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BREAKING NEWS: Mugabe Resigns

Robert Mugabe has officially resigned from his position as President of Zimbabwe with immediate effect, ending his 37 years grip on power.

In his letter read by the Speaker of the National Assembly, Advocate Jacob Mudenda during a parliamentary session to impeach him, Mugabe cited section 96(1) which lays out terms for the resignation of President. "Following my verbal communication with the Speaker of the National Assembly, Advocate Jacob Mudenda.. intimating my intention to resign as the President of Zimbabwe in terms of Section 96(1) of the Constitution of

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Relinquish Power, Khama tells Mugabe



By Staff Reporter

President of Botswana, Seretse Khama Ian Khama has piled pressure on President Robert Mugabe to voluntarily relinquish power to pave way for socio-economic recovery of the country.

In an open letter to President Mugabe shared through Botswana government Facebook account, Khama called on the beleaguered Zimbabwean leader to resign and allow the country to move forward adding that his departure will usher a new political dispensation that will pave way for the much needed socio-economic recovery of Zimbabwe.

"Mr. President, I am writing to appeal to you to be sensitive to the wishes of the people of Zimbabwe and to do the honorable thing by voluntarily relinquishing power as the

President of Zimbabwe.

"My appeal is necessitated by an unprecedented situation currently unfolding in Zimbabwe whereby your own party, ZANU-PF, is calling for your immediate resignation and is in the process of instituting impeachment.

"The people of Zimbabwe have for a long time been subjected to untold suffering as a result of poor governance under your leadership. It is therefore my conviction that by vacating the Presidency, this will usher in a new political dispensation that will pave the way for the much needed socio-economic recovery in Zimbabwe." said Khama.

His sentiments came amid continued pressure from war veterans, civic pressure groups and opposition parties who are calling on Mugabe to resign.

According to War Veterans

leader, Christopher Mutsvanga, another massive protest is on the cards to force Mugabe to resign.

"Save the country further turmoil, if not we are bringing the people back on the streets," said Mutsvanga.

Other civic pressure groups under the banner of Citizens Movement have been mobilizing people to continue to protest at the Africa Unity Square in Harare.

Meanwhile, following the expiry of the deadline given to Mugabe to resign, Zanu PF is not leaving anything to chance and have initiated a process to impeach their expelled leader through parliament. At the time of publishing parliament was still in motion at the Harare International Conference Centre and details on the outcome will be shared as they come.

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ZIMBABWE



A2

Zanu PF MPs to deliberate on Mugabe impeachment

By Lovejoy Mutongwiza

Zanu PF parliamentarians are currently meeting at the party's headquarters to deliberate on plans to impeach President Robert Mugabe in Parliament following his refusal to bow down to pressure for him to step down by midday today.

The ruling party's chief whip, Lovemore Matuke told reporters that Mugabe and his wife; Grace had become a source of instability within the party and government.

"We are gravely concerned that the President has become the country's source of instability by his indiscriminate and continuous dismissal of members of his cabinet including two Vice Presidents in the past four years on allegations of plotting to assassinate him and forcibly take over power, hence we want to move a motion to impeach him," said Matuke.

The ruling party already has two thirds majority required to have Mugabe removed from office.

President of the Chiefs Council, Fortune Charumbira also threw his weight behind the motion to have Mugabe thrown out, asked on the position of chiefs on the fate of

President Mugabe, Charumbira said "Of course, why not,". Previously, traditional chiefs were Mugabe's pillar of support helping him strengthen his grip on the rural vote.

Zanu PF Deputy Secretary for Legal Affairs, Paul Mangwana, said Mugabe's condition had become a serious problem hindering him from fully discharging his duties hence their decision to recall him.

"Mugabe is too old and frail to lead the nation, we cannot have him re-elected into power again, that would be a de-service to the nation.

"He stands accused of failing to implement the constitution and his wife is in the habit of insulting party leaders together with their G40 cabal, as a result we want them gone and we have already moved a motion to have him impeached which we are here to finalize," said Mangwana

He accused Mugabe and his wife of abusing the party for their selfish gains.

Mugabe has since been booted out of the party through a resolution passed by the Extra Ordinary Central Committee, which sat yesterday.

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Breaking News .President Robert Mugabe has finally resigned





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A3

Zim political situation affects voter registration

By Lemuel Chekai

The obtaining political situation in the country has come at a cost to the current voter registration exercise which has record low turnout since the beginning of skirmishes in Harare last week Wednesday. Addressing a press conference in Harare on Monday, Election Resource Centre (ERC) and Zimbabwe Election Support Network (ZESN) have reported that the current state of affairs in the country had impacted on the bio-metric voter registration exercise. ZESN Chairperson, Andrew Makoni called for an extension of the voter registration exercise saying events of the past week had affected turnout at the various centers

across the country. "We urge the Zimbabwe Electoral Commission (ZEC) to complete the BVR process and possibly extend beyond previously scheduled dates as current indications are showing low turnout in some regions," said Makoni. The briefing was meant to enforce electoral reforms that would lead to credible and legitimate elections as ZESN and ERC believe that, "The political developments in Zimbabwe will inevitably lead to an election." The two organizations have also come up with five fundamental requirements in a bid for Zimbabwe to hold a credible election which include new electoral law, voter registration which is free from po-

litical bias, ZEC independence, political environment devoid of violence, intimidation and with all stake holders and election observation. "We continue to push and lobby for Zimbabweans living abroad to be able to register although it's not within our rights to provide such a platform for them all we can do is to just encourage the relevant authority ZEC" added Makoni. Meanwhile just before the recent events Harare province was among the provinces that recorded the lowest number of having registered only 20% of the city's eligible voters. According to ZEC, 2,745,837 out of the targeted 7 million have already registered as at 20 November 2017.

Police absence excites vendors

By Lemuel Chekai

The current political impasse in the country has been a blessing to vendors who had endured hard times battling against police operation to restore order in the Central Business District (CBD) with many wishing if the situation could continue as it has given them a window to make money without any hindrance. The ZRP who have taken a back seat and have literally been reduced to spectators of the political developments taking place, since the Zimbabwe Defence Force (ZDF) took control of the country have not been performing their law and order duties and this has resulted in the return of vendors on the streets en-masse. In an interview with vendors on the streets of Harare, they expressed excitement at the prospects of operating without any interference from both police officers. "We don't want police on the streets again, they should be

arresting robbers and thieves not us vendors who are trying to make ends meet out of our own sweat and the work of our hands," said Mai Tapiwanashe, a fruits vendor along fourth street.



"Business has been up lately, no one is raiding my stuff and even on a low day I'm taking all my money home it's not going to some corrupt officer and it's all thanks to our army" added another vendor who spoke on condition of anonymity. While other business operators are celebrating the absence of police, some are yearning for their return following what they say the degeneration of chaotic scenes on the streets. "We haven't been making good money because we oper-

ate in a designated area and with the police absence un-roadworthy vehicles are now piloting which is affecting us who adhere to the law," said Brighton Mhembere a kombi driver who operates from Fourth street bus terminus. A survey of Harare streets revealed that vendors and commuter omnibus operators have since returned to most undesignated points and this is in some cases causing traffic congestion and accidents. This reverses the successes recorded since the police and City of Harare launched an operation to clear the CBD of unregulated operations such as vending and kombi pick-up points. With negotiations for President Mugabe's resignation still ongoing without any hindsight of when they will be concluded, Harare continue to suffer lawlessness as all police and municipality operations are on suspension.

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High Court to rule on alien vote

By Staff Reporter

THE High Court will on Wednesday 22 November 2017 be seized with two matters filed by Zimbabwe Lawyers for Human Rights (ZLHR) seeking orders compelling the Zimbabwe Electoral Commission (ZEC) to register Zimbabweans considered "aliens" as prospective voters for the 2018 general elections and to interdict President Robert Mugabe and the Judicial Service Commission (JSC) from instituting any processes for the appointment of a Prosecutor General (PG) to replace Advocate Ray Goba.

Justice Nyaradzo Munangati-Manongwa will preside over the hearing of an urgent chamber application filed by Sarah Kachingwe, a Harare resident and two opposition political parties seeking an order compelling the Zimbabwe Electoral Commission (ZEC) to register the so-called "aliens" as prospective voters for the 2018 general elections during the on-going biometric voter registration exercise.

The 57 year-old Kachingwe, who is represented by Denford Halimani of ZLHR, teamed up with the MDC-T and the MDC-N political parties to file an urgent chamber application on Monday 13 November 2017 seeking an order allowing some individuals classified as "aliens" to register to vote in the 2018 general elections without any impediment or additional requirement other than requirements relating to all people.

Kachingwe, who is a Zimbabwean citizen by birth and

whose identification card is endorsed "alien" because her deceased father hailed from Malawi while her mother is a Zimbabwean by birth, argued that she was not allowed by some ZEC officials to register as a prospective voter because her identification card was endorsed "alien" and was referred to the Registrar General (RG)s Office for "regularization" of her identification card. On the same Wednesday, High Court Judge Justice Priscilla Chigumba will also preside over the hearing of an urgent chamber application filed by ZLHR seeking an order to interdict President Mugabe and the Judicial Service Commission (JSC) from instituting any processes for the appointment of a Prosecutor General (PG) to replace Advocate Ray Goba.

President Mugabe on Friday 27 October 2017 reversed the appointment of Advocate Goba as the country's PG through an Extraordinary Government Gazette, General Notice 642 of 2017, issued and signed by Misheck Sibanda, the Chief Secretary to the President and Cabinet on Friday 27 October 2017. This notice repealed the General Notice 493 of 2017 issued through an Extraordinary Government Gazette.

But in an urgent chamber application filed on Wednesday 01 November 2017 and which will be heard on Wednesday 22 November 2017, ZLHR, which has instructed Advocate Eric Matinenga to argue the matter on its behalf, wants the High Court to interdict President Mugabe and the JSC from re-

moving or in any other way interfere with Advocate Goba's constitutional appointment without following the removal from office procedures provided for in Section (259)(7) of the Constitution.

In a founding affidavit, ZLHR Executive Director Roselyn Hanzi, argued that the organization has a direct and substantial interest in the obedience and observance of the provisions of the Constitution by all individuals and organs bound by it and that the Constitution is the supreme law of Zimbabwe and every conduct inconsistent with it is invalid to the extent of the inconsistency.

The human rights organization contended that the PG can only be removed from office by President Mugabe upon the advice of a tribunal set up in terms of section 187 of the Constitution and that the Constitution does not provide another different route that can be followed to remove the PG from office.

Hanzi argued that the purported reversal of Advocate Goba's appointment through a government gazette is unlawful, ultra vires provisions of the Constitution in addition to being in breach of provisions of the Administrative Justice Act (Chapter 10:28).

ZLHR wants the High Court to issue an order declaring that the government gazette extraordinary notice number 642 of 2017 published on Friday 27 October 2017 purporting to repeal government gazette number 493 of 2017 invalid and of no legal force and effect.

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The Zimbabwe Election Support Network (ZESN) continues to observe Phase 2 of the Biometric Voter Registration (BVR) exercise in all the country's 10 provinces. The following update is based on observations made over the past 7 days.

Voter Registration Procedures

At 100% of registration centres where ZESN observers were stationed, the registration officials correctly followed the registration steps such as capturing fingerprints, facial photographs, scanning relevant documents and issuing out voter registration slips. Observer reports also indicated that 96% of the centres opened before 8 am with the remaining 4% opening by 8:30 am.

Cases of Intimidation

ZESN continues to receive disturbing reports of intimidation of observers and citizens by traditional leaders and political players. For instance, a ZESN observer in Ward 1 Rushinga was summoned and admonished by the Chief of that area for observing the BVR process in his area without seeking his permission first. In addition, cases of intimidation whereby registrants are being asked to submit serial numbers on their registration slips continue to be reported in areas such as Honde Valley Ward 28, Nyanga North Ward 3, Greystone Park at New March Shopping Centre Ward 18, and Bikita East among others.

Issues with Proof of Residence

ZESN has observed that the registration process is being slowed down by the scarcity of commissioners of oaths, resulting in potential registrants waiting for hours before their documents are certified. In ward 28 of Honde Valley in Mutasa North a ZANU PF councilor threatened one of the headmasters who are providing commissioners of oath services with unspecified action if he continued to write letters confirming residency of potential registrants. The councilor indicated that this service was the prerogative of the Village Head only.

Turnout of registrants

According to statistics released by ZEC, 2 043 302 eligible voters had been registered as of 7 November 2017 representing 28.3% of targeted potential registrants. Harare recorded the highest number of registrants with 309,951 whilst Bulawayo had the lowest turnout with 71,536 representing 17.5% of potential registrants in the city. Generally ZESN continues to observe low turnout amongst youths and persons with disabilities (PWDs) and urges electoral stakeholders to enhance mobilisation efforts towards youths, PWDs and women by availing adequate awareness programmes as well as publicity of the location of the voter registration centres.

Access to registration centres by special needs groups

ZESN has observed that at most centres special needs groups such as persons with disabilities, the elderly, pregnant and nursing mothers are being given first preference to register as voters. However, there are reports that some centres are inaccessible to PWDs, for example, Shiku School in Runde Ward 4, Mount Belingwe in Ward 4 Mberengwa North are not easily accessible to persons using wheelchairs and walking aids. As such there is need for ZEC to ensure that mechanisms are put in place to enable PWDs and the elderly to register conveniently.

Observers denied access to centres

Some accredited ZESN observers were denied access into registration centres by Ward registration supervisors insisting that they first report to the District offices. Observers were denied access in Zvishavane at Nyaradzai Hall in ward 8, Lundi Hospital in Ward 10 and Weleza in Ward 13 as well as at Thekwane High School in Bulilima East. ZESN through its member organisation the Zimbabwe Lawyers for Human Rights engaged ZEC resulting in the observers being allowed into the centres. ZEC should ensure that its officers facilitate the observation of the voter registration exercise as this is crucial for promoting transparency and credibility of electoral processes.

Recommendations:

1. ZESN implores ZEC to engage with the traditional leaders in order to discontinue the abuse of their mandate and desist from interfering in electoral processes.
2. ZESN calls for measures to be put in place for the creation of a conducive electoral environment that facilitates the free observation of and participation in key electoral processes.
3. ZEC should ensure that BVR centres are easily accessible to all eligible citizens and ensure that PWDs and other special needs groups are not inconvenienced when they present themselves for the registration process.
4. Intensification of targeted voter education and mobilisation efforts towards the youths and other segments of the population whose turnout statistics are low.



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BREAKING NEWS: MUGABE RESIGNS

Zimbabwe, I Robert Gabriel Mugabe in terms of Section 96(1) of the Constitution of Zimbabwe hereby tender my resignation as President of Zimbabwe with immediate effect," read Mugabe's letter.

Section 96(1) reads, "the President may resign his or her office by written notice to the Speaker, who must give public notice of the resignation as soon as it is possible to do so and in any event within twenty-four hours."

Following the resignation of a sitting President, the first Vice President assumes the position of President.

Section 101 Succession in event of death, resignation or incapacity of President or Vice President

(1) If the President dies, resigns or is removed from office—

(a) the first Vice-President assumes office as

President until the expiry of the former President's term of office;

(b) the second Vice-President assumes office as first Vice-President until the expiry of the former President's term of office; and

(c) upon assuming office as President, the former first Vice-President must appoint a qualified person to be second Vice-President until the expiry of the former President's term of office.

(2) If the first Vice-President dies, resigns or is removed from office—

(a) the second vice-President assumes office as first Vice-President until the expiry of the former first Vice-President's term of office; and

(b) the President must without delay appoint a qualified person to be second Vice President until the expiry of the former first Vice-President's term of office.

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The evolving role of smart intermediaries in African agriculture



By Thomas Madhuku

While digital technology is threatening to diminish the role of intermediaries in African agriculture, there are signs that smart intermediaries will be around for some time. Although it is spreading connectivity among farmers, traders, consumers and policy makers, digital technology will always need people who translate services between value chain actors, most of whom may struggle to appreciate each other's contribution.

Digitization of agriculture and rural communities is increasing need for customized services that are too expensive or rare for farmers, traders or consumers to consolidate on their own. For instance, very few farmers have the capacity and resources to follow their commodities along the entire value chain or ecosystem. On the other hand, digitization is accelerating the movement of commodities and information in ways that make it difficult for farmers and other value chain actors to keep pace with opportunities and threats.

Intermediaries as creators of value

As agriculture and food supply models become more complex, intermediaries that will not disappear overnight are those able to build sustainable models. Failure to do so means they will find themselves on the endangered list. The intermediaries that persevere will be those that adapt and produce unique value such as:

- Consolidating each value chain actor's comparative ad-

vantages in ways that prevent some value chain actors from falling into avoidable pitfalls.

- Building relationships and providing a neutral space for competitors to share reliable information. Without such a space, competitors tend to mislead each other. There are circumstances where it makes sense for competitors to collaborate through facilitating information and knowledge exchange. Unfortunately, competitors often hide useful insights from each other because some will have incurred costs in gathering business intelligence and may not recoup such costs if such knowledge is made a public good.

- Rationalizing the utilization of resources in order to avoid duplication of efforts. Farmers who get into a new market often require guidance from intermediaries. There are cases where traders may pretend not to have financial services when the opposite is true and they are only interested in testing financial facilities from new players in comparison to what exists. On the other hand, some farming communities may pretend they don't have coping strategies in order to get free inputs and services when in fact they already have better ways of coping with challenges. All this requires intermediation.

Integrating ICTs into needs-based content development

ICTs are not independent of human skills and capacities in terms of efficiency. Developing needs-based content requires an intermediary. For instance,

what informs the development of a mobile application or a short message service? The most important input is the quality of content that makes a short message service a conversational tool. ICTs can fuel the interpretation of invisible relationships into strategies that would otherwise remain locked within actors. Sometimes value chain actors preserve knowledge to their advantage in ways that hinder knowledge sharing and flow. Allowing knowledge to flow enhances competitive advantages.

For instance, Mbare agricultural market has its own knowledge which has to be consolidated and connected with knowledge from other markets, producers, consumers, processors and others. eMKambo is already using ICTs to accelerate and sustain this process. Just as commodities are pushed from producers to consumers, the same happens to knowledge. It is often difficult for knowledge to move from farmers to consumers directly. How can a rural farmer communicate with an urban consumer whose income and consumption patterns are hidden from farmers? All these conversations have to stay fluid, instead of each of the millions of farmers trying to communicate with millions of consumers. That is how trends become a consolidated value-added product for diverse value chain actors.

Information and knowledge are different from seed, fertilizer or other inputs. If knowledge is to be shared productively, many actors have to be involved. Some of the value is found at the extremes of value chains than in formal markets. Intermediaries become more critical in facilitating transactions between producers and consumers as well as interpreting high level patterns within the ecosystem. By monitoring and herding commodities and actors, they close gaps between disconnected value chain actors that require one another to survive. In many developing countries, most value chain



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High Court hears Magamba's challenge against police seizure of computers



By Staff Reporter

HIGH Court Judge Justice Happpious Zhou will Monday 20 November 2017 preside over the hearing of an urgent chamber application filed by Magamba Cultural Activist Network Trust seeking to compel the Zimbabwe Republic Police (ZRP) to return some computers, which they seized from the social media outlet last week and to stop them from demanding passwords of the computers and laptops. Human rights lawyer Tonderai Bhatasara of Zimbabwe Lawyers for Human Rights petitioned the High Court on Thursday 16 November 2017 seeking an order for the release of Magamba Cultural Activist Network TV's equipment, which was confiscated on Tuesday 14 November 2017 after some ZRP officers raided and seized some laptops and computers belonging to the social media outlet at their Harare offices during an operation which the law enforcement agents claimed was linked to investigations regarding the alleged commission of the offence of subverting constitutional government.

The ZRP officers, who conducted the raid and seized Magamba Cultural Activist Network Trust's property, were armed with a search warrant, which was granted on Wednesday 08 November 2017 by Harare Magistrate Elisha Singano authorising the law enforcement agents to confiscate laptops, computers and printers be-

longing to Magamba Cultural Activist Network Trust. The ZRP officers claimed that the seizure of the Magamba Cultural Activist Network Trust's property was based on reasonable grounds that such devices were used or may afford evidence in the commission or suspected commission of the offence of subverting constitutional government as defined in section 22 (2) (a)(i) of the Criminal Law (Codification and Reform) Act, Chapter 9:23. In the urgent chamber application, which will be heard at 4:PM on Monday 20 November 2017, Bhatasara, who listed Home Affairs Minister Obert Mpfu, ZRP Police Commissioner-General Augustine Chihuri and Detective Chief Inspector Edmore Runganga as respondents, argued that the ZRP's search warrant is invalid and a nullity as it was not issued in accordance with the law. Bhatasara argued that the search warrant was issued without complying with the provisions of section 50 (1) (a) as read with section 49 of the Criminal Procedure and Evidence Act (Chapter 9:07). The human rights lawyer argued that the warrant of search contravenes section 57 of the Constitution which provides for the right to privacy and that the demand by the ZRP officers to be furnished with passwords of the seized computers and laptops is not backed by any law or court

order. In addition, Bhatasara argued that some of the laptops seized belong to individual employees and are not owned by Magamba Cultural Activist Network Trust and as such it is impossible to comply with the ZRP's request for the passwords.

<A8 The evolving role of smart intermediaries in African agriculture

actors do not have access to those they need in order to stay alive. As technology deepens connections between producers and consumers, smart and dynamic intermediaries will continue satisfying a high value function.

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Tekno show postponed



By Faith Zvorufura

The much anticipated show featuring Nigerian contemporary musician, Tekno which had been scheduled for Friday the 24th of November has been postponed to February next year, the organizers, TripLife Entertainment have said.

According to a press release from TripLife Entertainment, the postponement was due to unforeseen circumstances. "Fellow Zimbabweans, due to

unforeseen circumstances we have been forced by mutual consent with the artist Tekno and other artists on the bill to move the show initially slated for Alexandra Sports Club on Friday November 24 2017 to another date, "While we had been adequately covered for the weather factor, other electrical logistics to ensure the smooth running of the event without projected rain being an impediment have risen,"

reads the statement.

TripLife Entertainment went on to state that the Rara hit-maker agreed on moving the date promising that the show will now be a valentine's day treat.

"The artist has agreed to move the event to a later date when indoors venue has been secured to ensure a smooth, unhindered and safe event, "In that spirit the show will adopt a Valentine's theme and will therefore be held on February 16 2018 at the Harare International Conference Centre, "This is the earliest convenience that the main artiste Tekno can be available," read the statement.

TripLife Entertainment further noted that it is their desire to promote world class entertainment in the country adding that they are in negotiations with other international acts whose schedules are free to try and secure festive shows.

Big Turn Up returns this Saturday

By Munashe Chokodza

Following the successful Big Turn Up event held in October, the organizers have quickly moved to set in motion a plan to hold another event on Saturday, the 25th of November at Newlands Country Club in Harare.

In an interview with 263Chat the show organizer, Tawanda Madzara said people are falling in love with the Big Turn Up concept adding that the second edition set for this Saturday will be a resounding success.

"We are excited to host the second edition of this lifestyle experience and light is showing itself ahead of the event, so many people like the concept

which is much different from other shows held again," said Madzara.



"This time, the show's fashion theme is "Denim Affair" and everyone is encouraged to come wearing something denim so that we have the

same fun.

"Pan Jap Motors is supporting the Big Turn Up as they showcase the best luxury car of the month. The two cars of focus for this month are X5 BMW and Jeep Cherokee, between the two cars we will have the car of the month" he added.

This month's edition will be bigger with Takura, The Movement, Zinaraya Girls, Shabach Tha Band, Jam Signal, DJ Raydizz, Dj Eve, Dj Langton B, Dj Phatchild, Dj Mox and L Roy, all expected to perform.

Supporting crews from Team VW GTI , Team Alteza , Bikers will also be present at the Big Turn Up.



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The Mind

By Denice Pine



The mind is a powerful thing. I am sure you have heard this more than once and you will continue to hear it. When I am training clients or coaching I try to promote a holistic attitude towards the whole thing. So I did my research looking for the best article that could give you an idea of the importance of mental wellness and this is what I found:

If your mind is not into it your body surely will not respond to it. Here is why:

Our minds and bodies are interconnected, let's say for better or worse. One cannot possibly fully function without the other. Your mind and body can keep you healthy or not, and while it is not total, we do have control over how we think and react to the things around us. Here are some amazing facts about the mind-body connection:

1. We All Have The Mind-Body Connection.

Whether consciously aware of it or not, each of us experiences the mind-body connection everyday of our lives. Instead of thinking of the connection as something far out of reach, or something only obtainable through hours of yoga and meditation, remember it is always here. Mouth-watering over a delicious-looking dessert, or nervous "butterflies" in

the stomach before making a presentation, or running a race, are all perfect examples of natural mind-body connections, which most of us have experienced at some point. Sometimes, the mind-body connection can produce negative outcomes, like failing to meet athletic, academic, or professional goals due to fear created by the mind.

2. Our Bodies React To How We Think

"All that we are arises with our thoughts. With our thoughts, we make the world." –Buddha

In other words, if we are constantly thinking negative, self-destructive thoughts, our bodies will follow suit. Emotional and mental imbalance can start as something like stress-induced headaches, tight shoulders, and a sore upper back, and lead to unhealthy weight gain or loss, insomnia, and high blood pressure. On the other hand, we can make a conscious effort to think more positively and to develop healthy coping mechanisms for life's stress and trials. Over time, the state of our emotional and mental health can hurt or help the body's immune system.

3. We Can Make Ourselves Sick And We Can Make Ourselves Well

Studies show our coping mechanisms and ways we handle stress directly correlate to how we deal with serious illnesses, including cancer. Chronic stress affects the body in a negative way, and over long periods of time, long-term stress can make us more susceptible to diabetes, hypertension, heart diseases, and some infections.

However, by using our innate mind-body connection in a positive way, by keeping our minds and bodies in shape with exercise and nutrition, we can keep stress levels lower. In other words, the better we are able to cope by staying calm and reducing psychological stress, we will in-turn reduce physical stress, along with the

chance of developing a disease.

4. We Also Have A Body-Mind Connection

If we pay attention, it is easy to see the impact the body has on our state of mind as well. For example, when women's bodies are preparing for menstruation, it is the hormones inside the body causing all of the dreaded symptoms (cramps, bloating, fatigue, emotional imbalance, etc.). Another example of body-mind reactions is the flu. More than likely, a person starts to feel out of sorts mentally the day or a few days before the body exposes the sore throat, nasal congestion, and other common physical symptoms.

On the flip side, body-mind connection is incredibly positive, whether it is endorphins produced after exercise or stress relief during a massage. In the physical postures of yoga, it is thought that certain poses produce certain mental states. Backbends, for example, are thought to stimulate the mind, while inversions may bring on a quieter state. Exercise can be a cheap way to boost our focus, moods, and overall health.

5. Food Affects Both Our Bodies & Minds

It goes back to that old saying, "We are what we eat." Every single morsel or liquid passing through our lips has some sort of effect on our brains. Our nutritional intake, every day, can have huge impacts — both negative and positive — on how we feel, thanks mostly to the chemical serotonin. In a nutshell, when serotonin levels are high, we're happier, and when they're low, we become depressed.

Eating too many carbs and sugar can decrease sensitivity to serotonin, which leads to bad moods, and eventually obesity. To balance serotonin levels, eating protein can be the solution, especially before carb-intake. Instead of eating a sugary pick-me-up midday, go for a snack high in protein to keep the mood positive and



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Rahman Gumbo charged for contravening PSL rules

By Jeffrey Ncube

Chicken Inn FC coach Rahman Gumbo was yesterday fined a sum of \$2500 of which \$500 was suspended for the rest of 2017 season on condition that he will not be convicted of a similar offence.

This comes after the Premier Soccer League (PSL) Disciplinary Committee has released the judgment in the matter of him following the abandonment of the Chibuku Super Cup First round match between Chicken Inn FC and Yadah FC played at Ascot stadium on 23 September.

According to a statement by Premier Soccer League, Gumbo was found guilty of

contravening Order 31.4 of the Premier Soccer League Rules and Regulations.



“Rahman Gumbo was found guilty of contravening Order 31.4 of the Premier Soccer League Rules and Regulations, which makes it an offence on the part of an official where the said official causes the abandonment of the match.

“In coming up with their judg-

ments, the Disciplinary Committee noted that it was clear that Gumbo caused the abandonment of the match when he ordered his players off the field of play in protest against the referee’s decision.

“Rahman Gumbo was fined a sum of \$2500 of which \$500 was suspended for the rest of 2017 season on condition that he will not be convicted of a similar offence.

“The effective fine of \$2000 together with the costs of the hearing is to be paid by 30 November 2017,” reads the statement.

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The Mind

energy up, avoiding a crash later.

6. Regular Sleep Is A Must For Mind And Body

Aside from food and exercise, sleep also plays an enormous role in maintaining healthy serotonin levels, and keeping our minds and bodies happy with each other. Serotonin’s primary action in the body is to sedate, therefore, it is closely tied to how energy is — or is not — expended (i.e. exercise and sleep). Without sleep, our brains can be negatively affected, by messing with our brain’s response to serotonin. In other words, it is important to keep up a consistent sleeping pattern, in order to keep the mind and body healthy.

7. Meditation Can Help Our Hearts.

According to the American Heart Association, medical evidence reveals a genuine reciprocal connection between the mind and body. Practices like meditation and other relaxation techniques have shown to alter not only mind-body, but

also mind-heart connections. While there is a scarcity of studies directly addressing how mind-heart interventions can help patients with congestive heart failure, the AHA concluded meditation could help with anxiety and depression, which often coincide with serious illness. Meditating for about 15 minutes daily can also help anyone who wants to stay centered and calm throughout the day. Exercises like meditation can help shift mental perceptions and reactions to situations. By becoming aware of tension and anxiety, and connecting to the breath, the mind will relax and the body will too. Even taking a few moments out of a stressful day to breathe quietly can have similar effects.

Essentially, we are what we think, eat, drink, say and breathe. Developing and applying mindfulness to all of these aspects of life can help us to maintain joyful mind-body connections. Let us know how you utilize your mind-body

connection to stay healthy.” With all that said, it is important to prepare mentally for anything that requires real commitment. Without a sound mind it is almost impossible to achieve a single thing. So lets meditate (breathing exercises, yoga etc) exercise ,eat healthy and be happy in order for us to try function fully and achieve our goals !

If you wish to discuss this article with me further find my contact details below

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Remember, you can start each day fresh. Take each session like it's your last. And be kind to yourself: you've only got the one body, so help it go the distance.

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