

16TH JUNE, 2025

AWAGO WEEKLY INSIGHT

MONDAY

This week, we reached over **1,900** individuals through Transcendental Meditation (TM) checkings and follow-up sessions. From schoolteachers and healthcare workers to women in local collectives, TM continues to empower communities with clarity, resilience, and purpose.

We are proud of our instructors, operations team, and community partners who make this transformation possible, one session at a time.

WEEKLY HIGHLIGHTS AT A GLANCE

- ✓ **1,900+** Meditators Checked
- ✓ Active Across 4 Core Pillars



**PART OF THE
CHECKERS ON
THEIR FIRST DAY
OF CHECKING**

WOMEN EMPOWERMENT COLLECTIVES

Teacher Spotlight: Night Kiconco

Location: Communities

Program: Checking

This week, Night had the honor of returning to the vibrant communities of Ntinda, Bwaise, Naguru, and Kamwokya to follow up with 757 youth recently instructed in Transcendental Meditation (TM).

These are neighborhoods filled with energy, but also the noise, pressure, and distractions that often overwhelm young minds. Through AWAGO's Transforming Lives pillar, we bring TM as a tool for rest, renewal, and reconnection with the inner self.



"This is where our healing began," one student said. "We see a brighter future now."

Everyone has the power to live a fulfilled life. What's needed is the practice of Transcendental Meditation to unlock that power.

Together, we are building communities of peace, one youth at a time. She said.

What she witnessed was deeply inspiring.

Youth shared how meditation has already made a tangible difference in their lives:

- Reduced stress and anxiety
- Improved focus, creativity, and academic performance
- Greater emotional balance and resilience
- Better sleep and reduced substance use
- Increased self-awareness and inner confidence
- A deeper sense of peace and connection to pure consciousness

SUPER TEACHERS

Teacher Spotlight: Sarah Acom

Location: Schools

Program: Checking

Over the week, Sarah Acom visited four schools, St. Francis SS, Excel High, Brilliant High, Majet SS, and Light Vocational, reaching more than 500 staff members through Transcendental Meditation (TM) check-ins and group sessions.

Staff learned about Higher States of Consciousness, wholeness, and inner resilience. *Their response? Remarkable.*

"My blood pressure dropped after starting TM," one teacher shared.

"TM has helped me stay calm and lead better," said Ritah, a school administrator.



Educators reported feeling more tolerant, clear-minded, and connected to their students. Private schools even expressed interest in adopting TM as a full faculty practice.

Sarah noted that the check-ins ran smoothly, with teachers deeply engaged and open to continued practice.

SUPER TEACHERS

Teacher Spotlight: Ruth Auma

Location: Schools

Program: Checking

This week, Ruth conducted 10th-day follow-ups at three schools:

- Progressive College (100 teachers: 40 men, 60 women)
- Baskerville SS (150 teachers: 71 men, 79 women)
- A third school (150 teachers: 92 men, 58 women)

Teachers participated in group meditation and shared powerful experiences. Many reported:

- Reduced stress and improved health
- Better classroom interactions
- Renewed joy in teaching
- A more positive, peaceful mindset

"TM changed everything," one teacher shared. "Now I sleep better, enjoy my work, and feel truly well."



One standout story came from **Mr. Ricard Mbasa**, who admitted he was once forgetful, overwhelmed, and distant from his family. Since learning TM, he now sleeps well, eats better, plans effectively, and even brought his family to learn TM too.

"I'm more peaceful, more present. TM gave me back my life," he said.



HEAL THE HEALERS

Teacher Spotlight: Aine Mbabazi Alexandria

Location: Health Centres

Program: Checking

This week, Aine conducted follow-up TM sessions with health workers across three facilities:

- Namulonge Health Center – 100 participants (59 women, 41 men)
- Kasangati Health Center – 100 participants (58 women, 42 men)
- Buntaba Health Center – 100 participants (38 women, 62 men)

The 10th-day check-in at Kasangati was especially uplifting. Health workers shared how their meditations now feel more natural and effortless, with many noticing improved calm and clarity in their daily routines.

“This is the most peaceful I’ve felt in years,” one participant shared. “I handle patients with a clearer mind and a calmer heart.”



The teams were incredibly engaged and appreciative, reporting real change in how they manage stress and approach their work.

Every session reaffirmed what we believe: when healers are well, communities thrive.

AWAGO +

Another powerful milestone this week: **100 women** in the slums of **Namuwongo** have successfully learned Transcendental Meditation (TM).

Many of these women are young single mothers, survivors of rape, kidnap, and war, facing daily hardship, including extreme poverty, poor health, and food insecurity.

At first, several were hesitant to join the program due to misconceptions that TM was linked to a religious agenda. But after witnessing the transformation in others, **118 women** attended the introductory lecture, and within five days, everything changed. The women became engaged, open, and eager to learn.

"I am Namatovu Christine, aged 40 years. Before learning TM, I had constant migraines due to overwhelming stress and challenges of life which include extreme poverty and poor health conditions. I always found myself isolated and unhappy. So after learning TM, the migraines have significantly reduced, and I feel more relaxed and peaceful. I am now able to relate better with people around me, most specifically my family."



In addition, five group leaders were trained to lead group meditation sessions in tents, ensuring the continuation and sustainability of the program.

