

# THANK YOU CARE FIRST

Words by Mahmoud Idries.  
Introduced by Sandra and Louis Bohtlingk.

## Sandra:

*I want to introduce a young man named Mahmoud Idries. I was invited to go to the Sudan in 2012 to see if I could assist with a project to help women earn their own income through crafts.*

*Mahmoud was a member of the family that invited me over. He became a most diligent and caring chaperone during the entire month that I was in Sudan.*

*We talked about Care First and Heart Intelligence. It resonated strongly with Mahmoud as a natural way of seeing life, though the practical side of it, under the general structures of life in Sudan, were far from simple.*



## Louis:

*War broke out in Khartoum, Sudan on 15 April 2023. Mahmoud fled with his family to the border of Egypt in early May. He took care that his mother, sister, cousin and aunt made it through, but could not enter Egypt himself. He managed to get a UAE visa to Dubai, where he could find work to support himself and his family in Egypt. We were able to assist him, with a team of friends, to fly from Ethiopia to Dubai.*

*Mahmoud has always had a deep connection with our work and felt that he wanted to make a contribution to our new magazine.*

**Here is his story.**

*Just like the rest, we did not expect it, yet  
we all knew that this day must come.*

## WAR!

It is something many people believe is the way to settle differences. In Sudan, in recent years, many of us have accepted our fate and embraced a life of hunger, disease, uncertainty, and mental disorders. We soothe ourselves with faith in God, goodwill, and HOPE. A normal day turned into an unforgettable nightmare. The people in Sudan were preparing for Eid, the last days of Ramadan. Everyone was busy.

## BOMB!

Just like thunder in the middle of a storm, the sound of war has hit everybody deep in the heart, and many have been hit to death. We were watching in shock, not believing what was happening. The news was like a dream, a flashback into the last four years, where every other day since 2019 was full of violence, blocking of roads by protestors, and curfews by the military, while young lives were passing away.



"How bright Khartoum was when I saw it." Sandra.

We were watching cautiously expecting this nightmare to end soon. Whispering to each other: "This is only a matter of hours." The first day passed, then a week, then the weeks were stacking. We watched the destruction of our beloved homeland in the news, while parts of our hearts were bleeding. Now, most of the Sudanese homes had run out of food. Ramadan was a blessing because we normally keep stocks of food for the whole month.

In our house, we only had two meals a day. One after sunset and one at night, while some of us were eating only one meal a day. Electricity, network, transportation, and essential services went down.

We panicked! There are old and sick people who live with chronic diseases. Many fled and left Khartoum to return to their hometowns in other countries. Some stayed as traveling was very expensive, because of war traders. The cost of travel went from 20 dollars to \$600 and \$1000. Many could not leave. A family with six like ours needed at least \$5000 just to leave Khartoum.

On the 7th of May 2023, My family and I finally made it to the border of Egypt. Egyptians offered good help to those who left Khartoum in the first weeks. When I made it to the border, many had already entered Egypt. I waited eight days for the visa. We heard that the process is faster in Port-Sudan since it is not as full of people wishing to go to Egypt.

So, I left for Port Sudan and stayed eight days there. Every day was becoming more difficult, and evidently impossible. We wanted to go to Egypt because it was the best choice. We have a similar culture, and it is cheaper than many other options. I decided to let my family pass to Egypt without me while I looked for other options. My mother, sister and cousin finally made it through to Egypt.

I started my journey from the border of Egypt to the border of Ethiopia. It was a three-day trip. It wasn't easy. Finally I got a UAE visa and a pass to Ethiopia. I didn't have the means, but I had hope.

When I arrived there, I didn't have money for the ticket. It took the courage to ask for it. SANDRA! She is someone dear to my heart. I told her about my need, and then came Louis with his friends, and just like a flash of light, the ticket was booked.



I cannot emphasize how critical the timing was. If the ticket had been two days later, I wouldn't have made it. New rules had been made and some visas to UAE got cancelled.

Then I flew off with a digital copy of the new magazine, **CARE FIRST WORLD**.

I made it for the sake of goodness.

I made it with the help of a team of Care First workers.

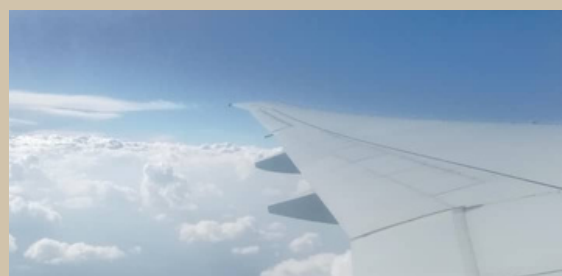
I made it with the help of their hearts.

I made it with the help of some friends I have never met.

Thank you all!

Now I am in UAE. A busy, expensive and fast life.

I found work soon after I arrived and am looking to settle and keep supporting my family in Egypt and Sudan.



*I do not want to speak much.  
In heart intelligence we must feel more.*

The first time I heard about the concept of Care First and heart intelligence it immediately felt like something that doesn't need more explanation. I always follow my heart. I believe caring is something that comes from the "heart".

I think empathy and sympathy are feelings that are instinctive and vital to human existence. Our "brains" only work within the limitation of education and experience. But in order to be a human, to be someone who cares FIRST, or to survive, you do not need education; you already have a complete database and functional heart.

One of the special Care First acts done by a group of caring individuals helped me to escape the war zone. They act like a spark of a flaming fire that will eat greed and bring light. More people must gather around them and join their energy to create a more significant impact on the world.

Because now, like many others, I am a refugee, fighting against all the newly made regulations, visas, permits, payments, and registrations. I feel owned, someone is controlling my life, and I have to pay for that. I have to be aware of what might happen to me, and where should I go when my visa ends.

I think we need to care first and all join together in the movement to make the new changes that are so needed.