This article will delve into these statistics.

With a homicide rate showing a slight decrease over the course of the decade under examination, Poland's law enforcement strategies and societal factors could offer insights into effective crime prevention methods. Conversely, Western European countries have experienced a general increase in police-recorded sexual violence, raising questions about the social dynamics and efficacy of the preventive measures that are in place.

To truly address these complex issues, European countries must look beyond the numbers and consider the root causes of criminal behaviour. To achieve a more just and secure society, effective reforms need to be enacted. Practical action is needed more than theoretical debates about the rule of law that, in the eyes of an increasing number of law-abiding citizens, only seem to increase insecurity, rape, and crime, fostering the fall of European civilisation.

### Homicide in Poland and Western Europe at comparable levels

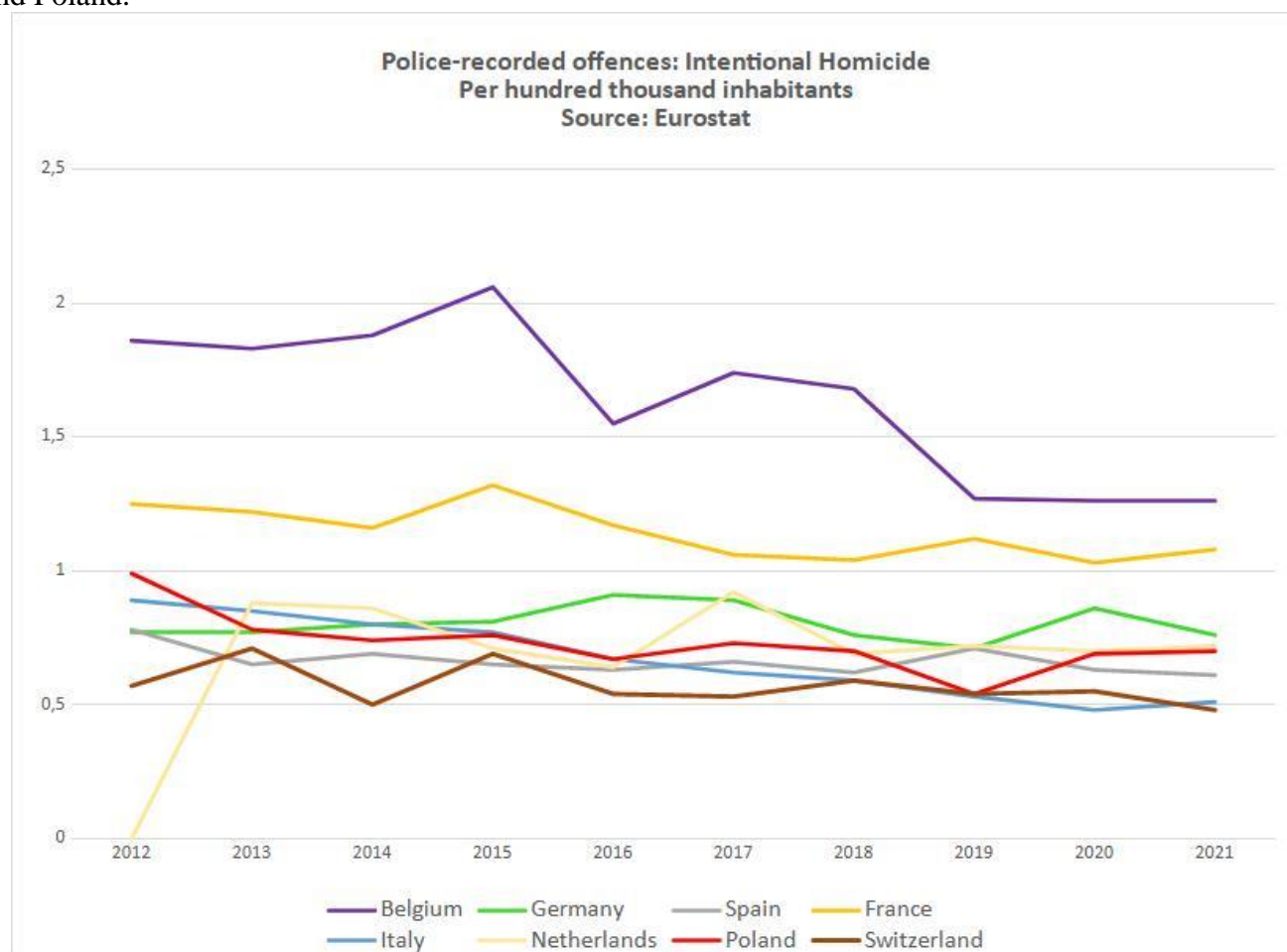
In Poland, Eurostat data from 2012 through 2021 suggests a level of safety often perceived as being higher than that of many Western European countries. The data indicates that there has been a slight decrease in the homicide rate in Poland over this decade, with the lowest rate recorded in 2019 at 0.54 per 100,000 inhabitants, contrasting with its highest rate as recorded in 2012, at 0.99.



The Western European region, comprising countries such as Belgium, Germany, France, the Netherlands, Austria, and Switzerland, exhibits a similar pattern. The average homicide rates in these countries ranged from 0.82 in 2013 to 0.78 in 2021.

In certain years, Poland's rates were notably lower than the Western European average: 0.74 compared to 1.14 in 2014, 0.73 compared to 1.10 in 2017, and 0.54 compared to 1.09 in 2018. Conversely, in other years Poland's rates were slightly higher or nearly equal.

Poland's homicide rate is thus very much in line with the Western European average. It has to be said, however, that whichever the country, intentional homicide is among the least frequently committed crimes, and it is in other types of crimes that a growing gap can be seen between most Western European countries and Poland.



Sexual violence rates: Better to be a woman in Poland than in Western Europe

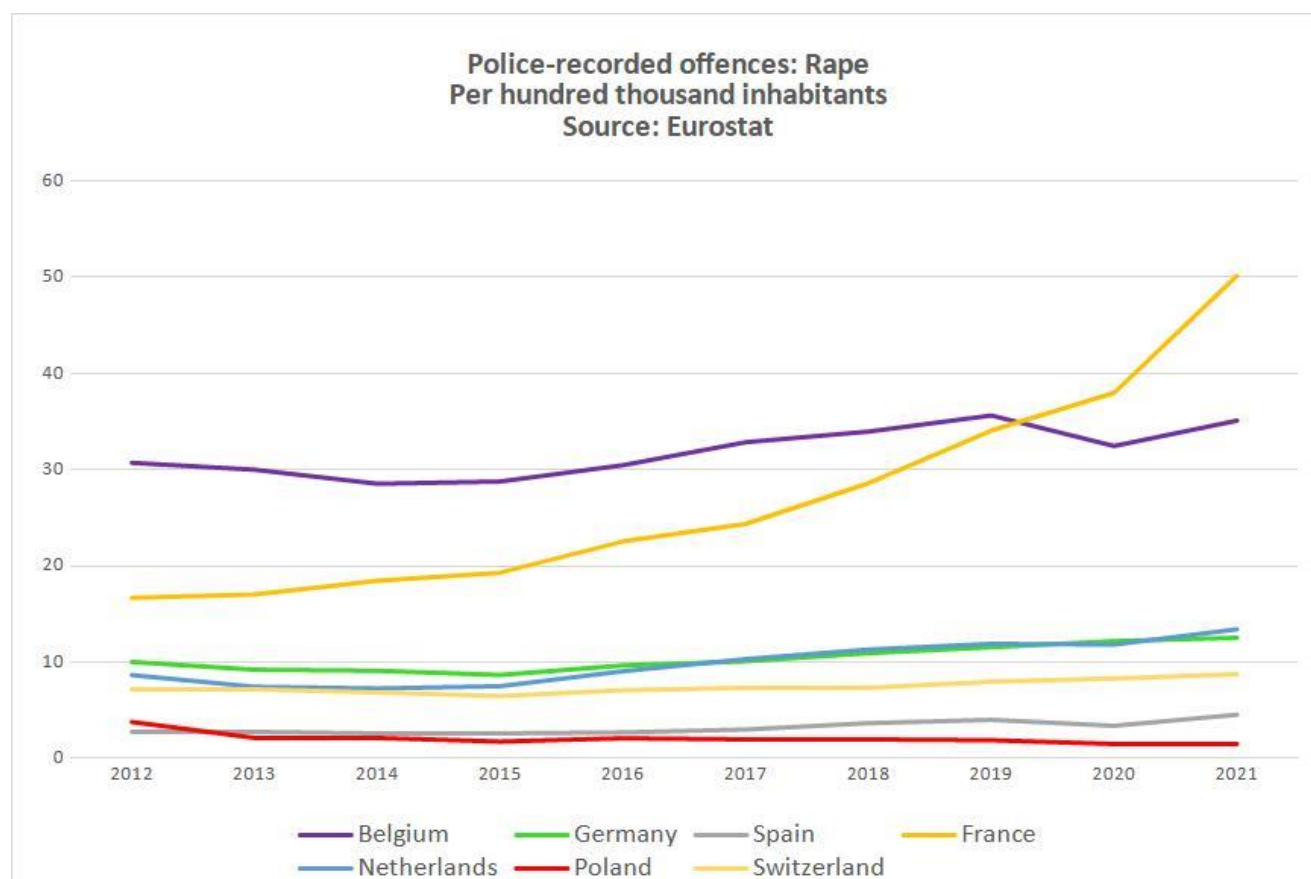
The statistics on sexual violence in Western Europe stand out as particularly distressing.

Poland's experience with sexual violence over the past ten years shows a relatively stable pattern, with only minor fluctuations. There was a slight uptick in incidents starting from 2013, peaking in 2019 at 9.38 per 100,000 inhabitants before a subsequent decrease to 8.49 in 2021. These figures, while concerning, do not reflect an upward trend, and suggest a certain level of containment when compared to Western European standards.

On the other hand, the average rates in Western European countries have shown a more worrying pattern, fluctuating from 42.49 in 2014 to an increased rate of 53.07 in 2021. These numbers not only exceed those recorded in Poland, but also demonstrate a general escalation over the years.



As for rapes, which are the most serious cases of sexual violence, in France the number of rapes per 100,000 inhabitants increased steadily from 16.68 in 2012 to 28.58 in 2018 and 50.13 in 2021. There are also significant disparities between Western European countries, with a 2021 rape rate at around 4.52 in Spain, 12.52 in Germany, 35.07 in Belgium, 13.39 in the Netherlands, and 8.73 in Switzerland. The contrast with Poland is striking, since the incidence of rape has shown a downward trajectory there, with the lowest rates having been recently recorded at 1.50 and 1.54 in 2020 and 2021, respectively. This also contrasts with the beginning of the surveyed period in Poland, which saw a rate of 3.76 in 2012 and 2.07 in 2013. The decrease over the decade is indicative of a society moving in the right direction concerning this particular crime.



The disparity between the rates in Poland and some Western European countries is so pronounced that it cannot simply be attributed to differences in reporting practices. The truth is that data from the Dutch police indicates a considerable overrepresentation of individuals from non-Western immigration backgrounds in sexual offenses, accounting for 36% of the accused in 2022 alone. The French Home Affairs Ministry's data reveals a similar pattern: in the Ile-de-France (greater Paris) region's public transportation system, which is used by eight million passengers daily, foreign nationals accounted for 62% of the perpetrators of sexual violence. According to the Italian National Institute of Statistics, in the 2018–2021 period 41% of rapes were committed by foreigners, while they make up only 8% of the population.

The contrast in sexual violence and rape statistics between Poland and Western Europe is undeniable. The increasing trend in Western Europe calls for a critical re-evaluation of current approaches and the implementation of radically different societal policies.

*“Islamic rape on Europe” – The cover of the Polish weekly Sieci shortly after the mass sexual assaults on European women by mostly Middle-Eastern and North African migrants in Cologne during New Year's Eve festivities.*

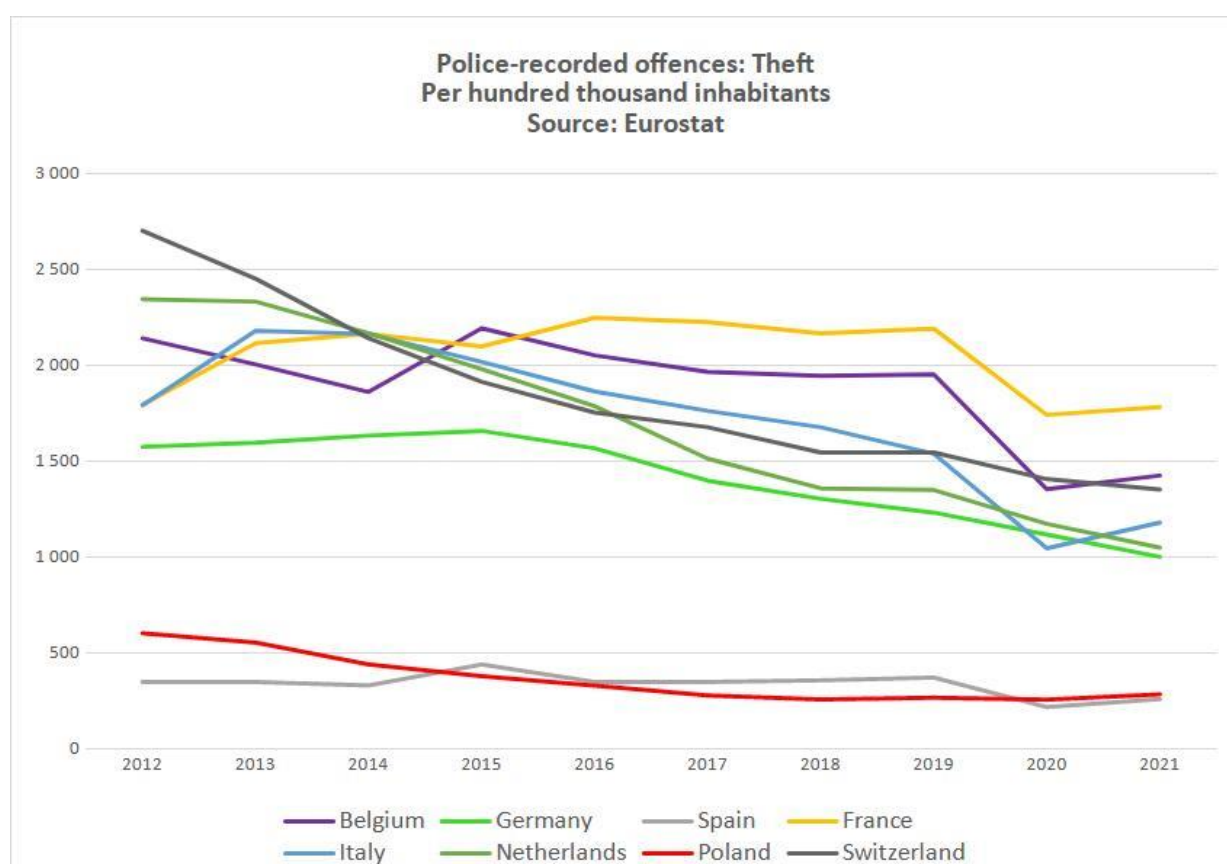
#### Theft Offenses in Poland and Western Europe

The past ten years have seen a commendable decline in theft in Poland. From a rate of 606.22 per 100,000 inhabitants in 2012, there has been a consistent decrease to 557.35 in 2013, which further dips to 443.39 in

2014. The trend continued downward to 382.08 in 2015 and 332.90 in 2016, reaching 281.58 in 2017 and stabilising at this level in the following years.

In contrast with the situation in Poland, Western European countries on the whole have experienced significantly higher rates of police-recorded theft, albeit with a general declining trend mirroring that of Poland. The average rates in Western Europe fell from 1827.16 in 2013 to 1197.84 in 2020, and a slight increase to 1309.43 was then recorded in 2021. While these figures suggest a positive overall trend, these rates remain a lot higher than those reported in Poland. The figures are particularly high in France (1786.35), Belgium (1428.7), and Switzerland (1356.19), while they are relatively low in Spain (262.25) and Portugal (621.02).

Here, too, we see a very clear pattern of non-European criminality. In the Netherlands, for instance, 60% of individuals charged with violent thefts are of non-Western origin, according to the Dutch police. Likewise, according to the Italian National Institute of Statistics, during the 2018-2021 period 49% of burglaries were committed by foreigners, while they make up only 8% of the population.



Crime Rates Among Immigrant Populations in France, the Netherlands, and Italy

Europe's struggle with the integration of non-Western immigrants into its social fabric has been underscored by recent crime statistics released by the Dutch, French, and Italian authorities. These figures, which span various years and categorise offenses by origin and nationality, reveal an overrepresentation of non-Western immigrants in criminal activities.

The demographic disproportionality in crime is particularly stark in the Netherlands. Non-Western immigrants, which make up 14% of the population, are disproportionately represented in crime. They account for 35% of sexual offenses, 40% of assaults, 40% of drug-related incidents, and a staggering 60% of violent thefts. Particularly concerning is the involvement of individuals from African backgrounds, whose rate of criminal involvement is four to five times higher than among native Dutch citizens. Moroccan youths show a troubling pattern, with data indicating that around 70% of Moroccan males in their thirties

have been implicated in crime at least once. These figures are not isolated but are part of a consistent overrepresentation, with repeat offender rates that are nearly double that of native Dutch individuals.

The situation in France paints a similar picture. Foreign nationals, even though they are only 8% of the population, account for 24.5% of all prison inmates. This disparity becomes even more pronounced when broken down by offense and nationality. For instance, non-nationals of African origin have a rate of being charged with crimes that is up to ten times higher than that of French nationals. The Ile-de-France region, a hub of public transportation used by millions daily, sees foreign nationals comprising 43% of assaults, 62% of sexual violence cases, and 92% of non-violent thefts. Foreigners are overrepresented in domestic violence cases as well, including femicides and spousal abuse, with rates about three times higher than that of French nationals.

According to the Italian authorities, foreigners make up only 8% of the population, yet North Africans are proportionally ten times more involved in crimes and offenses than Italians. The disparity grows when analysing violent crimes, with North Africans being implicated in assaults at 11 times the rate of Italians and in homicides at a rate nine times higher.

### Conclusion

While Poland's homicide rate aligns closely with Western European averages and shows a slight decrease over the course of the decade, it is the trends in sexual violence and theft that highlight very significant differences. Poland's stable pattern in sexual violence rates and consistent decline in theft contrasts starkly with the alarming increase in sexual violence and much higher theft rates in Western Europe. This divergence, coupled with the overrepresentation of non-Western immigrants in criminal activities in several Western European countries, suggests that Poland's approach to law enforcement as well as societal factors might offer valuable insights into effective crime reduction methods, while the challenges faced by Western European countries call first and foremost for a re-evaluation of their immigration policies.

The Western European debate about the rule of law in Poland, which is often focused on judicial reforms and political influence, seems somewhat detached from the country's crime statistics and issues of public safety. While concerns about the rule of law generally pertain to the independence of the judiciary, democratic principles, and human rights, the data on crime rates, including homicides, sexual violence, and theft, speaks more to the effectiveness of law enforcement and social policy. Poland's lower crime rates, especially in comparison with some Western European countries, not only suggest that rule-of-law concerns have not impacted Poland's ability to maintain a relatively safe environment for its citizens, but also seem completely outlandish given Poland's achievements – and Western Europe's poor record.

After all, what kind of rule of law can we speak of when, in the face of a massive influx of non-European immigrants, Western European countries seem increasingly incapable of protecting their citizens' fundamental right to bodily integrity and property?

**The difference is to be found in the Poland's education system!**

***Violence is never Justified***

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

# Childhood Suppression

## is the elephant in the room!

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

| WORLDWIDE relationship of MoC calibration with Life Experiences<br>Life Expectancy, Development, Happiness, Education, Income |               |     |                         |                         |                 |                 |                            |
|-------------------------------------------------------------------------------------------------------------------------------|---------------|-----|-------------------------|-------------------------|-----------------|-----------------|----------------------------|
| Country                                                                                                                       | Population    | MoC | Average Life Expectancy | Human Development Index | Happiness Index | Education Index | Per Capita Income PPP 2021 |
| Belgium                                                                                                                       | 11,600,000    | 410 | 82.2                    | 0.931                   |                 | 0.902           | \$54,000                   |
| France                                                                                                                        | 65,300,000    | 310 | 83.1                    | 0.901                   | 6.7             | 0.817           | 49,500                     |
| Germany                                                                                                                       | 84,000,000    | 400 | 81.9                    | 0.947                   | 7.2             | 0.943           | 57,000                     |
| Italy                                                                                                                         | 60,500,000    | 380 | 84.0                    | 0.892                   | 6.5             | 0.793           | 43,400                     |
| Netherlands                                                                                                                   | 17,200,000    | 405 | 82.8                    | 0.944                   | 7.5             | 0.914           | 60,500                     |
| Poland                                                                                                                        | 38,500,000    | 190 | 79.3                    | 0.880                   | 6.2             | 0.869           | 44,100                     |
| Spain                                                                                                                         | 46,800,000    | 300 | 84.0                    | 0.904                   | 6.5             | 0.831           | 41,550                     |
| Switzerland                                                                                                                   | 8,660,000     | 400 | 84.3                    | 0.955                   | 7.6             | 0.900           | 75,900                     |
| Europe Union                                                                                                                  | 446,156,000   | 380 | 80.8                    | 0.897                   | 6.7             | 0.858           | US\$48,157                 |
| Africa whole of                                                                                                               | 1,239,500,000 | 190 | 65.2                    | 0.555                   | 4.6             | 0.480           | US\$5,931                  |
| 400s                                                                                                                          | 22            | 405 | 82.2                    | 0.924                   | 7.1             | .890            | US\$63,032                 |
| 300s                                                                                                                          | 71            | 343 | 77.2                    | 0.794                   | 6.1             | .741            | US\$30,154                 |
| 200s                                                                                                                          | 50            | 251 | 72.7                    | 0.676                   | 5.3             | .610            | US\$16,560                 |
| High 100s                                                                                                                     | 38            | 174 | 70.5                    | 0.659                   | 5.0             | .600            | US\$12,516                 |
| Low 100s                                                                                                                      | 21            | 119 | 67.1                    | 0.587                   | 4.6             | .501            | US\$7,081                  |
| Below 100                                                                                                                     | 14            | 74  | 65.3                    | 0.565                   | 4.4             | .501            | US\$6,377                  |
| WORLD                                                                                                                         | 216           | 220 | 73.3                    |                         |                 |                 | US\$17,110                 |



## Report on Poles living in extreme poverty raises alarm

<https://www.polskieradio.pl/395/7789/Artykul/3436758,report-on-poles-living-in-extreme-poverty-raises-alarm>

18 October 2024

**Over 2.5 million people in Poland were living in extreme poverty in 2023, a major rise from 1.7 million the previous year, according to data shared by Polish news portal Wirtualna Polska.**



Pixabay License Image by Steve Buissinne from Pixabay

This marks the worst level of poverty in the country since 2015.

The numbers come from the "Poverty Watch 2024" report by EAPN Poland, the Polish branch of the European Anti-Poverty Network.

This annual report tracks poverty trends across the country and is based on official statistics from both national and international bodies.

According to the report, poverty has increased sharply among children, senior citizens, and people with disabilities. EAPN has defined this situation as "Poland at the edge of a social crisis," and stated that "in 2023, nearly one in every 15 Poles lived in extreme poverty, and almost half of the population struggled with various forms of exclusion."

Among children, the rate of extreme poverty rose from 5.7% to 7.6%, meaning that over 500,000 children in Poland now live in severe poverty.

The situation has also worsened for senior citizens, with the rate climbing from 3.9% to 5.7%, affecting around 430,000 older adults.

Households with at least one person with a disability saw an even more significant rise in extreme poverty, from 6.7% in 2022 to 9.0% in 2023.

Poland's Institute of Labour and Social Affairs defines extreme poverty as having insufficient resources to meet the basic needs of life, such as housing, food, clothing and medicine.

Living below this threshold puts lives at risk, as individuals are unable to afford even the most basic necessities.

In addition to those in extreme poverty, the report highlighted that the number of Poles living below the social minimum, defined as not having enough to participate fully in society, also surged.

In 2023, over 17 million people—up from 15.4 million in 2022—were struggling to cover essential costs such as access to the internet, dental care, buying books for their children or occasional entertainment.

Experts from EAPN Poland cite several factors for the worsening situation, including economic stagnation, rising cost of living and high inflation, which has been recorded in most EU countries. They also criticised the lack of adequate adjustments to social benefits, which have failed to keep pace with rising living costs.

Some of the poorest have been left without sufficient state support, the report noted.

"Last year, we warned that the combination of weak economic performance and still high inflation, along with no changes in the level of social benefits or the criteria for receiving them, would lead to a drastic worsening of poverty indicators," said Ryszard Szarfenberg, chairman of EAPN Poland.

"Particularly concerning is the rise in poverty among the most vulnerable social groups, which points to systemic problems in social policy," he added.

The report highlights that poverty studies conducted by the Statistics Poland (GUS) agency do not account for people living in non-residential places or institutions such as homeless shelters, homes for single mothers, social care homes, or foster care facilities.

The Ministry of Family, Labour and Social Policy conducts a count of people experiencing homelessness every two years, with the latest surveys in 2024 and 2019.

The absence of data collection from 2021 to 2023 was explained by the pandemic and the influx of refugees from Ukraine.

Although the overall number of **homeless people rose only slightly by 2% between 2019 and 2024, increasing from 30,300 to 31,000**, the addition of 712 individuals in the most vulnerable situation is still significant.

The total figures, however, hide a shocking reality: the number of children experiencing homelessness surged by 54%.

"Poland continues to experience chaos in both the criteria for receiving benefits and their indexation," said Szarfenberg. "Additionally, new benefits are being introduced, which complicates the overall picture and makes it difficult to assess the system in terms of effectiveness and efficiency. We hope that as part of the work on reforming social assistance, there will be not only an improvement in social assistance but also an overhaul of the entire benefits system."

To address these challenges, experts are calling for an automatic annual adjustment of social benefits to counter inflation, as well as a unified system of income thresholds for social assistance that reflects real living costs.

This would help ensure that those most in need are not excluded from social support programs.

# Multidimensional Poverty

**Oxford Poverty & Human Development Initiative (OPHI)**

[https://ophi.org.uk/sites/default/files/2024-01/CB\\_AFG\\_2023.pdf](https://ophi.org.uk/sites/default/files/2024-01/CB_AFG_2023.pdf)

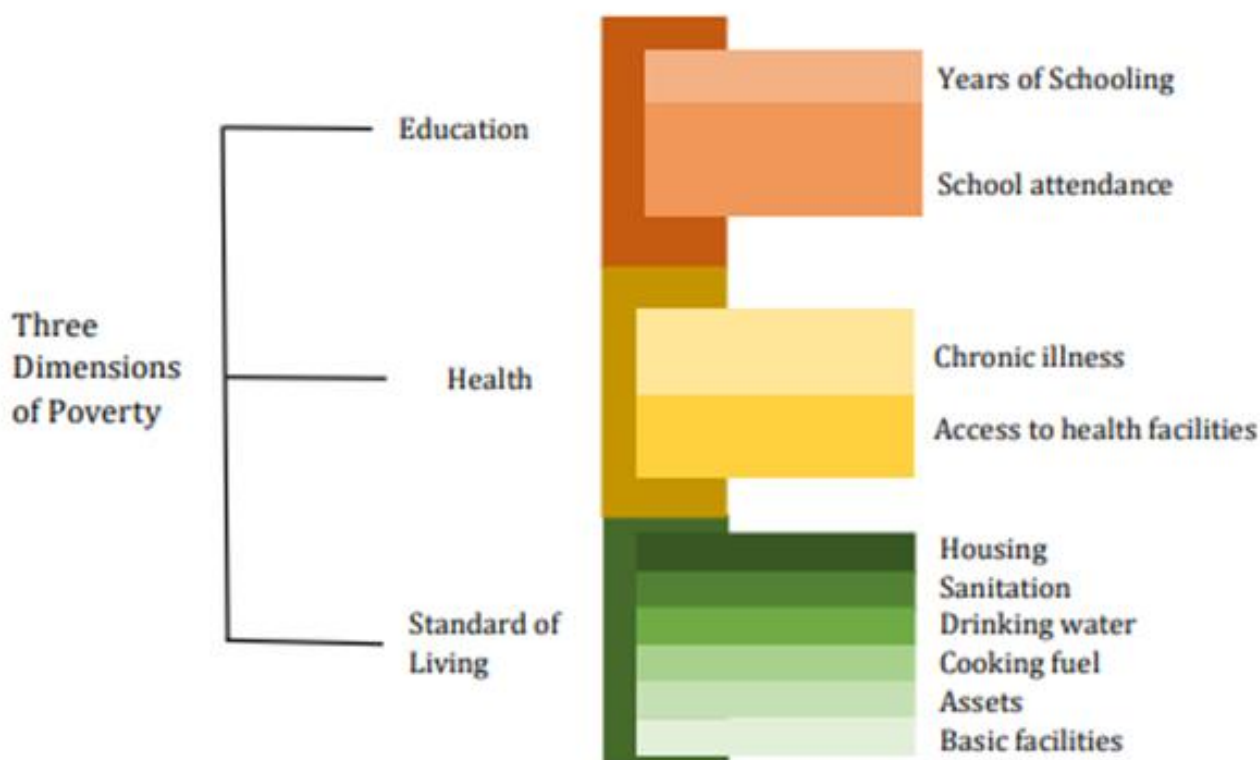
Oxford Poverty and Human Development Initiative (OPHI)

Oxford Department of International Development

Queen Elizabeth House, University of Oxford

[www. ophi.org.uk](http://www.ophi.org.uk)

## *Structure of the National MPI*

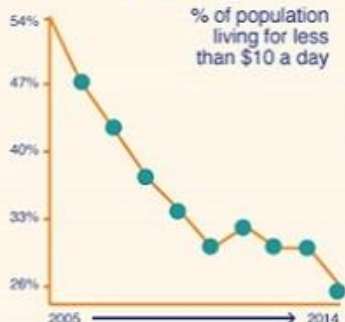




# POLAND, a development success story

## Poverty Index

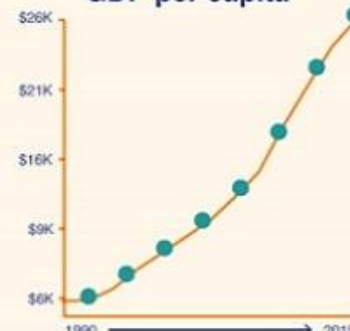
% of population living for less than \$10 a day



## Low inequality with Gini Index at 32.08



## GDP per capita



Poland moved from middle-income to high-income status in a record time

## Lessons from Poland...

Pentagon of policies that helped Poland achieve high-income status



## Challenges



## ...Insights for Poland

Innovation and quality driving competitiveness



Prudent fiscal and monetary policies



Client-oriented public sector



Better balance between job security and labor market flexibility







## Poverty Watch Poland 2023

<https://www.eapn.eu/poverty-watch-poland-2023/>

EAPN Poland outlines that 2023 will be a difficult year due to **low economic growth and still high inflation, as well as the absence of some income support measures due to rising energy prices**. Furthermore, this will also be another year of real depreciation for a large part of family and child benefits.

On the other hand, **the labour market situation will still be good; with two increases in the minimum wage and minimum hourly rates at the beginning of the year, as well as the indexation of pensions and disability benefits in March 2023.**

"The inflation in relation to food and energy prices has been significantly higher than inflation overall during this period. In March 2023, for example, food inflation was almost 10 percentage points higher than overall inflation. By contrast, in relation to the price of electricity, gas, solid fuels and heat, the highest difference was in September 2022, when it was almost 29 percentage points higher. It is these prices that are crucial for poorer households because of their basic needs for food and housing."

### Poverty Watch Poland 2023

Some observations by EAPN Poland:

- **In 2022, extreme poverty remained at 4.7%** (Statistics Poland changed methodology based on the census). The extent of relative poverty decreased slightly (from 12.2 to 11.8%).
- **The number of Poles living in extreme poverty is still huge – 1.8 million**, and more than 4.5 million were living in a situation of relative poverty.
- **The number of children in extreme poverty increased** by around 26 000 to 396 000 compared to 371 000 in 2021 (an increase from 5.3 to 5.7%). If it were to be less than 1%, which should be the government's target, this figure should be no higher than 69,000. To achieve this, the extent of extreme child poverty would have to decrease by as much as 83%.
- The **number of seniors in extreme poverty increased** by around 14,000 – from 272,000 in 2021 to 287,000 in 2022 (an increase from 3.8 to 3.9%).
- **Energy poverty** has been officially defined in Poland, but data on it are published with a long delay. For 2022, we know only one rate of inability to adequately heat a flat or house, rising from 3.2% to 4.9% which means 1.8 million people.
- Projections for 2023 are negative. **The recorded percentage expressing fear of poverty in 2023 is the highest since 2015 and was as high as 30%.** Total poverty, extreme poverty of children, seniors and people with disabilities will increase mainly due to the difficult economic situation, high inflation, the lack of one-off protective allowances from 2022 and the lack of child benefits indexation.
- In 2024, poverty may stabilise due to an improving economy, reduced inflation, a still good labour market situation and an increase in universal child benefit (500+) by 200 PLN.

<https://www.eapn.eu/wp-content/uploads/2023/10/eapn-EAPN-PL-English-version-2023-PW-5823.pdf>

Poland – At Risk of Poverty rate was **14.00%** in December of 2023, according to the EUROSTAT. In 2023, Poland's extreme poverty rate amounted to **6.6 percent**. The category of minimum subsistence means the level of meeting needs, which hinders survival and poses a threat to human psychophysical development.

Poland is **not a poor country** by any means, but the region has historically had little wealth due to war and political oppression.

**GLASS CEILING BARRIER REMOVAL:**

| <b>Correlation of Levels of Consciousness – Soul Condition – and Society Problems</b> |                             |                        |                                    |                            |
|---------------------------------------------------------------------------------------|-----------------------------|------------------------|------------------------------------|----------------------------|
| <b>Level of Consciousness</b>                                                         | <b>Rate of Unemployment</b> | <b>Rate of Poverty</b> | <b>Happiness Rate “Life is OK”</b> | <b>Rate of Criminality</b> |
| 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.

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

**Poland overall population calibration is MoC 190**

| <b>Poland MoC</b> | <b>No. of Countries</b> | <b>Living in urban slums</b> | <b>Average Life Expectancy</b> | <b>Human Development Index</b> | <b>Happiness Index</b> | <b>Education Index</b> | <b>Per Capita Income 2021</b> |
|-------------------|-------------------------|------------------------------|--------------------------------|--------------------------------|------------------------|------------------------|-------------------------------|
| 190               | 1                       | 5.8%                         | 78.8                           | 0.880                          | 6.2                    | .869                   | US\$44,100                    |

and

| <b>Poland MoC</b> | <b>Population</b> | <b>Median Age</b> | <b>Political Rights &amp; Civil Liberties</b> | <b>Unemployment</b> | <b>Poverty</b> | <b>Hunger / Crime</b> | <b>Per Capita Income 2021</b> |
|-------------------|-------------------|-------------------|-----------------------------------------------|---------------------|----------------|-----------------------|-------------------------------|
| 190               | 38,500,000        | 41.8              | 82 free                                       | 2.91%               | 11.8%          | 5%~                   | US\$44,100                    |

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

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

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

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

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



## WE'VE BEEN SCREWED BY LUCIFER REBELLION

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

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.

# REBELLION & DEFAULT

COMMERCIAL IN CONFIDENCE

The earthing of the Law of Compensation commenced to quicken on 22 May 2017 and may be fully earthed when the Avonal bestowal pair

# END<sup>OF</sup>THE LINE

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.

## LAW OF COMPENSATION

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

## Insanity Of Humanity

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

**The New Way – Feeling Healing**

## Freedom Pathway being Feeling Healing

## Feeling Healing is the pathway to TRUTH and HAPPINESS!



## How is it that we are each so retarded?

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

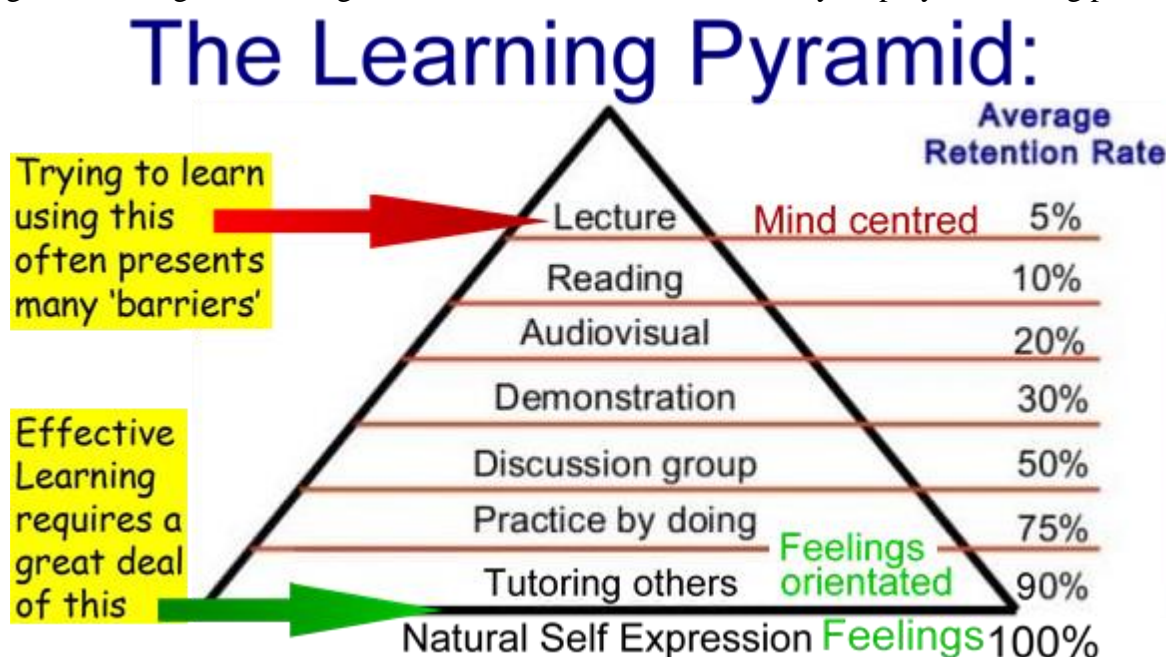
We were firstly guided, influenced to embrace living mind-centric. That is, we now believe that through our minds that we may achieve all of our goals, we can become almost everything we want, that we can become powerful and prosperous and progress to the greatest heights imaginable. We are to live suppressing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

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

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

## Education

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



Once the core subject material is introduced, students tutoring each other in small groups of around 12 people is the most superior learning process – yet seldom provided for. Practice by doing, tutoring others flows into natural self-expression, thus achieving comprehensive knowledge of any core subject – and it is permanent learning. Our whole life is about experiences and the feelings that come from such experiences. As feelings

arise we are too long to know the truth behind what those feelings are endeavouring to reveal to us. We are truth seekers! And we are to be feelings expressive!

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



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

## Health

### Are there really 10,000 diseases and just 500 'cures'?

"Regulators, scientists, clinicians and patient advocacy groups often cite ~7,000 as the number of rare diseases, or between 5,000 and 8,000 depending on the source. While this consensus process is still ongoing, USA National Institutes of Health currently estimate the number of rare diseases to be more than 10,000. An estimate published by the University of Michigan Medical School that "there are roughly 10,000 diseases afflicting humans, and most of these diseases are considered 'rare' or 'orphan' diseases."

"There are other estimates, as well. The German government lists 30,000 diseases, of which it says 7,000 are rare, though it cannot be determined how that figure was calculated. Anderson noted that the 10th revision of the International Statistical Classification of Diseases and Related Health Problems (known as ICD-10) has nearly 70,000 codes, which would be an upper-bound estimate.

"The focus is really on rare diseases, but a credible case can be made that there are at least 10,000 diseases in the world, though there is likely more. And there are a bit over 500 treatments. So, as far as round numbers go, 10,000 diseases / 500 treatments works as a talking point."

**However, NO ONE** comprehends what is the underlying cause of disease! Our health carers, our doctors and nurses never discuss or outline why we have a discomfort, pain, illness or disease. Kindly ask yourself, when was the last time your medical practitioner outlined to you why you have a particular health issues that you presented yourself with to him or her? **There is ONE cause – CHILDHOOD SUPPRESSION.**



Medical sciences introduce a never ending array of names for a never ending array of ailments without comprehending the elephant in the room – our **Childhood Suppression and ongoing Repression**. ALL our discomforts, pain, illnesses and diseases are generators to have each of us express our feelings, both good and bad. As we grow in embracing this way of living FEELINGS FIRST and long for the truth of what our feelings are drawing our attention to, we will come to recognise that all our issues have their foundations throughout our childhood forming years, from the moment of conception through to the age of six years, up to when our Indwelling Spirit arrives.

Our soul orchestrates it all. Our soul does everything. Our soul brought our spirit body into existence and, in turn, our etheric spirit body is the template of our physical body. Light continually flows from our soul through our spirit body and into our physical body. Our experiences in the physical are expressed back to our soul as light. Everything that we experience is recorded by this light returning by our soul. Emotional injuries and errors of belief that we experience impede the flow of light back to our soul – consequently we are degraded by such accumulating damage and harm. Look at a young child and then look at yourself now!

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

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





# Educational Challenges in Poland: A Deepening Crisis

<https://brokenchalk.org/educational-challenges-in-poland-a-deepening-crisis/>

*Written by Aneta Orlowska*



The state of education in Poland has reached a critical point, with concerns mounting over the future of the country's schooling system. Recent research and surveys conducted by various organisations shed light on the challenges faced by Polish schools and the urgent need for action to address these issues.

According to a survey by the Polish Teachers' Union (ZNP), the situation in schools is rapidly deteriorating, and its impact will be felt by everyone involved. The survey aims to draw attention to the problems plaguing the education system and highlight the need for immediate intervention. While amendments to education laws have been proposed, they do not adequately address the underlying issues.

One of the primary concerns highlighted by the ZNP is the severe shortage of teachers. It is estimated that there will be a **shortfall of 25,000 to 30,000 teachers this year alone** (2023), but the actual number of deficiencies is expected to reach a staggering 55,000. This shortage has far-reaching consequences, affecting the quality of education and the overall learning experience for students. Classrooms are overcrowded, leaving teachers with limited time and resources to provide individual attention to students. This, in turn, hampers the students' ability to learn and thrive academically.

The picket organised by the Polish Teachers' Union on September 1 in front of the Ministry of Education and Science aims to express strong dissatisfaction with the current state of education in Poland. The main focus of the protest is the recently passed amendment to the educational law, which grants parents greater control over the activities of non-governmental organisations (NGOs) in schools. This amendment has sparked concerns among teachers and educators regarding its potential impact on the autonomy and quality of education.

Furthermore, the picket also serves as a platform to address broader issues that affect the education system in Poland, such as **inadequate funding, overcrowded classrooms, and the lack of resources for students and teachers**. By taking part in this protest, the Polish Teachers' Union hopes to raise awareness and initiate a dialogue with the government and other stakeholders to bring about positive changes in the education sector. Krzysztof Baszczyński, Vice President of the Polish Teachers' Union, emphasises the need for dialogue and collaboration to improve the situation. The picket seeks to engage NGOs and other stakeholders to join forces in finding solutions that **prioritise remuneration, the core curriculum, and working conditions**. The participation of NGOs in the protest is crucial, as they play a vital role in shaping the learning environment and supporting educational initiatives. The amendment to the educational law, which may hinder the access of NGOs to schools, is a cause for concern as it limits the resources and support available to students.

Critics argue that the amendment to the educational law may further hinder the access of NGOs to schools, leading many directors to question the value of their involvement. The fear of potential repercussions from authorities may discourage schools from collaborating with NGOs, further limiting the resources and support available to students.

The concerns raised by the Polish Teachers' Union are not limited to the amendment to the educational law. They also encompass the broader issues of staffing shortages, working conditions, and the quality of education. The union estimates that the current **vacancies represent only a fraction of the actual need**

COMMERCIAL IN CONFIDENCE



**for teachers.** The situation is exacerbated by the fact that young people are increasingly discouraged from pursuing a career in education due to unattractive salaries and working conditions.

While the government emphasises the increase in educational subsidies, critics argue that these increases are not sufficient to address the ongoing challenges. They also contend that the difference between the government's claims and the actual situation highlights the urgent need for comprehensive reforms and increased investment in education. This disconnect between words and actions has significant consequences, as it perpetuates educational inequality and hampers social mobility. It is crucial for policymakers to acknowledge the seriousness of the situation and take decisive measures to bridge this gap. By implementing substantial reforms and allocating ample resources to education, we can pave the way for a brighter future and ensure equal opportunities for all learners, regardless of their socio-economic background.

The crisis in Polish schools is not limited to staffing shortages. In fact, the situation goes beyond just a lack of teachers and educators. The survey conducted by SW Research for [rp.pl](https://rp.pl) reveals a deep and widespread dissatisfaction among the public with the government's education policy. It is clear that there are significant concerns regarding the quality of education and the scarcity of resources available to students and schools alike. This survey serves as a stark reminder that the current education system is in dire need of comprehensive and effective reforms. It is crucial for the government and policymakers to take immediate action to address these pressing issues and ensure a better future for the education system in Poland.

In addition to the shortage of teachers and concerns about education policy, other problems plague the Polish education system. These include inadequate access to mental health support, the politicisation of the curriculum, the lack of resources for extracurricular activities, and the pressing need for comprehensive career counselling. Students and recent graduates stress the need for a more balanced and well-rounded education that not only focuses on academic subjects but also includes practical life skills such as financial literacy, critical thinking, and problem-solving. They believe that this kind of education will better equip them to navigate the complexities of the modern world and prepare them for success in their future endeavours.

Refugee students in Poland face additional challenges within the education system. Language barriers, cultural differences, and limited access to support services make it difficult for students to fully integrate and succeed academically. Many refugee students have experienced interrupted education and trauma, which further complicates their educational journey. There is a need for targeted initiatives and resources to address the specific needs of refugee students and ensure their smooth transition into the Polish education system.

The educational challenges in Poland are undeniable, and urgent action is needed to prevent further deterioration. The government, in collaboration with educational stakeholders, must prioritise addressing the shortage of teachers, improving working conditions, and ensuring access to quality education for all students. Only through a concerted effort to address these challenges can Poland's education system regain its strength and provide a solid foundation for the future generations.

To overcome these challenges, it is crucial for the government to allocate more resources to education and increase funding for teacher salaries and professional development programmes. Additionally, the government should establish mechanisms to attract and retain qualified teachers, such as offering attractive incentives and improving working conditions. Moreover, there is a need for comprehensive educational reforms that prioritise the holistic development of students.

## Education in Poland

<https://wenr.wes.org/2021/10/education-in-poland>

20 October 2021

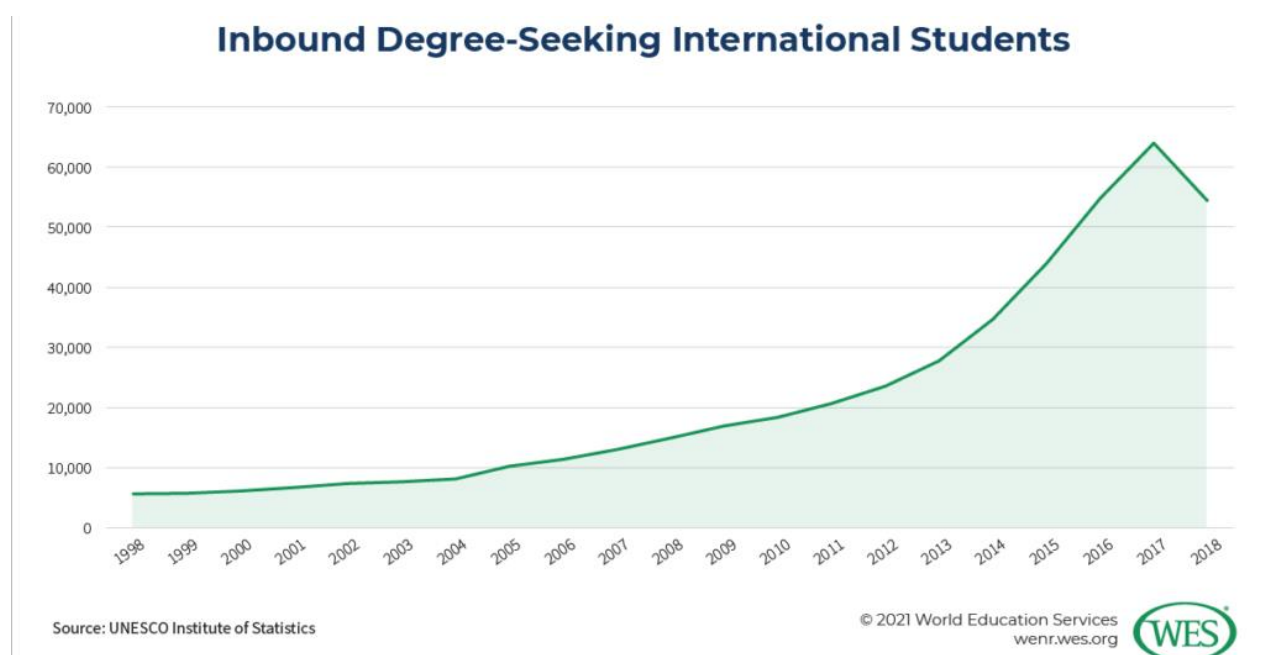
### INBOUND STUDENT MOBILITY

Historically, Poland has not been a popular destination for international students. In recent years, however, the country's shrinking domestic student population has convinced the government of the importance of international students. In 2015, the Polish Ministry of Science and Higher Education (Ministerstwo Nauki i Szkolnictwa Wyższego, MNiSW) introduced an ambitious internationalisation program aimed at doubling the number of international students studying in the country from less than 50,000 to 100,000 by 2020. To meet this goal, the ministry pledged to finance the creation of more international doctoral and post-doctoral programs and foreign language degree programs, among others. Additionally, the ministry encouraged Polish universities to team up with foreign educational institutions and hire more international faculty and lecturers.

Other initiatives have since followed. In 2017, the government established the National Agency for Academic Exchange (Narodowa Agencja Wymiany Akademickiej, NAWA) to coordinate the government's support for international student and scholar mobility and exchange and internationalisation at the country's higher education institutions. NAWA currently manages a number of scholarship and exchange programs for non-Polish students and runs the government's "Ready, Study, Go! Poland" campaign which promotes Polish higher education throughout the world.

These reforms have been successful. Between 2015 and 2018, Polish universities doubled the number of courses taught in English on offer. Polish higher education institutions also enrolled more international students in short- and long-term programs. During the 2020/21 academic year, Polish institutions enrolled 84,672 international students, an increase of over 84% since the end of the 2014/15 academic year, according to figures released by Study in Poland.

But other measures paint a slightly different picture. According to UIS data, which does not count international students on short-term mobility programs, the number of international degree-seeking students in Poland peaked at 63,925 in 2017. The next year it fell to 54,354, a decline of around 15%.

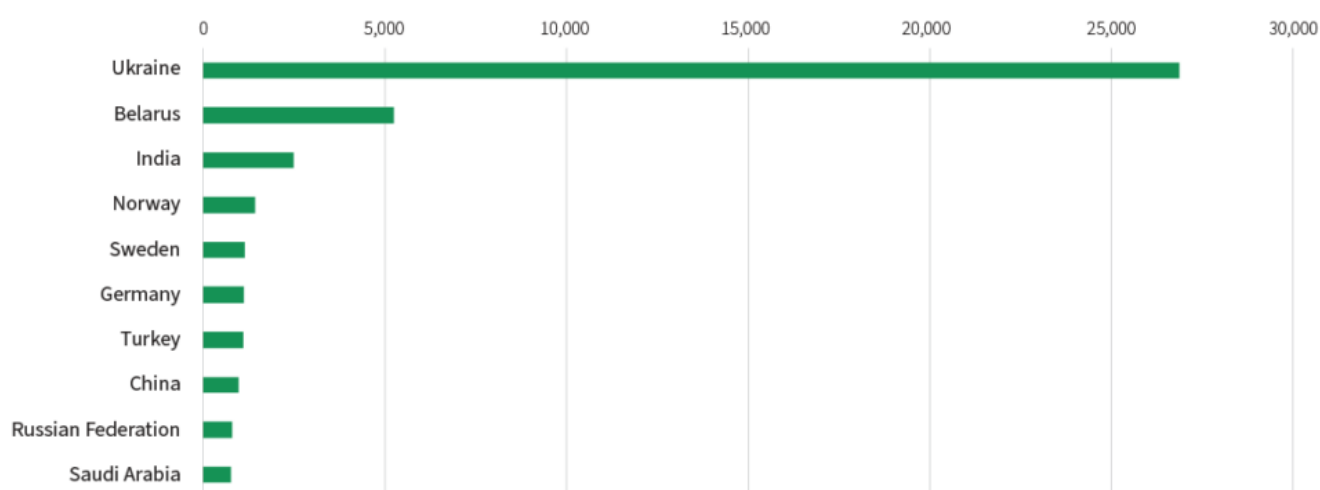


Poland's inbound mobility rate remains relatively low as well. Despite growing quickly in recent years, Poland's inbound mobility rate stood at just 3.6% in 2018, one of the lowest in Europe. In nearby

countries, such as Slovakia (8%), Germany (10%), Hungary (11%), Czechia (14%), and Austria (17%), inbound mobility rates are more than twice as high.

## Top Source Countries

### Top 10 Source Countries for International Students in Poland (2018)



Source: UNESCO Institute of Statistics

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wenr.wes.org



Ukraine is by far the largest source of international students in Poland. In 2018, the nearly 27,000 Ukrainian students in the country made up nearly half of all its international students, according to UIS data. Although the ongoing military conflict in eastern Ukraine drove a sharp uptick in enrolment, Ukrainian students have long flocked to Polish universities. In fact, Ukraine has been the largest source country of international students in Poland for the past 20 years.

Ukrainian students are attracted to Poland for a variety of reasons. Besides Poland's proximity and relatively inexpensive tuition fees and cost of living, Ukrainian students value the ability to earn a European degree as a stepping-stone to further employment in the EU.

Furthermore, the Polish government has made recruiting students from Ukraine and Belarus—long the second-largest source of international students in Poland—a priority. It funds a number of exchange programs for students from these countries, including Polish Erasmus for Ukraine and Solidarity with Belarus. The government's motivations are largely political. Both countries are members of the Eastern Partnership, a project spearheaded by Poland and Sweden to draw former Soviet republics away from Russia and toward the EU.

But there are signs that interest in Polish universities may be waning, at least among Ukrainian students. As Ukraine's economy has improved, its labour market has tightened, a development that has led some observers to predict that more Ukrainians will look for work at home rather than abroad. Also notable is growing competition from Germany for Ukrainian workers. In early 2020 Germany eased labour regulations in a bid to attract labourers from outside the EU. The Polish National Bank estimates that the new regulations could encourage a quarter of the Ukrainian workers already in Poland to head for Germany. Combined with the impact of the COVID-19 pandemic—Poland issued 44% fewer visas to Ukrainian nationals in the first half of 2020 than in same period in 2019—these factors could lead to a sharp decline in Ukrainian enrolment in Polish universities. That decline may already have begun: Between 2017 and 2018, Ukrainian enrolment in Poland fell by more than a fifth (23%).

Far fewer students from other countries study in Poland. India—the third-largest source of international students—sent 2,497 in 2018, according to UIS data. Although low compared with Ukraine’s student numbers, India’s 2018 figures represent a large increase over past years. In 2016, just 914 Indian students studied in Poland.

With demand for a medical education far exceeding the supply of seats in India, many of these students enrol in medical programs in Poland. They’re not alone. In recent years, the simple admission procedures, relatively low cost, and **perceived quality of medical education in Poland has made the country a popular destination for international students hoping to study medicine.**

Students from other European countries—such as Norway, Sweden, and Germany—are also attracted by Polish medical programs. According to a report from the German Academic Exchange Service (DAAD), over two-thirds of German students in Poland were enrolled in health and welfare programs in 2017. The report surmises that stringent admission requirements for medical programs in Germany combined with the high quality of Polish medical education make Poland an attractive study destination for German students.

More recently, Poland has been trying to attract students from Kazakhstan, which is the seventh-largest source of international students in the world. In 2018, the presidents of the Conference of Rectors of Academic Schools in Poland and the Council of Kazakhstan Universities’ Rectors signed a cooperation agreement to foster academic exchange between the two countries. NAWA and other Polish educational organisations have also sent delegations to academic fairs in Kazakhstan to promote Poland as a study destination for Kazakh students. As a result, the number of Kazakh students in Poland has grown slowly but steadily—rising from 369 in 2011 to 650 in 2018, according to UIS data.

## IN BRIEF: THE EDUCATION SYSTEM OF POLAND



*The Collegium Maius at the Jagiellonian University. The current building dates to the late fifteenth century.*

Education has a long history in Poland. The country’s first university, currently known as Jagiellonian University, was founded in 1364 by the king to train competent administrators, focusing initially on law. Even earlier, provincial schools had begun to open. Run by religious orders, these schools provided a traditional liberal arts education to the country’s political, military, and mercantile elites. Jesuit institutions spread particularly quickly. By 1773, when the papacy abolished the order (temporarily, as it turned out), Jesuits ran 66 secondary schools and countless parish schools throughout the Polish-Lithuanian Commonwealth.

The papal decision to suppress the Jesuits opened the door to one of modern Europe’s earliest experiments in the secular control of education. The same year, parliament established the Commission



for National Education, which assumed control of the institutions formerly run by the Jesuits. Granted wide-ranging authority, the commission set out to modernise education throughout the country, rationalising the country's disjointed network of schools and introducing Enlightenment ideas and principles into the curriculum. Although short-lived, the influence of the Commission, today recognised as Europe's first Ministry of Education, has been long-lasting. Polish scholars today widely acknowledge that the Commission's activities laid the foundations for the survival of the Polish language and culture during more than a century of external rule.

By 1795, the Polish-Lithuanian Commonwealth had been entirely partitioned between Austria, Prussia, and Russia, and both the Commission and the Commonwealth had effectively ceased to exist. For more than a century, these three imperial powers determined educational policy in the Polish lands under their control. While policies varied over time and place, in general, all three imperial authorities were united in their opposition to education in the Polish language, ordering that it be replaced with either German or Russian.

The long years of partition exacerbated regional educational disparities. While the introduction of compulsory elementary education (in German) nearly eliminated illiteracy in Prussian Poland by 1900, in Austrian and Russian Poland, access and achievement lagged significantly. By the end of the nineteenth century, less than a third of children in Austrian Poland were enrolled in elementary education, while in Russian Poland, nearly two-thirds of the population were still illiterate. Although the imperial borders have long since disappeared, many of the disparities remain. **Even today, educational achievement, economic output, and even political views continue to vary widely across the old imperial borders. (Psychic barriers!)**

Poland finally regained its independence at the end of the First World War, as all three occupying empires collapsed. In the following two decades, the Polish government leaned heavily on the education system to instil a sense of national unity. It funded the expansion of the country's network of elementary and secondary schools, and to a lesser extent higher education institutions. By the time of Germany's invasion in 1939, these efforts had reduced illiteracy throughout the country to just 15%.

After the Second World War, the influence of imperial powers in Poland again grew. Although spared outright annexation, Poland remained a tightly controlled satellite of the Soviet Union for more than four decades. During that time, the education system was overhauled in an attempt to reshape the minds of the country's population. Administration was tightly centralised, religious instruction was quickly banned, and academic freedom was sharply curtailed. In classrooms throughout the country, courses in Marxist-Leninist ideology and the Russian language were made compulsory.

### Education in Poland Today

Later events were to show the ineffectiveness of efforts to reshape the minds of Poland's children. In 1989, partially free elections led to the overwhelming defeat of Poland's long-ruling Communist Party, inaugurating a new era in Polish education.

Changes to the education system made in the 1990s and 2000s were largely aimed at aligning Poland's education system with the EU. Poland was among the initial signatories of the Bologna Declaration in 1999; in 2010, it became one of the earliest members of the European Higher Education Area (EHEA). In line with wider European projects, Poland also adopted a Lifelong Learning Strategy, aimed at ensuring that education would be available to all its citizens at every stage of their life.

Significant domestic reforms accompanied this realignment. Poland legalised the establishment of private educational institutions, embarked on a partial administrative decentralisation, and gradually expanded the autonomy of teachers and professors. Poland also quickly introduced Bologna-style first- and second-

cycle programs as well as external examinations to assess the competence of students at general and vocational secondary schools. In 1999, Poland also revised the structure of school education, replacing the 8+4 model with a 6+3+3 model.

Since the victory of the PiS in the 2015 elections, reforms have moved in the opposition direction, with changes to the elementary and secondary curricula highlighting the heroic achievements of Poland's past and minimizing topics at odds with PiS ideology. At the higher education level, reforms introduced in 2018 changed the composition of university councils in a way that critics contend will increase the ability of politicians to interfere in university affairs.

Other changes have been more politically mundane. Besides the reintroduction of an 8+4 model at the elementary and secondary level, they have brought vocational education into closer alignment with the country's formal education system and the needs of employers. Other reforms have revised the national standards for doctoral programs and the institutions that offer them.

## ADMINISTRATION OF THE EDUCATION SYSTEM

Since 1999, Poland has been divided into three principal administrative levels: 16 provinces or voivodeships (*województwa*), 314 districts (*powiaty*), and 2,478 communes (*gminy*). Provinces, the highest-level division, are administered by governors appointed by the prime minister.

Reforms have partially decentralised the administration of education. Currently, local authorities assume primary responsibility for establishing and administering schools offering pre-elementary to secondary education: communes for nursery and elementary schools and districts for secondary schools. Provinces, through Regional Education Authorities (*kuratorzy oświaty*), supervise teaching methods and practice at these schools.

The central government and its subsidiary agencies develop and coordinate national education goals and policies. Until recently, two central educational ministries shared these responsibilities: the Ministry of National Education (Ministerstwo Edukacji Narodowej, MEN), which supervised preschool, elementary, secondary, and vocational education; and the Ministry of Science and Higher Education (Ministerstwo Nauki i Szkolnictwa Wyższego, MNiSW), which oversaw higher education, including scientific research and the training of doctoral students.

However, at the start of 2021, these two ministries were merged into a single entity, the Ministry of Education and Science (Ministerstwo Edukacji i Nauki, MEiN). Two subunits of MEiN, the Department of General Education (Departament Kształcenia Ogólnego, DKO) and the Department of Higher Education (Departament Szkolnictwa Wyższego, DSW), assumed the responsibilities of the two previous ministries. The government hopes that the consolidation will reduce bureaucratic hurdles, increase efficiency, and promote intradepartmental collaboration and coordination.

The central government is also the primary funder of education, providing about 89% of funding at the elementary and secondary level and 81% at the higher education level, both well above OECD averages. As a result, although regulations permit the establishment of private institutions, public institutions tend to dominate the educational landscape. At the elementary and secondary levels, public schools vastly outnumber private schools and enrol the majority students. At the higher education level, while private institutions outnumber public, public institutions enrol more students overall and are typically viewed more positively by the general population.

# Teacher education in Poland (1970–2024): policy development, legislation, and period-specific challenges

<https://www.tandfonline.com/doi/full/10.1080/02607476.2024.2413457#abstract>

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17 October 2024

## ABSTRACT

This paper aims to provide a comprehensive analysis of the evolution of teacher education in Poland from 1970 to 2024, detailing socio-political and economic changes that have shaped educational policies. The study uses a historical and policy analysis approach, examining legislative documents, policy developments, and educational outcomes across three distinct periods – Socialist Era (1970–1989), Transition and Integration Era (1990–2004), and Modernisation and Reform Era (2005–2024). During the Socialist Era, centralised control and ideological rigidity resulted in a uniform system. Policy changes aimed to align education with socialist principles, often at the expense of flexibility and creativity. The Transition and Integration Era saw significant reforms driven by Poland's move towards a market economy and European Union integration. This period focused on decentralising the education system, improving teacher qualifications, and aligning with European standards, though it faced challenges such as resource disparities and resistance to change. In the Modernisation and Reform Era, efforts have focused on improving teacher education quality through modernisation and adopting international best practices. There has been an emphasis on innovation, technology integration, and lifelong learning. Despite progress, issues like equitable resource distribution and the relevance of training programmes persist. The paper concludes with recommendations for further decentralisation, better resource allocation, continuous professional development, and integrating innovative teaching methods. These recommendations aim to guide future policy and enhance the effectiveness of teacher education in Poland. Implications for research include exploring the impact of these reforms on teacher effectiveness, policy adaptation, and practice improvement in education.

## Introduction

Teacher education is a fundamental pillar of any educational system, having a direct impact on the quality of teaching and learning (Livingston Citation2023; Mifsud Citation2023). It faces global challenges that are mutually concerning to educators around the world (Goodwin, Madalińska-Michalak, and Flores Citation2023), and the challenge of continually reforming its programmes and operations, addressing issues such as the difficulty of improving teachers' professional skills due to contextual factors, a limited understanding of teaching and teacher education, and the disconnection of many universities from practical school settings (Akiba and LeTendre Citation2017; Tatto Citation2015). Various reform strategies have been suggested, including a focus on effectiveness through performance management, promoting innovation and choice by encouraging competition, integrating training within the school environment, and continuously improving teacher education by refining existing practices. However, no single approach or combination of strategies has been able fully to meet the aspirations for high-quality teaching and teachers or the governmental expectations for ongoing improvements in school student progress and achievement (Lee and Day Citation2016, p. 2–13).

By reviewing and analysing a nation's teacher education system, we assess what teachers need to know, what skills they should possess, and how they should be inclined, effectively to shape the future adult citizens of society over the next ten to twenty years. Teacher education reflects a society's vision for its future, symbolising its core values. This realisation has likely made teacher education a focal point of political interest in numerous countries (Menter Citation2022, p. 96).

In Poland, the evolution of teacher education over the past five decades reflects broader socio-political and economic transformations that have shaped the country's educational landscape. These changes have been driven by shifts in political ideologies, economic restructuring, and efforts to integrate with global

educational practices. As a result, the development of teacher education in Poland can be divided, as it will be shown in this paper, into three distinct phases, each marked by unique policy developments and reform challenges (Hejnicka-Bezwińska Citation2008; Madalińska-Michalak Citation2023). From the centralised, ideologically driven policies of the socialist era to the sweeping reforms of the transition period and the modernisation efforts of the 21st century, each phase has introduced distinct challenges and advancements in teacher education.

This paper aims to provide a comprehensive analysis of the evolution of teacher education policies and reforms in Poland. By examining the impact of legislative changes and policy development across three distinct historical periods, the paper seeks to highlight how these factors have shaped the development of teacher education. The analysis will explore key challenges and achievements within each period, offering insights into the historical, political, and economic contexts that influenced educational practices. This approach provides a detailed examination of significant policies and reforms affecting teacher education during each period, highlighting how these changes have influenced the field. Finally, based on the historical analysis and current challenges, implications for future policy and practice, and suggestions for further research are outlined.

The documentary and materials foci of the analysis are the official regulations constituting the shape and functioning of the education system, available data sets relating to the education system in Poland, as well as scientific reports and analyses relating to the state of the Polish education system.

(Refer to the website for full version)

## Summary and conclusions

The evolution of teacher education in Poland from 1970 to 2024 reflects the broader socio-political and economic transformations that have shaped the country's educational landscape. The analysis of the three distinct phases – the Socialist Era and Transition, and the Integration Era, and the Modernisation and Reform Era – reveals significant shifts in policy development, legislative changes, and the resulting challenges and achievements. During the Socialist Era, centralised control and ideological rigidity ensured uniformity but stifled creativity and innovation in teacher education. The subsequent Transition and Integration Era saw rapid reforms aimed at decentralisation and alignment with European standards, though these changes brought challenges such as resistance to change and inadequate funding. The Modernisation and Reform Era focused on quality improvement and integrating international best practices, promoting innovation and the use of technology in education.

During the Socialist Era, centralised control and ideological rigidity ensured uniformity but stifled creativity and innovation in teacher education. The 1989 report 'Education as a National Priority' identified critical issues within this system, such as its inability to adapt to rapid economic, social, and cultural changes, the crisis in educational roles due to a focus on information transmission and collective education, and the narrow vocational education system that primarily prepared workers for state-owned industrial jobs. Additionally, there were significant disparities in access to education and low completion rates for secondary and higher education.

The subsequent Transition and Integration Era saw rapid reforms aimed at decentralisation and alignment with European standards. These changes were driven by the need to adapt the education system to new constitutional provisions and state reforms. This period emphasised the importance of establishing closer links between schools, families, and local communities. However, these reforms brought challenges such as resistance to change, inadequate funding, and the difficulty of balancing state control with academic freedom.

The Modernisation and Reform Era focused on quality improvement and integrating international best practices, promoting innovation, and using technology in education.



Key lessons from these phases include the importance of continuous professional development, the integration of international best practices, and the necessity of addressing resource disparities and policy execution challenges.

Future reforms should aim to further decentralise education, enhance resource allocation, and promote lifelong learning for teachers. Emphasising the integration of technology, especially the application of artificial intelligence (AI) in educational context (see: Recommendation CM/Rec ([Citation2019](#)) 10 of the Committee of Ministers to member States on developing and promoting digital citizenship education), and fostering innovation will be crucial for developing a more flexible and responsive educational environment. By building on the lessons learned from past experiences, Poland can continue to improve the quality and effectiveness of its teacher education system, ultimately benefiting the broader educational landscape.

In conclusion, the historical analysis and current challenges highlight the complexity of reforming teacher education in Poland. Future policy and practice should focus on decentralisation, resource enhancement, and lifelong learning. Further research should explore the impacts of technological integration and innovative practices on teacher education to ensure continued progress in this critical area.

# Mass Formation Psychosis

## Lost and confused!



Feelings First with Mind to follow in support.

COMMERCIAL IN CONFIDENCE

# Psychic Barriers

Within and throughout any community, we have personalities at all levels on Dr David Hawkins' Map of Consciousness (MoC) scale as of a consequence of the levels of consciousness of their parents own childhood upbringing. Thus the psychic barriers throughout a family are generational. Through childhood suppression we become the level of consciousness of one or the other of our parents.

**MoC scale around 100:** This is survivalist living. To do nothing more than what is necessary to live. It is a continuation of how one's ancestors have lived for many generations before us. Even though being aware of modern developments and practices, one continues with beliefs and practices of hundreds and thousands of years ago. No amount of governmental money can improve our life experiences until we personally move to step away from traditions and improve our potential through personal development.

**MoC scale around 200:** Religions introduced over the past 2,000 years may be embraced and have raised consciousness but little is being achieved other than a neutrality in the way one may be living. Living mind-centric prevails. Humanity overall is calibrating around 220 MoC.

**MoC scale around 300:** Open and free feelings orientated education for all ages and aspirations. Free in cost and free from controlling agendas. Such scenarios over time bring about societal evolutionary growth and instils economic growth and enhanced standards of living. Those of higher levels need to be managers. However, feelings are not presently part of any curriculums.

**MoC scale around 400:** Leadership unfolds that bring about the dynamics to provide global development and prosperity.

**MoC scale around 500:** Until societies recognise that we are to live feelings first having our minds in support of what our feelings are drawing our attention to then very few will grow in consciousness higher than 499 MoC as at that level is the peak that our minds can grow.

Within any group of people all of these levels can exist, living side by side. At each of these levels, what is to be provided is awareness specifically to open the pathway for growth and development to aspire to higher levels of consciousness. It is always for the individual to decide if and when they will seek to embrace their further growth and development. No one can grow or develop consciousness of another.

In recent times, governments have frequently imposed fees upon students engaging in higher education only to find stagnation returning to productivity growth. A counter-productive step for their societies.

Psychic barriers are impositions imposed upon us all to retard and restrain our growth in consciousness and development for the agendas of controlling influences that are now no longer. However, it is up to each of us to recognise our way forward and that is through writings like this.

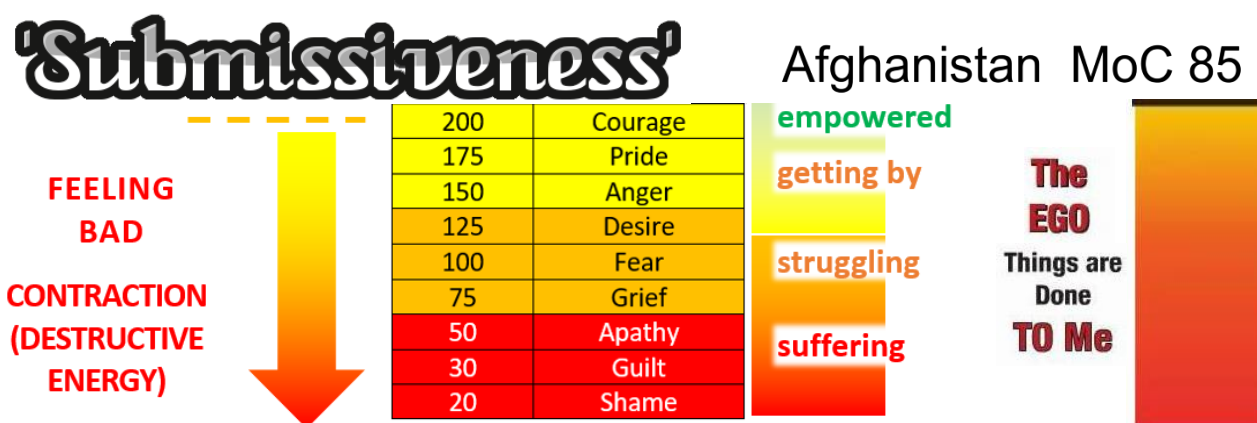
The benefits of living Feelings First will over time address ALL of the social ills throughout society and open the pathway for infinite growth in one's level of consciousness. This is our destiny!

As we 'learn by doing', artificial intelligence is not engaged in the preparation of a Pascas Paper. Further, as the Pascas Papers are 'layered', that is through multiple slow readings more becomes revealed to the reader with each re-reading. Speed reading degrades the reader's comprehension of what is contained herein.

# Poland Psychic Barriers

## 'Submissiveness'

Things are done to me – submissiveness. Submissiveness refers to the trait of being willing to yield to the will of another person or a superior force. It is characterised by tendencies to obey or be obedient, often in a humble or unresisting manner. This may empower those whose addiction to control is suppression of others.



Map of Consciousness illustration based on the model created by Dr David R Hawkins

Raising our level of consciousness requires constant commitment. Especially on the lower levels, great effort is required to progress from one level to the next. And below courage, help from others is most often necessary.

While it can seem difficult to progress on the Map of Consciousness (MoC) the effort is always worthwhile.

**The progression from one level to another can radically change and improve your entire life.** All your worries and anxieties from the previous level will seem comical.

Sometimes you temporarily experience a higher level of consciousness and this is a good indicator of where you must go next. Moreover, these moments of clarity can keep us on track and committed to the process.

**But be aware a lower level might cloud the memory of a higher level.**

**The most important thing each of us can do in life is to raise our individual level of consciousness.** When we raise our own level, we do not only spread this level to those around us but also the whole world. And you might even be the catalyst for another person's progression to a higher level. Even one drop raises the level of the sea.

Furthermore, when every one of us is working to raise our individual level of consciousness the progression from one level to another will require less effort and be much faster for everyone.

**Just imagine how incredibly different the world would be if everyone were at the level of acceptance.** According to Hawkins, 78% of the people on Earth are still below courage.



# 'Submissiveness'

## Things are Done **TO Me**

Suppressive Regimes thrive in environments where the populous is submissive:

|                                    |                   |     |
|------------------------------------|-------------------|-----|
| Houthi Rebels thrive in Yemen      | MoC of the people | 160 |
| Hamas thrive in Gaza Strip         |                   | 130 |
| Hezbollah thrive in Lebanon        |                   | 130 |
| Taliban now governing Afghanistan  |                   | 85  |
| Sudanese guerrillas in South Sudan |                   | 140 |
| Ukraine                            |                   | 140 |
| Kim Jong Un in North Korea         |                   | 175 |

Consider other places of instability:

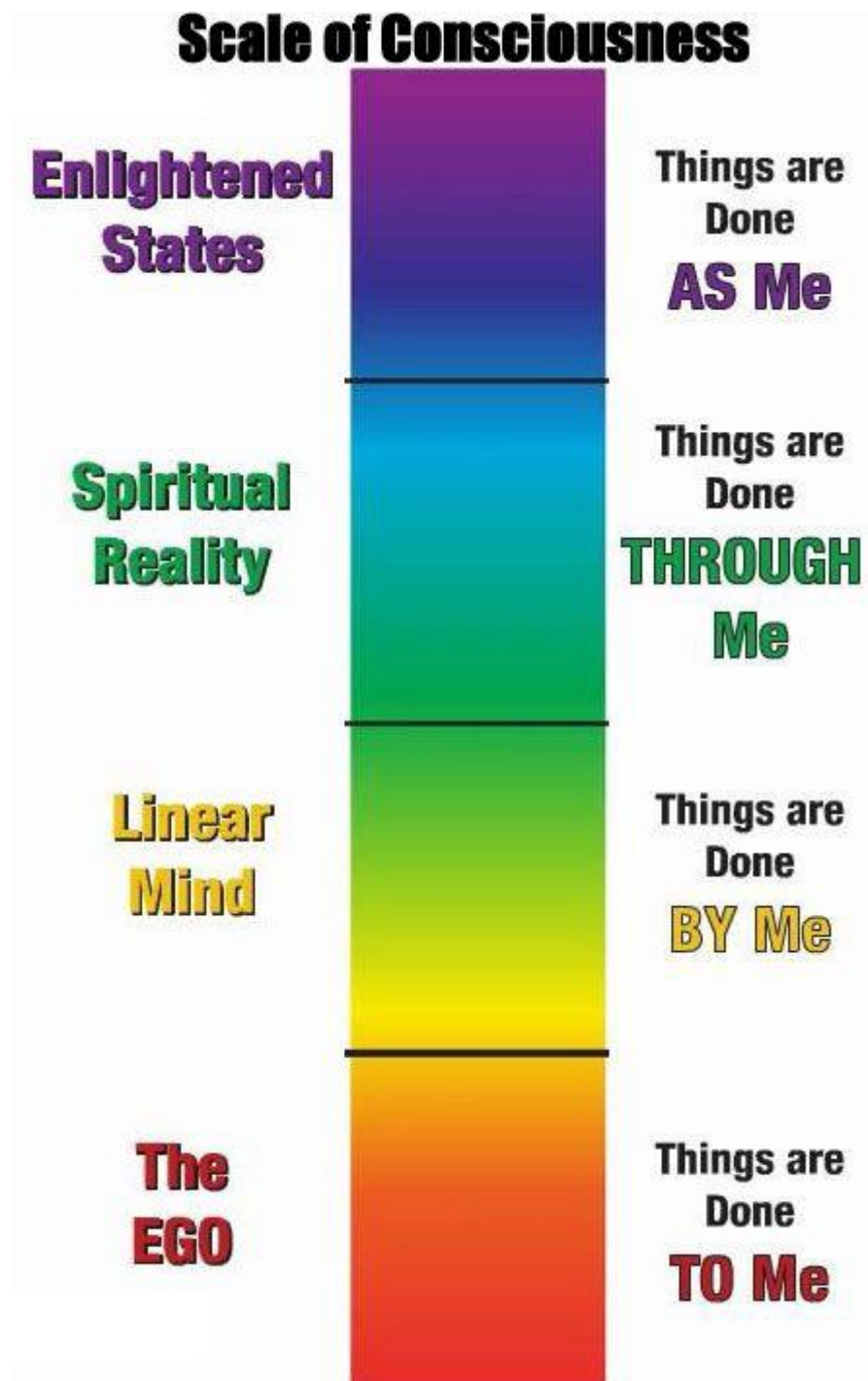
|                              |           |
|------------------------------|-----------|
| Syria                        | 160       |
| Iran                         | 190       |
| Iraq                         | 120       |
| Haiti                        | 80        |
| Central African Republic     | 80        |
| Angola                       | 80        |
| Democratic Republic of Congo | 40 etc... |

## 'Submissiveness'



Map of Consciousness illustration based on the model created by Dr David R Hawkins

Until the focus is upon assisting these and similar populations to significantly lift their personal levels of consciousness, radical and suppressive control centric leaders will continue to cause great harm as their own view on life is harmful to others. Feelings orientated open and free universal education is the gateway.



**TEACHING is the Paramount Profession !**

# Psychic Barriers of: Traditions, Customs and Norms

Why is our heritage such a barrier to our evolutionary growth and prosperity? Why do we experience continuation of repetitive cycles of conflict, disease and food insecurity, amongst the array of difficulties?

When we are conceived our soul condition is in a perfect natural love state. As per Dr David R Hawkins' Map of Consciousness, that is a calibration near to 1,000 on his scale. By the time we are six years of age we are calibrating at the level of one or the other of our parents, should they be calibrating differently on the Map of Consciousness (MoC). In this way, the consciousness level of humanity remains stagnant!

Presently, the overall consciousness level of Earth's humanity is around MoC 220.

## Psychic Barriers of Traditions, Customs and Norms

### Worldwide Level of Consciousness based on the Map of Consciousness

|                                                                                                                   |     |
|-------------------------------------------------------------------------------------------------------------------|-----|
| see Power vs Force by Dr David R Hawkins                                                                          | MoC |
| 6,000 years ago                                                                                                   | 72  |
| At the time the Vedas were written                                                                                | 74  |
| At the birth of Buddha                                                                                            | 91  |
| Prior to the conception of Jesus of Nazareth                                                                      | 101 |
| After the birth of Jesus of Nazareth                                                                              | 147 |
| When Christ was taken from the cross                                                                              | 148 |
| At the Last Supper                                                                                                | 150 |
| At the death of the last apostle                                                                                  | 182 |
| At the birth of Charlemagne                                                                                       | 182 |
| In 827 AD (at the death of Charlemagne)                                                                           | 190 |
| When Abraham Lincoln took office as President                                                                     | 190 |
| Lincoln was shot and killed                                                                                       | 193 |
| 1944: birth of almost 200 Homo-Spiritus children                                                                  | 194 |
| 1987: At the time of the Harmonic Convergence but not necessarily related to it, consciousness of humanity jumped | 207 |
| 2020: Revelations including Feeling Healing                                                                       | 220 |

Around 200,000 years ago, high level spirits influenced Earth's humanity to live mind-centric, to ignore and suppress their feelings. As women are closer to their feelings than men, they also induced men to make women subordinate to them.

As our minds are unable to discern truth from falsehood, that our minds are addicted to untruth, and that our minds are also addicted to control over our environment and others, humanity has stagnated in evolution and growth as a consequence. To understand more precisely what difficulties come to us through being mind-centric is this observation. Assumptions are generated through our minds – the error rate of an assumption is 98%, with the other 2% being flukes! When we 'think' about something, we are engaging our minds – the consequences are further errors – along the lines of 'assumptions'.

While we live mind-centric we are living against our truth, our soul-based truth, which is living against our feelings which is our soul-based truth. We are our feelings! While we are denying our feelings we

are rejecting our true parents, our Heavenly Mother and Father! We are living in a self-evolved hell while we avoid our feelings and truth.

While we avoid our truth, our soul-based feelings, we are disrupting the soul-light that circulates from our soul through our spirit body and then physical body and its return. This disruption generates all the discomforts, pains, illness and diseases that we experience during our whole physical life. The foundations of our life experiences are disrupted throughout our childhood forming years, from conception through to the age of six years – this is our Childhood Suppression. No-one missing out!




It is our Childhood Suppression that degrades our consciousness to that of our parents and carers. Thus generation after generation is a mirror of the prior generation.

From the table above we can see that from the time of the last living Apostle of the Creator Daughter and Son, Mary Magdalene and Jesus, all the way through to the second half of the twentieth century, until the late 1980s, Earth's humanity has stagnated at around 190 on the Map of Consciousness, that is almost 2,000 years of no progress in consciousness worldwide! Recently, technology has made great progress in developments – we now can annihilate each other by pushing buttons! This we can do in multiple ways!

| <b>Correlation of Levels of Consciousness – Soul Condition – and Society Problems</b> |                             |                        |                                    |                            |
|---------------------------------------------------------------------------------------|-----------------------------|------------------------|------------------------------------|----------------------------|
| <b>Level of Consciousness</b>                                                         | <b>Rate of Unemployment</b> | <b>Rate of Poverty</b> | <b>Happiness Rate “Life is OK”</b> | <b>Rate of Criminality</b> |
| 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%                      |

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

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

This simple chart is the collation of many separate worldwide assessments of the levels of factors relating to life experiences and quality of life of the citizens of each country and territory worldwide.

The Map of Consciousness (MoC) was developed by Dr David R Hawkins and published in his book, Power vs Force was first published in 1995 after twenty years of investigation.

MoC 100 is the level of consciousness relating to the world's humanity living before the time of Jesus of Nazareth and Mary Magdalene 2,000 years ago.

MoC 190 is the level of consciousness prevailing since the life of Jesus and Mary until the late 1900s.

MoC 220 is the level of consciousness of humanity around 2020 as a change in Ages is unfolding.

The higher the level of consciousness, then the higher the level of truth prevailing and love.

**Note:**

The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.

A calibration increase of 1 point is in fact a 10 fold increase in energy.

A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.

Thus the energy differentials are in fact enormous!

Let us look at the effects of level of consciousness:

|         |                  |            |                               |
|---------|------------------|------------|-------------------------------|
| MoC 100 | income is around | US\$8,000  |                               |
| MoC 200 | income is around | US\$16,000 |                               |
| MoC 300 | income is around | US\$32,000 |                               |
| MoC 400 | income is around | US\$64,000 | Note the doubling of incomes! |

|         |                 |          |                                              |
|---------|-----------------|----------|----------------------------------------------|
| MoC 100 | life expectancy | 67 years |                                              |
| MoC 200 | life expectancy | 72 years |                                              |
| MoC 300 | life expectancy | 77 years |                                              |
| MoC 400 | life expectancy | 82 years | Note 5 years increment with each 100 points! |

|         |                 |     |                                      |
|---------|-----------------|-----|--------------------------------------|
| MoC 100 | happiness index | 4.5 |                                      |
| MoC 200 | happiness index | 5.0 |                                      |
| MoC 300 | happiness index | 6.1 |                                      |
| MoC 400 | happiness index | 7.1 | Note .0.5 added, then 1.1, then .1.0 |

|         |                 |      |                                        |
|---------|-----------------|------|----------------------------------------|
| MoC 100 | education index | .500 |                                        |
| MoC 200 | education index | .610 |                                        |
| MoC 300 | education index | .740 |                                        |
| MoC 400 | education index | .890 | Note .110 added, then .130, then .150! |

There are a number of additional worldwide surveys all leading towards the following understandings:

Open and free feelings orientated education is leading towards humanity progressing into the 400s MoC but not beyond 499 MoC.

While we focus upon living mind-centric then we cannot progress beyond MoC 499!

By aspiring to live feelings first having our mind follow in support of our feelings, and then embracing our Feeling Healing, also by longing for and receiving Divine Love, the Love of our Heavenly Mother and Father, then we are soul healing, our progression on the Map of Consciousness chart is infinite!

Those of us who heal ourselves of what we personally have taken on of the Rebellion and Default, we then have NO NEED to experience physical discomfort, pain, illness or disease. Thus we are addressing the underlying of all our physical ailments, all 10,000 variations identified by medical science to which they have no comprehension as to how a 'cure' may be achieved! Now you do know!

As we grow in truth and love, express our feelings both good and bad, and long to know the truth behind what our feelings are drawing our attention to, then we are Feeling Healing and growing in truth and love.

As you have seen from the above chart, as we heal and grow in truth and love our quality and standard of living and life grows, step by step.

How simple could life be? We do not need the burdens of wealth and assets. We are truth seekers and that is to be found through our feelings. Our own soul based feelings are always in truth, we are each fully self-contained. All is within. All we need do is to recognise that our feelings are to lead us in our growth and development of love.

**WE ARE Truth Seekers**

| <b>WORLDWIDE relationship of MoC calibration with Life Experiences</b> |                                      |                    |                                                                      |                                |                        |                        |                               |
|------------------------------------------------------------------------|--------------------------------------|--------------------|----------------------------------------------------------------------|--------------------------------|------------------------|------------------------|-------------------------------|
| <b>MoC</b>                                                             | <b>No. of Countries+ Territories</b> | <b>Average MoC</b> | <b>Average Life Expectancy</b>                                       | <b>Human Development Index</b> | <b>Happiness Index</b> | <b>Education Index</b> | <b>Per Capita Income 2021</b> |
| <b>500+</b>                                                            | <b>NONE</b>                          |                    | <b>Living Mind-Centric imposes a ceiling of 499 MoC on humanity!</b> |                                |                        |                        |                               |
| <b>400s</b>                                                            | <b>22</b>                            | <b>405</b>         | <b>82.2</b>                                                          | <b>0.924</b>                   | <b>7.1</b>             | <b>.890</b>            | <b>US\$63,032</b>             |
| <b>300s</b>                                                            | <b>71</b>                            | <b>343</b>         | <b>77.2</b>                                                          | <b>0.794</b>                   | <b>6.1</b>             | <b>.741</b>            | <b>US\$30,154</b>             |
| <b>200s</b>                                                            | <b>50</b>                            | <b>251</b>         | <b>72.7</b>                                                          | <b>0.676</b>                   | <b>5.3</b>             | <b>.610</b>            | <b>US\$16,560</b>             |
| <b>100s</b>                                                            | <b>59</b>                            | <b>147</b>         | <b>68.8</b>                                                          | <b>0.623</b>                   | <b>4.8</b>             | <b>.551</b>            | <b>US\$9,799</b>              |
| <b>Below 100</b>                                                       | <b>14</b>                            | <b>74</b>          | <b>65.3</b>                                                          | <b>0.565</b>                   | <b>4.4</b>             | <b>.501</b>            | <b>US\$6,377</b>              |
| <b>WORLD</b>                                                           | <b>216</b>                           | <b>220</b>         | <b>73.3</b>                                                          |                                |                        |                        | <b>US\$17,110</b>             |

| <b>WORLDWIDE relationship of MoC calibration with Life Experiences<br/>Median Age of Population &amp; Urban Slum Population</b> |                                      |                    |                                |                                      |                                              |                               |
|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|--------------------|--------------------------------|--------------------------------------|----------------------------------------------|-------------------------------|
| <b>MoC</b>                                                                                                                      | <b>No. of Countries+ Territories</b> | <b>Average MoC</b> | <b>Average Life Expectancy</b> | <b>Medium Age of Population 2021</b> | <b>Urban Population Living in Slums 2020</b> | <b>Per Capita Income 2021</b> |
| <b>400s</b>                                                                                                                     | <b>22</b>                            | <b>405</b>         | <b>82.2</b>                    | <b>41.0</b>                          | <b>4.9%</b>                                  | <b>US\$63,032</b>             |
| <b>300s</b>                                                                                                                     | <b>71</b>                            | <b>343</b>         | <b>77.2</b>                    | <b>34.7</b>                          | <b>17.4%</b>                                 | <b>US\$30,154</b>             |
| <b>200s</b>                                                                                                                     | <b>50</b>                            | <b>251</b>         | <b>72.7</b>                    | <b>28.3</b>                          | <b>28.5%</b>                                 | <b>US\$16,560</b>             |
| <b>High 100s</b>                                                                                                                | <b>38</b>                            | <b>174</b>         | <b>70.5</b>                    | <b>25.7</b>                          | <b>33.8%</b>                                 | <b>US\$12,516</b>             |
| <b>Low 100s</b>                                                                                                                 | <b>21</b>                            | <b>119</b>         | <b>67.1</b>                    | <b>22.3</b>                          | <b>43.7%</b>                                 | <b>US\$7,081</b>              |
| <b>Below 100</b>                                                                                                                | <b>14</b>                            | <b>74</b>          | <b>65.3</b>                    | <b>20.5</b>                          | <b>56.7%</b>                                 | <b>US\$6,377</b>              |
| <b>WORLD</b>                                                                                                                    | <b>216</b>                           | <b>220</b>         | <b>73.3</b>                    | <b>30.7</b>                          | <b>&gt; one billion<br/>24.2%</b>            | <b>US\$17,110</b>             |

As average life expectancy grows, the median age of the population grows at a marginally faster rate, as does the growth in per capita income – at a higher rate. Education is the driver. The more open and freer the education system so is the higher the level of consciousness of the community and consequently all other social issues and ills are marginally and progressively mitigated. As of 2020; 56.2% of the global population now lives in cities.

There are many global surveys of numerous social observations and measures. Each of these, in their own way, reflect the Map of Consciousness scale. Conditions are better when the MoC is higher!

What is incredibly important to observe is that while we live mind-centric we do not progress beyond 499 on the Map of Consciousness. Our mind is a glass ceiling to our consciousness development and life experience. We remain retarded and subservient to hidden control, both in the visible and invisible.

# Living Mind dominated is claustrophobic and suppressive!



# The Mind presents a treacherous glass ceiling!

| <b>WORLDWIDE relationship of MoC calibration with Life Experiences</b><br><b>Pupil-Teacher ratio, Nurses Midwives per 1,000, Doctors per 1,000</b> |                               |             |                         |                             |                           |                          |                        |
|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|-------------|-------------------------|-----------------------------|---------------------------|--------------------------|------------------------|
| MoC                                                                                                                                                | No. of Countries+ Territories | Average MoC | Average Life Expectancy | Pupil-Teacher ratio primary | Nurses Midwives per 1,000 | Doctors per 1,000 people | Per Capita Income 2021 |
| 400s                                                                                                                                               | 22                            | 405         | 82.2                    | 13                          | 11.3                      | 3.9                      | US\$63,032             |
| 300s                                                                                                                                               | 71                            | 343         | 77.2                    | 18                          | 5.6                       | 2.7                      | US\$30,154             |
| 200s                                                                                                                                               | 50                            | 251         | 72.7                    | 23                          | 3.7                       | 1.4                      | US\$16,560             |
| High 100s                                                                                                                                          | 38                            | 174         | 70.5                    | 28                          | 3.1                       | 1.5                      | US\$12,516             |
| Low 100s                                                                                                                                           | 21                            | 119         | 67.1                    | 32                          | 1.8                       | 0.8                      | US\$7,081              |
| Below 100                                                                                                                                          | 14                            | 74          | 65.3                    | 41                          | 1.5                       | 0.6                      | US\$6,377              |
| WORLD                                                                                                                                              | 216                           | 220         | 73.3                    | 23                          | 3.8                       | 1.7                      | US\$17,110             |

**TEACHING is the Paramount Profession !**

| <b>WORLDWIDE relationship of MoC calibration with Life Experiences</b><br><b>General Overview</b> |                               |             |                         |                               |                       |                        |                        |
|---------------------------------------------------------------------------------------------------|-------------------------------|-------------|-------------------------|-------------------------------|-----------------------|------------------------|------------------------|
| MoC                                                                                               | No. of Countries+ Territories | Average MoC | Average Life Expectancy | Medium Age of Population 2021 | WORLD POPULATION 2021 | % worldwide population | Per Capita Income 2021 |
| 400s                                                                                              | 22                            | 405         | 82.2                    | 41.0                          | 687,989,800           | 8.8%                   | US\$63,032             |
| 300s                                                                                              | 71                            | 343         | 77.2                    | 34.7                          | 4,064,565,401         | 51.8%                  | US\$30,154             |
| 200s                                                                                              | 50                            | 251         | 72.7                    | 28.3                          | 1,069,410,500         | 13.6%                  | US\$16,560             |
| High 100s                                                                                         | 38                            | 174         | 70.5                    | 25.7                          | 744,280,000           | 9.4%                   | US\$12,516             |
| Low 100s                                                                                          | 21                            | 119         | 67.1                    | 22.3                          | 750,726,000           | 9.6%                   | US\$7,081              |
| Below 100                                                                                         | 14                            | 74          | 65.3                    | 20.5                          | 532,580,000           | 6.8%                   | US\$6,377              |
| WORLD                                                                                             | 216                           | 220         | 73.3                    | 30.7                          | 7,849,551,701         | 100.0%                 | US\$17,110             |

**Note:**

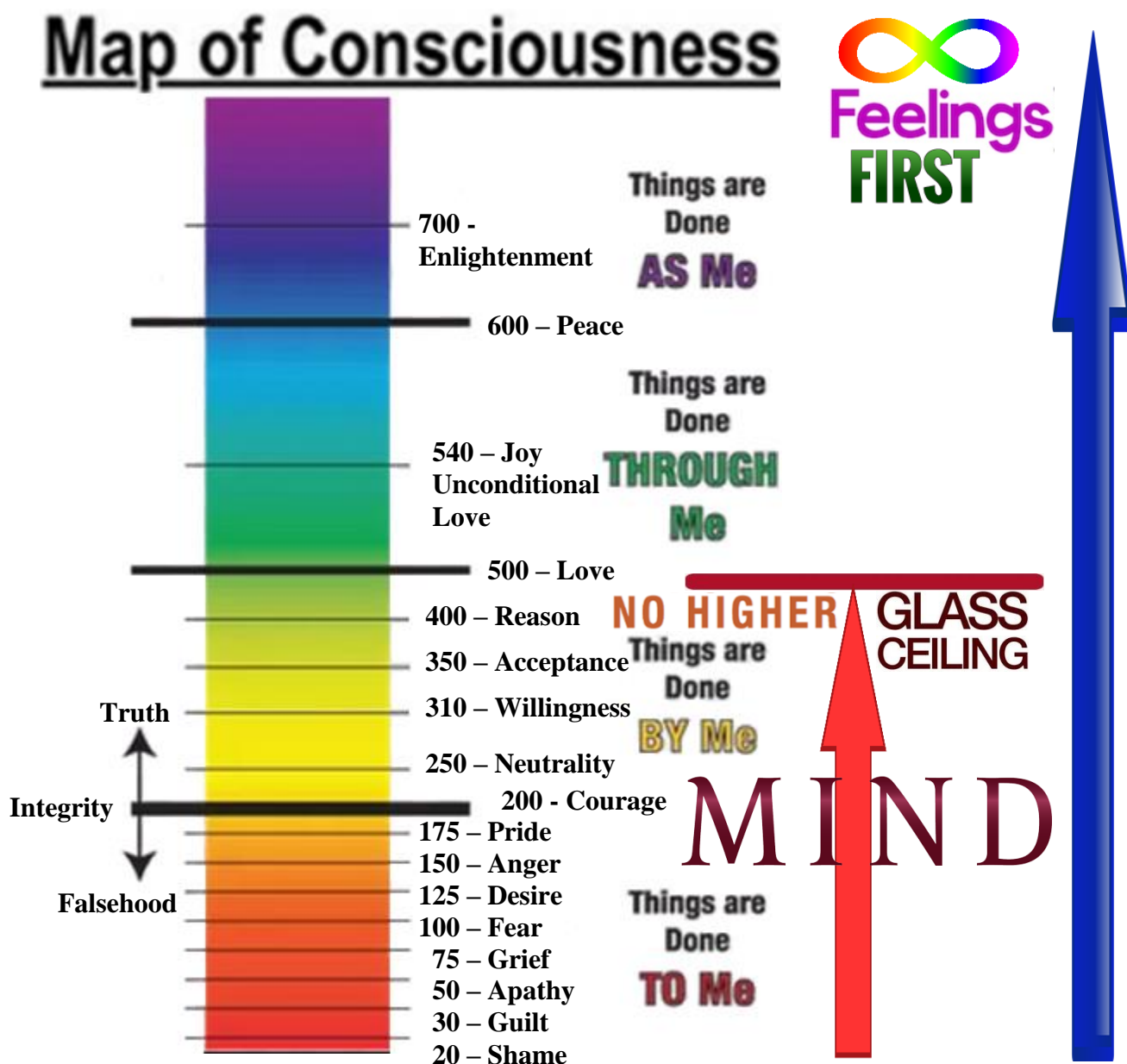
The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.

A calibration increase of 1 point is in fact a 10 fold increase in energy.

A calibration increase of 10 points is in fact a 10,000,000,000 fold increase in energy.

Thus the energy differentials are in fact enormous!





This outline of the Map of Consciousness spells out the fact that while we live Mind-Centric and ignore and suppress our Feelings we cannot pass 499 MoC. Our mind being in control, as we have all been indoctrinated to live, is a glass ceiling. Humanity cannot heal anything, cannot be spontaneous, has no intuitiveness, and is locked into living in the deep hell states. This is why people find themselves in abusive homes, domestic violence, housing stress, homelessness and gross difficulties of all kinds. This is why we are easily manipulated, embrace propaganda and are being controlled by a few.

Women are closer to their feelings and that is why the nursing profession hosts a lot of women who calibrate a little over 500. These women are the healers in hospitals.

By aspiring to live Feelings First we are each breaking the glass ceiling and opening our potentials to grow in truth and love not only to 1,000 MoC, but to infinity. This is our destiny.

As communities embrace living Feelings First and having their minds to follow in supporting what their feelings are guiding them with, then ALL of the social ills of society will begin to mitigate. Please, do you comprehend the importance of what is being shared throughout this document?

# MAP OF CONSCIOUSNESS

*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 (MoC)

### Note:

The Map of Consciousness (MoC) table is based on the common log of 10. It is not a numeric table.

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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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## **WE ENDURE FOUR LAYERS of PERSONALITY SUPPRESSION!**



Unknowingly, our parents pass onto their children (us) their beliefs and way of living that has evolved since the Rebellion, some 200,000 years ago, and then the Default, some 38,000 years ago. In this way, humanity is suppressing the female, rejecting our Spiritual Parents, namely Jesus and Mary, and denying our Heavenly Parents being our true Mother and Father, of Their truth, standing and existence.

**The Rebellion is against love, the Default is all the difficulties we have in our relationships because of our rebellion. Healing the Default is becoming true, to ourselves and in our relationships, and ending our unlovingness – our rejection of love, so ending the Rebellion.** Nanna Beth 29 June 2017



We are souls, our personality is an expression of our soul. It is our free expression of our soul through our feelings that we are to embrace and follow. This expression may appear to be wilful in nature, from time to time, and consequently our parents' attempt to suppress this expression. They proceed to remodel us when as young children, in the manner their parents treated them and so on for many generations going back.

During our forming years, as a child, we are unable to recognise the suppression of our personality as being extra-ordinarily harmful to our soul based personality and, accordingly, we don't know that things can be any other way. Presently, neither do our parents.



This childhood suppression way of living continues throughout our schooling years, thus we learn this is a way of life that is normal.

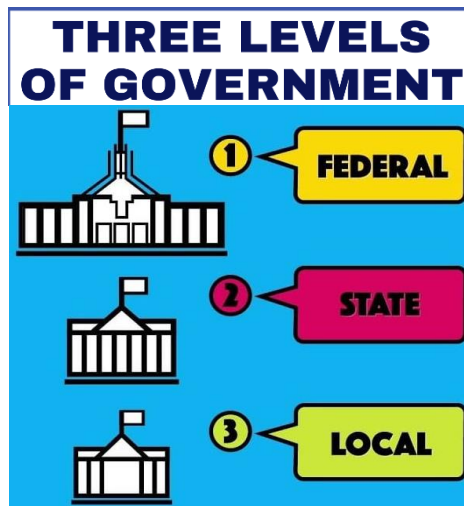
Our religions all have been formed based on the tenets of the Rebellion and Default. The teachers and leaders throughout all denominations take us further away from our suppressed feelings that have been hammered into us during our forming years, thus entrenching us further into rejecting our true selves.



The controlling and suppression mechanisms of our parents, educators and spiritual teachers all manifest throughout all of commerce. This control comes heavily and brutally down upon all levels of employment. The capability to express one's soul based attributes and gifts is sealed throughout all of one's working life.

A new way of living is to enable the liberation of one's true personality through the Feeling Healing process AND the transfer of authority to the individual via embracing freedom of expression.

## **BUT THERE ARE FURTHER LAYERS OF CONTROL!**



Federal, state and local governments impose their 'rule' upon the people that appoint them to serve these very same people!

Instead of assisting their people, governments at all levels impose restrictions and controls.

The same people who 'elect' the members of parliament do not realise that the 'nominees' are often puppets of hidden controllers.

**GOVERNMENT**

Derived from the Latin verb **Guverno, Governare** meaning **"To Control"** & the Latin noun **Mens, Mentis** meaning **"Mind"**

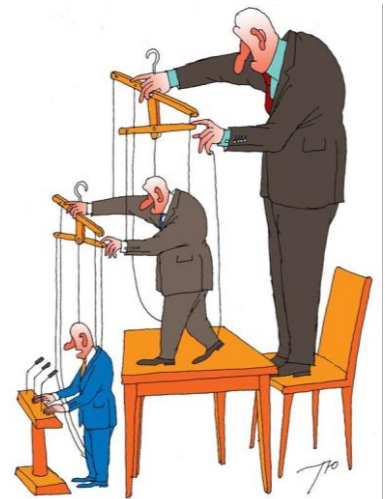
**To Control The Mind**

## **HIDDEN CONTROLLERS**



'Heads of society' are considered leaders. The 300 Bilderberg Club members are (short term) leaders throughout the world, but these are controlled by some 30 families (medium term), who are in turn are

manipulated by 12 (long term) families. All of this is managed and imposed by global secret society networks under the direction of the 12 long term families and their chairman.



# **CONTROL DISRUPT**

## **celestial Friends**

Since 31 May 1914, Celestials have been progressively introducing high level truths to humanity that have been prevented from sharing for thousands of years. From 31 January 2018, Celestials have been disrupting the hidden controllers on Earth and slowly bringing about their manipulation and suppression of Earth's humanity.

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



Great U-Turn for humanity  
now ready for Mobilisation  
22 July 2023  
Celestial soul state condition  
achieved 22 September 2024

## GOVERNMENTAL RESTRAINT upon its PEOPLE

| Nation                         | Map of<br>Consciousness<br>(MoC) | Population<br>Number<br>(2024) | Parliament                                                                 | MoC<br>(2024)            | Elected<br>Number       |
|--------------------------------|----------------------------------|--------------------------------|----------------------------------------------------------------------------|--------------------------|-------------------------|
| Afghanistan                    | 85                               | 43,400,000                     | Taliban Parliament 2021 ~<br><b>was</b> Upper 102 Lower 250                | 205                      | 0<br>352                |
| Angola                         | 80                               | 37,800,000                     | National Assembly                                                          | 220                      | 220                     |
| Argentina                      | 280                              | 46,000,000                     | Federal Parliament<br>Senators (upper house)<br>Deputies (lower)           | 310<br>320<br>300        | 329<br>72<br>257        |
| Australia                      | 410                              | 27,000,000                     | Federal Parliament<br>Senate (upper house)<br>Representatives (lower)      | 380<br>380<br>380        | 227<br>76<br>151        |
| Caribbean OECS<br>Dominica Com | 280                              | 11,000,000<br>73,400           | Government Dominica Com<br>Opposition                                      | 340<br>335               | 32                      |
| China                          | 305                              | 1,425,000,000                  | Politburo Standing Committee<br>Politburo<br>Central Committee<br>Congress | 280<br>285<br>290<br>295 | 7<br>24<br>200<br>2,000 |
| Colombia                       | 320                              | 52,200,000                     | Parliament<br>Senate<br>Chamber of<br>Representatives                      | 344<br>344<br>332        | 296<br>108<br>188       |
| Eritrea                        | 180                              | 5,800,000                      | Dictatorship                                                               | 315                      | none                    |
| European Union                 | 380                              | 451,000,000                    | Parliament                                                                 | 335                      | 705                     |
| India                          | 370                              | 1,436,000,000                  | Parliament<br>Council of States (upper)<br>House of People (lower)         | 400<br>410<br>390        | 788<br>245<br>543       |
| Indonesia                      | 220                              | 280,000,000                    | Parliament<br>Regional Rep Council<br>Peoples Rep Council                  | 288<br>295<br>280        | 711<br>136<br>575       |
| Philippines                    | 225                              | 119,000,000                    | Senate<br>Representatives                                                  | 291<br>299               | 24<br>316               |
| Poland                         | 190                              | 38,500,000                     | Parliament<br>Senate<br>Lower House                                        | 560<br>100<br>460        | 280<br>300<br>270       |
| Russia                         | 320                              | 144,000,000                    | Federal Assembly<br>Federation Council (upper)<br>State Duma (lower)       | 305<br>310<br>300        | 620<br>170<br>450       |
| Tanzania                       | 200                              | 68,800,000                     | National Assembly                                                          | 290                      | 393                     |
| Ukraine                        | 330                              | 38,000,000                     | Verkhovna Rada                                                             | 300                      | 450                     |
| United Kingdom                 | 420                              | 68,000,000                     | Parliament<br>UK House of Lords<br>UK House of Commons                     | 390<br>380<br>400        | 1,433<br>783<br>650     |
| United States of<br>America    | 405                              | 341,000,000                    | USA Congress<br>Senate<br>House of Representatives                         | 380<br>365<br>390        | 535<br>100<br>435       |
| Zimbabwe                       | 100                              | 17,000,000                     | Parliament<br>Senate (upper)<br>National Assembly (lower)                  | 260<br>260<br>260        | 360<br>80<br>280        |
| <b>World overall</b>           | 220                              | 8,100,000,000                  |                                                                            |                          |                         |



# Parliament of Poland

| Parliament of Poland<br>Parlament Rzeczypospolitej<br>Polskiej                    |                                                               |
|-----------------------------------------------------------------------------------|---------------------------------------------------------------|
| 10th term Sejm and 11th term Senate                                               |                                                               |
|  |                                                               |
| Type                                                                              |                                                               |
| Type                                                                              | Bicameral                                                     |
| Houses                                                                            | Senate (upper)<br>Sejm (lower)                                |
| Term limits                                                                       | 4 years                                                       |
| Leadership                                                                        |                                                               |
| Marshal of the Senate                                                             | Małgorzata Maria Kidawa-Błońska, PO<br>since 13 November 2023 |
| Marshal of the Sejm                                                               | Szymon Hołownia, PL2050<br>since 13 November 2023             |
| Structure                                                                         |                                                               |
| Seats                                                                             | 560                                                           |

The **parliament of Poland** is the bicameral legislature of Poland. It is composed of an upper house (the Senate) and a lower house (the Sejm). Both houses are accommodated in the Sejm and Senate Complex in Warsaw. The Constitution of Poland does not refer to the Parliament as a body, but only to the Sejm and Senate.

Members of both houses are elected by direct election, usually every four years. The Sejm has 460 members, while the Senate has 100 senators. To become law, a bill must first be approved by both houses, but the Sejm can override a Senate refusal to pass a bill.

Parliament MoC 280

Senate MoC 300

Lower house MoC 270

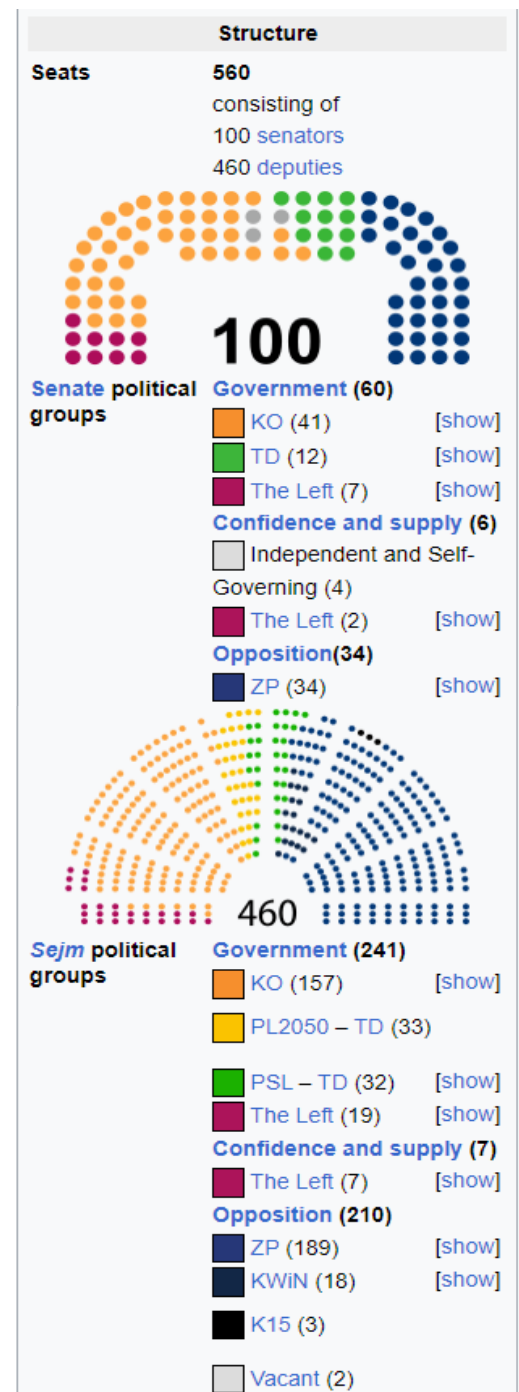
**Andrzej Sebastian Duda** is the **current President of Poland**. He is a lawyer and politician who has served as President since 2015. Prior to assuming the presidency, he was elected to the Sejm from 2011 to 2014 and European Parliament from 2014 until 2015. MoC 380



**Donald Franciszek Tusk** is a Polish politician and historian who has served as the **prime minister of Poland** since 2023, having previously held the office from 2007 to 2014. From 2014 to 2019 Tusk was President of the European Council, and from 2019 to 2022 he was the president of the European People's Party. MoC 370



Andrzej Duda is an independent politician and Donald Tusk is a member of the Civic Platform. The authoritarian Law and Justice Party (PiS) is aligned with the Catholic Church.





# Soul Partners

Physical /  
material body  
Brain

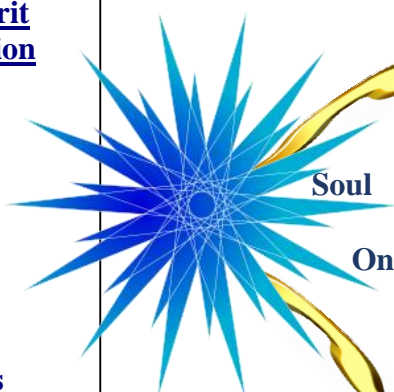
Spirit /  
etheric body  
Mind

Soul + Spirit  
Combination

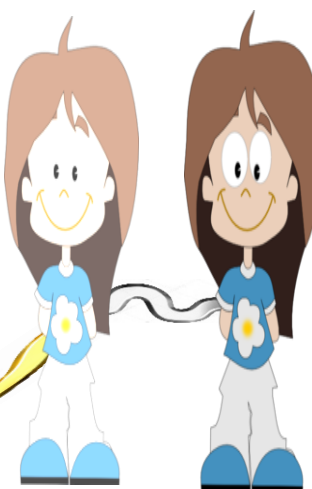
Senses  
Desires  
Memory  
Passions  
Intention  
Free Will  
Emotions  
Creativity  
Awareness  
Personality  
Aspirations  
Intelligence  
Consciousness  
The Real You  
is your Soul!  
Our Soul  
orchestrates  
everything!

## ONE SOUL = TWO PERSONALITIES

The two personalities from the one soul are eternally compatible once they are healed of their Rebellion and Default.



Soul

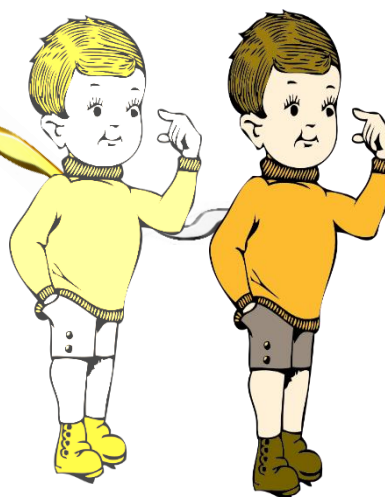


Spirit  
Body

Physical  
Body

One Soul = Two Personalities

The capabilities and potentialities of every individual personality is only limited by their childhood suppression and repression. Once we heal, then our self-expression will reveal our true selves.



I am my SOUL!

I am not my body!

I am not my mind!

# Soul Partner

Many long for and seek their soulmate / soul partner which they will find only upon completing their Feeling Healing. And should they have embraced Divine Love, becoming of a Celestial soul condition. Our soul is duplex. One soul expresses two personalities – one being female and the other male – always. There is no homosexuality on a soul level, only on a dysfunctional personality level. When each soulmate couple have respectively healed the Rebellion and Default within them, then being compatible partners for all of eternity, embark upon their joint journey (ascension) to Paradise – the home of our Heavenly Mother and Father – the Original Soul Partners!

During 2020, this account was made of soul partners of a family group who had lived close together in a small rural community in mid New South Wales of Australia. They are all now in the Celestial Heavens. More or less, the diversity of experiences and journeys may be considered typical for many billions of family personalities:

Nanna Beth's soul partner lived and worked in Western Australia's gold mining industry at the same time that Beth lived in New South Wales, Australia.

Her daughter, Marie's soul partner is a native from the Middle Eastern Kingdom of Quasoria, which no longer exists, but was on an island in the Pacific that also no longer exists. He's what you would call an ancient spirit, from three pole shifts back. (A pole shift is a cyclical event that unfolds around 12,000 to 13,000 years, the last one being more than 12,000 years ago. That suggests he may have lived on Earth some 40,000 years ago. Adam and Eve materialised on Earth more than 38,000 years ago in the Middle East, on a peninsula at the eastern end of the Mediterranean Ocean.)

Kevin, born in 1937, married Marie's eldest daughter. Kathaleen, Kevin's soulmate / soul partner was born in 1901, and is from Tennessee, USA, and is black. Kevin is white, so they are 'salt and pepper'.

Bradley, Kevin's son, suicided in 1999, and early April 2018 became Celestial. Bradley's soul partner is from the region that is now Russia – but it was not when she lived.

Raymond, Nanna Beth's grandson, died aged 23. Raymond entered the 1<sup>st</sup> Celestial Heaven in May 2018. His soulmate / soul partner had been in the Celestials for about twenty years and she was in the third Celestial Heaven sphere then. She is from northern Europe.

Benjamin John, Marie's grandson, miscarried at twelve weeks and was spirit born. His soul partner is also spirit born and they are now in the 2<sup>nd</sup> Celestial Heaven, both having had lives in the spirit Mansion Worlds that replicated living as if they were on physical Earth.

Physical incarnation (individualisation) is complete with the first heartbeat, around 16 days after conception. Reincarnation is impossible. Annually, 130 million physical births take place, 45 – 50 million abortions as well as 45 – 50 million miscarriages. Childhood deaths annually may be as high as 10 million. Thus, around 45% of all incarnations do not achieve adult life.

While we remain living within the Rebellion and Default, we are rebelling against our soul; and consequently, against our soul partner. If we were able to find our soul partner, let alone recognise him or her, we would more than likely be repulsed by each other. Upon completion of our Spiritual Healing, usually we become connected with our soul partner, and then it is so for eternity.

## **AN UPDATE on JOHN'S FAMILY MEMBERS who are from WEST WYALONG, NSW!**

30 September 2023

James: As I was reading through the list of your (John's) family, an 'update' came into my mind...  
(clarifying comments added by John)

Nanna Beth, John's grandmother, her soul-mate (soul partner) and soul-group have chosen to remain in their current important third Celestial Heaven sphere positions for the next Age. (That is, the coming Avonal Age of the next 1,000 years.)

All the Celestials (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Celestial Heavens sphere) are currently in the process of being asked what they want to do: some suggesting what they'd like to do, others choosing their assignment from what exists, some appointed to specific positions by higher authorities.

All of your family (John's family) accept your son will remain and work in time from the third Celestial sphere throughout the next Age. (Our son, Benjamin John, miscarried at 12 weeks of gestation and was subsequently spirit born in the 1<sup>st</sup> spirit Mansion World. His soul partner was also spirit born.)

Your son has moved on with his soul-group and soul-mate higher into Nebadon (our local universe containing 3,840,101 inhabited worlds), so beyond the third Celestial Heaven sphere. They 'felt the call' to move on toward Paradise rather than remain in the lower Celestials for the next Age. (When we level the 3<sup>rd</sup> Celestial Heaven and progress higher into Nebadon, we cease to connect with Earth.)

Your mum (Marie Mum) is now in the third Celestial Heaven sphere, and remaining specifically aligned with you, that's you personally, and not so much to do with greater Pascas, so helping you in your relationship with it and with all the people you come across, and with me (James).

Marjorie has crossed over into the first Celestial Heaven sphere, settling in with her forming soul-group and having met her soul-mate who just arrived a short time after she did. It is thought her soul-group will move in time to work under your mum (John's mother, Marie Mum).

Kevin (John's brother-in-law), Raymond (John's 1<sup>st</sup> cousin) and Bradley (John's nephew and son to Kevin) are all now in the second Celestial Heaven sphere, they are all aligned under your mum (Marie Mum), so working associated with you and each other, and all Pascas wants to achieve.

Kevin died 10 August 2012, through his Feeling Healing or similar process became Celestial by completing his healing and entered the 1<sup>st</sup> Celestial Heaven sphere on 7 August 2017, he is now in the 2<sup>nd</sup> Celestial Heaven sphere – September 2023.

Bradley, Kevin's son, suicided in 1999, and early April 2018 became Celestial by entering the 1<sup>st</sup> Celestial Heaven sphere, now in the 2<sup>nd</sup> Celestial Heaven sphere – September 2023.

Raymond, Nanna Beth's grandson, died aged 23. Raymond entered the 1<sup>st</sup> Celestial Heaven in May 2018, now in the 2<sup>nd</sup> Celestial Heaven sphere – September 2023.

Marjorie, John's sister, died 26 November 2020, entered the 3<sup>rd</sup> spirit Mansion World by 23 January 2021 being the first of the three spirit healing worlds (3, 5, 7). Marge had moved into the seventh spirit Mansion World around 12 April 2023. Marjorie has now crossed over into the first Celestial Heaven sphere – September 2023. Thus within 2 years and 10 months she has achieved Celestial Heaven status.

# Life After Death



## **We are more alive than ever – when we are dead!**

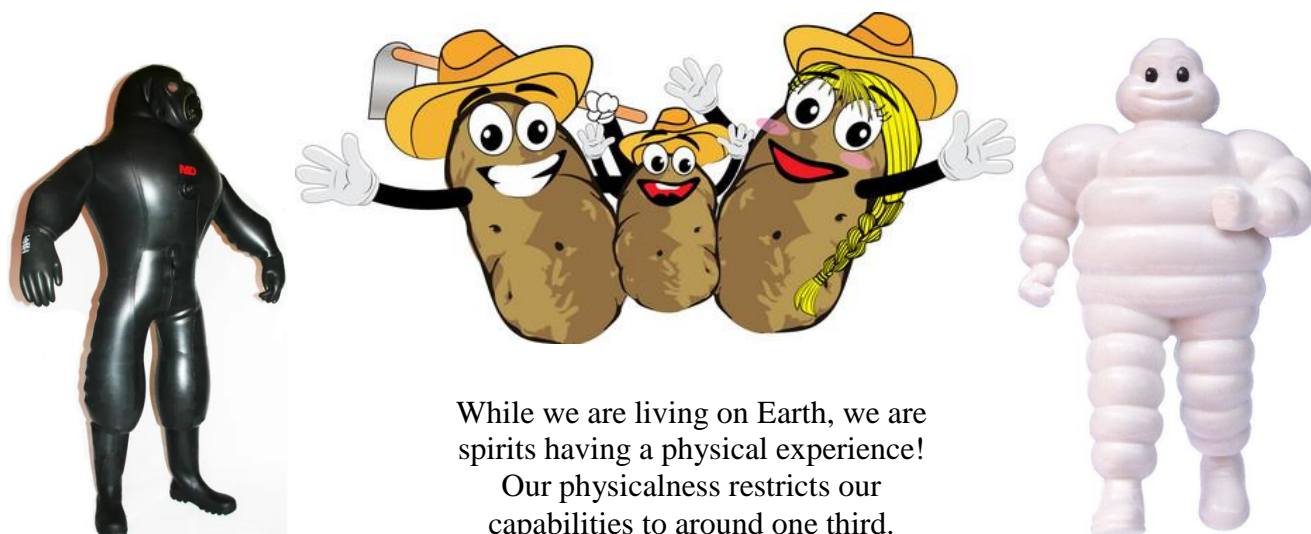
The life after death is no different in the essentials than the mortal existence.

However, our capabilities are about three fold of what it is when now as we are living in the physical.

We may come to look upon our physical body as though we are living as a potato, or maybe like we are living in and through a heavy rubber suit. Even being the Michelin man may come to mind.

Our physical brain is the interface between our spirit body mind and our physicalness, thus upon death of our physical body we lose nothing! Our personality remains as we know it and life is far more fulfilling in the spirit Mansion Worlds than living on Earth. We all arrive in the 1<sup>st</sup> Mansion World.

Every mortal gain is a direct contribution to the enrichment of the first stages of the immortal survival experience. Everything we do in this life which is good contributes directly to the enhancement of the future life – as it does now throughout our physical life! Death is definitely not to be feared, because what awaits us on the other side is a much more amenable way of life, even if it is still all within the Rebellion and Default.



While we are living on Earth, we are spirits having a physical experience!

Our physicalness restricts our capabilities to around one third.



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

*Conception is individualisation  
of our unique personality!*

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

*We perpetrate their erroneous ways!*

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

John the  
Typist



**BE FEELINGS  
EXPRESSIVE!**

# Truth is Freedom

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

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

We each are one of many voices within our communities.

We are to embrace our 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





Our  
Spirit  
Friends  
on duty



# OUT GATEWAY ISOLATION



YEAH, YOU'D  
THINK IT'D BE  
A GIVEN, BUT  
APPARENTLY  
IT NEEDS TO  
BE POINTED  
OUT TO  
AMERICANS



### **NATIONS with populations calibrating around MoC 100**

The psychic barriers to consciousness growth is their traditional adherence to family norms, customs and traditions.

Even though the populations may have embraced Christianity and/or Islam to a large extent, it is mainly a façade with traditions being mainly adhered to. The people may profess to be Christian or Muslim and practice these ways of living, however the practices of generations before prevail in their living.

Consequently the overarching way of living is survivalism with little economic development throughout the nation, poverty, homelessness and deprivation prevail. Infrastructure is in disrepair, there is inadequate health services prevailing, food supply is insecure, and potable water scarce amongst all services. The national psychic barriers of traditions that have prevailed for thousands of years remain entrenched.

### **NATIONS with populations calibrating around MoC 200**

These are nations where Christianity and/or Islam have been successful in circumventing the imposts of traditions, norms and customs of the people that prevailed more than 2,000 years ago.

From the table above, it is seen that incomes are becoming more than just survival levels and that the embryo of economic prosperity is on the horizon.

This is where the introduction of these two ways of living has contributed to a shift in consciousness, however as they are both mind-centric ways of living and controlling of their congregations, little further progress is actually unfolding for the people.

Indigenous groups can be found reflecting this progression and until THEY grasp their predicament, no amount of money is going to close the gap between their standard of living and those who have prospered through strivings to grow in truth, knowledge and wisdom through education.

### **NATIONS with populations calibrating above MoC 300**

Open and free feelings orientated education for all has led to economic prosperity that has enabled robust infrastructure, food security, safe and secure housing, sanitation and potable water that is universal throughout nations.

Open and free education means that there is no governmental control that is suppressive, religious freedom without any domination, free in cost to students, education is free from pre-school all the way through to all ages in all the forms for people to follow their passions and expressions of personality.

Presently education worldwide is mind-centric and dominated by the lecturer at the front of the room. We learn by doing and that includes tutoring others. We learn more effectively by tutoring others and expressing our feelings. Living feelings first is a spontaneous intuitive way of expression and living.

### **NATIONS with populations calibrating above MoC 500**

There are none!

The ceiling of consciousness growth is MoC 499 when mind-centricity is the way of living. Aspiring to and then Living Feelings First opens our potential to infinity. It is the way of living that we will ALL progress to – eventually!

### **Psychic Barriers are Errors within Held Beliefs**



"THE TRUTH WILL SET YOU FREE,  
BUT FIRST IT WILL MAKE YOU MISERABLE."

What hurts is the error leaving you! Psychic barriers are errors of perceived truth that can be personal, family orientated, community held, regional and even national – as these are each addressed the dislodgment and exiting of held untruth will incur discomfort as recognition of those adopted injurious beliefs and erroneous traditions will be confrontational and disturbing. When we recognise what we have held as true is actually false is a distressful experience. We each have much to express and let go of.

As we allow our feelings to arise and then long for, ask for and seek to know what is the truth behind that which our feelings are drawing our attention to, we are to express emotionally to a companion. What has entered each of us emotionally is to be talked out of us emotionally. Sounds simply, it is not. It will take a long time, but we are to do so.

**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**

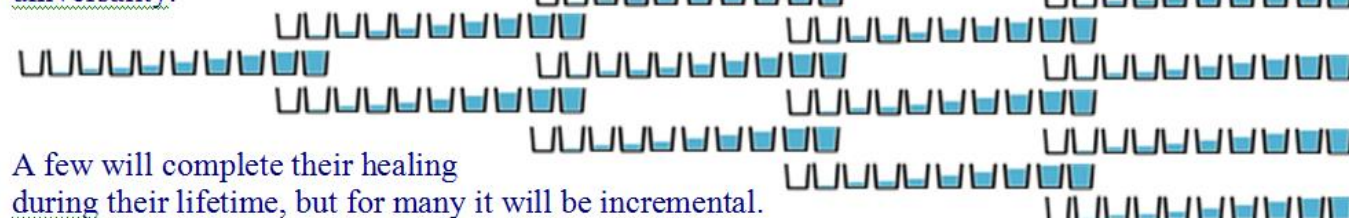
**From 8 to age 14**

**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.**

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



A few will complete their healing  
during their lifetime, but for many it will be incremental.

Psychic barriers are also emotional injuries experienced that are carried down through the generations. Thus we each have much to resolve, as well as the community and nation that we live within.

However, it is only now in the 2020s that we are becoming to understand that Childhood Suppression and our ongoing Repression is the underlying foundation of all our life's difficulties, and collectively, the issues that confound our nation and also worldwide.

We learn by doing! Speed reading does not open us up to the layers of learning throughout profound writings. Revelations of truth require multiple slow readings as their truths only reveal themselves as we absorb and experience what they are to reveal.

We learn by doing! Artificial intelligence platforms adopted are the end of possible growth in truth and love as such platforms lack any of the sensitivities that are required to be embraced and lived.

## What are the potential effects of AI on personal autonomy and decision-making processes?

<https://www.quora.com/>

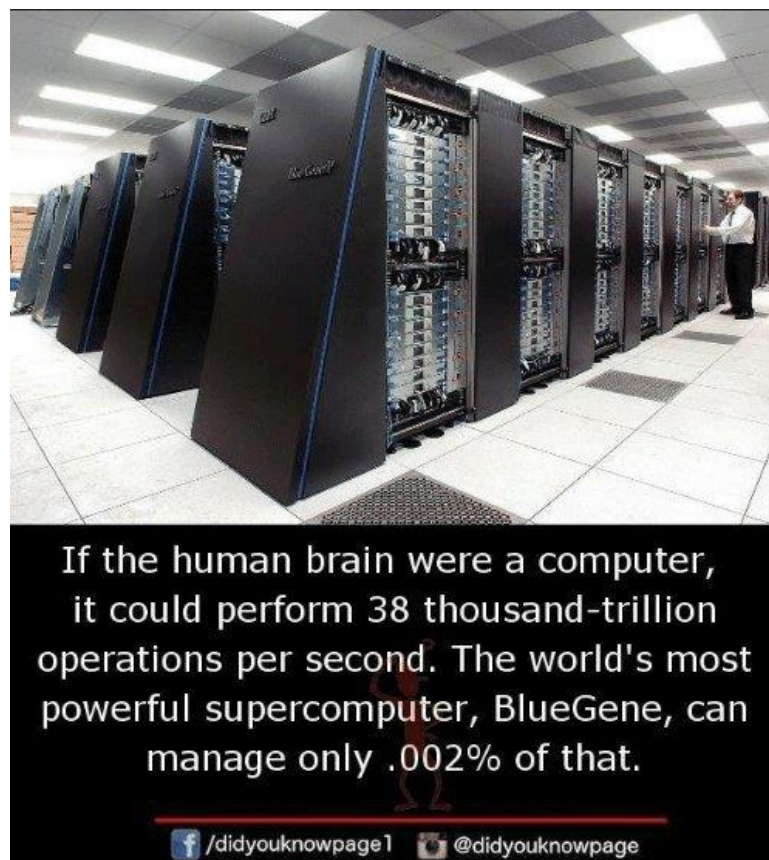
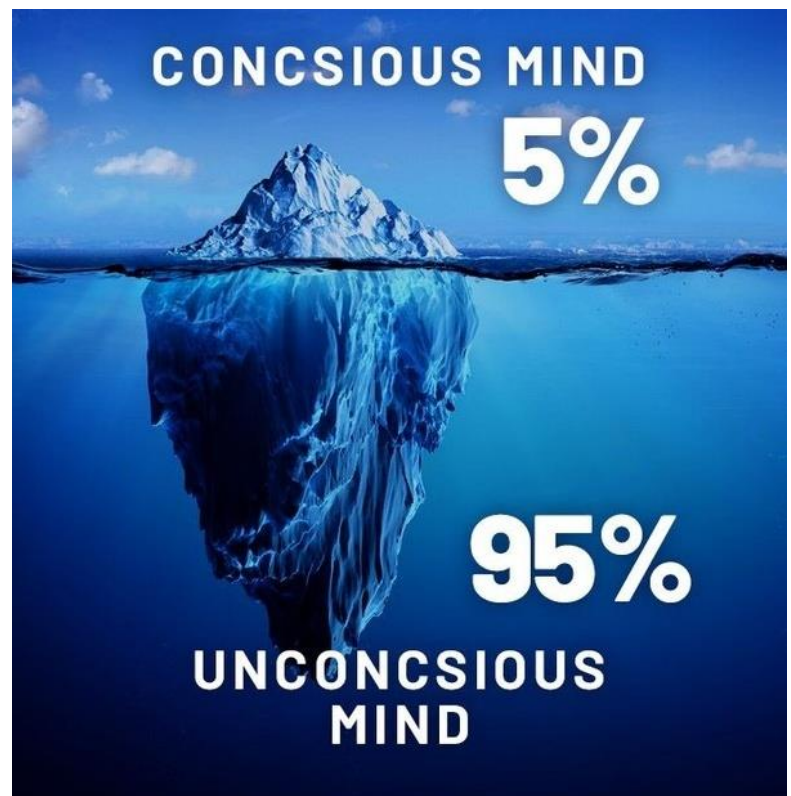
15 June 2023

Humanity's capitulation and dependence upon technology is depriving it of its needed life experiences, subjecting itself to being cloned – everyone uniformly being programmed to become the lowest denominator of personality – zombiism and stupefied without intuition and spontaneity! Life is all about experiences and doing. We learn by doing. It is then about expressing our feelings about what we are experiencing AND longing for the truth of what we are feeling! Life is one continuous journey of LEARNING.

NO **artificial intelligence** can substitute for our personal involvement and doing.

Simple is what Life is meant to be!

Become engaged and embrace every opportunity.



If the human brain were a computer, it could perform 38 thousand-trillion operations per second. The world's most powerful supercomputer, BlueGene, can manage only .002% of that.

[/didyouknowpage1](#) [@didyouknowpage](#)

The difficulty with **Artificial Intelligence** in any sort of movie is how do we put our feelings into a computer, into a mind system, when feelings are not of that sort of mind, they are of a different mind, and one we'll never be able to replicate using mind machines. And then we don't understand that even if we could upload or create a super-mind, it's a mind based on our mind, which is a rebellious mind. At least we could try and create a Celestial mind, but that's not going to happen.

A movie can help us see that everyone on Earth is so heavily involved with their minds, and that then all the mind spirits are trying to be the god of their own mind, taking themselves away from our true God of Feelings, Truth and Mind, they wanting to become only Mind devoid of feelings, or a mind that controls feelings to such a degree that we only feel good blissful feelings so we can go on living in a mind-god nirvana blissful state. All pretty sad really, when we wake up to how fucked we are, and how far we're living away from ourselves, the truth our feelings would like to show us.

**Artificial Intelligence cannot discern emotions, and consequently cannot reflect emotions.**

**Artificial Intelligence also cannot be intuitive, it lacks intuition, trust, foresight, and empathy. It also does not have clairvoyance, clairsentience, clairaudience, clair-empathy, and clair-cognizance.**

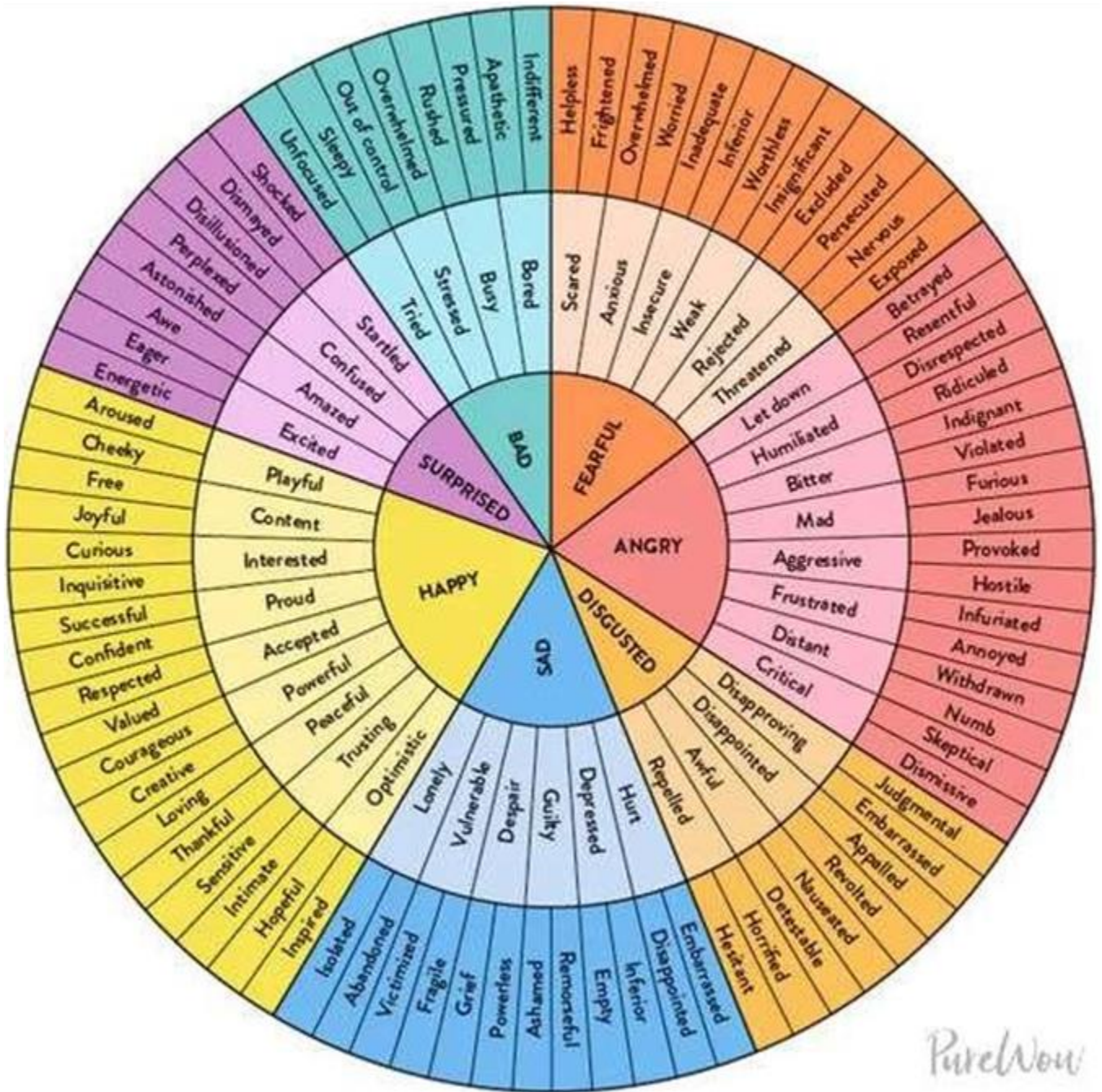
## Artificial Intelligence can only be as ‘intelligent’ as its source data!

**A humanity that surrenders their learning opportunities to Artificial Intelligence jeopardises their very existence. Artificial Intelligence brings about the circumstances that threatens the possibilities of Truth emergence within societies.**





# Feeling Circle for Kids



We are free to cry and express our pain here!

Adolescent children and young adults benefit greatly through exploring their feelings.

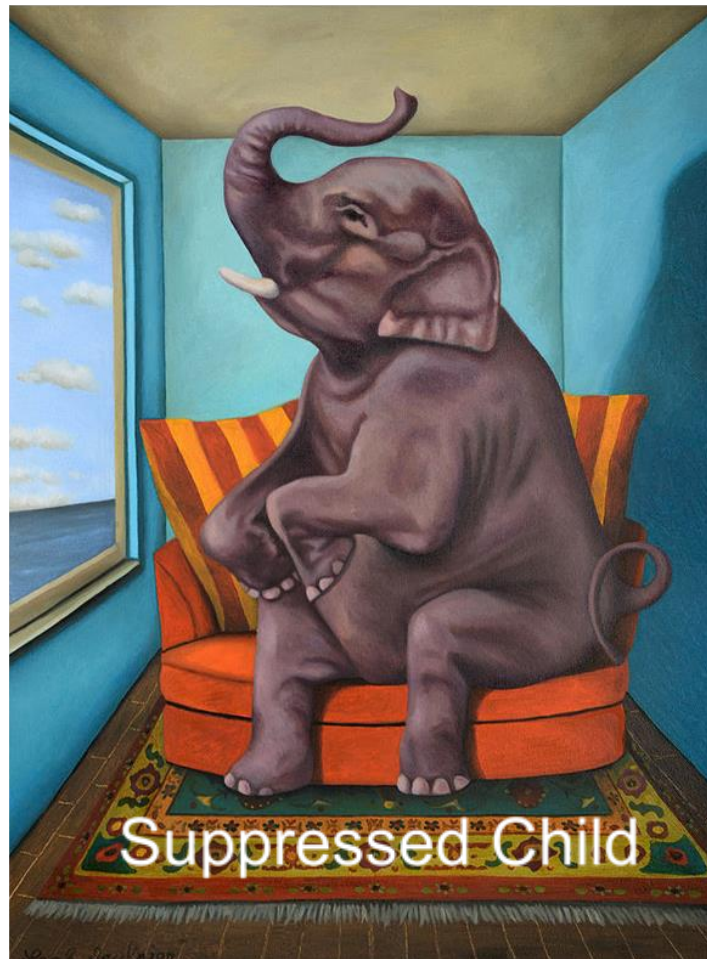
The feeling circle uses words to describe how our parents made us feel. How we were parented as children, is how we act and feel as adults. We carry the same childhood feelings through to every area of our lives until we die. We are all still living in the pain and ruins of our parents unloving parenting, and every feeling we go through will bring us to this truth. Through Feeling Healing we accept, express, and find the truth of our childhood denied and suppressed feelings.

Samantha McCabe



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

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



**Childhood Suppression  
is the elephant in the room!**

COMMERCIAL IN CONFIDENCE

# Childhood Suppression

The soul does it all.  
The soul is a duplex,  
two personalities being  
manifested into the  
physical by our soul.

Soul light continually  
flows from the soul  
through our spirit body  
levels and into our  
physical.

Return light being the  
experiences of our  
physical existence.

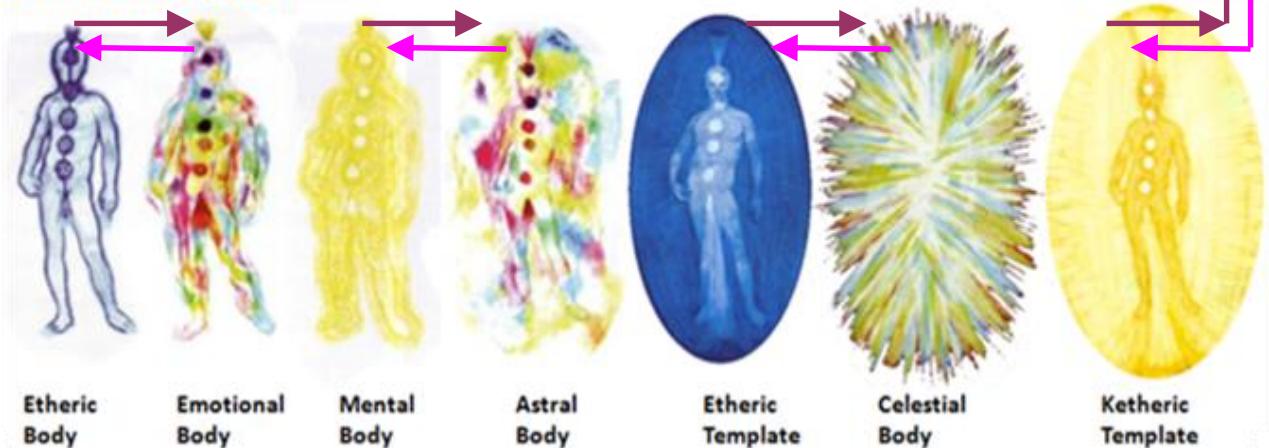
## SOUL



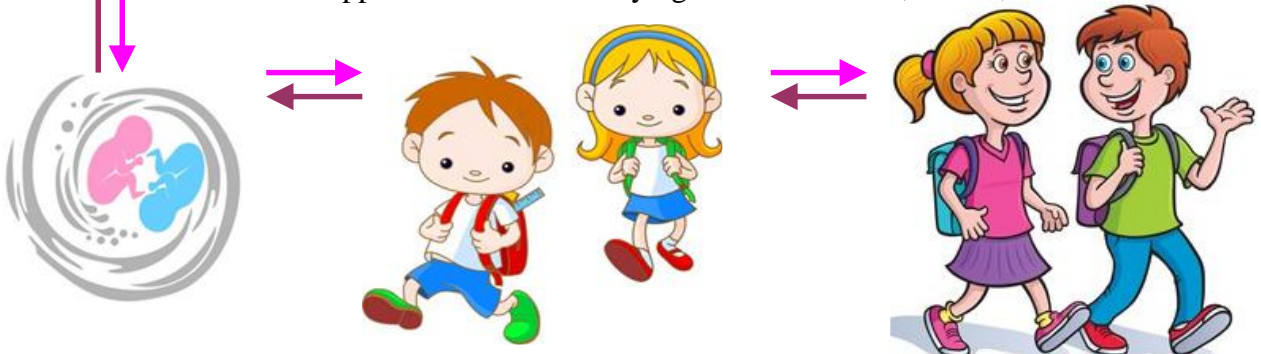
Childhood suppression  
imposed upon us by our  
parents and carers  
causes retarded light to  
return to our soul  
bringing about  
imbalance, reflecting  
emotional injuries and  
errors of belief. This  
imbalance is the cause  
of all our difficulties  
throughout our adult life  
and also all of our health  
issues.

## SPRIT BODY

### Brennan Model of the 7 Levels of the Human Energy Field



Every experience is recorded through the light returning through our spirit body and back to our soul. What emotional injuries we experience, commencing from conception, has to be expressed emotionally to heal the imbalance in soul light so that harmony and health can be achieved in our spirit and physical bodies. Childhood Suppression is the underlying cause of disease, illness, etc.



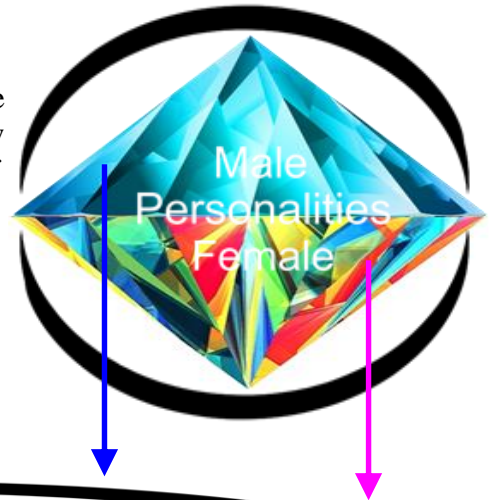
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# Childhood Suppression

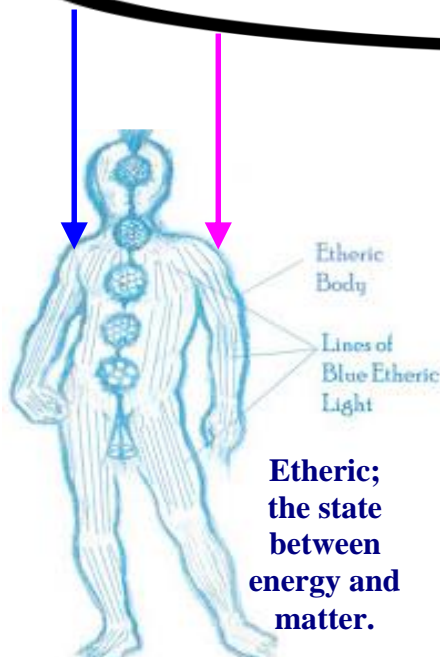
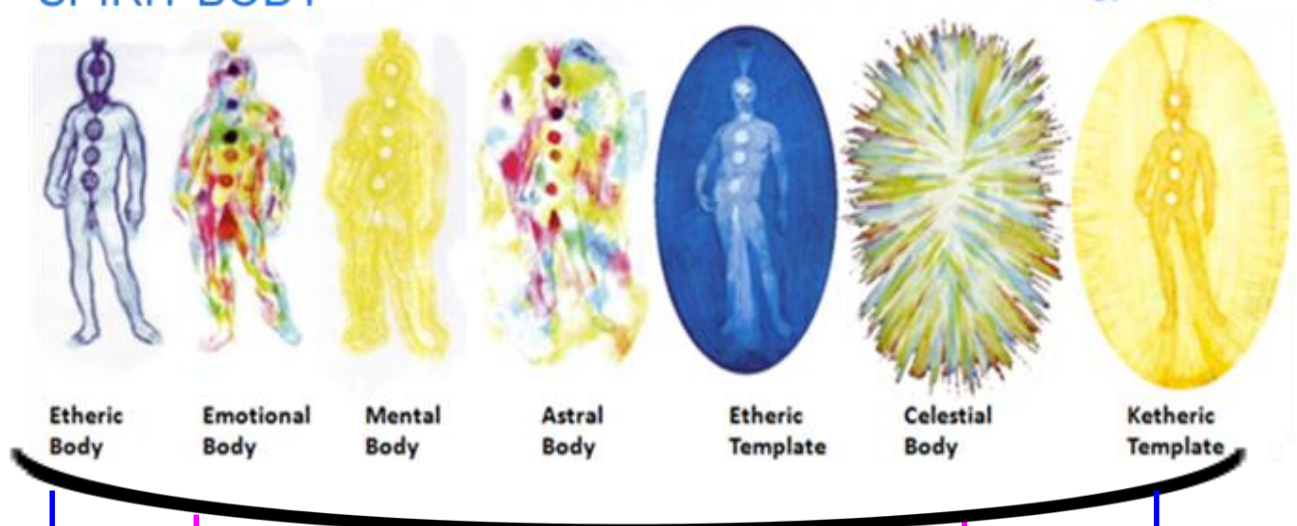


Childhood Suppression – from conception to age six years – harmfully encrusts the soul, thus impeding light flow throughout all seven layers of the spirit body, damaging the genes within the spirit body which in turn damages the genes in the physical body, as well as setting the pattern for all of our physical health issues throughout our lives.



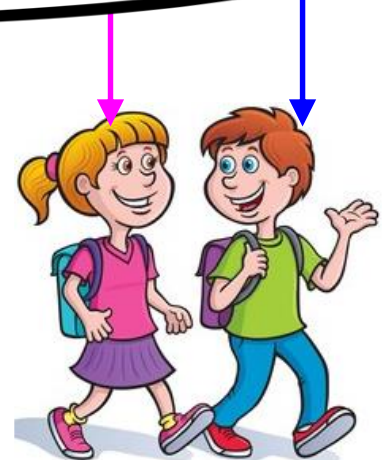
## SPIRIT BODY

## Brennan Model of the 7 Levels of the Human Energy Field



The spirit etheric body is the template for our physical body, however, no health care system or science considers that the underlying cause of any health issues are formed through our Childhood Repression and that no physical healing occurs without expressing our childhood suppressions, being feelings both good and bad and then longing for the truth behind these injuries. Medicine may suppress the pain – it does not and cannot cure – vaccines are extreme physical suppressions!

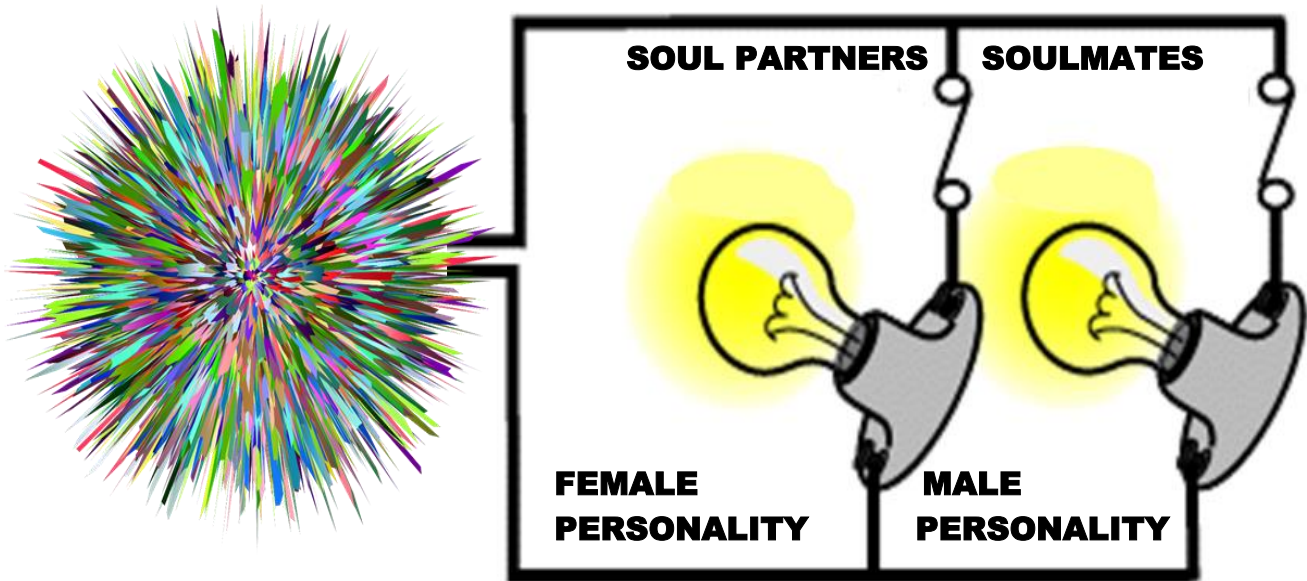
COMMERCIAL IN CONFIDENCE



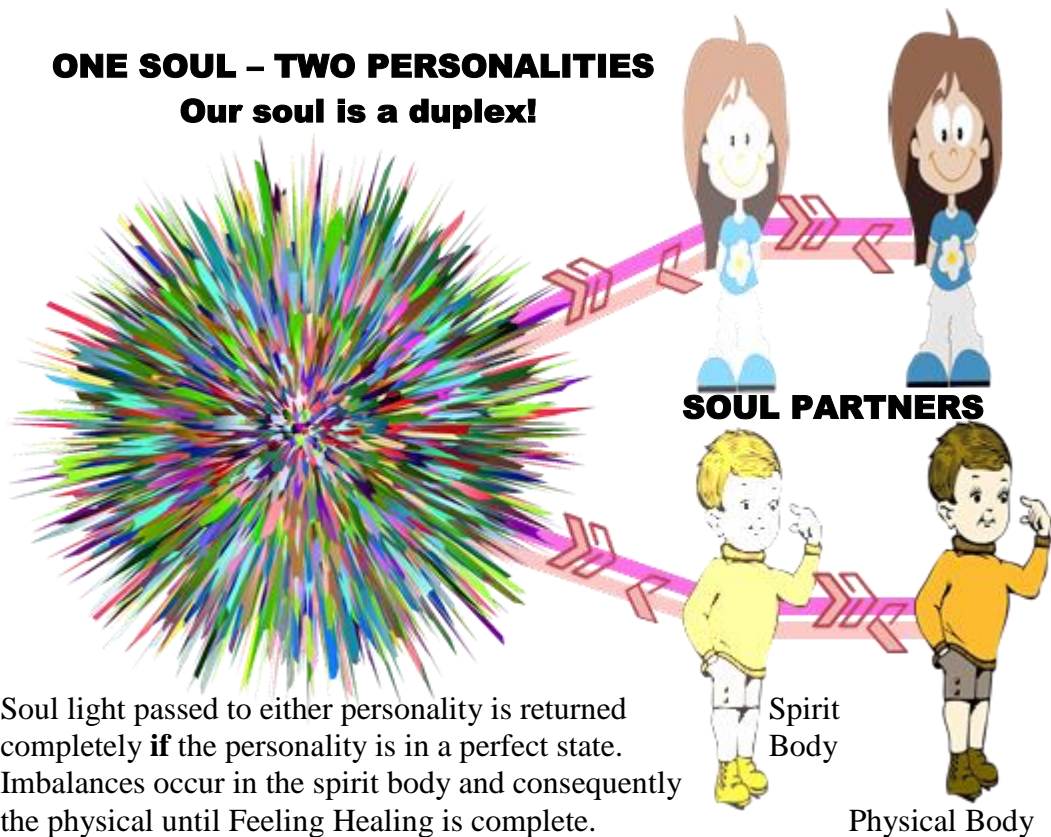
**The pain from ANY illness will not exceed the pain experienced during our Childhood Suppression!**

SOUL LIGHT emitted is to be **BALANCED** by the **LIGHT RETURNED**!

**Two separate personalities on parallel 'circuits' having the same soul.**  
**What impacts one personality does not impact the other personality.**



**ONE SOUL – TWO PERSONALITIES**  
**Our soul is a duplex!**



Soul light passed to either personality is returned completely **if** the personality is in a perfect state. Imbalances occur in the spirit body and consequently the physical until Feeling Healing is complete.



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

Feeling Healing is our  
only recovery and  
soul growth pathway.

It is that simple!

## Living Feelings First growth potential is

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

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



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

Not only will we progress beyond 1,000 MoC when transitioning into the 1<sup>st</sup> 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 1<sup>st</sup> spirit Mansion World to the 2<sup>nd</sup> mind spirit Mansion World, then 4<sup>th</sup> and finally 6<sup>th</sup> 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 7<sup>th</sup> spirit healing Mansion World process we transition to the 1<sup>st</sup> 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 (Poland) Ltd

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

Empowerment is by:

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

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

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

supporting delivery of quality and accessible healthcare;

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

and fostering a new era of leadership and leaders.

*It takes a village to raise a child.*

**LIVING FEELINGS FIRST and EARLY CHILDHOOD**



## POLAND PRESENT CONDITION

| Poland MoC | No. of Countries | Living in urban slums | Average Life Expectancy | Human Development Index | Happiness Index | Education Index | Per Capita Income 2021 |
|------------|------------------|-----------------------|-------------------------|-------------------------|-----------------|-----------------|------------------------|
| 190        | 1                | 5.8%                  | 78.8                    | 0.880                   | 6.2             | .869            | US\$44,100             |

and

| Poland MoC | Population | Median Age | Political Rights & Civil Liberties | Unemployment | Poverty | Hunger / Crime | Per Capita Income 2021 |
|------------|------------|------------|------------------------------------|--------------|---------|----------------|------------------------|
| 190        | 38,500,000 | 41.8       | 82 free                            | 2.91%        | 11.8%   | 5%~            | US\$44,100             |

Unemployment Rate in Poland remained steady at **5.0%** in 2023 and stood at 5.0% in August 2024.

### Living conditions in Poland:

- Poland performs well in education and social connections relative to other countries in the Better Life Index.
- Poland underperforms average in income, health, environmental quality and life satisfaction.
- Poland has one of Europe's best education systems with a 96.8 percent primary school enrolment rate leading to a 99.7% adult literacy rate.
- Young people in Poland face high unemployment and when employed, often take temporary jobs.

# ***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**



## The living and economic situation of Ukrainian migrants in Poland in 2023

[https://nbp.pl/wp-content/uploads/2024/02/Raport\\_Imigranci\\_2023\\_EN.pdf](https://nbp.pl/wp-content/uploads/2024/02/Raport_Imigranci_2023_EN.pdf)

February 2024

**957,505 refugees** were present in Poland after having fled Ukraine as of 11 June 2024.

This report presents the results of a survey conducted among adult migrants from Ukraine in Poland between 8 May and 7 July 2023. The survey involved both refugees and pre-war immigrants. The survey was the third one conducted by Narodowy Bank Polski since the outbreak of the war in Ukraine. The most important conclusions from this survey are as follows:

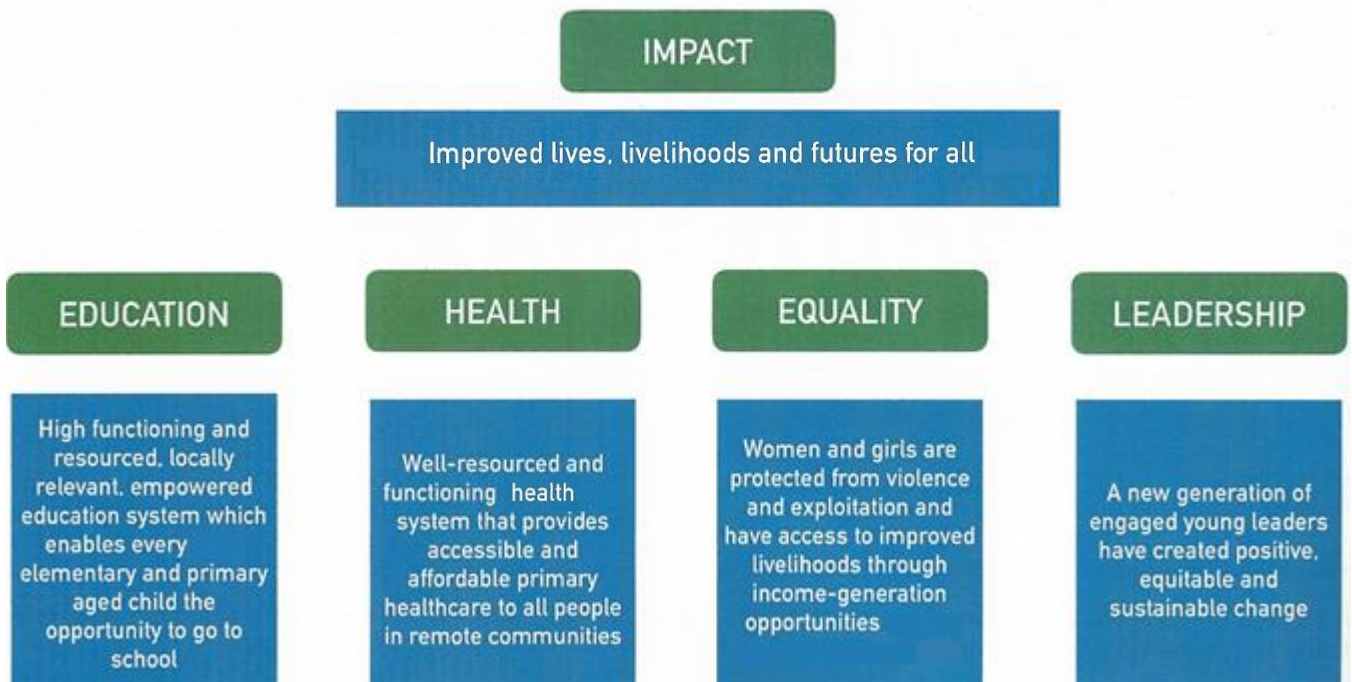
1. The demographic structure of the Ukrainian migrants in Poland has not changed much compared to November 2022. What still sets aside refugees from pre-war migrants is gender diversity. Adult migrants from Ukraine are by and large women – roughly 68% (55% of the pre-war migrants, and 78% of the refugees). More than a half are aged 27 – 44, 48% of the pre-war migrants and 29% of the refugees are staying in Poland with a spouse/partner, whereas over 40% of the refugees and 30% of the pre-war migrants are living in Poland with underage children. Most of the Ukrainian citizens staying in Poland with underage children send them to Polish schools or pre-schools.
2. The migrants are well-educated. 42% of the pre-war migrants and 48% of the refugees claim they have tertiary education. Knowledge of the Polish language among the refugees has improved. Only 13% of them say that they do not speak Polish. In turn, nearly 60% of the pre-war migrants assess their knowledge of Polish as very good.
3. Work is the primary source of income for the migrants from Ukraine. The economic situation of the refugees is more difficult than that of the pre-war migrants. Income earned working in Poland is supplemented with Polish social benefits, mainly funds from the “Family 500+” programme. Money received from Ukraine is an additional source of income mainly for the refugees. Besides those who are teleworking (they are paid salaries from Ukraine) and entrepreneurs, such money is mainly paid to the unemployed.
4. Integration of the Ukrainian refugees in the Polish labour market is progressing more slowly than in 2022. There is still a difference between the pre-war migrants and the refugees in the Polish labour market. The former more often have permanent jobs and are much less often unemployed or economically inactive. The rate of employment in the case of the refugees has decreased slightly compared to 2022 (from 65% in November 2022 to 62% in the current survey). The percentage of the refugees looking for a job remains at about 25% (which is much higher than the general unemployment rate in Poland), and just over 10% of the refugees are not working or looking for a job.
5. The immigrants’ wages to a greater extent depend on the sector they work in in Poland and the time of their arrival than on formal education. The pre-war immigrants and the refugees working in information technology, construction and transport earned the most. The lowest wages are offered in agriculture, household services and tourism. Apart from the information technology and construction sectors, there still remains a big difference between the medians of wages between the refugees and the pre-war immigrants.
6. The presence of family members and children in Poland influences the economic activity of female refugees. Male and female refugees from Ukraine have permanent jobs more often when they do not have a family in Poland or are staying here without children. Raising children in Poland entails a greater risk of unemployment, especially for women with more than one child. In the case of the pre-war immigrants, the influence of family on economic activity is visibly smaller.

7. The process of the refugees' gaining financial independence continues. The protracting stay of the refugees in Poland and changes in the law implemented in 2023, which considerably reduced the possibility of staying in places of collective accommodation offered by the Polish state free of charge, have consequently driven the percentage of the refugees who rent flats by themselves up from 52% to 68%. On the other hand, the percentage of the refugees living in places of collective accommodation has decreased from 19% to 6%. Having a family significantly affects the housing situation of the migrants. Those staying in Poland with a partner or a partner and children more often rent an apartment or own one in Poland.
8. The migrants still support their relatives in Ukraine. Those who emigrated before the war have not changed their inclination to remit money abroad in any significant way (over 60% of them do that). The percentage of the refugees remitting money to Ukraine is nearly half that of the pre-war immigrants. Financial aid is supplemented by in-kind aid sent to Ukraine, primarily to relatives, but also to charities.
9. The difference in strategies concerning future stay in Poland between the pre-war migrants and the refugees continues, though the percentage of the latter who declare a longer stay in Poland has grown a little. To a large extent, the pre-war migration can be called settlement migration. 61% of the pre-war migrants and 39% of the refugees declare that they will stay in Poland either permanently or longer than one year. The percentage of people who want to leave Poland to a country other than Ukraine remains marginal and the percentage of those who wish to return to Ukraine quickly is decreasing. Huge uncertainty about the future prevails especially among the refugees, as they find it hard to say how long they will stay in Poland.
10. Predictions concerning the end of the war are a key factor influencing the refugees' declarations regarding their future. Economic factors, such as the situation in the labour market or their housing situation, are less important. Apart from them, the attitudes of the migrants are determined by their family situation and age. Families with children declare their intention to stay in Poland permanently or longer than a year much more often than other groups. On the other hand, older people (especially those over 60 years of age) are much more inclined to consider leaving Poland.
11. In spite of the advancing process of adaptation of the migrants from Ukraine to living in Poland, some of them still expect some support from the Polish state. The pre-war migrants mention first of all easier legalisation of their stay, access to healthcare services, and better service in public offices. As far as the refugees are concerned, they mainly expect assistance in finding a job, organisation of Polish language courses and easier legalisation of their stay. Compared with the previous rounds of the survey, the percentage of the respondents expecting to be given Polish language courses has decreased significantly.
12. The situation of the migrants from Ukraine differs slightly between voivodeships, particularly in the case of the refugees. The voivodeships in western Poland and the Małopolskie Voivodeship have a bigger percentage of Ukrainian migrants who are planning their future in Poland, including full families. Eastern Poland (mainly the Lubelskie and Podlaskie Voivodeships) are regions with the highest percentage of people intending to return to Ukraine.

**957,505 refugees** were present in Poland after having fled Ukraine as of 11 June 2024.

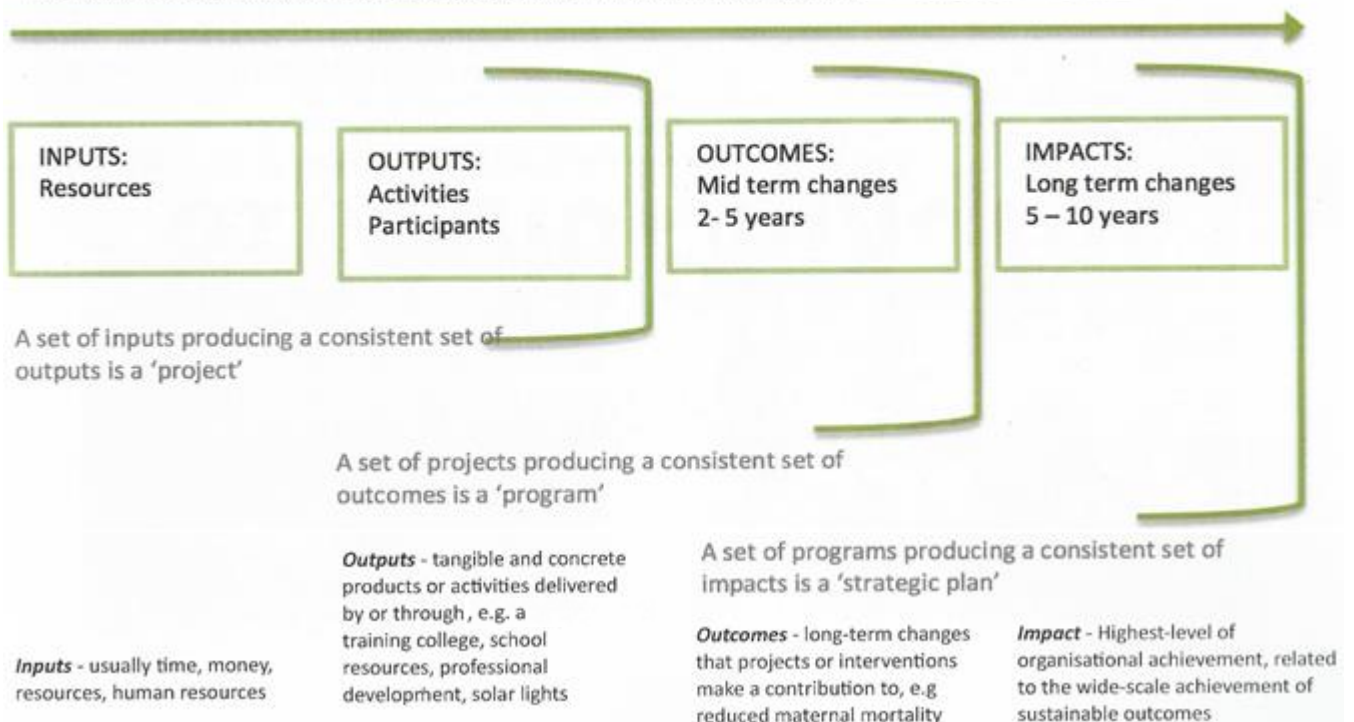
# THEORY OF CHANGE

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:

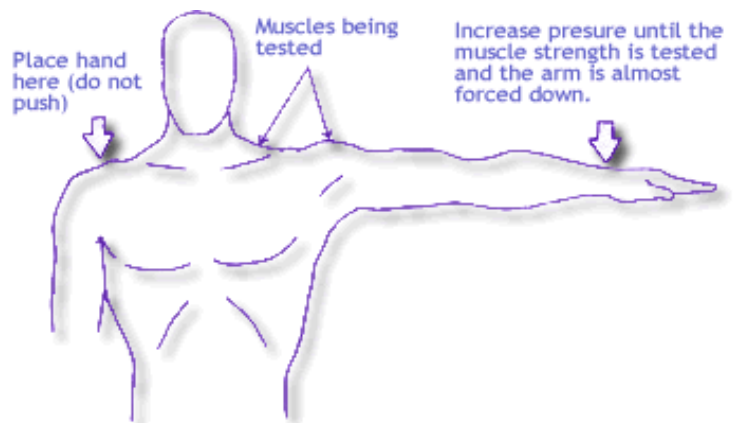


# EINSTEIN'S THEORY of INSANITY



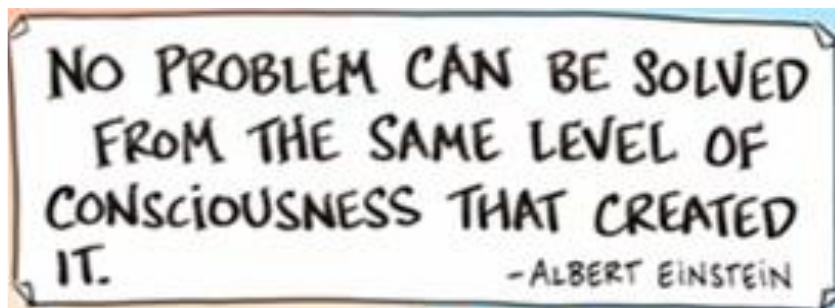
DOING THE SAME THING  
OVER and OVER and  
EXPECTING DIFFERENT  
RESULTS.

## 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!





# Poland

## Map of Consciousness MoC 190



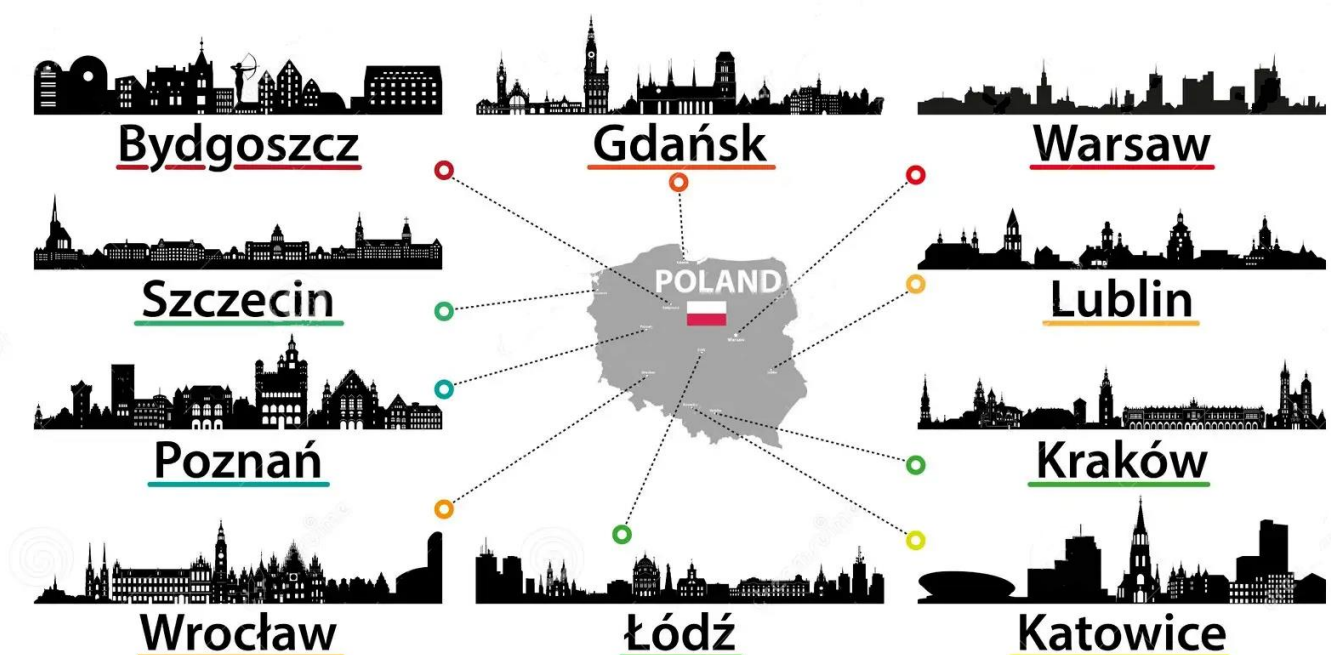
## Population Density

The 2024 population density in Poland is 126 people per Km<sup>2</sup> (326 people per mile<sup>2</sup>), calculated on a total **land** area of 306,230 Km<sup>2</sup> (118,236 sq. miles).

| Abbr   | Flag                                                                                | Coat of arms                                                                        | Poland Voivodeship  | Polish name                | Capital city/cities               | Population (2022) |            |
|--------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---------------------|----------------------------|-----------------------------------|-------------------|------------|
|        |                                                                                     |                                                                                     |                     |                            |                                   | MoC               | Number     |
| DS     |    |    | Lower Silesian      | <i>dolnośląskie</i>        | Wrocław                           | 180               | 2,903,000  |
| KP     |    |    | Kuyavian-Pomeranian | <i>kujawsko-pomorskie</i>  | Bydgoszcz, Toruń                  | 190               | 2,056,000  |
| LU     |    |    | Lublin              | <i>lubelskie</i>           | Lublin                            | 190               | 2,104,000  |
| LB     |    |    | Lubusz              | <i>lubuskie</i>            | Gorzów Wielkopolski, Zielona Góra | 195               | 995,000    |
| LD     |    |    | Łódź                | <i>łódzkie</i>             | Łódź                              | 195               | 2,443,000  |
| MA     |    |    | Lesser Poland       | <i>małopolskie</i>         | Kraków                            | 195               | 3,399,000  |
| MZ     |    |    | Masovian            | <i>mazowieckie</i>         | Warsaw                            | 190               | 5,432,000  |
| OP     |   |   | Opole               | <i>opolskie</i>            | Opole                             | 185               | 966,000    |
| PK     |  |  | Subcarpathian       | <i>podkarpackie</i>        | Rzeszów                           | 190               | 2,098,000  |
| PD     |  |  | Podlaskie           | <i>podlaskie</i>           | Białystok                         | 180               | 1,182,000  |
| PM     |  |  | Pomeranian          | <i>pomorskie</i>           | Gdańsk                            | 190               | 2,355,000  |
| SL     |  |  | Silesian            | <i>śląskie</i>             | Katowice                          | 180               | 4,501,000  |
| SK     |  |  | Holy Cross          | <i>świętokrzyskie</i>      | Kielce                            | 195               | 1,216,000  |
| WN     |  |  | Warmian-Masurian    | <i>warmińsko-mazurskie</i> | Olsztyn                           | 180               | 1,423,000  |
| WP     |  |  | Greater Poland      | <i>wielkopolskie</i>       | Poznań                            | 185               | 3,486,000  |
| ZP     |  |  | West Pomeranian     | <i>zachodniopomorskie</i>  | Szczecin                          | 190               | 1,694,000  |
| POLAND |                                                                                     |                                                                                     |                     |                            |                                   | 190               | 38,539,201 |

## Largest Cities in Poland

| #  | CITY NAME          | POPULATION | MoC |
|----|--------------------|------------|-----|
| 1  | <b>Warsaw</b>      | 1,702,139  | 195 |
| 2  | <b>Lodz</b>        | 768,755    | 200 |
| 3  | <b>Krakow</b>      | 755,050    | 190 |
| 4  | <b>Wroclaw</b>     | 634,893    | 190 |
| 5  | <b>Poznan</b>      | 570,352    | 190 |
| 6  | <b>Gdansk</b>      | 461,865    | 190 |
| 7  | <b>Szczecin</b>    | 407,811    | 195 |
| 8  | <b>Bydgoszcz</b>   | 366,452    | 195 |
| 9  | <b>Lublin</b>      | 360,044    | 195 |
| 10 | <b>Katowice</b>    | 317,316    | 180 |
| 11 | <b>Bialystok</b>   | 291,855    | 185 |
| 12 | <b>Czestochowa</b> | 248,125    | 185 |
| 13 | <b>Gdynia</b>      | 244,969    | 195 |
| 14 | <b>Sosnowiec</b>   | 227,295    | 185 |
| 15 | <b>Radom</b>       | 226,794    | 180 |
| 16 | <b>Mokotow</b>     | 217,683    | 185 |
| 17 | <b>Kielce</b>      | 208,598    | 200 |





The road to  
TRUTH and FREEDOM  
is through  
OPEN and FREE  
Universal Feelings Orientated  
EDUCATION

This is the  **GATEWAY**

COMMERCIAL IN CONFIDENCE



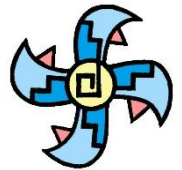
**CHALDI COLLEGE – EDUCATION:** Nanna Beth – 3<sup>rd</sup> Celestial Heaven and James 28 July 2017

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

# CHALDI COLLEGE

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



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

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

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

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

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

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

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

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

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

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

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

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

## Feelings First Spirituality, New Feelings Way

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

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

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

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

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

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

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



**It takes a village to raise a child**

**POTENTIAL to BENEFIT your CHILD through our own FEELING HEALING:**

**This steps down each seven years as the child matures**



**From conception to  
age 6 or 7**

**From 8 to age 14**

**From 15 to age 21**

**From 22 to age 28**

**As we heal, we directly heal our children similarly.**

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

# ENOUGH IS ENOUGH

Andon and Fonta, our first parents to long for our Heavenly Parents, lived nearly 1,000,000 years ago. Naïve humanity was seduced by high spirits, the Lucifer pair, to believe they could be gods through their minds, thus men subjected women to subordination 200,000 years ago. Also added to this was the default of the Adamic pair more than 38,000 years ago when they failed in their mission.

## REBELLION & DEFAULT **200,000 YEARS**

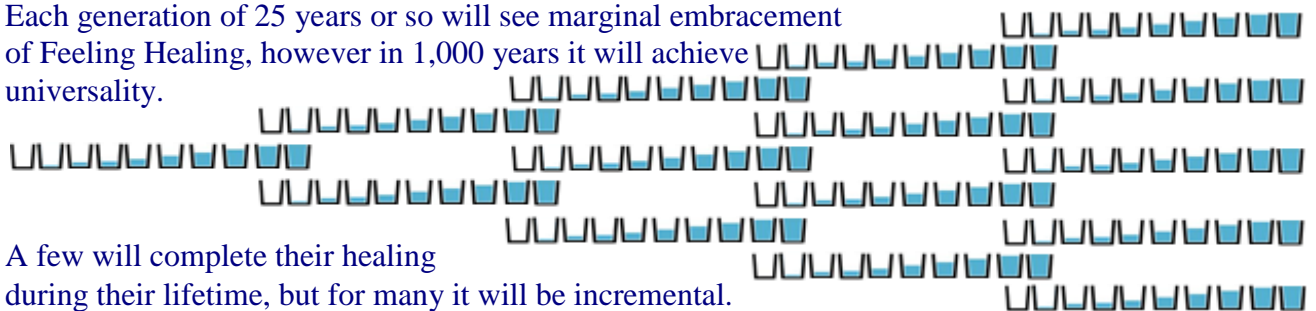
When Jesus with Mary achieved their full Regency of Nebadon, in 26 CE, they immediately had the Lucifer and Satan soulmate pairs assigned to a spirit world prison. Since then, the Creator Pair have been preparing for the ending of the Rebellion and Default for humanity of Earth. The Avonal Pair now on Earth, once commencing their Healing, brought about the imprisonment of the Caligastia and Daligastia pairs in the early 1990s. As the Avonal Pair advanced with their Healing they brought about the formal end of the Rebellion and Default, on 31 January 2018. It is now for all of humanity to embrace the Spirits of Truth of the Avonal Pair and undertake their healing of the imposts of the Rebellion and Default.

## Avonal **AGE 1,000 YEARS**

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



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



Universality of Feeling Healing with Divine Love will see the mitigation of discomfort, pain and illness as well as the imposts of global warming and Earth changes. These events are to ensure that each of us embrace our feelings, both good and bad, down to the very core, so that we fully come to know who we truly are. Sciences will endeavour to remove pain only to see disease manifest in different forms. Earth disturbances are a result of the Harmonic Convergence of the late 1980s, increasing the rotation of the Earth's central core. This will only abate when humanity has universally embraced Feeling Healing. These influences are only imposed upon us so that we do not step back into the Rebellion and Default through complacency. Live Feelings First so that we become the true personalities we are, that being daughters and sons of our Heavenly Mother and Father.



**SUGGESTED READING:**

Kindly go to [www.pascashealth.com](http://www.pascashealth.com) and then to the Library Download page and then to open the following, scroll down to the topic and click on the PDF:

**CORPORATE ALLIANCES**

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

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

**ELSEWHERE**

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

Pascas Primary publications being:

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

**Also kindly consider reading:**

**[www.pascashealth.com](http://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 – Finalizers our Destiny

Pascas Care Letters – Glass Ceiling Barrier Removal

Pascas Care Letters – Humanity is Addicted to Untruth

Pascas Care Letters – Journey of Earth's Humanity

Pascas Care Letters – Life is a Highway

Pascas Care Letters – Live True to How You Truly Are

Pascas Care Letters – Moving out of Healing

Pascas Care Letters – My Customs Heritage and Nationality

Pascas Care Letters – One Soul Two Personalities

Pascas Care Letters – Psychology and Feeling Healing

Pascas Care Letters – Spirit Evolution and Environmental Changes

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

Pascas Care Letters – Transition & Assimilation following Death

Pascas Care – Death & Dying Transition & Assimilation Marjorie

Pascas Care – Kinesiology Testing

Pascas Care Centre – Pacific Basin Nations

Pascas WorldCare – ASEAN and Pacific Island Nations

Or simply allow your feelings guide you through the index to the topic that appeals for you!

Important recommended reading is:

by James Moncrief

## **The Rejected Ones – the Feminine Aspect of God**

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

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

## **Library Download – Pascas Papers**

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

**[info@pascashealth.com](mailto:info@pascashealth.com)**

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**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](http://www.pascashealth.com) in the Medical – Emotions section on the Library Download page:

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

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

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

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

4. Teacher professional development (in-service, workshop etc.) on various topics such as early literacy and numeracy including multi modal literacy), civic and citizenship education, basic health





and hygiene. The teachers' professional development should be aimed at supporting the new curriculum in Poland: Standards Based Curriculum (SBC). A priority area would be providing training on Teaching and Learning pedagogies – HOW to teach, not really WHAT to teach to complement what the Poland government, through the Poland Department of Education, is doing. With online teaching and learning, teachers need to be trained on various technological content knowledge (TCK) such as using Google classroom, setting up zoom link and webinars, etc..

Consider the establishment of teachers' training campuses in provinces with potential teachers also being provided with scholarships to enable them to follow their passions and complete required training. Scholarships may be extended to providing housing and costs of living. These provincial campuses may be the start of Pascas University throughout Poland and surrounding nations.

5. Training on Leadership and Management in Schools aimed at school principals, curriculum leaders, etc. to engage in school policy development, implementation, and evaluation.

Again, Pascas University campuses in provinces to enable as many potential educators to be accommodated to build the numbers of true educators to a level that education throughout Poland 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](http://www.pascashealth.com) at the Library Download page, scroll down to the heading Corporate Foundation Documents and click on to open:

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

6. Standards Based Curriculum materials – supplied but insufficient for all schools throughout the country. Textbooks for different subjects except for Maths and Science developed by JICA (Japan International Cooperation Agency), then train them as well on how to use these Teachers' resources.

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

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

Pascas styled TVET Colleges may be established in each province and concentrated on providing Technical and Trade Skills and IT training to equip the school leaver to be immediately and valuably employed in the local workforce, thereby retaining more of the population in the regional areas. Again,



the education is to be free. This may be done with; “here are your fees and, congratulations, here is a scholarship”.

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

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

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

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

10. Water tanks for schools and proper toilets facilities.

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

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

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

12. Education of girls to be prioritised.

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

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

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

Living mind centric, as we are all taught to do so from birth and throughout all our walks of life, imprisons each of us into limitations of mediocrity. We have no spontaneity, flare, intuition and creativity – we live

life in a stupor, zombie like. Not even the greatest scientists in history calibrated higher than 499 on Dr David R Hawkins' Map of Consciousness (MoC) scale – the peak of reason. Scientists can go through life achieving one or two break throughs whereas people living through their feelings routinely achieve break throughs. Being mind-centric is how humanity is controlled by the few. The education systems around the world are the arch agents of suppression for these controllers.

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

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

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

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

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

### **Other Thoughts:**

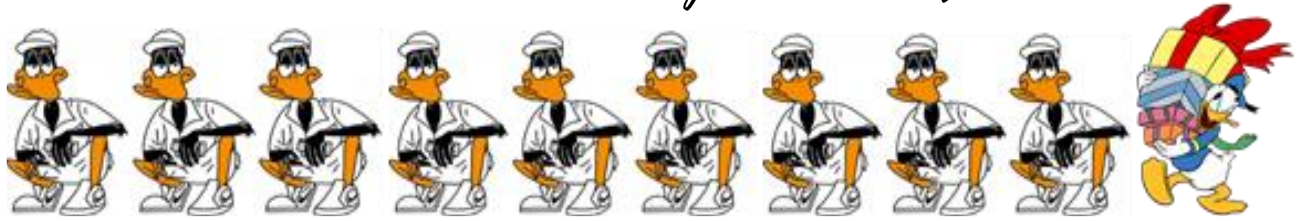
It may be appropriate to have Warsaw which is Poland's capital and largest city, with a population of 1.7 million people, and Krakow is the second largest city in Poland, with a population of around 776,000 people, as the nation's administration of this agenda and the establishment of the first of the Pascas Pre-school, Primary school, High school, Craft Creations, TVET College and Teacher's Training College.

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

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

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

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



*Tug - of - War*



**GREAT**  
**V-Turn**

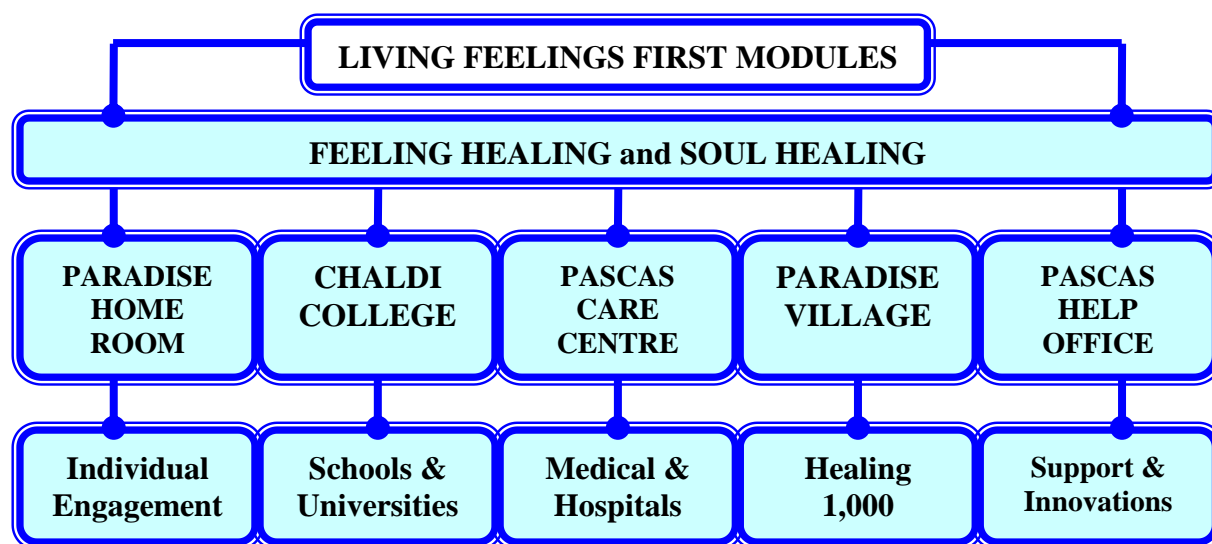
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| <b>WORLDWIDE relationship of MoC calibration with Life Experiences<br/>Life Expectancy, Development, Happiness, Education, Income</b> |                                      |                    |                                |                 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

| <b>Poland MoC</b> | <b>No. of Countries</b> | <b>Living in urban slums</b> | <b>Average Life Expectancy</b> | <b>Human Development Index</b> | <b>Happiness Index</b> | <b>Education Index</b> | <b>Per Capita Income PPP 2021</b> |
|-------------------|-------------------------|------------------------------|--------------------------------|--------------------------------|------------------------|------------------------|-----------------------------------|
| <b>190</b>        | <b>1</b>                | <b>5.8%</b>                  | <b>78.8</b>                    | <b>0.880</b>                   | <b>6.2</b>             | <b>.869</b>            | <b>US\$44,100</b>                 |

and

| <b>Poland MoC</b> | <b>Population</b> | <b>Median Age</b> | <b>Political Rights &amp; Civil Liberties</b> | <b>Unemployment</b> | <b>Poverty</b> | <b>Hunger / Crime</b> | <b>Per Capita Income 2021</b> |
|-------------------|-------------------|-------------------|-----------------------------------------------|---------------------|----------------|-----------------------|-------------------------------|
| <b>190</b>        | <b>38,500,000</b> | <b>41.8</b>       | <b>82 free</b>                                | <b>2.91%</b>        | <b>11.8%</b>   | <b>5%~</b>            | <b>US\$44,100</b>             |



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Uniwersytet  
Wrocławski



# PASCAS UNIVERSITY



## TAFE



## Technical And Further Education Craft Creations Family Shed

$x^2$  Year 10

$\Delta$  Year 11

$\sqrt{y}$  Year 12

$\leq$  Year 7

$\pencil$  Year 8

$\approx$  Year 9

$\infty$  Year 4

$\%$  Year 5

$\apple$  Year 6

$\bullet\bullet$  Year 1

$\pencil$  Year 2

$\pm$  Year 3



## KINDERGARTEN PRESCHOOL



# Chaldi Child Care Centre &

## Kindergarten

WELCOME!



SAFE SANCTUARIES

It takes a Community to Protect a Child



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# 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.

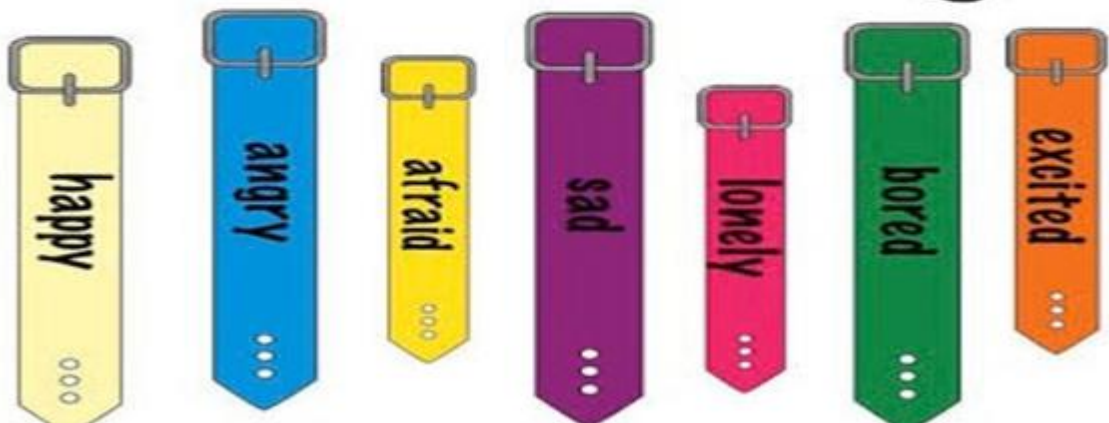
#### **FAMILY SHELTER**

Modules of 10. Studio rooms to accommodate a parent and two children, or thereabouts.



FEELINGS  
must be  
FELT

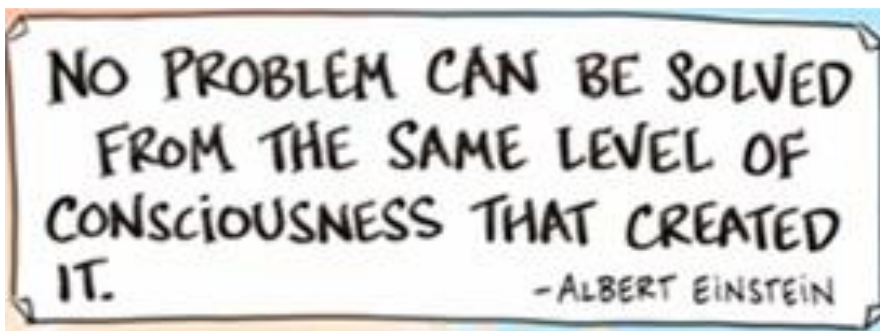
**Express  
Your Feelings**



**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!**



Kinesiology Muscle Testing  
for the level of truth

## EINSTEIN'S THEORY of INSANITY



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

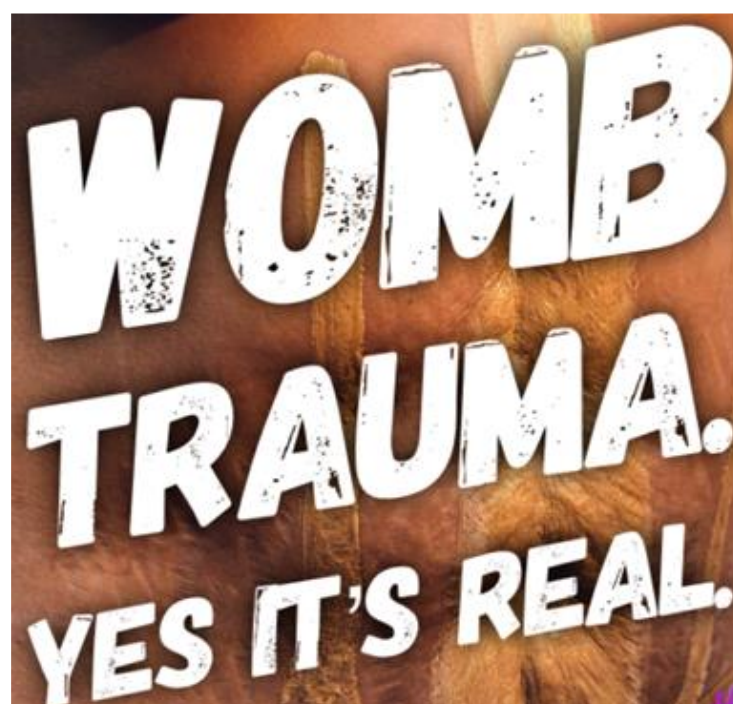
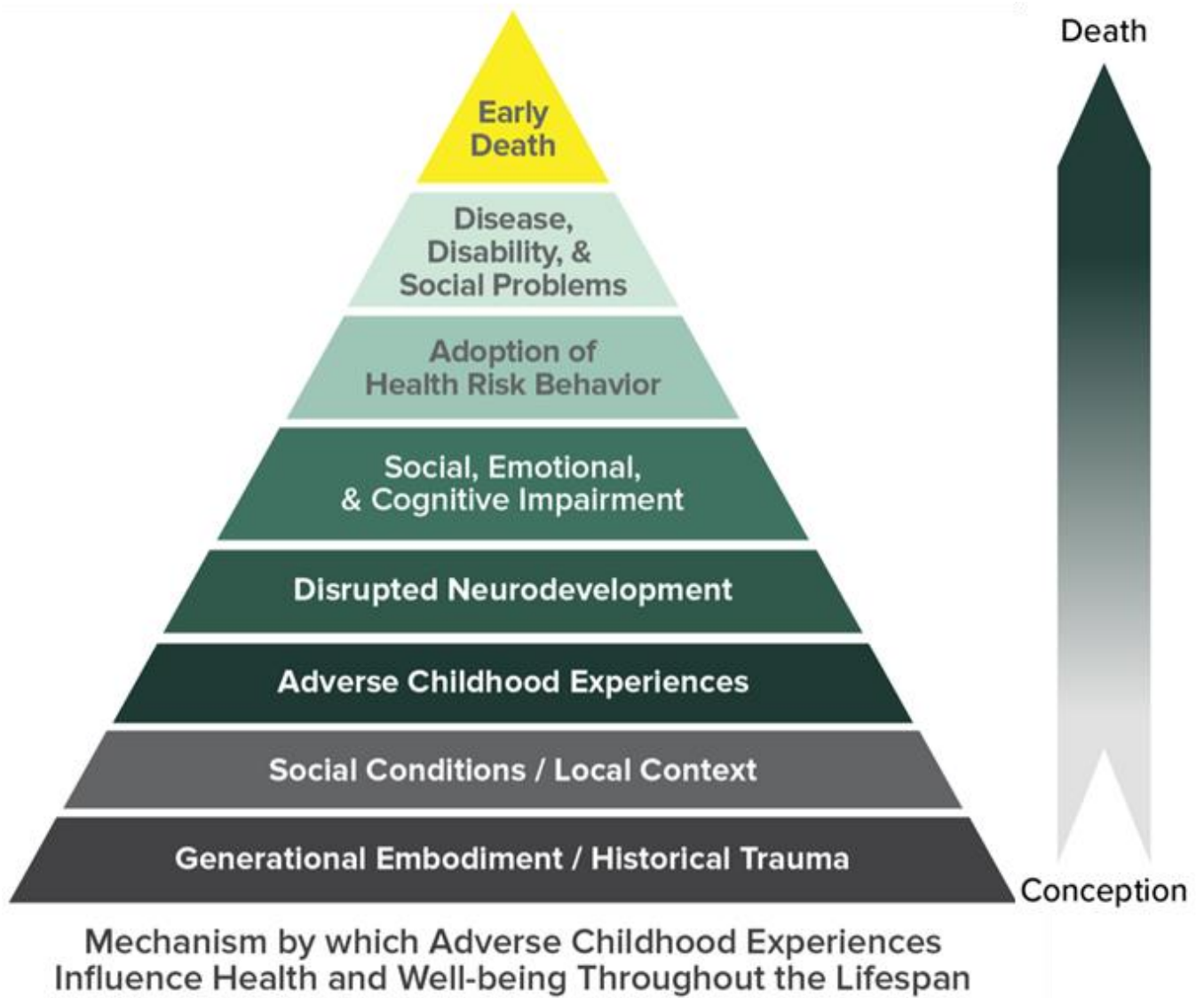
<http://www.pascashealth.com/index.php/library.html>

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*We Are*  
**TRUTHSEEKERS**

**WE ARE  
TRUTH  
SEEKERS**

**WE ARE  
THE TRUTH  
SEEKERS**

TRUTH  
SEEKERS



THE TRUTH SEEKERS



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# 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**

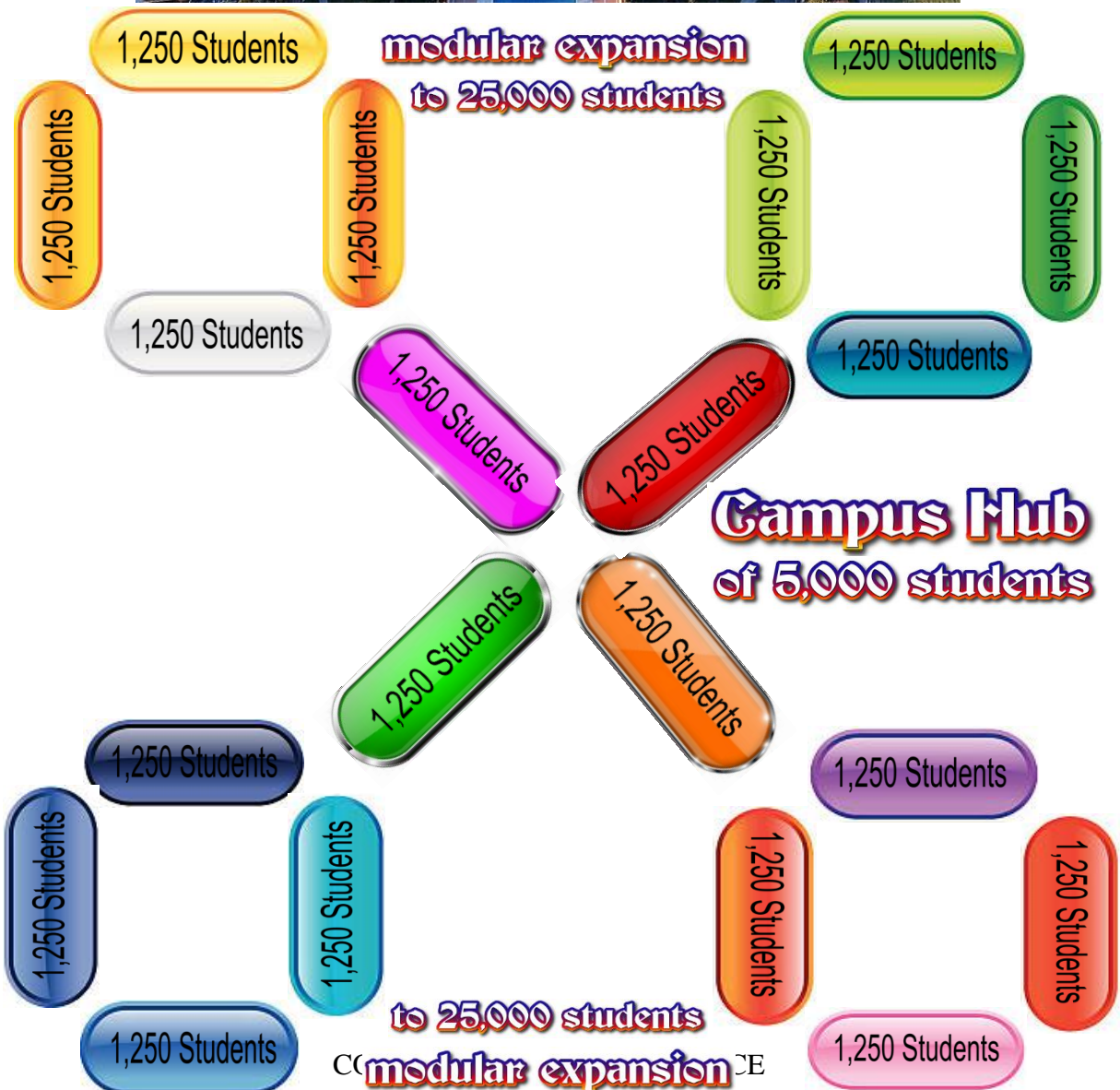


**SPORTS AND  
EXERCISE  
SCIENCE**

# PASCAS UNIVERSITY



**Campus Hub**





# CHALDI TAFE COLLEGE

## Technical and Further Education



Building and construction



Child care



Sports and fitness



Technology, information and networking



Nursing and health



Creative



Agriculture and horticulture



Automotive



Business, justice and management



Community services



Hospitality and cookery



Beauty and hairdressing



By location



Online courses



Apprenticeships

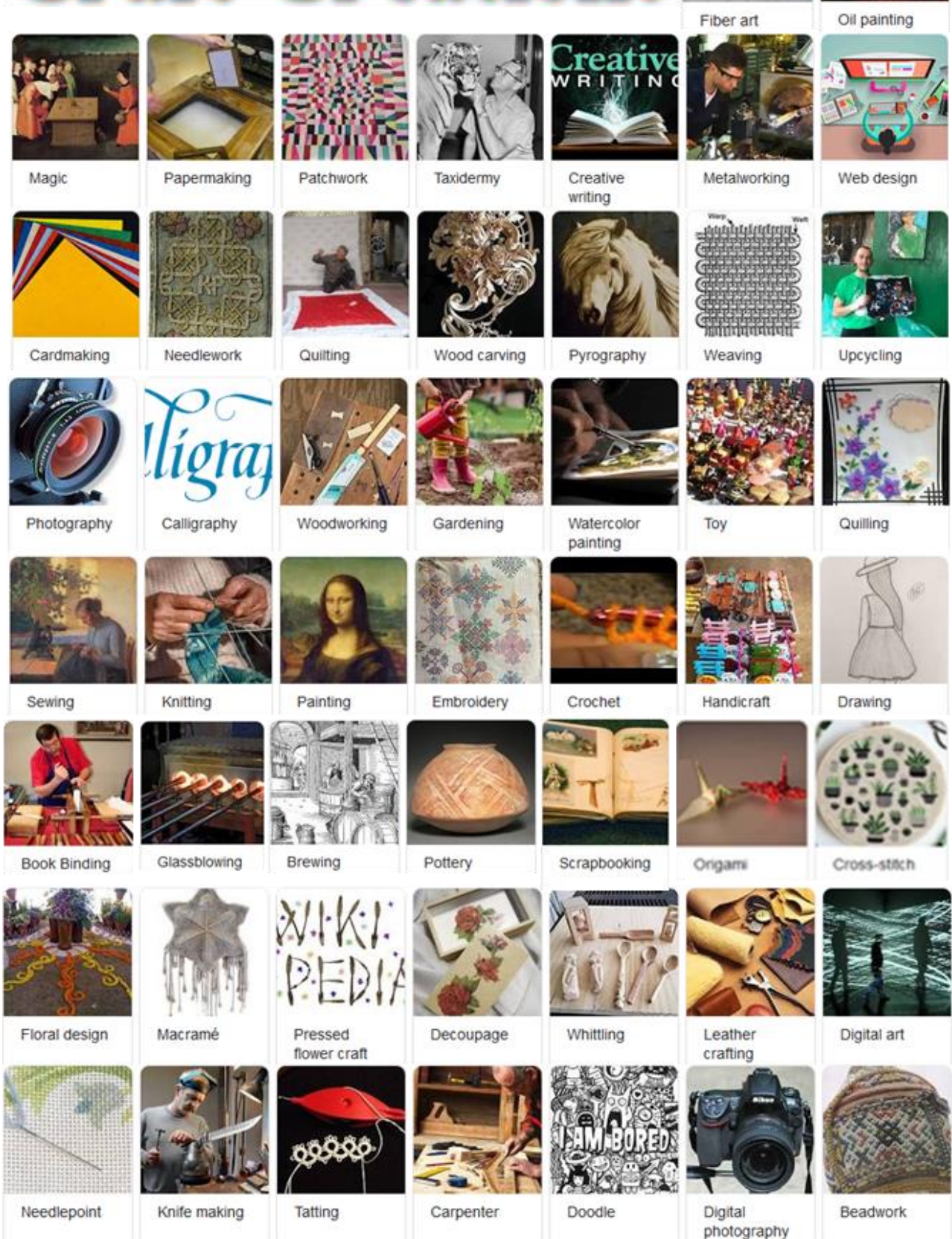


TAFE at School

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# Craft Creations



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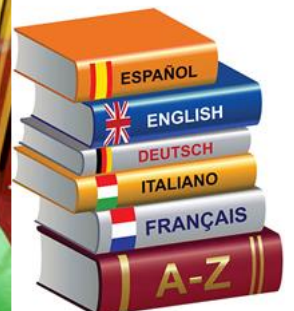
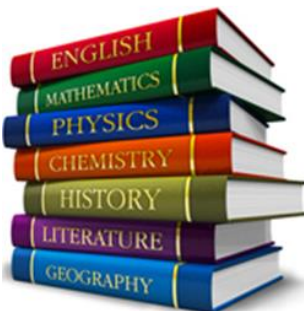
# CHALDI COLLEGE

## Primary thru to High

### "Feelings First"



Children Tutoring Each Other!



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# Tutoring



## Natural Self Expression!



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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**



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PASCAS REGIONAL CENTRES:

UNIVERSITY



SCHOOL



TECHNICAL  
**TAFE**

Craft Creations

MOVIE STUDIOS

Journey of Humanity

THE  
**VILLAGE  
PARADISE**



AFFORDABLE HOUSING

**Homelessness**

**SOCIAL HOUSING**

Early Learning Centre



**NEW BIOSPHERE AGRICULTURE**

**Innovations  
and much more!**



**Community**



**Centre**



**Diagnostics Centre**



Dental Care



**X-RAY**



**MEDICAL CENTRE**

**OPERATION  
THEATRE**

CONFIDENCE





# WE ARE ALL BEING PLAYED

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



## **DIVIDE AND CONQUER MECHANISMS:**

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

# Root Cause

Highly esteemed Lanonandek spirits from within our local universe of Nebadon were assigned as System Sovereigns of our local system to oversee Earth's humanity and their spiritual development. 200,000 years ago they, the Lucifers, became infatuated with their authority and turned against the regents of Nebadon, Mary and Jesus, as well as rejecting God. Through their Planetary Princes, also Lanonandek spirits, they had taken the humanities of 37 worlds within their local system into their Rebellion.

Through living through our minds, suppressing our feelings, we on Earth will continue to be at war with each other, illnesses of all descriptions will continue from our feelings suppression, famine and inequalities prevail, control of others is the core of all systems, we cannot determine truth from falsehood and life on Earth is a living hell. We have been continually seduced by mind Mansion World spirits and we live life in a stupor – nothing more than zombies doing the begging of the evil ones, the rebellious Lanonandek spirits.

Through living through our minds, suppressing our soul based feelings, we have been progressively going further and further away from our Heavenly Parents, now to the point that we cannot go any further. Through working cracks in the Universal Contract governing the Rebellion and Default, this control has been ended formally as of 31 January 2018.

# Pathway Forward

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

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

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

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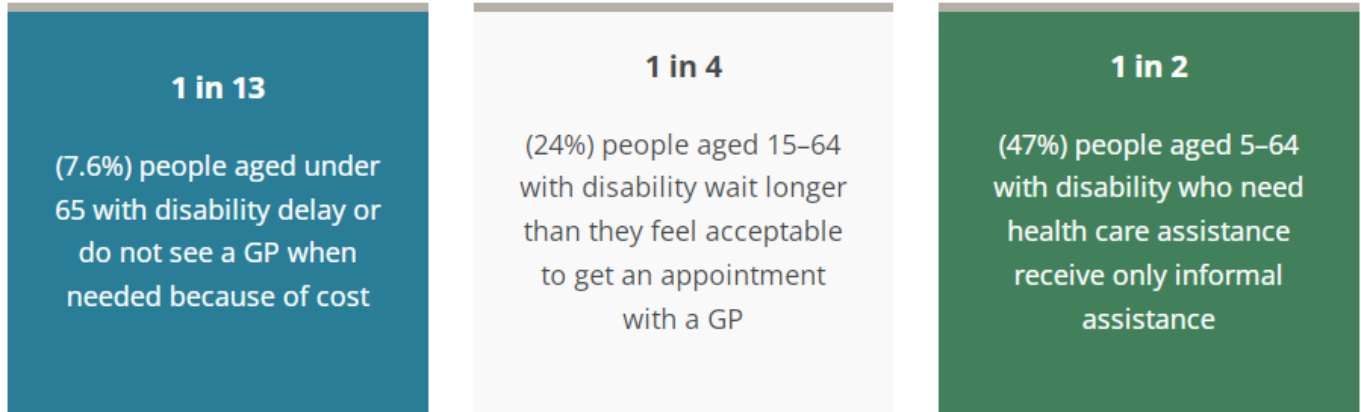
**By living true to ourselves true to our feelings, we are living true to God. It's that simple.**



## DISABILITY accommodating MEDICAL CENTRE:

**One in five people have a disability that needs medical attendance.**

### 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.

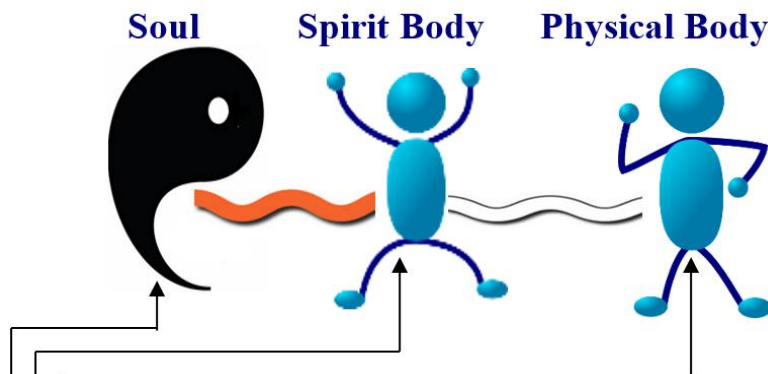
|                                                                                                                                                                                                                                                                                                                                                                                                           |                                                |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------|
| 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"> <li>○ My Life, My Health: Living Well with Long-Term Health Conditions</li> <li>○ Chronic Pain Self-Management</li> <li>○ Diabetes Self-Management</li> <li>○ A Matter of Balance: Managing Concerns About Falls</li> <li>○ Healthy Eating For Successful Living in Older Adults</li> <li>○ Enhance Wellness Coaching</li> <li>○ Healthy Living Testimonial</li> </ul> |                                                |

#### Benefits of person-centred care

| <br><b>Better patient and community experience</b>                                                          | <br><b>Better workforce experience and improved wellbeing</b>                                                                                                                        | <br><b>Better clinical outcomes, safety and quality</b>                                                                                     | <br><b>Better value care through lower costs of care</b>                                                                         |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>✓ Improved patient satisfaction</li> <li>✓ Improved patient engagement</li> <li>✓ Improved community perceptions of healthcare organisations</li> </ul> | <ul style="list-style-type: none"> <li>✓ Improved workforce satisfaction</li> <li>✓ Improved workforce attitudes</li> <li>✓ Less workforce turnover</li> <li>✓ Reduced emotional stress for the healthcare workforce</li> <li>✓ Improved workforce wellbeing</li> </ul> | <ul style="list-style-type: none"> <li>✓ Lower mortality</li> <li>✓ Reduced readmissions</li> <li>✓ Reduced length of stay</li> <li>✓ Reduced healthcare acquired infections</li> <li>✓ Improved treatment adherence</li> </ul> | <ul style="list-style-type: none"> <li>✓ Shorter length of stay</li> <li>✓ Lower costs per case</li> <li>✓ Better utilisation of low versus high cost workforce members</li> <li>✓ Less workforce turnover</li> </ul> |



## HIERARCHY of HEALING SYSTEMS



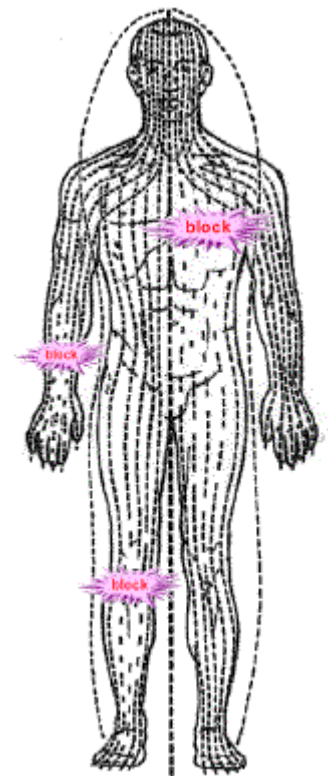
**ALLOPATHIC** – Western Medicine treats the symptoms, is highly regulated and costly as it is cost driven. Symptoms are suppressed – no healing!

**ENERGY HEALING** – Eastern Therapies also treat the symptoms with the assistance from natural love spirits from the realms up to the 6<sup>th</sup> 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.**



## 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.

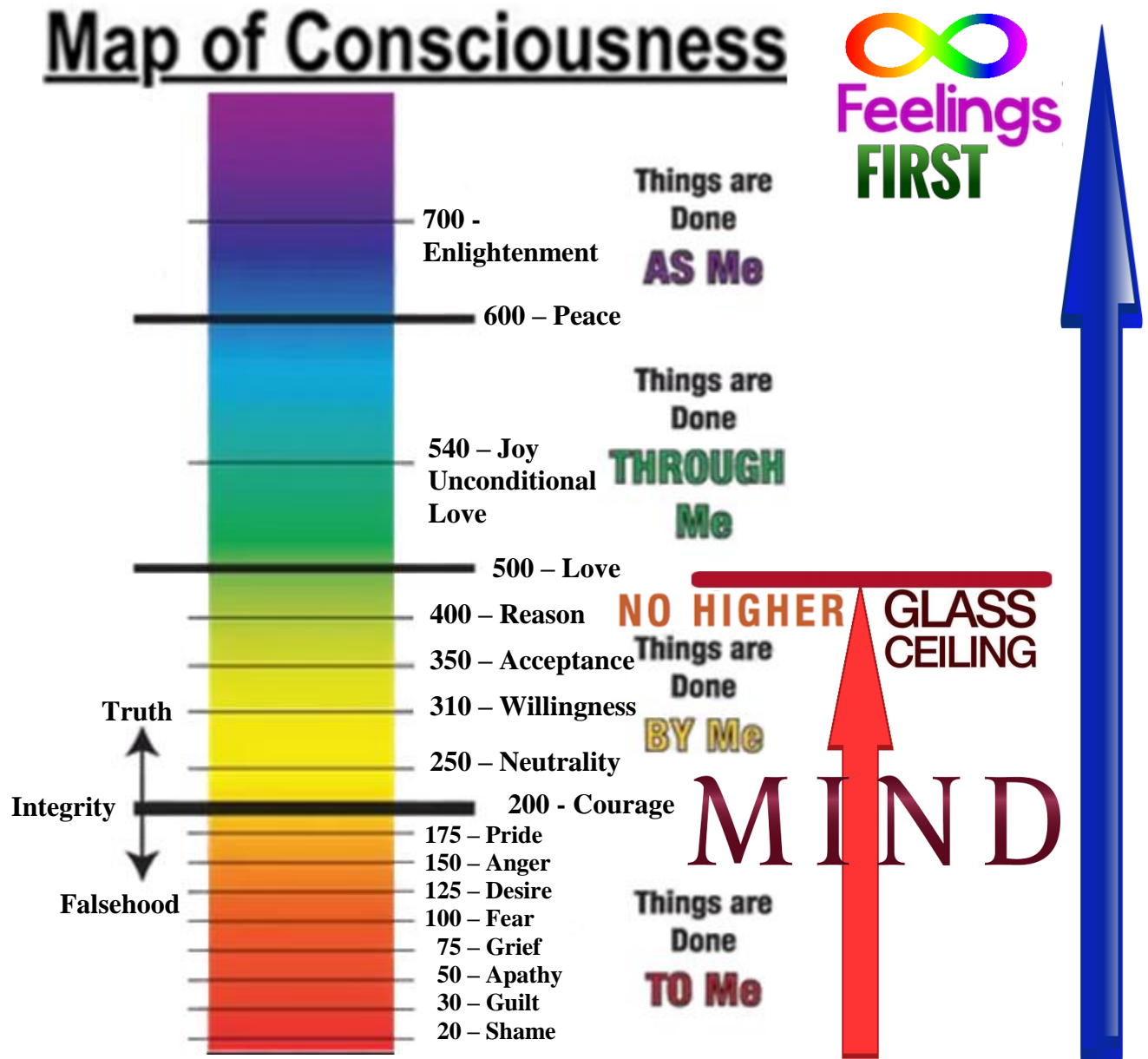
Totally self-reliant, not God reliant.

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.



This outline of the Map of Consciousness spells out the fact that while we live Mind-Centric and ignore and suppress our Feelings we cannot pass 499 MoC. Our mind being in control, as we have all been indoctrinated to live, is a glass ceiling. Humanity cannot heal anything, cannot be spontaneous, has no intuitiveness, and is locked into living in the deep hell states. This is why people find themselves in abusive homes, domestic violence, housing stress, homelessness and gross difficulties of all kinds. This is why we are easily manipulated, embrace propaganda and are being controlled by a few.

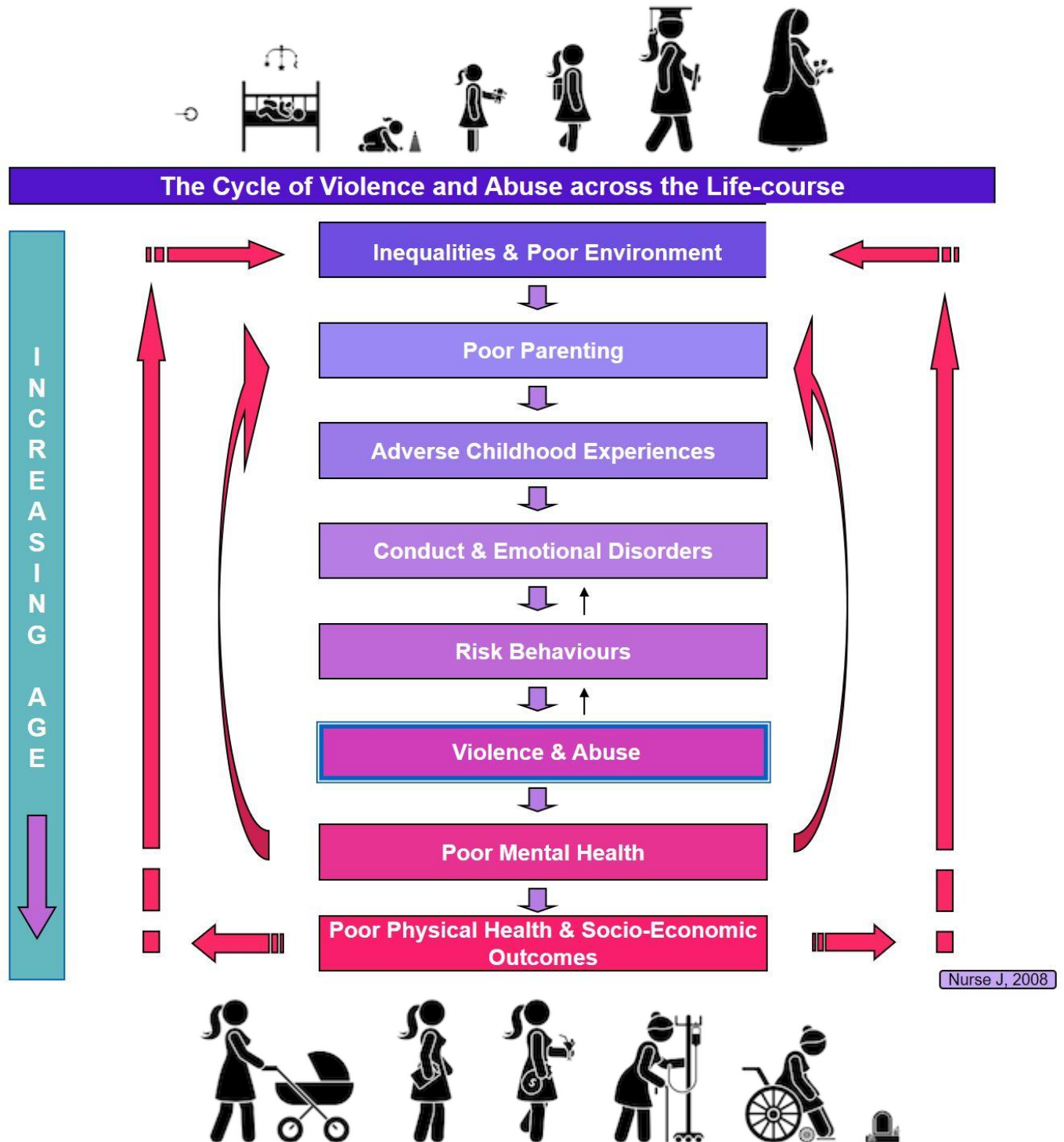
Women are closer to their feelings and that is why the nursing profession hosts a lot of women who calibrate a little over 500. These women are the healers in hospitals.

By aspiring to live Feelings First we are each breaking the glass ceiling and opening our potentials to grow in truth and love not only to 1,000 MoC, but to infinity. This is our destiny.

As communities embrace living Feelings First and having their minds to follow in supporting what their feelings are guiding them with, then ALL of the social ills of society will begin to mitigate. Please, do you comprehend the importance of what is being shared throughout this document?

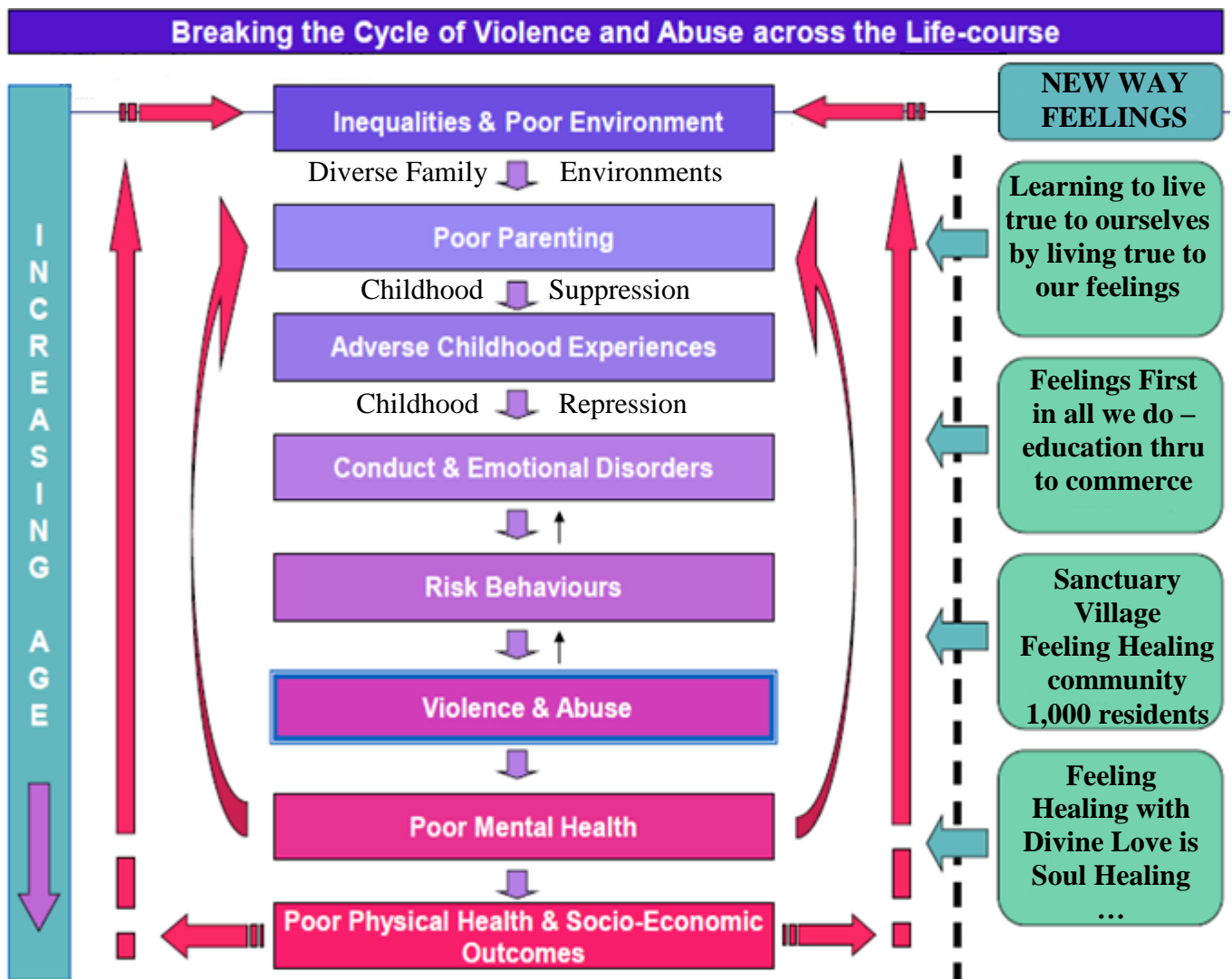
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# LIFE IS FOR LEARNING



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



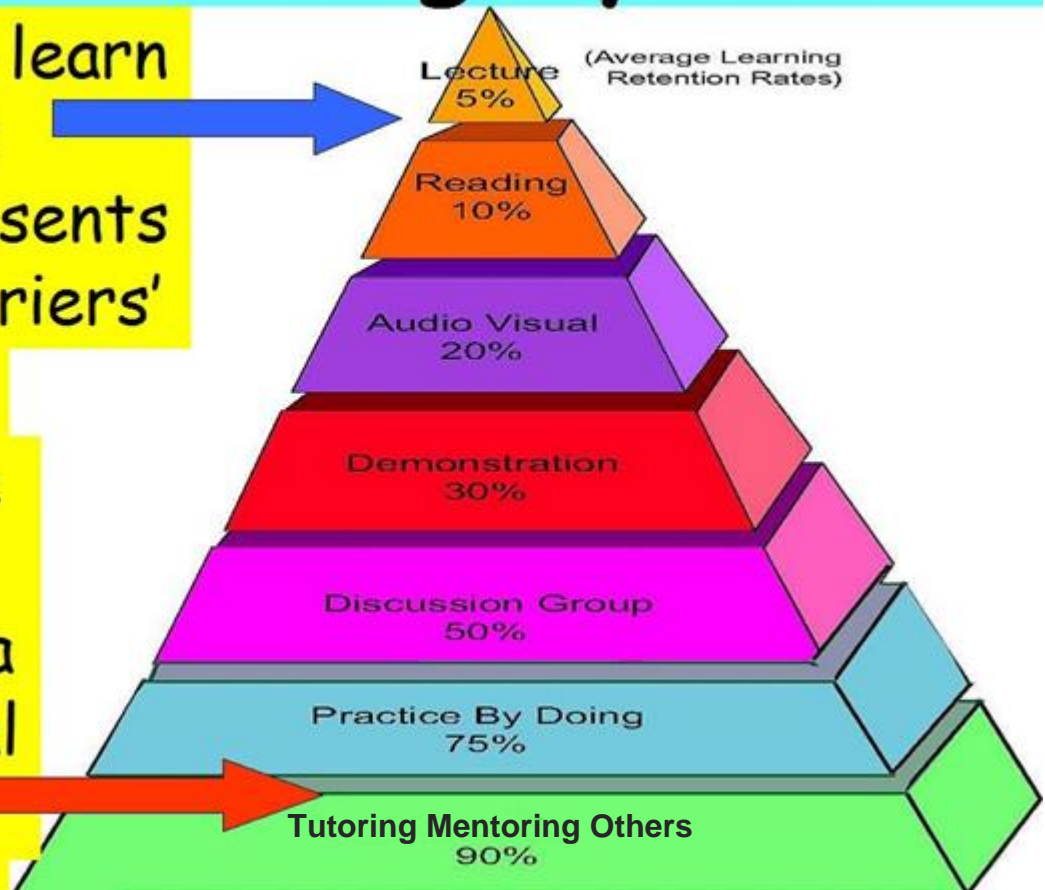


*Childhood Suppression is the underlying cause of all physical illness and social issues seen throughout society.*

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



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



*Feelings, good and bad, are to be expressed.*



**Talk it Out!**



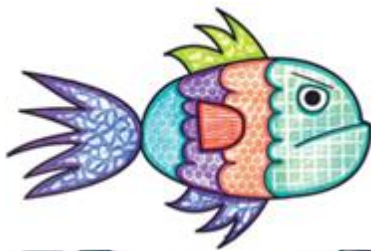
*Heartfelt feelings are our truth.*



**LONG to KNOW ABOUT what you are FEELING!**  
**Long to understand the truth behind**  
**what your feelings are pressing upon you.**



**Ask to know the truth about that which you feel.**  
**It is knowing the truth of that**  
**which you feel that sets you free!**



**Always be true to your feelings**  
**because they are your truth**  
**and truth is love and our way home!**



**Express your feelings to those who matter to you.**  
**Suppressed feelings bring about pain and illness.**  
**Talk it out to a friend!**

### One to One Sharing:

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

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



Important recommended reading is:

by James Moncrief

### **The Rejected Ones – the Feminine Aspect of God**

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



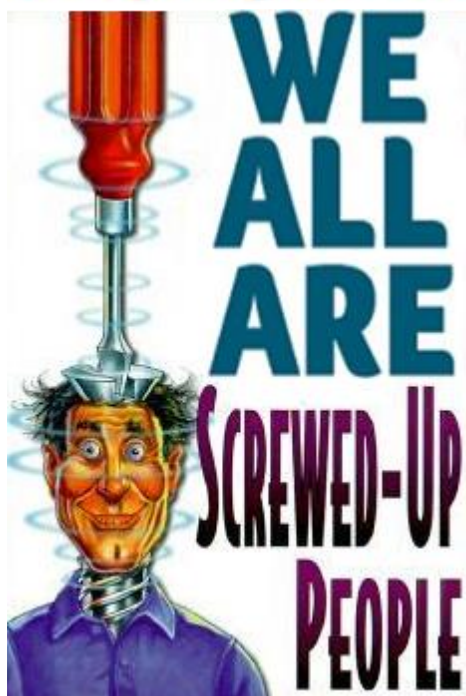


## Great U-Turn





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



#### THE SCRATCH

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

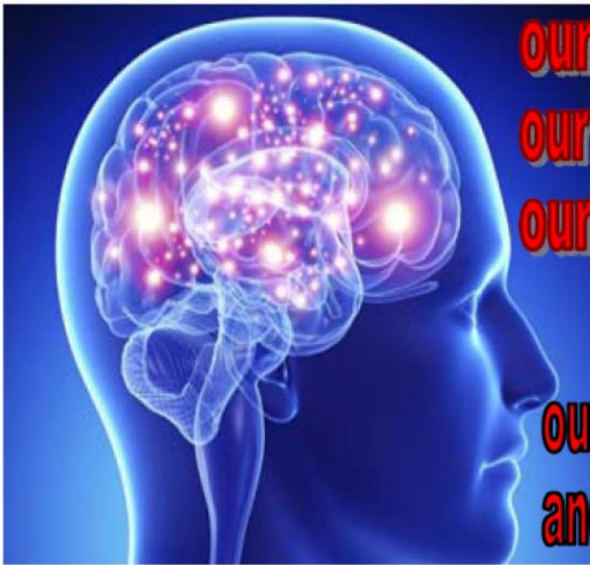
John the Typist

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

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

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

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



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

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

**ASSUMPTIONS are the product of our MIND!**

**HEALING** ends  
**MIND-CONTROL!**



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

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

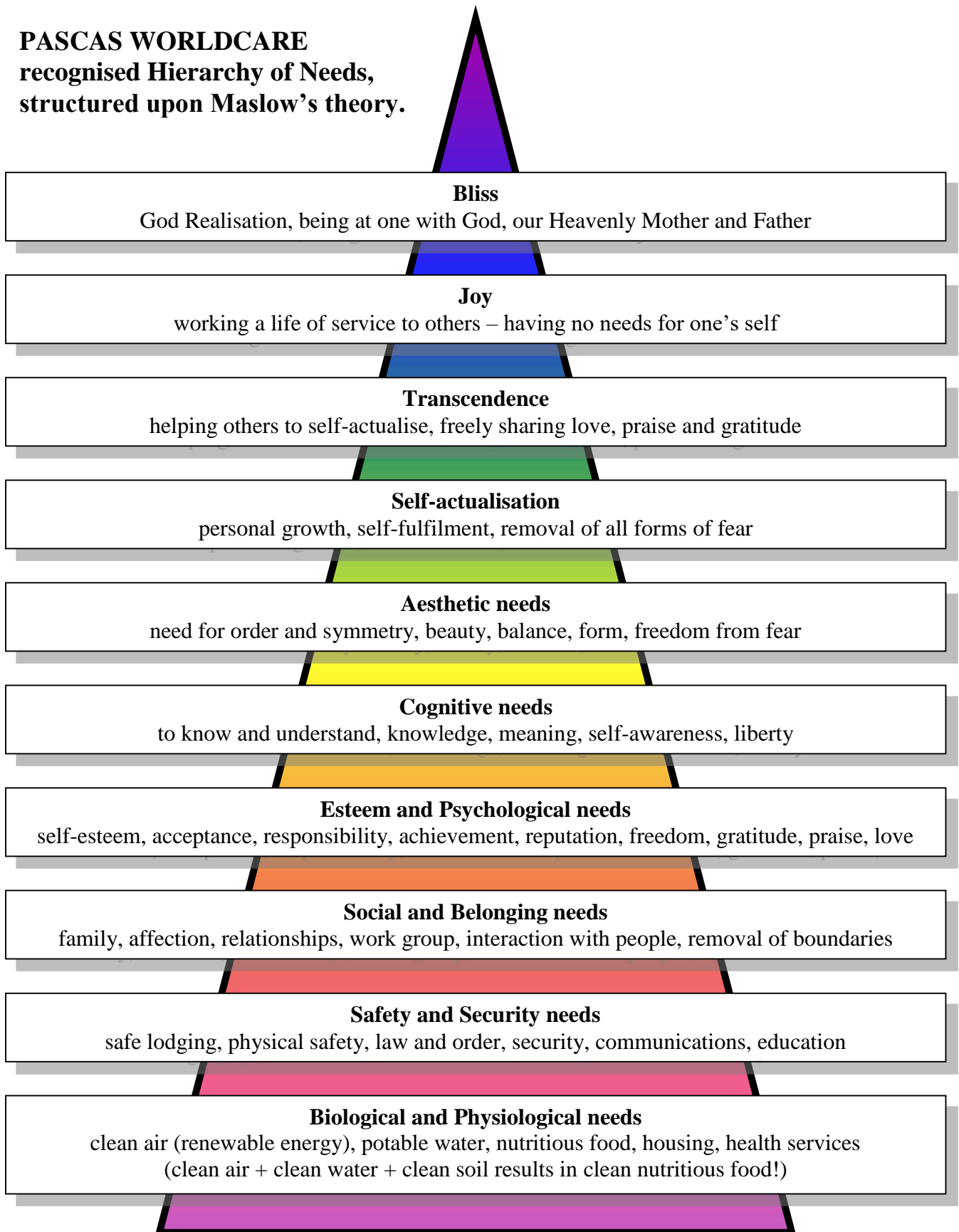


# SUSTAINABLE DEVELOPMENT GOALS





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



# MARKETING CONCEPT:

Career paths focused upon herein:

Education and Teaching

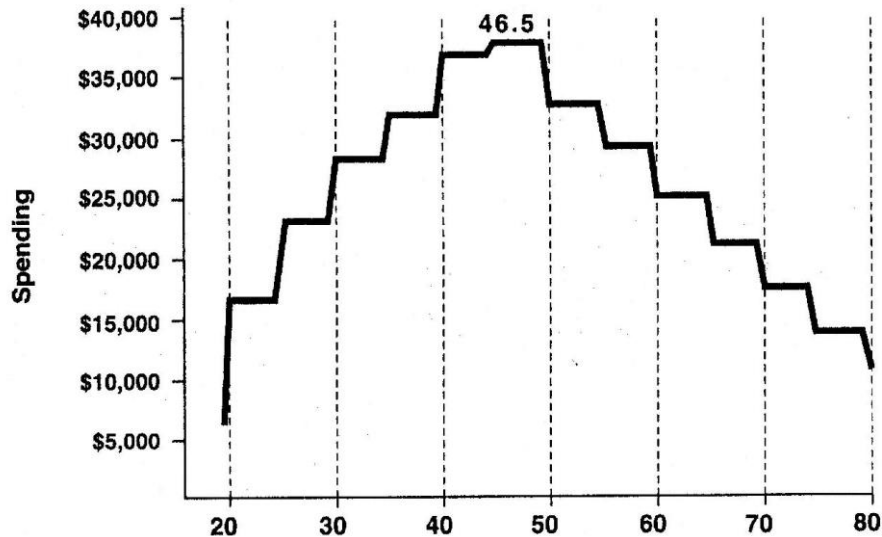
Nursing, Health and Medical

Agriculture and Food Security



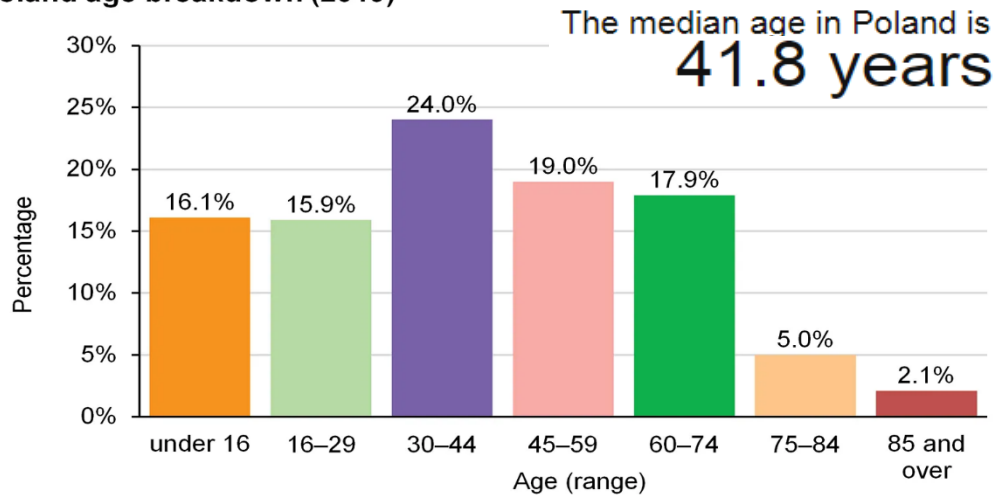
BUYER TRENDS – Patterns within societies:

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



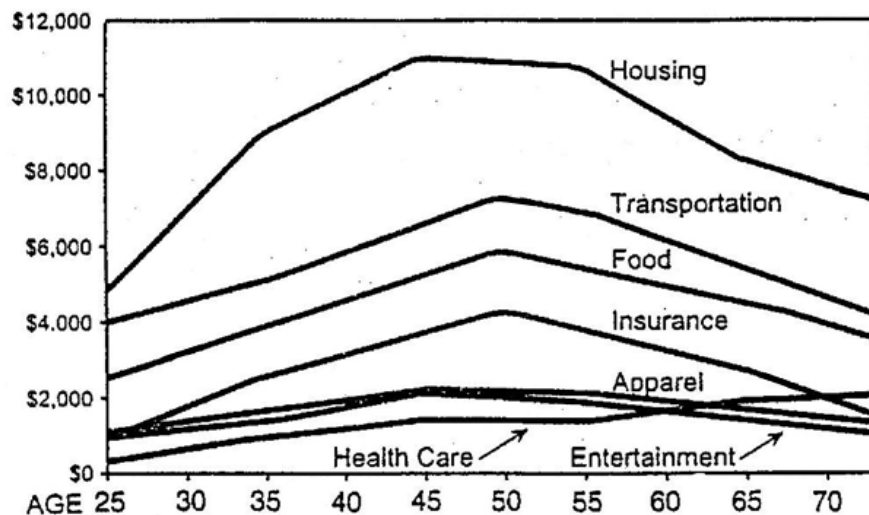
**POLAND**  
median age is  
41.8 years

Poland age breakdown (2019)



The median age in Poland is  
**41.8 years**

© Encyclopædia Britannica, Inc.

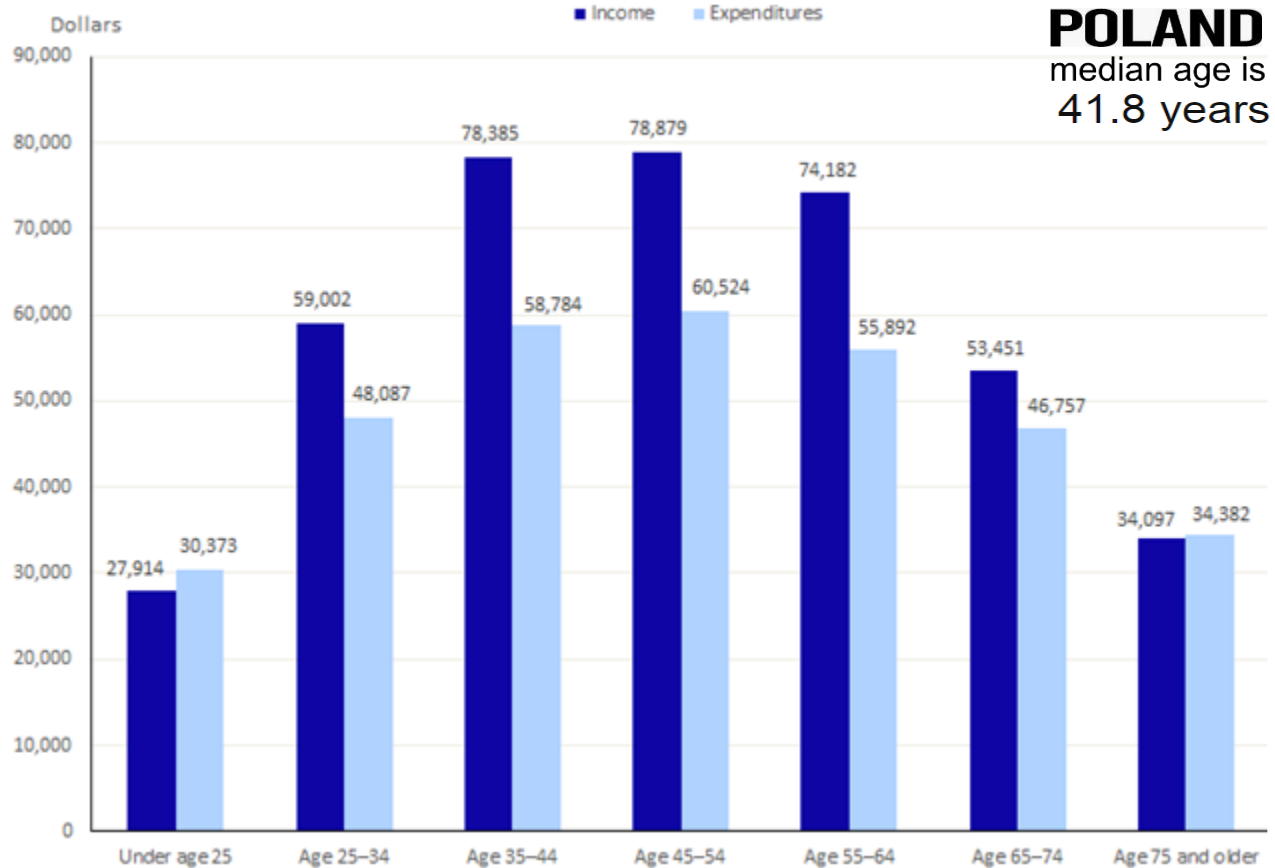


Spending patterns for various categories of major industries

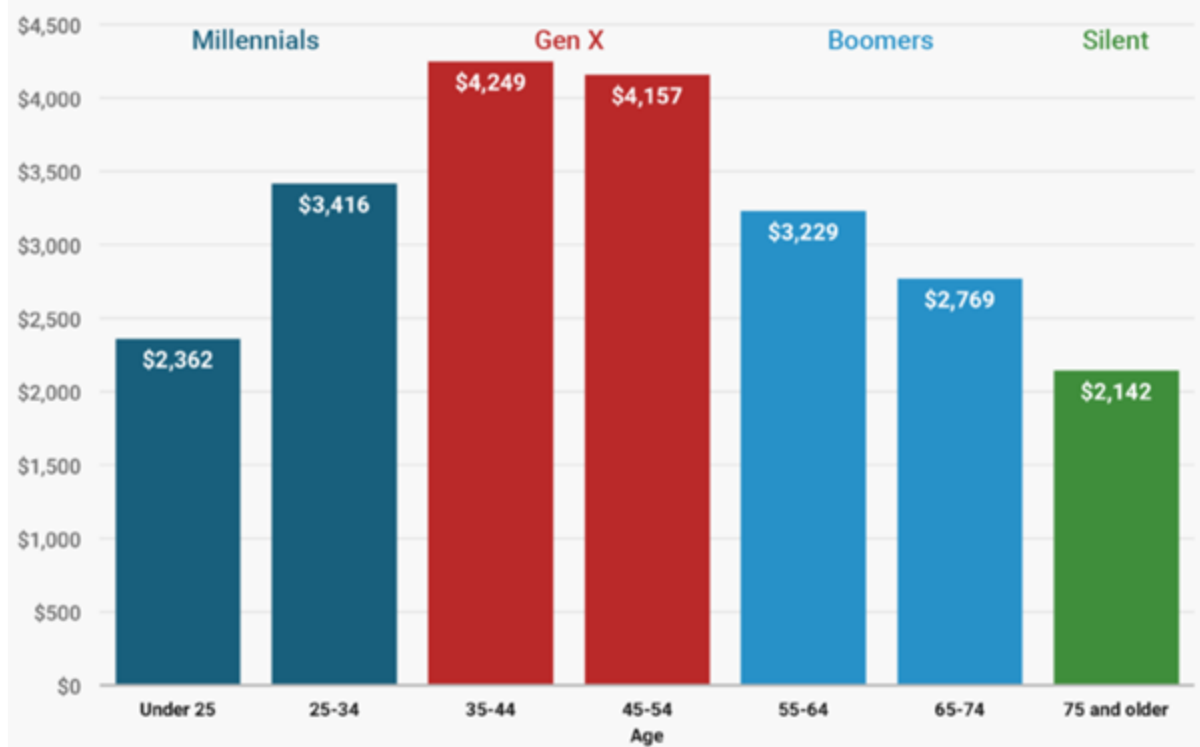
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## Income and expenditures, by age of reference person



## Average spending on food away from home

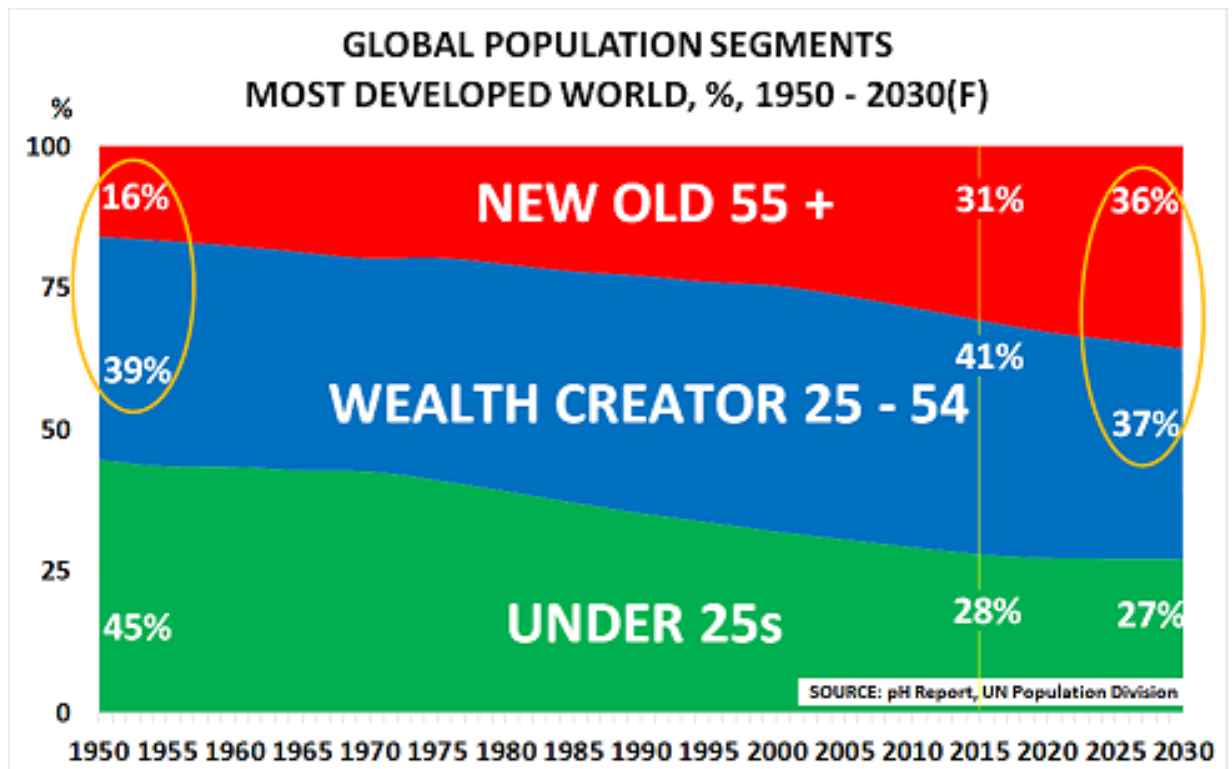
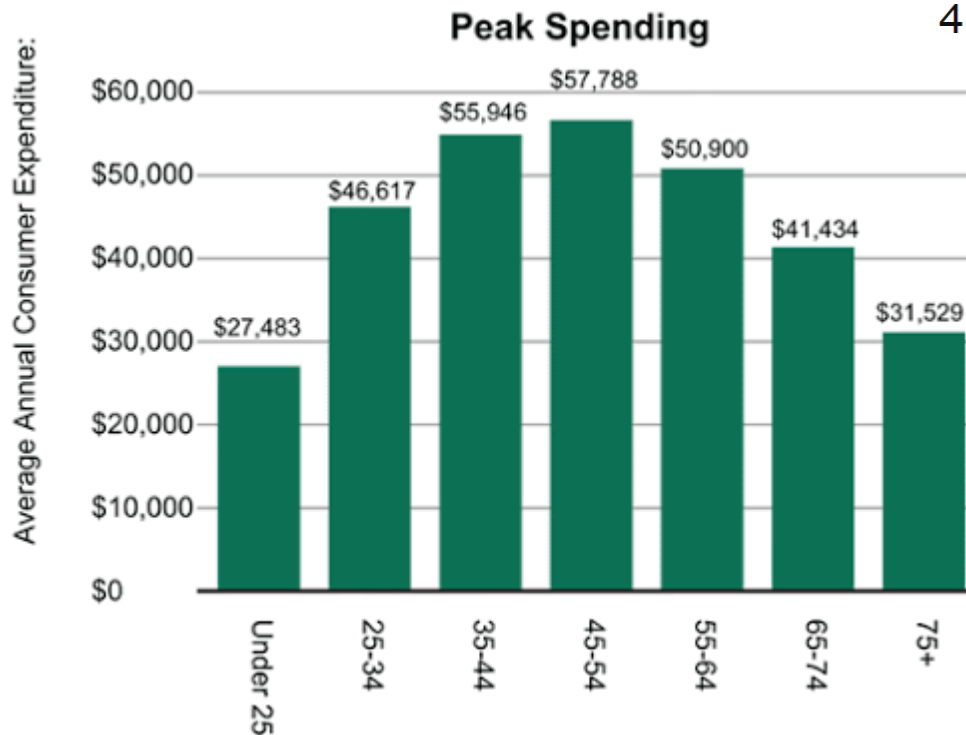


These observations being relevant within every society:

This is not Poland – but a developed economies profile as indicative.

**POLAND**

median age is  
41.8 years



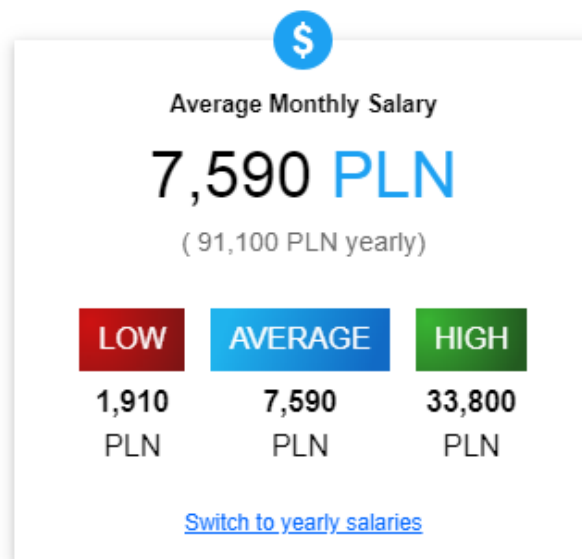
## POLAND SALARY EXPLORER

<https://www.salaryexplorer.com/average-salary-wage-comparison-poland-c173>

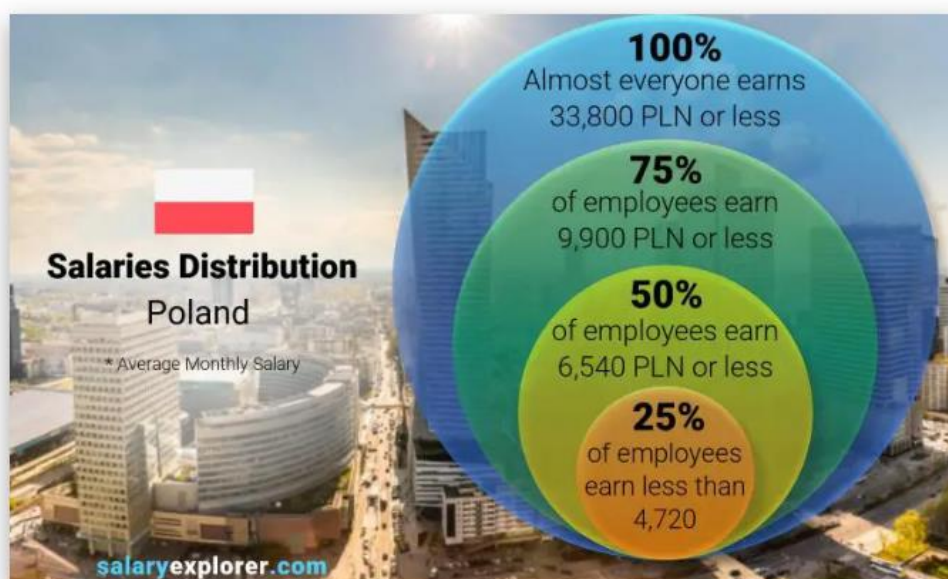
A person working in **Poland** typically earns around **7,590 PLN**. Salaries range from **1,910 PLN** (lowest average) to **33,800 PLN** (highest average, actual maximum salary is higher).

### Salary Variance

This is the average salary including housing, transport, and other benefits. Salaries in Poland vary drastically between different careers. If you are interested in the salary of a particular job, see below for salaries for specific job titles.

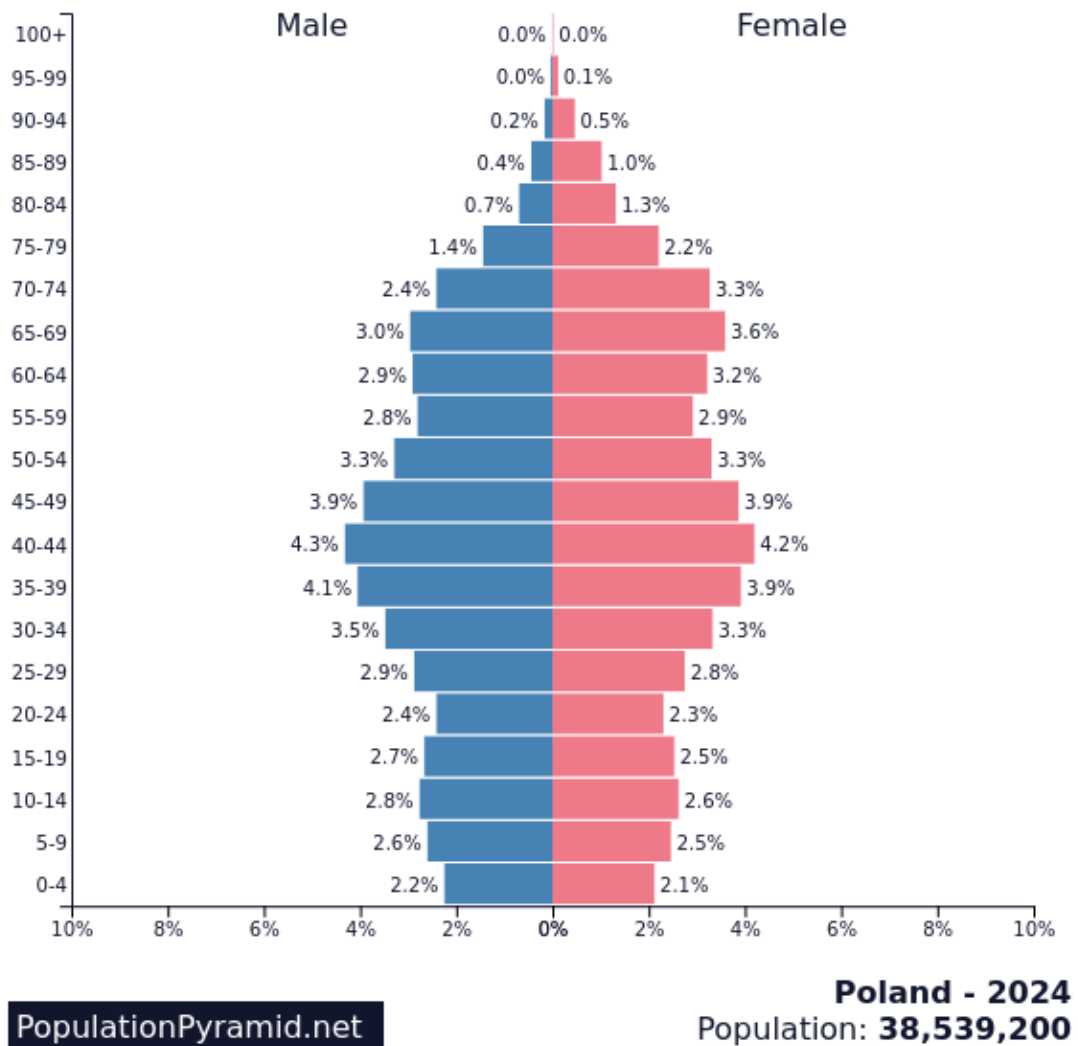


### Pay Scale and Salaries in Poland





The percentage of the male population is 48.3%, compared to 51.7% of the female population.



### Salary and Compensation Comparison By Gender / Poland



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November 2023



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This is the average annual income, which reflects different wages all over the country and is a key measure of the economic state of affairs in Poland. It is also a measure of what people are paid in different sectors, from fast-growing sectors such as information technology to old industries.

This average salary in Poland is essential for businesses and individuals, it helps to assess an economic situation and living conditions.

## 2. Median Salary in Poland

Generally, the median salary is the middle value of the salary collection. The median salary in Poland provides a deeper insight into the distribution of income. The **median salary in Poland** is **6,540 PLN** or US\$1,648 per month, it serves as a middle ground for the diverse range of salaries.

This value represents the midpoint between the lowest and highest earners, highlighting that half of the population earns above and below this amount respectively. Unlike the mean salary, the median is not influenced by outliers, thus serving as a reliable measure of the average income.

## 3. Maximum and Minimum Salary Range

In Poland, the salary spectrum is quite broad, with the average minimum salary starting at 1,910 PLN and the maximum reaching up to 33,800 PLN. This range shows that the Polish job market has a broad range, including different sectors of the economy, jobs and skills.

## 4. Minimum wage in Poland

The **Act on Minimum Salary** recognises the crucial role that the minimum wage plays in the salary framework of Poland. (As of January 2024, the net minimum wage in Poland stood at **729 euros per month**. The figure went up 18.9% compared to the corresponding period of the previous year.)

As of **January 2023**, the minimum wage in Poland is 22.80 PLN per hour and **3,490 PLN per month**, showcasing a significant increase of 14.2% from the previous year.

From **July 1, 2023**, the monthly minimum was further raised to **3,600 PLN** or US\$850, with an hourly minimum remuneration of PLN 23.5 or US\$5.55, representing an increase of PLN 590 and 19.6% from last year.

This minimum wage serves as a fundamental guarantee for all employees to maintain a decent standard of living and stands as a testament to Poland's strong commitment to just and equitable labour practices.

## Factors Affecting Average Salary in Poland



### 1. Average Salary by Sector

Poland's job market is diverse, with varying salaries across different sectors. Here are some of the **average monthly salaries** of different industries in Poland:

| Industry               | Average Monthly Gross Salary (PLN) (USD) |           |
|------------------------|------------------------------------------|-----------|
| Energy                 | 6,810 PLN                                | US\$1,702 |
| Information Technology | 7,590 PLN                                | US\$1,897 |
| Healthcare             | 11,300 PLN                               | US\$2,825 |
| Real Estate            | 8,560 PLN                                | US\$2,140 |
| Media / Broadcasting   | 6,960 PLN                                | US\$1,740 |
| Government and Defence | 8,270 PLN                                | US\$2,067 |

*Source: SalaryExplorer.com*

### 2. Average Salary by Location

The average salary also varies significantly across regions in Poland. Warsaw, the capital, offers an average monthly salary of 8,550 PLN, reflecting its status as a major business hub.

| City     | Average Monthly Salary |           |
|----------|------------------------|-----------|
| Warsaw   | 8,550 PLN              | US\$2,137 |
| Krakow   | 8,320 PLN              | US\$2,080 |
| Wroclaw  | 8,090 PLN              | US\$2,022 |
| Poznan   | 7,120 PLN              | US\$1,780 |
| Gdansk   | 6,920 PLN              | US\$1,730 |
| Szczecin | 6,710 PLN              | US\$1,677 |
| Lublin   | 6,510 PLN              | US\$1,627 |
| Katowice | 6,310 PLN              | US\$1,577 |

*Source: SalaryExplorer.com*

### 3. Average Salary by Education

It is widely accepted that obtaining a higher education can lead to a higher salary. According to a study by Salary Explorer, the wages of professionals with varying levels of college qualifications in similar roles across diverse industries.

On average, those employees with a certificate or diploma earned 17% more than those with a high school diploma.

This gap widens with each level of degree obtained: a Bachelor's Degree led to a 24% increase in income, a Master's Degree to a 29% increase, and a PhD to a **remarkable 23% increase** over those with a Master's Degree in the same position.

These results highlight the substantial benefits of higher education in terms of financial advancement.

#### 4. Average Salary by Experience

Experience plays a crucial role in determining one's salary, as those with higher levels of experience typically earn higher wages.

In Poland, this holds true for all industries and fields, with employees who have 2 to 5 years of experience earning an **average of 32% more than** entry-level or junior workers. And the difference only grows with time – individuals with over five years of experience earn an average of 36% more. These numbers continue to climb as years of experience accumulate, with salaries increasing by 21% after ten years of work and an additional 14% for those with over 15 years of experience.

Keep in mind, however, that these are approximations and should be used as a general guide. For a more precise assessment, individual job titles must also be taken into account.

**Source: SalaryExplorer.com**

#### 5. Annual Average Salary Increase

Polish employees can expect to see a significant boost in their salaries, with an average 8% increase every 17 months.

This noteworthy figure surpasses the global average of 3% every 16 months. With an impressive annual increment rate of 6%, Poland's businesses exhibit a flourishing economy that values and acknowledges the growing expertise and efforts of their employees.

This trend is further amplified by varying increments across industries, capturing Poland's dynamic job market and thriving economic climate.

### 3 Key Benefits of Outsourcing to Poland

#### 1. Skilled Talent Pool

The most compelling reason for outsourcing to the Polish is their talented and educated group. Many Polish specialists have mastered the English language and the quality of professional education is especially strong in the technical field.

This country produces top-of-the-class IT professionals, coders and programmers who are often number one in various global IT competitions. This attracts many companies, especially those operating in high-end expertise areas like tech and IT, looking for the best experts.

Besides, Polish workers are reputed to have a **good working attitude** as well as a high level of professionalism; thus, they are valued worldwide. Technical skills coupled with proper proficiency in language and strong work ethics make Poland one of the best locations for outsourcing especially for companies that need highly specialised skills.

## 2. Fast Growing Economy

**The economy of Poland** is another significant reason that Poland has become a desirable outsourcing destination. Its GDP per capita has been on an upward momentum with the country recording stable growth. It shows that the business environment is in a good state and there is economic stability.

Poland has remained resilient in terms of economic effects experienced during global economic downturns such as the 2007 to 2008 financial crisis and the recent Covid-19 pandemic (2019-2022). It proves the economic strength and stability of the country as a potential country to invest in or outsource from.

Moreover, Poland has a high-income economy status, which means that it has a higher growth rate of GDP, coupled with lower unemployment ratios than most other OECD countries; this gives further impetus to Poland being a base for outsourcing activities.

## 3. Robust Infrastructure

**The strong Polish infrastructure** is one of the factors that makes Poland a favourable country to outsource to. The country boasts of highly advanced technological and Logistics infrastructure, especially in the main business centres of Warsaw, Krakow and **Wroclaw**. This network provides a base for many business undertakings, especially in IT and technology.

Poland has large numbers of IT companies that adhere to EU standards for data protection and IP security, complying with GDPR (General Data Protection Regulation). In order to ensure that businesses outsourcing their projects to Poland will be offered the best-quality services and security, Poland maintains these high standards.

Poland boasts both physical infrastructure and adherence to compliance which makes it an excellent place for a reliable and efficient outsourcing destination.

## Conclusion

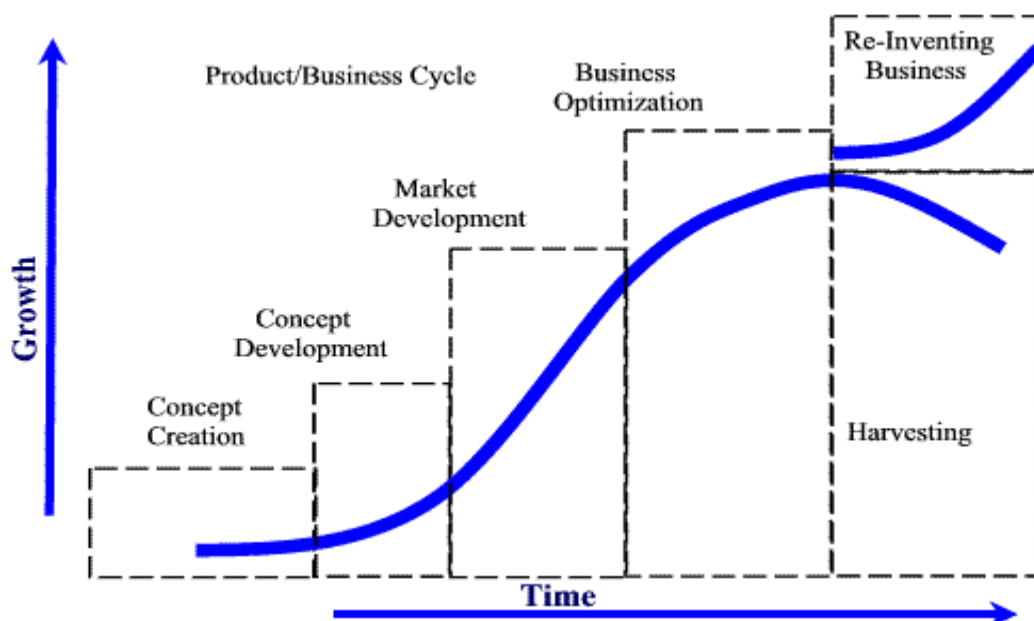
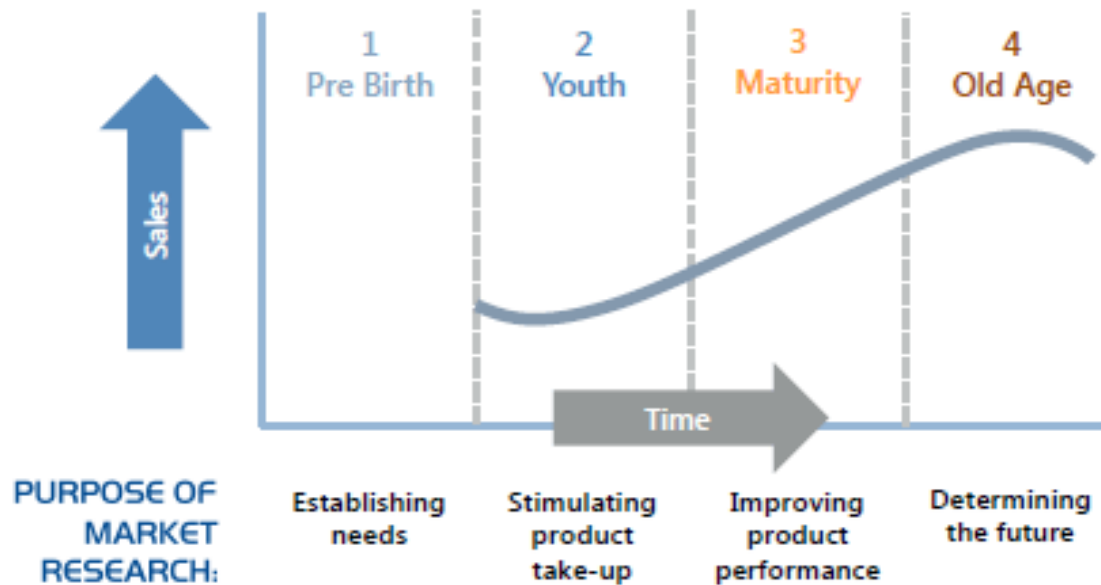
Poland presents a compelling case for businesses considering outsourcing. With its skilled talent pool, growing economy, and robust infrastructure, Poland stands out as a key destination for global enterprises. The combination of competitive salaries, including the median salary and minimum wage in Poland, alongside high living standards, makes it an attractive option.

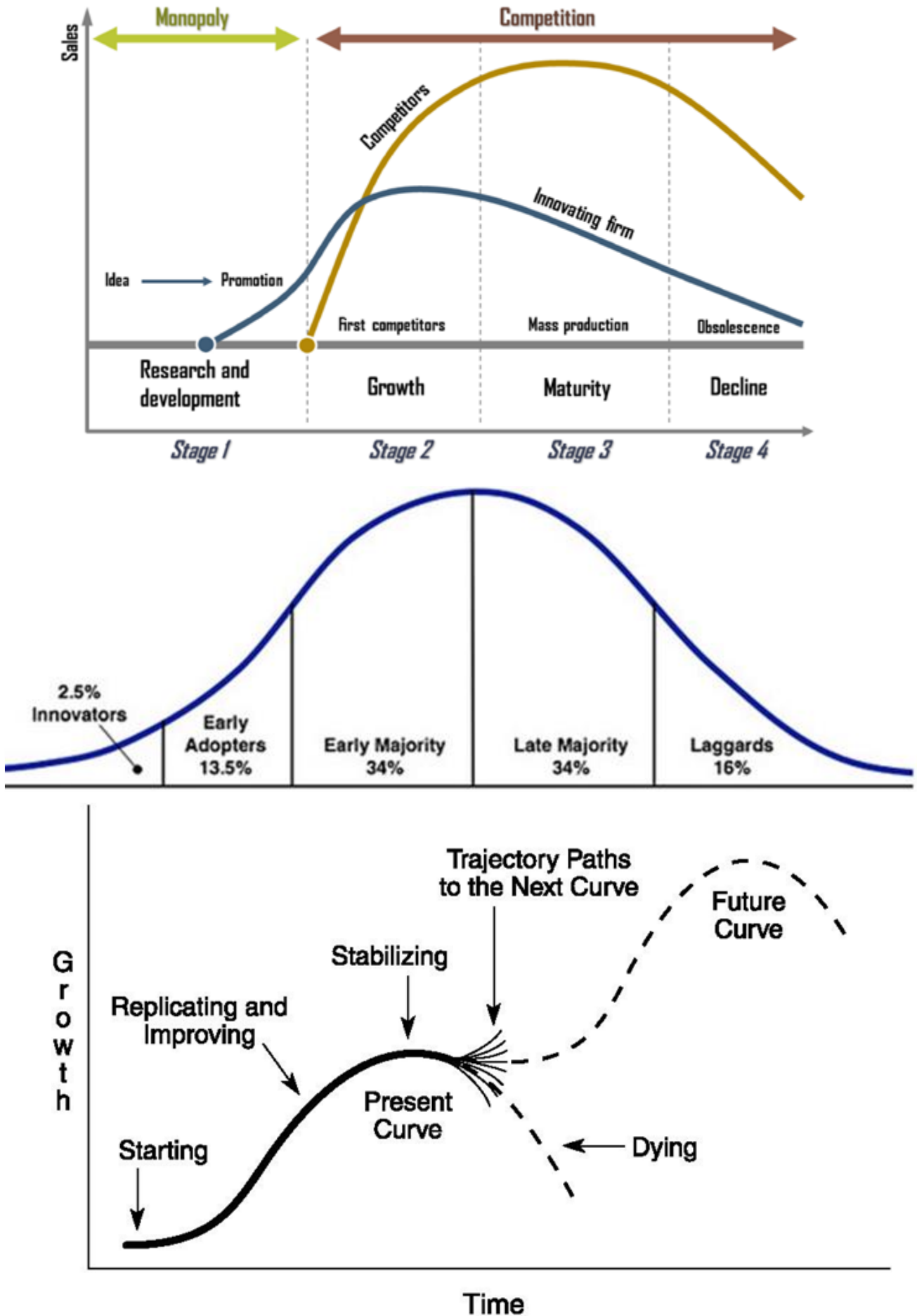
As a business owner or employer, it is crucial to understand the salary structures in Poland and thoroughly analyse crucial financial and other reports from the **official websites** and make data-driven decisions before establishing a team in Poland

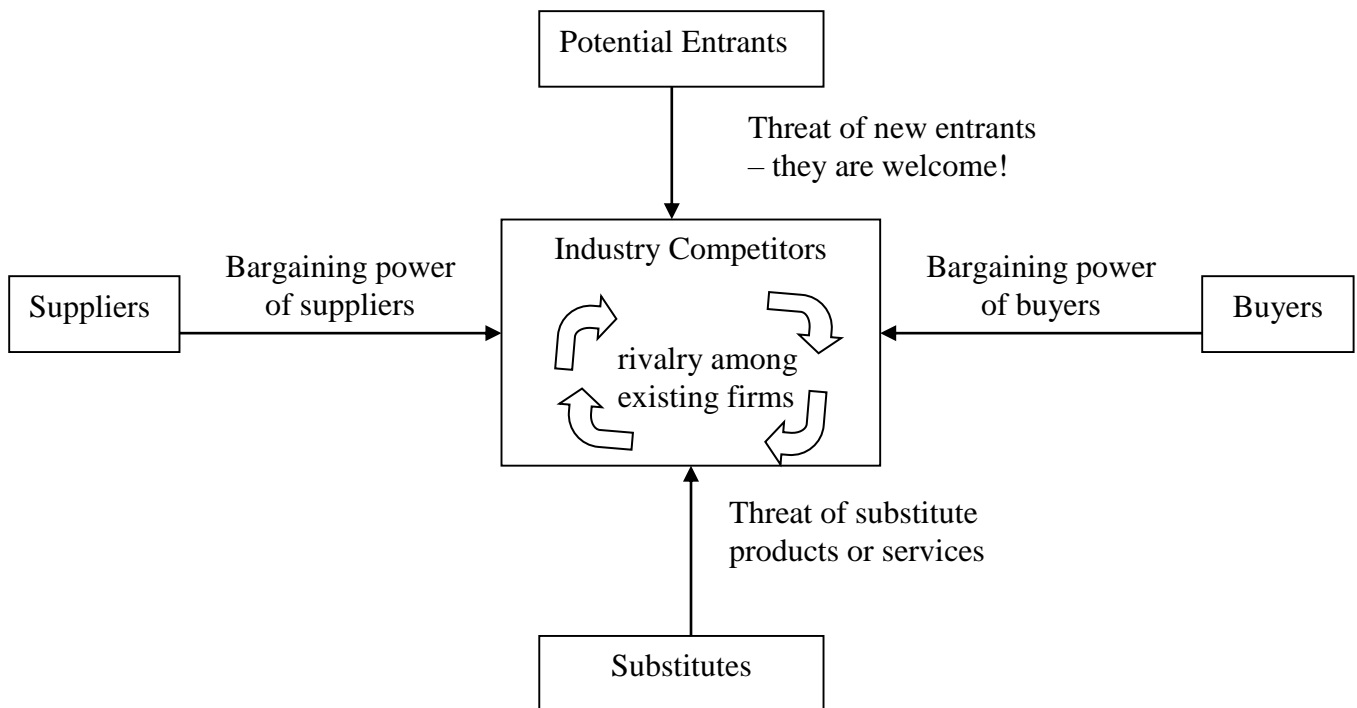


PRODUCT CYCLE – services:

# 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 70,000 pages being about 20 million words. The core writings have been restricted to being through James Padgett and then James Moncrief and that is to avoid confusion. The most important writings are those of James Moncrief.

### 6. INFORMATION AVAILABLE FOR THE BUYER ABOUT THE SUPPLIER

The supplier are high level spirits – there are many of them identified throughout the writings. The core revelations all come from personalities that are of a higher level of consciousness and truth than those who imposed the Rebellion and Default upon us.

### **THE THREAT OF NEW ENTRANTS OR SUBSTITUTES –**

There are already many systems that purport to heal through emotional clearance systems. None go far enough. None go deeper enough – there are many, many layers. But most significantly, none guide us to long to know the truth that our feelings are and will show us, reveal to us.

### **COMPETITIVE RIVALRY –**

#### 1. NUMEROUS OR EQUALLY BALANCED COMPETITORS

There are no others that have been provided with the Truths that are now being shared to all freely. Further, no others have recognised the importance of these revelations to the education and health sectors. And further, no others have been provided with the financial resources to global introduce to all of humanity this way of living which is ever so freeing and will lead to significant evolutionary growth in consciousness levels. Today, in 2024, we see all of humanity in some kind of moronic stupor with major wars in various countries. As the new spiritual age unfolds, wars will end!

#### 2. SLOW INDUSTRY GROWTH

Yes, humanity will be slow to embrace what is being introduced through Pascas.

## **FOUNDATION'S PROGRAM:**

### **VISION STATEMENT:**

“To build an inspiring high quality, international standard university having multiple campuses throughout Poland that provides outstanding opportunities for students, lecturers, professionals and the surrounding community to excel, thrive and succeed in.”

“This will lead to widespread enhanced pre-schooling, primary schooling, high schooling, craft creations, technical and further education as well as university facilities and services that will support all facets of all sectors of social services, health, education, commerce and industry.”

### **HISTORY:**

Pascas Foundation (Aust) Limited was incorporated on 16 September 2008 and progressively received and obtained revelations dating back to 31 May 1914 that are all published throughout the Pascas Papers that can be downloaded from the Library Download page on [www.pascashealth.com](http://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.

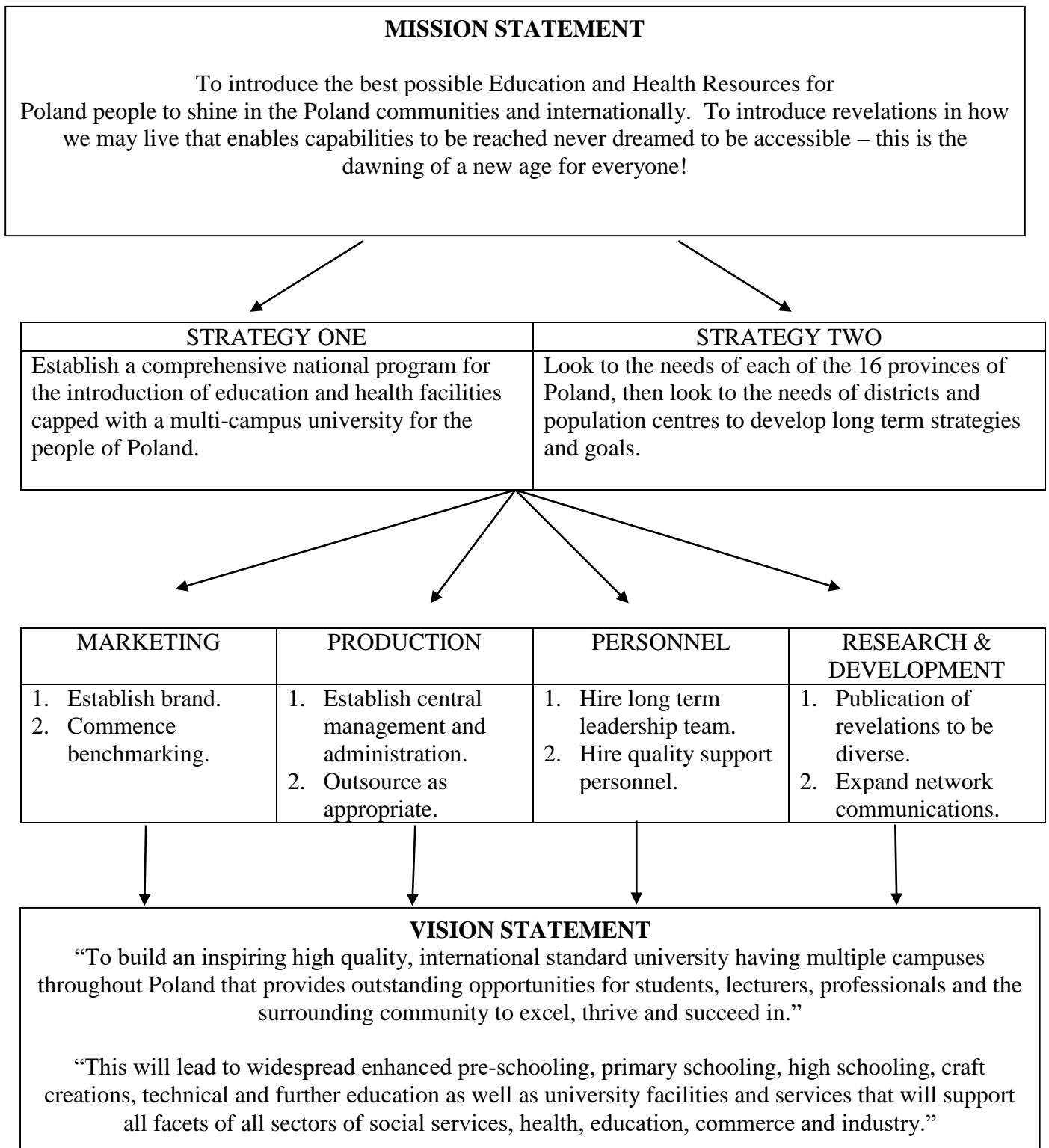
### **THE TEAM:**

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:**

| <b>ORGANISATION CHART - LAYERS of MANAGEMENT</b> |                                                                                                                                                                                                                                                                         |
|--------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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<br>Team Specialist – Senior Controller / Trainer – Senior Operators<br>Support Operators – Trainee Operator – Administration Support Staff                                                                                            |

TEAM STRUCTURES WILL ENCOMPASS ALL LEVELS

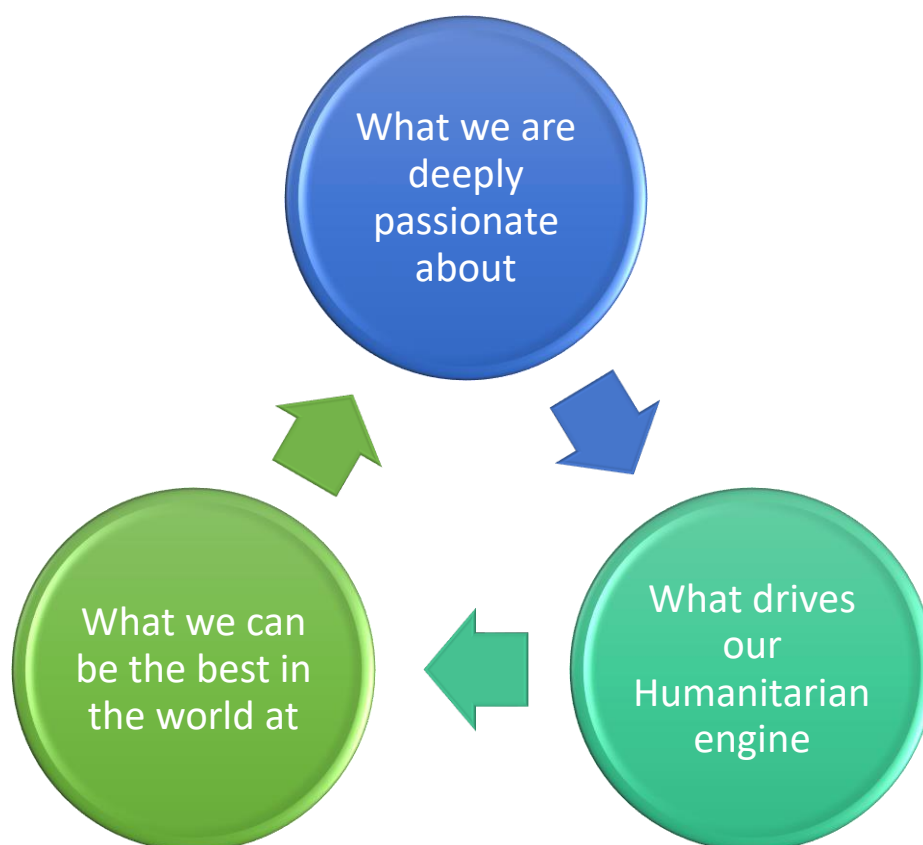
**ACTION PLAN:**



**STRATEGY:**

Pascas Foundation (Poland) Ltd identifies drivers to a successful strategy as:

- Advancement of the Education and Health Sectors awareness and capacities.
- Commence growing the numbers of teachers, nurses and doctors through scholarships
- Build education centres while developing curriculums.
- Introduce education and health centres with capabilities and capacities required by communities.
- Education and Health Sector expertise to double in numbers, then double again.
- Ownership of the freehold land and buildings, or very long secure land leases, from which to provide services in education and health.
- Solar electricity with batteries as required.
- Broadband Internet bandwidth on demand for all students and families.
- Superior technology suited to the geographic conditions and other conditions that prevail.
- Outsource services, engineering and equipment locally where possible.
- High levels of security.
- These endeavours are for ALL the people of Poland.
- Research and development continually ongoing.
- Access to diverse media content – communication and involvement by all.

**PASCAS FOUNDATION focuses upon:**

COMMERCIAL IN CONFIDENCE

**GOALS & MILESTONES SCHEDULES:****SHORT TERM GOALS Year 1**

- ✓ Consolidate our management team.
- ✓ Establish our brand name and market appreciation for our endeavours and services.
- ✓ Establish that our Corporate Shared Values positions us as an EXCELLENT Foundation.
- ✓ Meet our milestones and exceed our goals.
- ✓ Identify specific market penetration strategies for other products and industries.
- ✓ Monitor customer expectations and satisfaction levels.
- ✓ Enhance the Foundation's objectives and services in response to people's needs, requests and issues.
- ✓ Develop complementary programs to grow the potential for all involved.

**MEDIUM TERM GOALS Years 2 - 4**

- ✓ Bring operating budgets into line with management objectives for both schools and health facilities.
- ✓ From then on, maintain a balanced budgeted cash flow.
- ✓ Fully establish the market presence as per our identified market plan with a focus on the needs and goals for each province throughout Poland.
- ✓ 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.

|    | <b>MILESTONES</b>                                                                     | <b>IN MONTHS</b> |
|----|---------------------------------------------------------------------------------------|------------------|
| 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)**

| <b>CSFs</b>                                                             | <b>KPIs</b>                                                                                                                                                                                                                                                                                                                                                                                           |
|-------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Attainment of pre-determined goals.                                     | <ul style="list-style-type: none"> <li>✓ Expenditure within 10% range of budget.</li> <li>✓ Expenses not exceeding budget.</li> <li>✓ Projects implemented within proximity of budget timing.</li> </ul>                                                                                                                                                                                              |
| Comprehensive planning for the future.                                  | <ul style="list-style-type: none"> <li>✓ Business Plan always updated for 5 years ahead.</li> <li>✓ Comprehensive new plant and equipment and upgrade plan for 5 years ahead.</li> <li>✓ Information distribution always being updated.</li> </ul>                                                                                                                                                    |
| Financial stability – Foundation being humanitarian in focus.           | <ul style="list-style-type: none"> <li>✓ Budget cash flow variance &lt;10%.</li> <li>✓ Business Plan with &gt; 15% of outcomes.</li> </ul>                                                                                                                                                                                                                                                            |
| Positive perception by the market.                                      | <ul style="list-style-type: none"> <li>✓ Education – student and teacher satisfaction.</li> <li>✓ Health – patient / friends and clinician satisfaction.</li> <li>✓ Positive community reporting.</li> <li>✓ Invitations to participate in showcases and forums.</li> </ul>                                                                                                                           |
| Good understanding of market requirements.                              | <ul style="list-style-type: none"> <li>✓ No orders lost because of “missing” features.</li> <li>✓ Sales meeting budget forecast.</li> </ul>                                                                                                                                                                                                                                                           |
| Understanding of significant, relevant, innovative life style pathways. | <ul style="list-style-type: none"> <li>✓ Ability to bring this awareness to all.</li> <li>✓ Competitors attempting to copy or make use of revelations.</li> </ul>                                                                                                                                                                                                                                     |
| High quality product.                                                   | <ul style="list-style-type: none"> <li>✓ Information provided being always in truth – accurate.</li> <li>✓ Updates being addressed within a few days.</li> </ul>                                                                                                                                                                                                                                      |
| Superb team work.                                                       | <ul style="list-style-type: none"> <li>✓ Absenteeism low or &lt; 1 day a year per person.</li> <li>✓ Consistent enthusiasm.</li> <li>✓ Consistent quality with attention to detail.</li> <li>✓ No lost time injuries.</li> </ul>                                                                                                                                                                      |
| Reliable supply & service chain.                                        | <ul style="list-style-type: none"> <li>✓ Suppliers offering unsolicited innovation.</li> <li>✓ Supplier’s products arriving &lt; 5 days late.</li> <li>✓ Spare parts for service available &lt; 5 days after order.</li> <li>✓ Change to external service support agents &lt; 1 per year.</li> <li>✓ Primary response to customer’s service requirements &lt; 24 hours, any day, anywhere.</li> </ul> |
| Being an employer of choice.                                            | <ul style="list-style-type: none"> <li>✓ Job applications arriving unsolicited.</li> <li>✓ Zero resignations due to dissatisfaction with the Company.</li> <li>✓ Employees introducing friends of high calibre as potential employees.</li> </ul>                                                                                                                                                     |



**The SWOT ANALYSIS OVERVIEW:**

| <b>SWOT ANALYSIS</b>                                     |                                                                                                                                                      |
|----------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Strengths of our Foundation:</b>                      | <b>We can utilise these strengths as follows:</b>                                                                                                    |
| Humanitarian fund allocation capabilities.               | Large scale investment into the education and health sectors, with broad distribution of higher education for all sectors of society.                |
| <b>Weaknesses of our Foundation:</b>                     | <b>These weaknesses will be overcome as follows:</b>                                                                                                 |
| Limited experience within the Poland landscape.          | Gain in the field expertise within the Poland landscape through operatives within the education and health sectors within Poland.                    |
| <b>Opportunities open to our Foundation:</b>             | <b>Will be grasped by us as follows:</b>                                                                                                             |
| Greater development of the education and health sectors. | Opening up for more opportunities to enter other sectors within Poland.                                                                              |
| <b>Threats facing our Foundation:</b>                    | <b>Will be avoided as follows:</b>                                                                                                                   |
| Governmental regulation and opposition.                  | Supersede the market with more advanced techniques, technology and proven performance. Effective negotiation with government and other stakeholders. |

**RISK ANALYSIS:**







The key risk issues that are identified in the above SWOT Analysis have been prioritised and the risk mitigation management implementations are summarised as follows:

- Lack of facilities within the education and health sectors throughout Poland.
- Subsidising consumer costs through scholarships for higher education.
- Subsidising patient's costs through subsidising running costs of health services being provided.
- Engaging with local landowner and leaders of communities for support.
- Creating local employment while expanding the availability of needed services in education and health.
- Adhering to governmental regulations.
- Remaining non-political – not being aligned to any one political party.

**MARKET PENETRATION:**

The Foundation's growth is humanitarian-driven rather than product-driven. Customer needs and wants have been researched and the Foundation's services and products are focused on fulfilling customer needs.

At this point, consumer needs have been assessed by interaction between companions of the Foundation and people throughout many communities. The Foundation has adopted a Market Planning Process to develop and grow its data base. This entails:

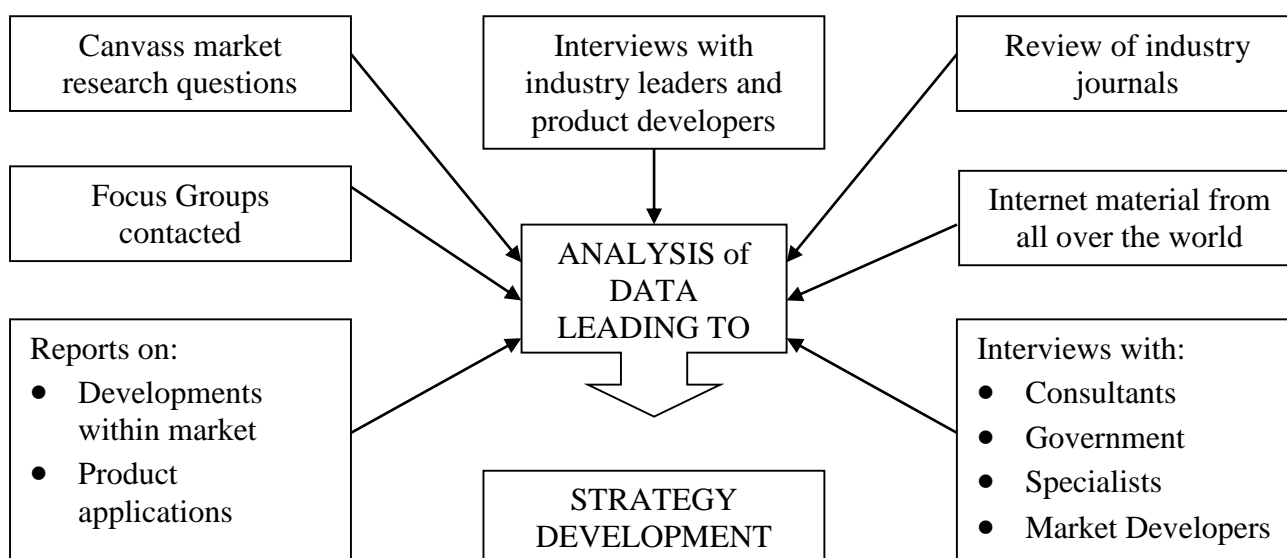
| <b>MARKET PLANNING PROCESS</b>                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>PREPLANNING REQUIREMENTS</b><br><br> | <ul style="list-style-type: none"> <li>• Identify markets for products and services.</li> <li>• Determine Foundation's goals and expectations.</li> <li>• Establish objectives.</li> </ul>                                                                                                                                                                                                                                                                                          |
| <b>SITUATION ANALYSIS</b><br><br>     | <ul style="list-style-type: none"> <li>• Identify education and health needs.</li> <li>• Analyse what is already established and delivering.</li> <li>• Identify markets, segments, size and share.</li> <li>• Identify inside and outside influences.</li> <li>• Analyse distribution.</li> <li>• Analyse market coverage.</li> <li>• Analyse for ongoing improvement.</li> <li>• Evaluate marketing communications.</li> <li>• Analyse positioning as an organisation.</li> </ul> |
| <b>PROBLEMS and OPPORTUNITIES</b><br> | <ul style="list-style-type: none"> <li>• Determine marketing success factors.</li> <li>• Identify key problems and opportunities.</li> </ul>                                                                                                                                                                                                                                                                                                                                        |
| <b>SEGMENT PRIORITY</b><br><br>       | <ul style="list-style-type: none"> <li>• Determine education and health segment priority.</li> <li>• Establish business / service direction by segment.</li> <li>• Establish objectives by segment.</li> <li>• List assumptions and restrictions – and then investigate.</li> </ul>                                                                                                                                                                                                 |
| <b>STRATEGIES and TACTICS</b><br><br> | <ul style="list-style-type: none"> <li>• Develop strategy options.</li> <li>• Select strategies.</li> <li>• Develop tactics.</li> <li>• Schedule and budget tactics.</li> </ul>                                                                                                                                                                                                                                                                                                     |
| <b>MARKETING PLAN EVALUTAION</b><br>  | <ul style="list-style-type: none"> <li>• Estimate needs and related costs.</li> <li>• Prepare cost benefit analysis and profit projections.</li> </ul>                                                                                                                                                                                                                                                                                                                              |
| <b>CONTROLS and MEASUREMENTS</b>                                                                                         | <ul style="list-style-type: none"> <li>• Establish controls and measurements.</li> <li>• Analyse management effectiveness.</li> </ul>                                                                                                                                                                                                                                                                                                                                               |

## **MARKET RESEARCH:**

The Foundation market research has focused upon:

- ✓ The people of Poland needs and motivation.
- ✓ Student, teacher, lecturer, doctor, nurse, allied health and administration – how does our revelations and services solve their problems.
- ✓ Market segment and industry characteristics.
- ✓ Market sizes and value – volumes and value of units in given segment.
- ✓ Services and products awareness and sensitivity.
- ✓ Importance of convenience and relevance.
- ✓ Willingness to consider a new processes and awareness.
- ✓ Branding and awareness.
- ✓ Education and health sector direction, attitudes and stigmas.
- ✓ Government initiatives and attitudes.
- ✓ Overseas attitudes and trends.

Data was sourced using the following market research methodology:



Secondary data supported the following:

Government attitude is supportive of the introduction of this Foundation's initiatives.

The potential market for the Foundation's initiatives is quantifiable.

The market share that this Foundation is targeting is readily achievable.

Professional opinion enforces the Foundation's decision to proceed.

Specific early entry markets have been identified to have the Foundation focus upon.

Findings support the focus that the Foundation's marketing strategy is and how to deal with issues relating to the products and services being introduced.

Attitudes and trends are similar in the domestic market as well as relevant overseas markets.

Primary data revealed the following:

- A lack of awareness of the revelations and service application.
- A desire for convenience in the provision of educations and health services.
- A desire for simple access and use of education and health services.
- A lack of knowledge of how to benefit from the revelations and advancement in services.
- A lack of brand awareness.
- Pricing is acceptable for services proposed as they meet the market, so to speak.
- Strong interest from the market segments in which the Foundation is to introduce its services.
- Early product users have been identified.
- Brand name development and awareness program has been dealt with.
- Customer support services have been resolved.

### **MARKET SEGMENT to INTRODUCE the FOUNDATIONS OPPORTUNITIES:**

#### **PHILOSOPHY**

To see Poland's communities evolve, grow and thrive in living standards, quality of life, physical, mental and spiritual health in the Education and Health Sectors and beyond, and to inspire the residents to excel in all areas of life, family and community.

By supporting the education and health sectors in Poland, Pascas Foundation (Poland) Ltd is to position the citizens in society to live a progressively improving quality of life and standard of living.

#### **MARKET**

The market for Pascas Foundation (Poland) Ltd is the entire nation, 38.5 million citizens, where all students and citizens are affected by the availability of health services, through hospitals and aid posts. The way forward involves the advancement of high schooling resources and curriculum to bring about a larger cohort of qualified students to progress through higher education to deliver more qualified staff for all the levels and sectors of the health industry.

#### **COMPETITION**

One may anticipate that all of the not-for-profit and governmental agencies may welcome the initiatives of Pascas Foundation (Poland) Ltd.

#### **MARKETING**

The marketing activities to promote the long term plans and projects of Pascas Foundation (Poland) Ltd may include the following:

- Social media marketing
- Written materials, books and magazines
- Video promotions
- Movies
- Advertising in community newspapers
- Advertising at schools and hospitals



- Community billboards advertising
- Seminars
- Promotional activities in expositions, school and hospital open days



**SCHOOL  
IS FUN!**



**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:



COMMERCIAL IN CONFIDENCE

## **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.

| <b>GROWTH STRATEGY</b>         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|--------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Market Penetration</b>      | <ul style="list-style-type: none"> <li>● <b>Increasing existing customer usage through:</b><br/>Implementing price incentives on a sliding scale for increased use of products / services.<br/>Increasing the rate of product / service obsolescence.<br/>Increasing the size of unit of purchase.<br/>Identifying alternative uses for products.</li> <li>● <b>Attracting clients / participants from competitors through:</b><br/>Differentiating products / services from our competitors.<br/>Reducing fee structure.<br/>Increasing promotional effort.</li> </ul>                                                                                                                                                                                                                                                                                                                                 |
| <b>New Market Development</b>  | <ul style="list-style-type: none"> <li>● <b>Developing new geographical markets, through:</b><br/>Expanding our business regionally, nationally and then internationally.<br/>Franchising and licensing our business and products (without fees!).<br/>Joint venturing with others in new markets.</li> <li>● <b>Developing new market segments through:</b><br/>Getting referrals.<br/>Strategic alliances.<br/>Promoting our services in alternative media forms.</li> <li>● <b>Converting potential customers that currently do not use our products / services through:</b><br/>Implementing reduced fee trial use of products / services offered.<br/>Identifying alternative uses for our products and services.<br/>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.</li> </ul> |
| <b>New Product Development</b> | <ul style="list-style-type: none"> <li>● Develop new features for products and services.</li> <li>● Develop variations to existing products and services.</li> <li>● Develop new products and services aimed at identified markets.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Diversification</b>         | <ul style="list-style-type: none"> <li>● Buying a related business (health centres and education centres).</li> <li>● Using existing distribution network to grow innovations.</li> <li>● Stability development.</li> <li>● Grow new products and business entities.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

## **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





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

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

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

James Moncrief 28 May 2018



*Children are now to embrace and express their feelings in all that they do and experience. It is our feelings that are our guiding light of love and truth. Truth is love.*

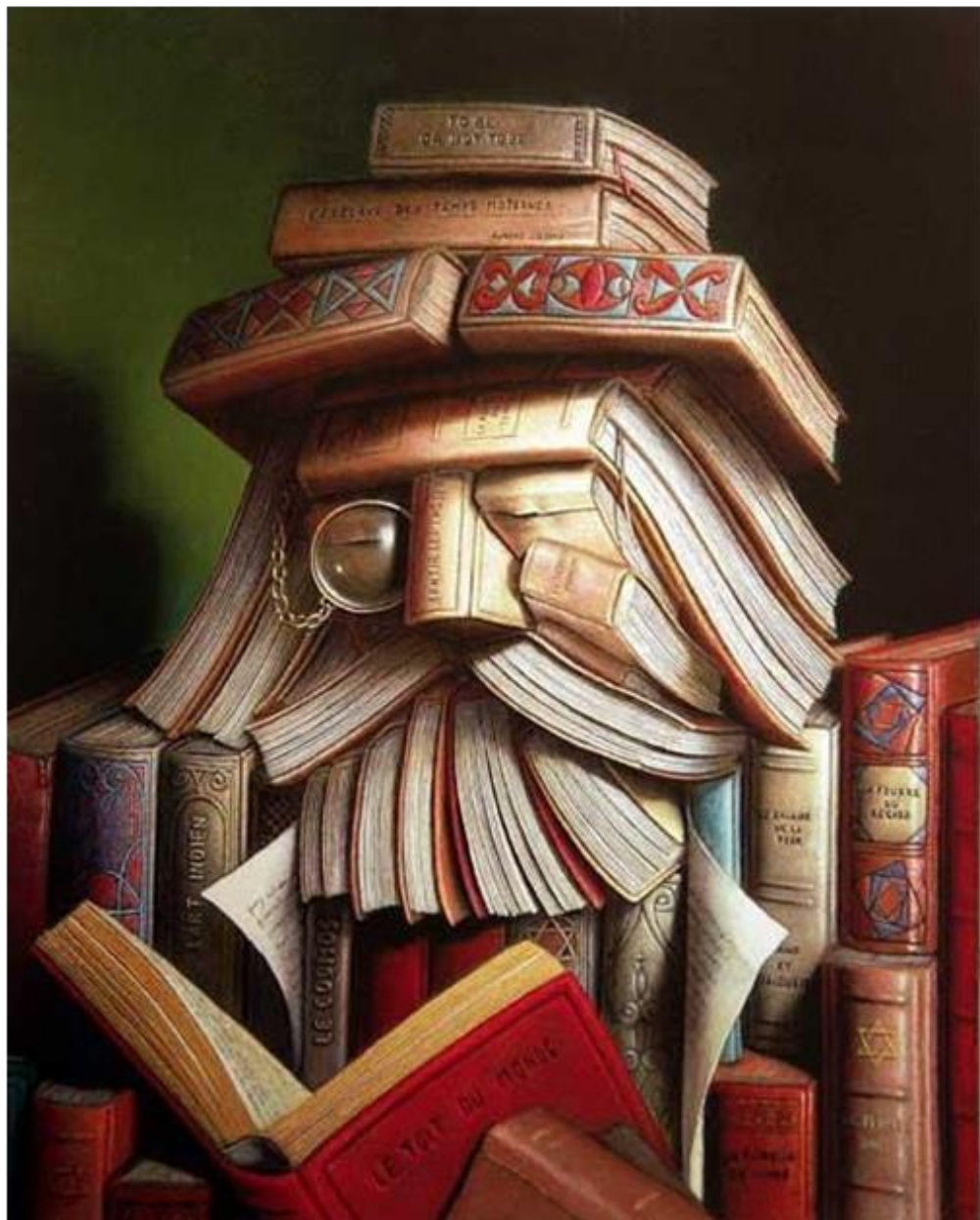


*Why?*

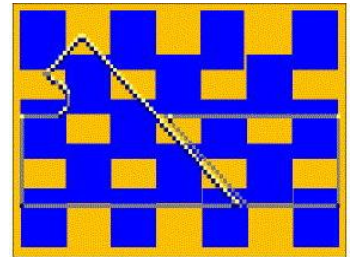
*May we ask why we have not understood this before? The Universal Contract governing the Rebellion and Default had to work its course. Cracks in it are now being worked to end the Rebellion and Default.*



*Education is to reveal itself through our feelings. Our soul based feelings are always in truth. And truth is love! We are fully self-contained. Our feelings are to lead our mind in all that we do, not live how we have been previously taught. It is that simple!*



# REEFWOOD CRAFTWORKS



## Tables



American Beech Dining



Chess Dining



Ti Tree Table  
with Bark Picture



Ancient River Gum, Silver Ash,  
Flame She Oak

## Chairs



China Chair



Regency



1920



Regency2



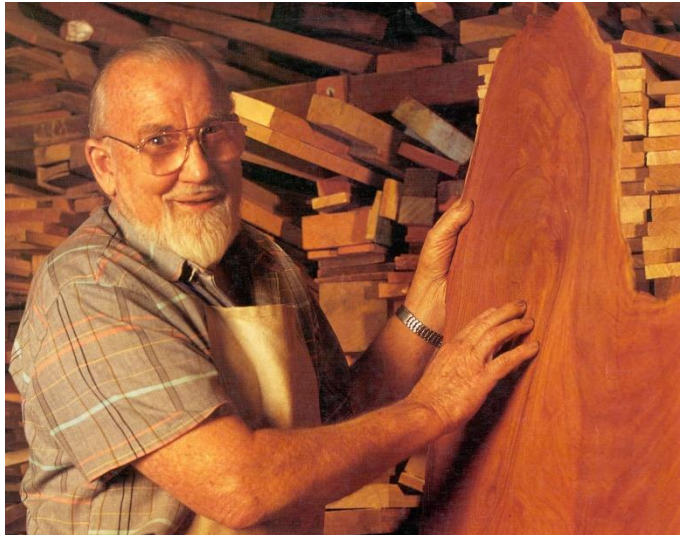
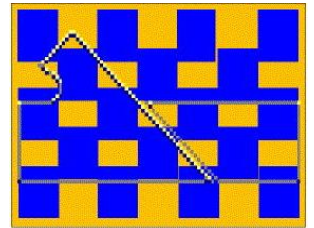
Lloyd Wright



Cedar Dining

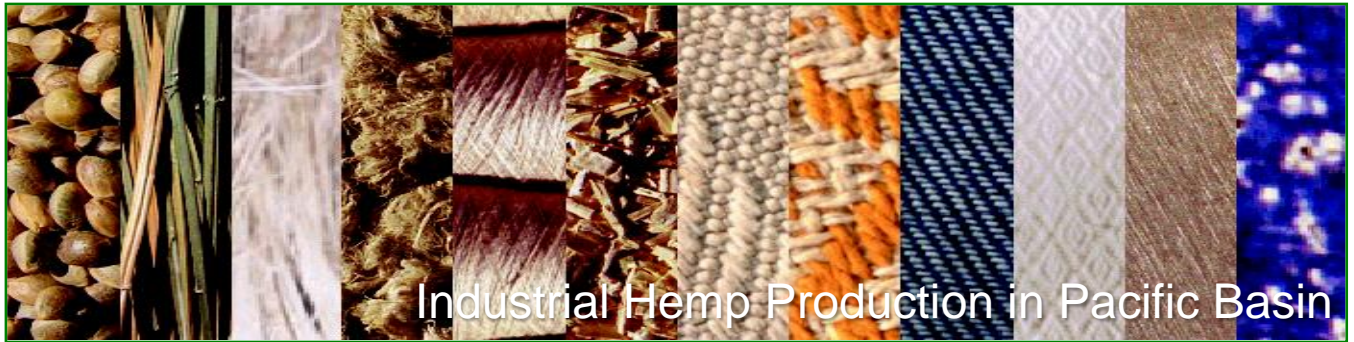


# REEFWOOD CRAFTWORKS

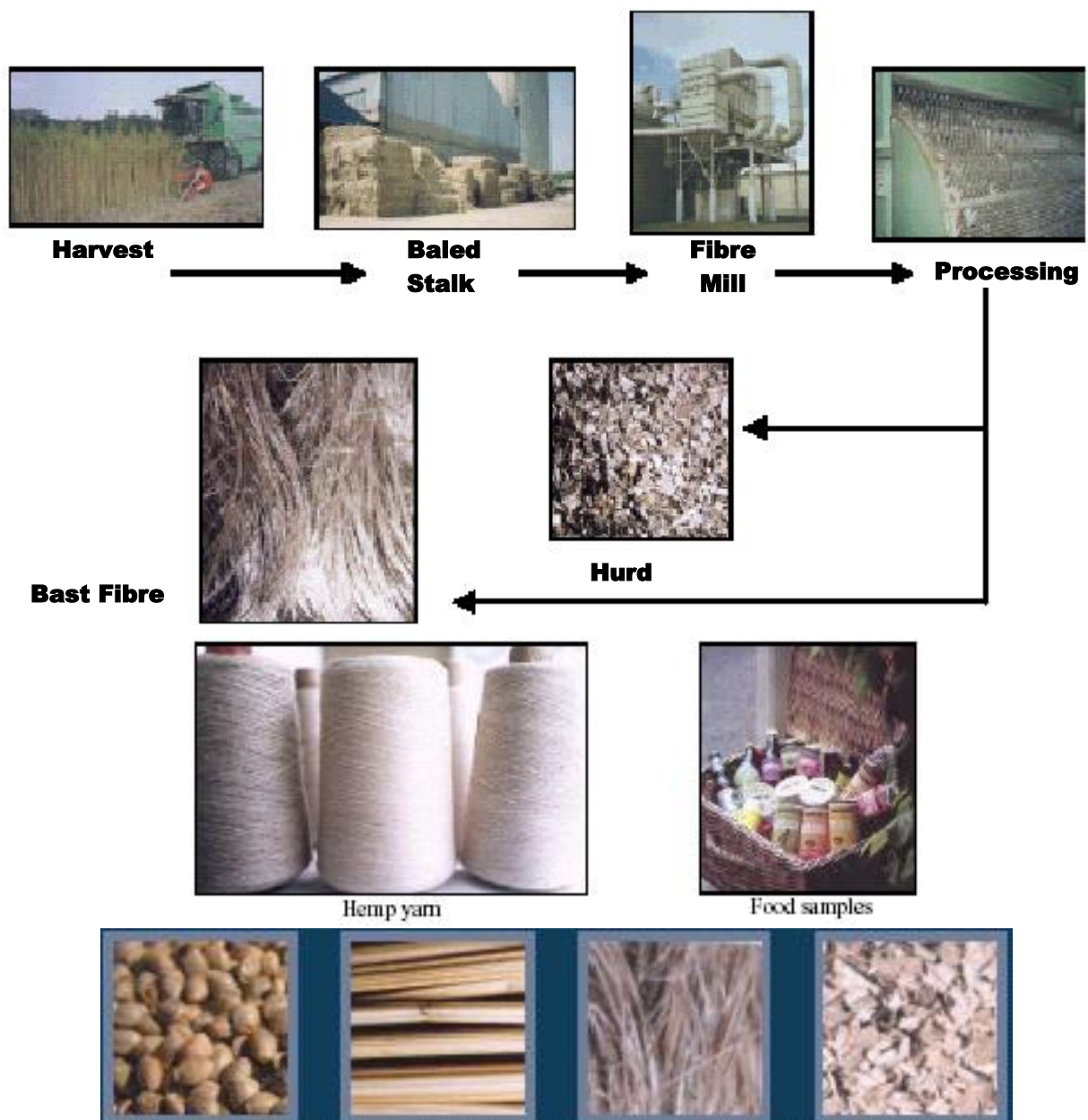


**Value adding Natural Resources!**

COMMERCIAL IN CONFIDENCE



# ECOFIBRE INDUSTRIES



**Value adding Natural Resources!**

COMMERCIAL IN CONFIDENCE



# HYDROPONICS

| <b>Fruit and Vegetables</b> | <b>Traditional hydroponics - average per sq mt.</b> | <b>Rotating Growing System Hydroponics - average per sq mt</b> | <b>Percentage Increase Up To</b> | <b>Increases in kilos per sq mt.</b> |
|-----------------------------|-----------------------------------------------------|----------------------------------------------------------------|----------------------------------|--------------------------------------|
| <b>Strawberries</b>         | <b>5 - 8 kilos</b>                                  | <b>123 kilos</b>                                               | <b>1792%</b>                     | <b>117 kilos</b>                     |
| <b>Ice Berg Lettuce</b>     | <b>72 kilos</b>                                     | <b>619 kilos</b>                                               | <b>760%</b>                      | <b>547 kilos</b>                     |
| <b>Tomatoes</b>             | <b>45 kilos</b>                                     | <b>250 kilos</b>                                               | <b>456%</b>                      | <b>205 kilos</b>                     |



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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

## Value adding Natural Resources!

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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



38 to  
45%

SESAM



50 to  
56%

RAPSEED



38 to  
45%

MUSTARD



38 to  
45%

LIN  
SEED



40 to  
50%

COTTON  
SEED



18 to  
22%

SOYA  
BEAN



18 to  
22%

PALM  
FRUIT



20 to  
22%

↓  
**Value adding Natural Resources!**

COMMERCIAL IN CONFIDENCE

# NEW BIOSPHERE

## AGRICULTURE

### The Marvellous Mushroom.

Mushrooms are unique amongst other vegetable crops in that they are grown in a totally artificially controlled atmosphere. Cropping is not dependent on the climate. Mushrooms are not seasonal and are available all months of the year. Of course, small growers without sophisticated climate control systems cannot grow over the hotter summer months.



Estimated amount of water required for producing 1 kg of fresh oyster mushrooms using rustic technologies, in comparison with that for other food and forage crops (Martínez-Carrera *et al.*, 1998).

| Product                               | Litres of water/kg | Protein content <sub>a</sub> | 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!

# **NEW BIOSPHERE AGRICULTURE**



**APIARY**

**BEEKEEPING  
&  
HONEY**



**Value adding Natural Resources!**

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# Apoch

# Life Pack



Apoch is able to deliver fresh food with shelf lives greater than a year without requiring refrigeration. We start with prime quality inputs and it remains prime quality for periods of one to up to three years.

**Life Pack long life shelf stable foodstuff, safe, nutritious, wholesome, high quality, that require no refrigeration to maintain consistency.**

Apoch has the ability to offer this technology to an almost endless number of food types, covering all major cooked food brackets i.e. Meats, Sea foods, Dairy and Vegetable.

With no refrigeration required, previously unserviceable markets become accessible. For example; fresh vegetables processed in the Pacific Basin can be exported to Middle East, Asia or even Europe.

# TASTE of HEALTH

## Value adding Natural Resources!



# Pascas Food Basket



**Eat** the Colors of the Rainbow

**Fresh is Best!**



**When and where as required!**  
**Pacific Basin Food Basket**

COMMERCIAL IN CONFIDENCE

# Cooperatives for the Local People

Cooperative arrangements within communities may be focused upon small area enterprises through to whole of nation endeavours to bring to the global markets high volumes of quality goods derived through value adding processes applied to natural resources and regional produce from the land, river and sea, encapsulating all elements of farming and animal produce.

Microfinance typically engages a cooperative of around five women when financing home enterprises. A cooperative is particularly useful when local fishermen bring their catches together at canneries for preparation to market their fish to foreign markets.

The introduction of 'Craft Creations' is to enliven the community's recognition of their high quality traditional skills and then enable their customary craftware to be globally marketed through a cooperative of their own making.

This is all about cooperatives to bring to the fore traditional and innate skills that fulfil needs for people around the globe, not just the local village. A cooperative may embrace several nations.

Natural resources that may be used in producing high quality goods in large volumes include:

Forrest logs processed into high quality furniture in volume for large distribution chains.  
 Timber offcuts for high strength laminated beams and reconstituted timber products.  
 Local building systems utilising local resources for durable housing – local market solutions.  
 Hydroponics particularly for produce that is not native to the area and its climate.  
 Aquaculture in rivers, estuaries and sea to mitigate depletion of ocean resources.  
 Traditional home produce being increased in volume to provide famine relief worldwide.  
 Hemp production to be on scale to enable volumes sufficient for manufacturing processing.  
 Cocoa, coffee, moringa, sandalwood, tea, vanilla, plus others, cropping to be of commercial scale, cooperatively run. All farming and animal produce come into the equation for cooperatives.

What is available within a region and what may be introduced can now be thoroughly appraised and reviewed scientifically through local endeavours and with the support of research organisations such as CSIRO of Australia, increasing commercial options and products.

Nothing beats the insight and wisdom of the locals. Their FEELINGS, as well as our own, are to be embraced. Our feelings are the greatest guide as to how and what we are to embrace.

Education at all levels for all ages is our never ending journey. How it has been in ages gone by is not how it will continue. Dynamic change is unfolding and for those who embrace change, our futures are enticing, for those who don't they will have difficulties. We are to embrace and value add our natural resources, we are not to rape and pillage our environment, the forests are to remain, the rivers clean and our oceans are to restock with fish.

Now is the time for nation building, now we are to embrace self-sufficiency without the need for foreign goods and services. We have all we need within us and within our environment, so let us build the way forward for all within our community and show the world how it is to be.

## Value adding Natural Resources!

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<http://www.spbdmicrofinance.com/how-it-works>

## Microfinance

SPBD is a network of microfinance organisations working in Samoa, Tonga, Fiji, Solomon Islands and Vanuatu dedicated to eradicating poverty by empowering women in poor rural villages with the opportunity to start, grow and maintain sustainable, income generating micro-enterprises.

## Philosophy

SPBD's philosophy of lending is based on a **respect for each individual's innate human ingenuity, drive and self-esteem**. It's these qualities that make people creditworthy, not the collateral which traditional banks demand. By providing access to capital, SPBD allows women and their families to pursue their dreams and achieve their full potential. **We provide the opportunities to empower the poorest members of society** to make significant improvements in their lives.

## Methodology

### Micro-enterprise Development

SPBD provides small, unsecured loans of around US\$400 to groups of rural women, who invest these loans into businesses based on their existing livelihood skills. They are given training, ongoing guidance and motivation for the purpose of helping them to grow these small income generating endeavours so that they can work their way out of poverty. This is a very structured program with clear rules.

### Childhood Education

From the second loan onwards, members are encouraged to invest the proceeds of their loans for basic housing improvement and childhood education. SPBD helps to ensure the children of all our members receive a proper education by providing financing to pay for school fees, school uniforms and textbooks.

### Housing Improvements

SPBD helps to improve the healthiness of our member's homes by providing financing for basic housing improvements such as obtaining access to electricity, running piped water, proper sanitation, building a secure foundation for their home (instead of a dirt floor) and to place a tin roof on their home (instead of a grass roof).



## Savings

It is expensive and difficult for the poor to open bank accounts at traditional commercial banks. SPBD helps our members save for a rainy day and to develop good financial habits by providing a basic savings service. By saving with SPBD, members have a safe and convenient place to make small and regular savings deposits.

## Insurance

SPBD offers a loan- and life insurance product to all its members. In the event of a member's death, her family receives a benefit. This assurance of no hardship on the remaining family is something that many of our members greatly value.

## Peer Group Support

All SPBD members are part of a self-chosen group of four to seven women. In each village there might be two to five SPBD groups. The members of the peer groups support and guarantee one another. They are the first line of approval on all new business plans and loan applications of their group members. They act as weekly guarantors on all loan repayments and they play a vital role in the ongoing guidance and motivation of each SPBD micro-entrepreneur. For example, if a client falls ill, her circle helps with her business until she is well. If a client gets discouraged, the support group pulls her through. This contributes substantially to the extremely high repayment rate of loans made to microfinance entrepreneurs.

## Weekly Meetings

SPBD has weekly meetings in the local villages with all its members. At these meetings all SPBD related business takes place, including business training modules, review of business plans, loan applications and approvals, weekly loan repayments, savings deposits, and ongoing business mentoring and coaching.

## Competition

SPBD faces limited direct competition as the commercial- and Development Banks each require collateral or a steady income for micro/small business financing. SPBD is one of the only financial institutions able to deliver credit in Samoa, Tonga, or Fiji individually and to provide on a large scale completely unsecured credit to the poor. (Services are opening in other nations, such as Papua New Guinea.)

## Clients

SPBD serves women living in both rural and peri-urban areas who are vulnerable to the consequences of poverty. These include single mothers, the unemployed, minorities, the poor in health, the disabled, the unbanked, and potential victims of domestic violence. Of the total number of loans distributed:

- 99% go to women
- 80% go to clients living in rural areas
- 40% go to single mothers

# 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 1500 residents and 300 staff currently reside. Another room in the boutique features high-quality leather goods and finely-spun shawls and scarves, all with the SanPa logo: a tree of life. SanPa is also renowned for breeding horses and dogs, fine woodworking, graphic arts, and other sophisticated crafts. The income from the residents' efforts covers about 60 percent of the community's operating budget of 27 million euros (just over 30 million dollars). The rest is made up by donations to the private non-profit organization, some of which come from billionaire Italian patrons.





### The Philosophy of ‘Bello’

SanPa is unlike other Rehab Centres in the world for a variety of reasons. First is the length of stay, which is three and a half years. By contrast, the average stay in a Rehab Centre in the United States, according to the National Survey on Drug Use and Health, is 28 days. Second, unlike most rehab methods, SanPa doesn’t rely on therapists, substitute drug treatment, 12-step programs, or religion. Instead, it treats addiction less as

a medical problem than a community problem, where an individual’s lack of self-esteem and destructive tendencies can be changed by becoming a members of a big family, Italian-style, participating in work and education for the common good. (For an intimate sense of this culture, see our documentary short, “The Philosophy of *Bello*, in our sidebar column.)



Chefs from all over Italy come to train the cooks at SP.accio, a restaurant entirely staffed by San Patrignano residents. After the residents conclude their three-and-a-half year program at SanPa, 90 percent of them land jobs. *Photo by Susan West.*

Third, the entire program is free to the residents and their families. While this is costly up front—\$48,000 per resident year, including food, lodging, medical, and education and training costs—it saves taxpayers enormous sums over the long run. SanPa’s directors estimate that its program saves the Italian government

23 million Euros each year (or about \$27.5 million) in costs it would otherwise spend on incarceration or governmental rehabilitation.

And fourth, unlike other Rehab Centres that sell their wares, SanPa doesn’t produce crafty tchotchkes; it is dedicated instead to the production of high-quality goods that are sold to top Italian restaurants, fashion houses, and architects. According to SanPa’s philosophy of rehabilitation, fine craftsmanship is essential to building self-esteem, and that ensures not only the residents’ success but also the program’s sustainability. And each craft sector seems to develop this idea its own way.

### HIPPIE COMMUNE, ITALIAN-STYLE

*Every resident commits to the full three-and-a-half-year residency. During this time they aren’t paid for their work, but they learn a trade and may get a university education.*

San Patrignano was founded 40 years ago Vincenzo Muccioli, by a hotelier who inherited a **200-hectare Estate** and wanted to do something about the drug addicts he saw in nearby Rimini. He began inviting addicts to his San Patrignano estate for Christmas, and then started bringing addicts home to live with his family. Eventually, he founded an informal alternative medicine free clinic at their weekend farm, and then began building the community.

Muccioli had no training as a psychologist or addiction specialist when he started the Centre; he was a messianic do-gooder with New Age interests. But he had a clear idea that the best way to treat drug addiction was to make addicts feel like they were part of a community that depended on them for its well-being. He and his wife invited addicts to live in San Patrignano on three conditions: They had to

stop all drug use, they couldn't ask for money from the government, and they had to choose among different income-producing activities to make SanPa a self-sustaining community. Instead of traditional therapy, **inmates talked while they worked**. Eventually, medical and psychological facilities were added on campus for a few residents, but the model was based on a feeling of belonging and working that raised self-esteem.



The pizza at SP.accio is renowned for its chewy crust, made from wheat grown in Italy's Marche region. The pizza dough is leavened with a 10-year-old starter that must be tended every few hours to keep it fresh. Most of the toppings come from SanPa's own garden. *Photo by Susan West.*

Soon, addicts in sleeping bags began to camp in line outside San Patrignano for weeks, awaiting a coveted spot in what was then akin to a hippie commune, where everything, from the buildings and chairs to the cheese and wine, was made by the residents. In the 1980s, when few clinics would care for patients with HIV/AIDS, Muccioli opened a FOURTY (40) Bed Clinic for them at San Patrignano; several people with AIDS are still in residence.

Muccioli, who died in 1995, had powerful friends who funded his project: he'd been in a meditation group with Gian Marco and Letizia Moratti, billionaire oil industrialists who ranked among the wealthiest financiers in Italy, and who bankrolled San Patrignano from the start, encouraging other aristocratic (and often right-leaning) Italians to contribute to their foundation. Gian Marco died in 2018, but Letizia continues to help govern SanPa; she has also been mayor of Milan and the first female president of the RAI, Italy's public broadcasting company. This network of high-ranking political and business friends has helped give San Patrignano tax breaks and other financial benefits, forging collaborations with top Italian designers, chefs, architects, and fashion brands.

From the start, Muccioli made his own rules, and while he was beloved in the community, he was also attacked by some ex-residents and the media for being a dictator, and for his unconventional methods, which in the 1980s occasionally involved harsh punishments and violence (the rationale was that drug addiction inevitably caused death, and so they used whatever means necessary to save lives). In one scandal, Muccioli was accused of covering up the beating death of a resident, planting heroin on the corpse and claiming the death was an overdose; he was convicted but did not serve time—again, because of powerful political allies.



The *pizzaioli* from SanPa are sought-after throughout Italy for their skills. Most of the SanPa residents go on to work for one of the many fashion, leather, food, and wine companies that have connections to SanPa, and who often send their experts to train the Centre's residents. *Photo by Susan West.*

Since Muccioli's death, San Patrignano has been reorganized into a more conventional non-profit structure with several boards of governance and oversight, and a network of community ties throughout Italy, and the scandals have ceased. SanPa now downplays its history, which is absent from its website, and instead focuses on the future, collaborating with several European groups to work on expanding its model of rehabilitation to other countries.

Today, San Patrignano, situated atop a hill above Rimini, looks more like a modern, well-endowed college campus than a commune. And while SanPa has a reputation for being a closed community, the family immediately opened its doors to a visiting journalist.



While other artisanal sectors such as leather-working employ both men and women, the studio for *tessitura* (or weaving) is for women only. This creates a safe place for female addicts who have a history of sexual or physical abuse, which is common among the residents. The women say the meditative, repetitive nature of the work calms the urges and anxieties that tend to beset an addict. *Photo by Laura Fraser.*

Antonio Tinelli, who until recently was the president of San Patrignano, and who entered the program as a cocaine-addicted financial trader (almost everyone who works at SanPa was once a resident there), says that over the years, the community has learned from its mistakes. *“There was a time when we had a lot to learn, and there were moments during the 80s when drugs were difficult to combat, and it looked like they were going to win,”* he says.

*“After trial and error, San Patrignano has built a structure that helps drug addicts find solutions and survive in the midst of all the challenges and difficulties of their lives.”*

When he first arrived, Tinelli was sent to work with the Centre’s various animals; one of Muccioli’s beliefs was that working with animals, whether horses, dogs, or farm animals, could help addicts calm down and give them an opportunity to connect with, and be responsible for, another living being. *“They asked if I liked animals, and I said sure, thinking about cats and dogs,”* Tinelli recalled. One of the first jobs the slick financial trader was confronted with was midwifing a calf. *“There I was, covered in everything that comes out of a cow giving birth, holding a tiny calf in my hands, and I knew it was more than a metaphor. This, here, is a new life.”*

Tinelli explained that when new residents arrive, each is assigned a *“guardian angel,”* someone who is a year ahead of them in recovery, to act as a guide; they live, work, eat, and sleep alongside each other, providing constant peer support. The residents work in *“sectors”*—woodworking, textiles, graphic arts, baking, animal husbandry, wine, and many others—with people they eat and live with as a family. Every resident commits to the full three-and-a-half-year residency, during which time they learn a trade and may get a university education. They aren’t paid for their work while they are in the community, but the products they make help support their stay, which is free.

During the first year, the residents (they are called *ragazzi* inside the community, which loosely translates to *“guys”*) are allowed no contact with family except via hand-written letters. Men are housed separately from women, who are TWENTY PERCENT (20%) of the residents. **For the entire stay, the ragazzi have no access to cell phones or the Internet.** (*“The real detox,”* as one told me.) San Patrignano claims that, upon release, nearly NINETY PERCENT (90%) of its residents are employed through its network of trade and community partners, and that SEVENTY PERCENT (70%) stay sober in three-year follow-up surveys conducted by the University of Bologna—impressive statistics in this field. While data on rehab success, including SanPa’s, is hazy at best, the best Centres in the US claim only a THIRTY PERCENT (30%) rate of recovery.





All new SanPa residents have an *Angelo Custode*, or a guardian angel—a more experienced resident who never leaves their sides. When addicts feel lonely, angry, or upset, this gives them someone who can always talk things over with them. Here, the weavers are mounting a loom, which can take up to three days. *Photo courtesy of San Patrignano.*

## REHAB: COMMUNAL COOKIE-MAKING VS. AN OIL CHANGE

To understand its success, I toured San Patrignano to talk with some of the residents. From the administrative offices, with its large graphic design lab, I walked along a muraled alley wafting with breezes of something good in the oven. When I ducked into the bakery and watched the ragazzi shaping loaves of bread and mixing up cookie dough, I immediately noticed a light-hearted atmosphere—the guys comfortably joking with each other as they kneaded vast quantities of dough.



Claudia Corazza came to SanPa in the 1980s as a resident, then stayed on as a designer and instructor, teaching women to create their own patterns. These fine shawls are destined for a Milan boutique. *Photo by Laura Fraser.*

In addition to all the bread for the community, and monthly birthday cakes for the residents, the bakery sector makes cookies, breads, and 35,000 buttery fruit-filled *panettone* at Christmas for commercial sale outside. When one of the guys, arms covered in tattoos, offered me samples, the quality was immediately apparent. The fig and walnut cookie was moist, chewy, and crispy at the same time. A corn and orange biscuit was both flavourful and delicate. No ordinary cookies, these.

Between bites, I chatted with Gregory Raimo, an Italian-American from New Jersey who had the tough-guy looks and voice of Robert De Niro in *Taxi Driver*. His arms and chest were covered in rough tattoos. ***“I’ve done a lot of damage,”*** he said, and indeed, I wouldn’t want to meet those piercing blue eyes on a street corner at night. ***“Jail, rehab, nothing helped. In the United States, you get eight days detox, then a month of rehab—it’s like an oil change. You go back outside and go right back to drugs and the life you were living before.”***

Desperate to find help for his drug problem, Raimo had to search beyond the U.S. He came to Italy when his Italian grandparents suggested San Patrignano as a final option. (While the program is technically open to foreigners, entry can be tricky for Americans to obtain. Among other things, it requires a three-year medical visa for a program that, by U.S. standards, is not accredited.) For Raimo, communal living was a big change. ***“Back home I minded my own business. Here, everybody knows if***



***you have a problem,”*** he said. ***“It’s not easy, but if it was easy, it wouldn’t work.”*** I asked him if would be interested in going into baking when he leaves. ***“I’m not big on cookies, to tell you the truth,”*** he said, flashing a warm smile. ***“But I’ve learned a lot about organizing here. I’m good at organizing. I figure if I finish this, I can do anything.”***

SanPa textiles are commissioned by top fashion houses, including Chanel, Zegna, and others, as well as high-end home furnishing brands. *Photo courtesy of San Patrignano.*

### **A THREAD OF QUALITY FROM THE PAST TO THE PRESENT**

Next door, I entered the ***“Design Lab,”*** a Textile Studio where I found FORTY (40) mostly young women at work. The room on the left was filled with sewing machines, and on the right, giant, old-fashioned wooden looms. Each had a spread of colourful yarn, and the women sat in twos operating the looms, passing the shuttle under the threads. There was a quiet, regular rhythm of work in the room.



San Patrignano is one of the few places in Europe that continues to make hand-painted wallpaper. The design managers work with architects and designers to create custom wallpaper, or *carta da parati*, often installing it in their clients’ homes. The wallpaper panels can cost thousands of dollars apiece. *Photo by Laura Fraser.*

Claudia Corazza, a woman in her fifties who was helping a colleague thread a large loom, arrived at San Patrignano when she was 18, an alcoholic and addict. ***“At that time, it was all mud and country living,”*** she said. The weaving sector is one of the oldest at SanPa, initially taught by a woman who was a master weaver. ***“She was a little nonina—a grandmother—who showed us the basics, and she was glad to pass along what was a dying tradition,”*** Corazza said.



From the start, SanPa invited older artisans to teach. Many had done their life's cycle of work and wanted to transmit their skills to another generation. The workshops taught by the artisans—weavers, Michelin-starred chefs, cheesemakers, winemakers, designers—created a foundation for SanPa to preserve those artisanal traditions. ***“Our ragazzi learn to make something that isn’t slap-dash or just okay or good enough, but something with their hands, passions, and originality,”*** said Tinelli.



Slow, deliberate work like weaving, he said, can help replace the immediate cravings of drugs. ***“Gradually, they learn that satisfaction isn’t immediate, but longer, and more beautiful and profound. It comes from sacrifice and discipline, and the ragazzi have a sense of filling the emptiness inside, and of discovering a passion for life and quality.”***

Corazza, for example, took a course in weaving at SanPa, worked in the sector for years, and then stayed on to help others. Designers and others in the fashion world still visit. ***“It’s a constant transmission of knowledge,”*** she said.

Lisa Carrara, threading the loom with Claudia, has been at SanPa for over six years. ***“My parents brought me here, against my will, but I kept going,”*** she said. After her three-year rehabilitation, she stayed on as a teacher. ***“Weaving helps you concentrate, and it gives you something to do. Sometimes you talk, and sometimes you take a moment to cry.”***

San Patrignano’s hand-painted wallpaper designs range from traditional to geometric and oriental-themed. ***“We care about quality,”*** says Diego. ***“It’s a lost art, even in Italy, but we are carrying on.”*** Photo by Laura Fraser.

***“Also,”*** Corazza pointed out, ***“you learn mathematics.”*** Figuring out measurements and quantities of yarn for weaving takes a good deal of calculation.

The women tell me that working in the all-female weaving sector helps the young women, most of whom have been raped or have prostituted themselves in order to get money for drugs. Almost all of them have suffered some form of violence and abuse. In contrast, the weaving workshop radiates calm, offering a safe place for women to untangle their feelings and experiences.

*With one touch, it was easy to tell that everything is made of the finest cashmere, silk, or linen. I couldn’t resist a baby blanket-soft cashmere shawl for \$140; similar items destined for Chanel will retail for \$1,200.*

The weaving is still based on the techniques of the Nonina, but updated with new technology. There are nine looms in the weaving sector, ranging from 1.5 metres to 3 metres wide; each is equipped with 24 heddles—the wire cords that the thread passes through to create a weaving against the warp thread. Where older looms required a lot of pedals, which lifted shafts that determine a textile’s design, a computer now operates those shafts. The computerisation allows for more complicated designs, and



fewer mistakes, but the actual weaving is still done by hand; each weaving, which is turned into a shawl, clothing, or a throw, takes two to three days to produce.

The weaving sector works on commission from fashion houses such as Chanel, Ferragamo, Brunello Cucinelli, and Zegna, as well as making San Patrignano-branded scarves and shawls that they sell to the public. At the workshop's entrance, an armoire displays samples for sale. With one touch, it's easy to tell that everything is made of the finest cashmere, silk, or linen. I couldn't resist a baby blanket-soft cashmere shawl in cloud blue with a dark border for \$140; similar items destined for Chanel will retail for \$1,200.



***“When you make something this beautiful,”*** Corazza said, holding a shawl to her cheek, ***“you feel better about yourself because you created it.”***

Some of SanPa's *carta da parati* is silk-screened after the paper has been cured, some is stenciled, and some painted by hand. *Photo courtesy of San Patrignano.*

## **PRANZO: LUNCH, THE GREAT PROVIDER OF QUALITY AND**

### **COMMUNITY**

At precisely 12:30, the residents headed to an enormous dining hall, which can seat 1,200 people at long wooden tables, where the residents eat with others from their sectors. A wide arc of floor-to-ceiling windows shows off hundreds of acres of vineyards outside. Before eating, everyone in the room stands for a moment of silence. ***“It's a moment to offer thanks, or to reflect,”*** said Tinelli. ***“It is not religious, but it can be.”*** Many of the residents crossed themselves, then everyone sat.

White-coated waiters listed the lunch choices, served in the Italian style—a pasta *primi*, followed by a main dish. Everyone takes turns working as a waiter and serving others, rotating during the month. Like everything else at San Patrignano, most of the food was grown and processed on the premises. In this large, industrial dining room, I was stunned to find my plate of pasta was steaming and perfectly *al dente*, with creamy home-made ricotta cheese and sun-dried tomatoes.

***“We're preserving and transmitting Italian culture, in which the idea of eating with a family is very important,”*** said Tinelli. Until recently, in accordance with Italian tradition, everyone was allowed one glass of San Patrignano wine at lunch and dinner, but because many are alcoholic and had problems with the wine, now they drink water. After lunch, also in keeping with Italian rhythms, everyone takes time to nap or relax before getting back to work later in the afternoon.



In SanPa's leather workshop, residents create fine purses, wallets, and other goods that are either commissioned by Italian fashion brands or sold, like these, under the San Patrignano brand, and its logo: the tree of life. *Photo courtesy of San Patrignano.*

## WORK: THE GREAT EQUALIZER

That afternoon, I visited the leather sector, where residents stitch San Patrignano-branded handbags, and produce others for Italian fashion houses, including the high-end leather company Tod's, whose owners and designers have come to SANPA to offer workshops. Each person was at a station,

sewing zippers, cutting leather, or hand-stitching. Unlike at a commercial leather workshop I visited in the United States, the atmosphere was cheerful and talkative. Interestingly, this is one of the few sectors where men and women work together.

*Why don't we see SanPa's model across the U.S.? "We're living in a world where everyone wants things cured in five minutes, shoot everybody up with drugs so we don't have to worry about whether we can change their lives," says Mimi Silbert, the founder and long-time president of Delancey Street. "People are terrified to do long, hard things."*

I was struck by how diverse this group was—in age as well as life circumstances. When I asked Tinelli how someone like him—bright, educated, making piles of money as a financial trader—was able to bond with homeless heroin addicts and people with misspelled prison tattoos, he said it wasn't easy at first. ***"San Patrignano taught me one of the most important things I lacked: humility."***

Marco Castelli, a 43-year-old Italian with a scruffy beard who was painting the edges of some pebbled calf leather that would become a luxury handbag, learned that lesson the hard way. Castelli is an engineer by training, and he used to work at the Italian fashion house Gucci, living a fast lifestyle fuelled by copious amounts of cocaine. In a story familiar to most addicts and their friends, the more Castelli used, the more of his stylish friends dropped away; soon he was left isolated, working long hours to support his habit. At a certain point, his income couldn't cover his drugs, and he found himself begging for money from his friends and parents. One by one, they turned away from him. Eventually he lost his job, his home, his friends, and his savings in pursuit of the next line of coke.

***"After 23 years of abusing drugs, I decided I needed a change,"*** said Castelli, who has spent over two years at SanPa. ***"I had two separate roads in front of me, and only one of them was life."*** Now he spends his time teaching his Gucci design sense and standards to fellow addicts in the leather workshop.



San Patrignano spends more per year on training for its residents (15,000 euros, or \$17,000) than on their room, board, and medical care (about \$11,000 euros). *Photo courtesy of San Patrignano.*

At one work table in the leather sector, women were stitching together stuffed animals made with real fur for the luxury market. One woman in her 50s, Roberta (who preferred not to use her last name), had a face etched

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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 paretì*. When I visited, two ragazzi spread a thin, gluey mixture on long rolls of paper, which then went into a kiln to be cured. When the paper came out, it was painted with one or more of three methods: stencils, silk-screen, or hand-painting with brushes. One of the guys in the workshop, a 36-year-old named Diego, paged through a sample book of wallpaper with geometric patterns, faux parquets, and marble inlay, damask, *chinoiserie*, and floral motifs that looked like they’d adorn the walls of palaces and Italian villas: in fact, they do, along with decorating yachts, luxury hotels, restaurants, and boutiques.





At SanPa meals, residents take turns being servers. Following the Italian custom, each meal has a *primi* (a pasta or soup course), followed by a *secondi* (the main dish). ***“It’s considered disrespectful to the cooks and to the community not to eat everything on your plate,”*** says Lucia Rughi, SanPa’s communications director. Not surprisingly, this sin is rarely committed. *Photo courtesy of San Patrignano.*



Jonathan Tomasello, 30, used to sell drugs and spent some time in jail. ***“When my family didn’t want me in the house, I thought I’d better think about something else.”*** He’s been in San Patrignano for two and half years. ***“Outside, no one tells you anything when you’re wrong, no one cares,”*** he says. ***“Here you have to follow someone, and then you have to lead them and take the attention from yourself to someone else’s well-being.”*** Tomasello is thinking about opening a bakery when he leaves. *Photo by Laura Fraser.*

Hand-painted wallpaper—a single panel starts at thousands of dollars and may take 100 hours to paint—is a rare craft these days. Imported to Europe from China in the 18<sup>th</sup> century, the art form became popular among Italy’s aristocracy. The late Renzo Mongiardino, one of the country’s best-known designers of commercial and residential interiors as well as film sets, was a master of using hand-painted wallpaper to create illusion—

Moroccan tilework, drapery, frescoes, floral motifs. He designed homes for the uber-wealthy, as well as for directors including Franco Zeffirelli. Early in SanPa’s history, he also brought his teaching skills to the community.

The difficulty with this wallpaper, since its colours are mixed and painted by hand, is achieving consistency over an entire wall. ***“You have to throw out a lot of pieces,”*** said Diego. ***“It may take a year to do one large job. You need patience.”*** Diego says he loves working with wallpaper, but once he’s out of San Patrignano, he isn’t sure he’ll find work in the field. ***“Hand-painted wallpaper is a very restricted art,”*** he said. ***“But I’ll find something using these painting and design skills. It’s become a passion.”***

## CAN SANPA WORK ANYWHERE ELSE?

San Patrignano has now spread to THREE (3) Satellite Centres, one (1) in London and TWO (2) in Italy, and it participates in world conferences on rehabilitation, partnering with other like-minded programs in Europe. Given that more than 72,000 people died of drug-related deaths in the U.S. last year, and more than 8,000 in Europe, many people have studied SanPa to determine if the model could work elsewhere. But it’s not easy to replicate.

The closest relative to SanPa in the United States is Delancey Street, a San Francisco-based rehabilitation program for violent criminals and drug abusers that has a similar approach. Mimi Silbert, founder and long-time president of Delancey Street and a criminal justice expert, praised the Italian program, which she called a **“sister organisation.”** Like SanPa, Delancey Street rejects traditional therapeutic approaches in favour of making the addict feel like an important participant in a community, and accountable to its members.

At Delancey Street, which has expanded from its San Francisco home to SIX (6) other Treatment Centres around the country, residents run a restaurant, a moving company, and make some furniture and crafts. **The cost of a Delancey Street residency, which typically runs for about FOUR (4) Years, is approximately \$30,000 a year—close to the \$48,000 cost of a San Patrignano residency.** However, like SanPa’s directors, Silbert argues that this expense ultimately saves on public costs for repeat incarcerations, to say nothing of superficial prison rehabilitation programs that usually fail, imposing further costs on society. But Delancey Street’s model is not widely replicated, either.

***“The reason they don’t end up replicating us is primarily because of money,”*** says Silbert. ***“In Italy, they have a great donor. We don’t, so we have a great struggle—but a willingness to struggle.”*** She says most treatment programs fail because they are short-term, partly for reasons of money and insurance, and don’t provide residents with the sense of support and family they need.

***“Instead of taking people who have messed up their lives and treating them as these poor people who need our help, we search for their strengths and develop them,”*** said Silbert. ***“Making crafts develops those strengths, lets them be creative, gives them something to be passionate about, and teaches them to rely on each other in order to work together. In the process they discover their own self-reliance,”*** she said. But few programs have the resources or patience to try such an approach.



**And at one of Italy’s prisons: Rehabilitation through wine-making. Why not?**

***“Right now, we’re living in a world where everyone wants things cured in FIVE (5) minutes, shoot everybody up with drugs so we don’t have to worry about whether we can change their lives,”*** she said. ***“We’re living in a time when people are terrified to do long, hard things. Change takes a long time, but it’s worth it.”***

Another factor that makes SanPa difficult to replicate is its very Italian-ness; it grew in a country where the history and value of craft is woven into the fabric of society. One Australian team visiting SanPa concluded, ***“San Patrignano is un-replicable in its entirety, due to its history, its scale, its location, and the Italian culture in which it is situated.”***

Lucia Rughi, SanPa’s communications director, is married to one of founder Muccioli’s sons, Giacomo, who has become a veterinarian. ***“Our philosophy,”*** she says, ***“is the education of bello.”*** Within that philosophy, the process of understanding and working toward beauty is the only means to combat the ugliest expression of self-loathing: addiction.



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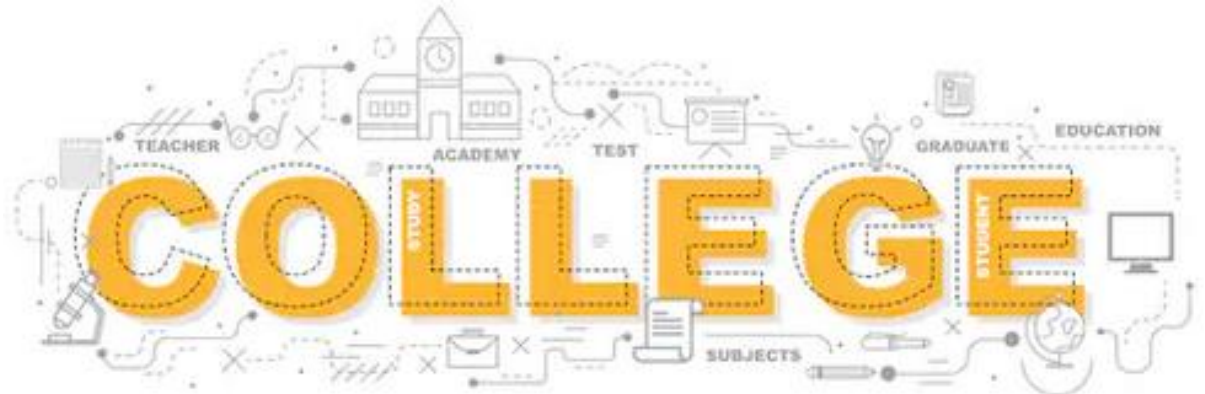
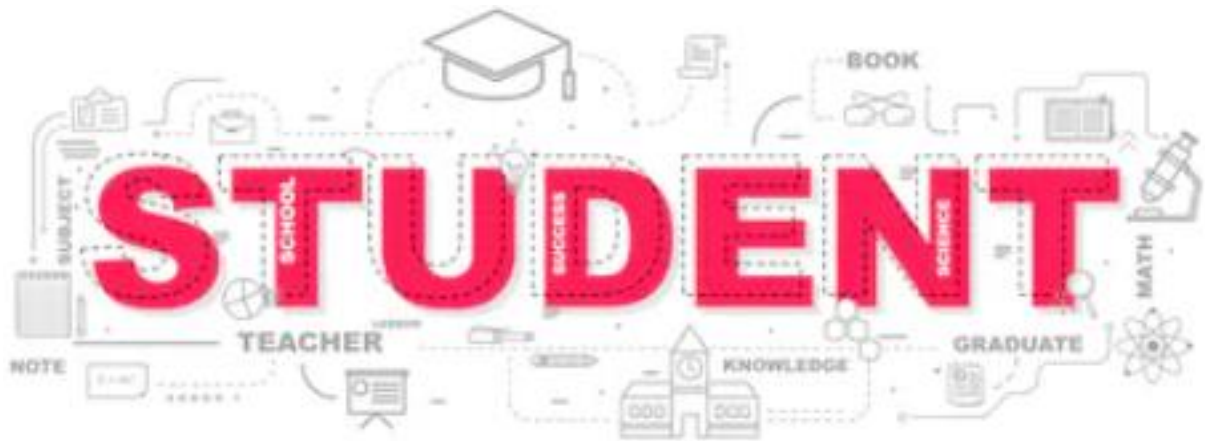
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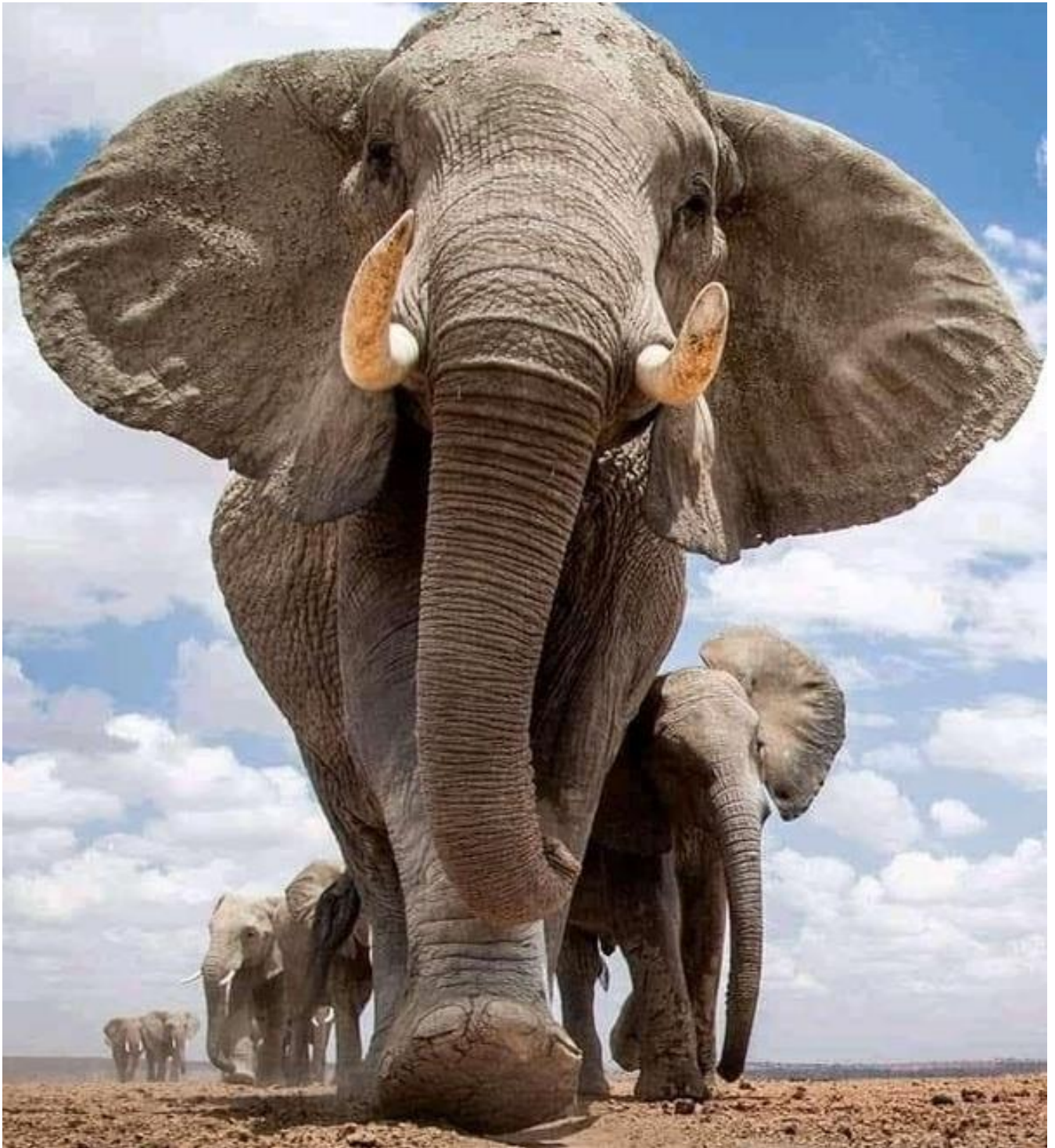
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*We are to express all our feelings*  
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