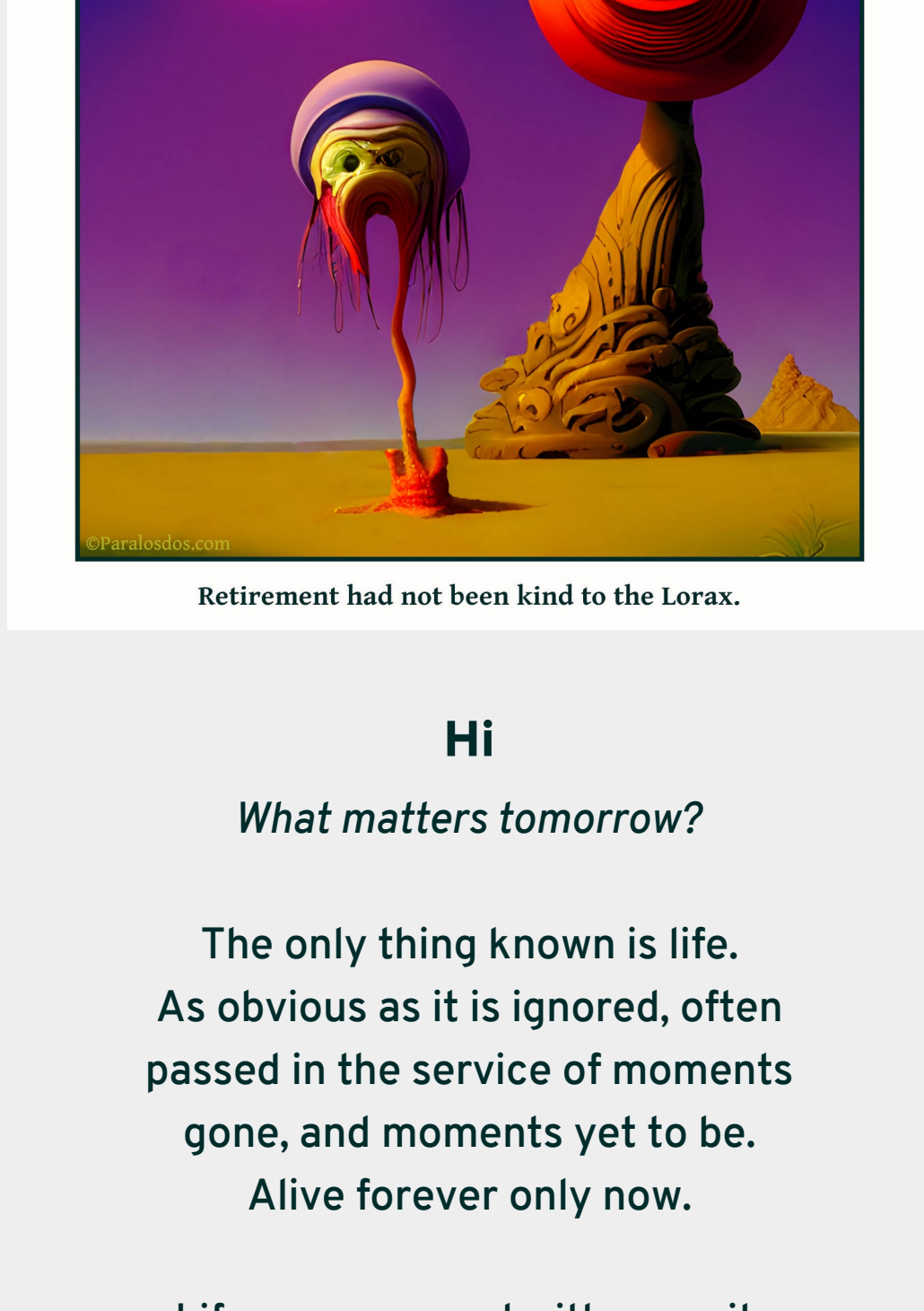


Change Happens

Have a great day,
find your way



Hi

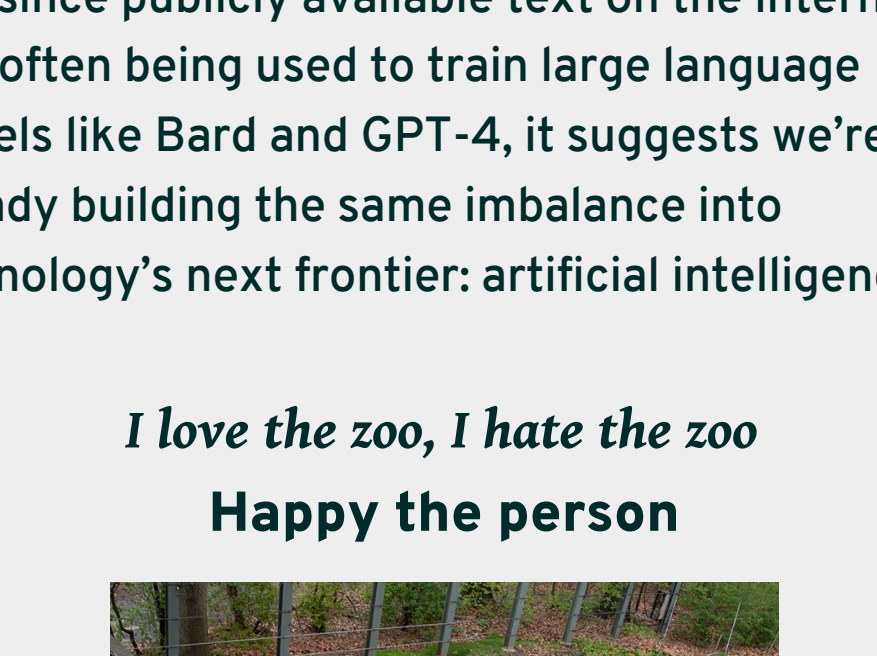
What matters tomorrow?

The only thing known is life.
As obvious as it is ignored, often
passed in the service of moments
gone, and moments yet to be.
Alive forever only now.

Life unconcerned with pursuit,
with cause, with failure or success.
Life not in who you were, or who
you are, nor who you want to be.
Alive forever only now.

An accumulation of moments,
the collection of existence,
whether spent well, or otherwise,
at the end, it doesn't matter.
Alive forever only now.

Only 5% of the world speaks English natively What languages dominate the internet?



" It's estimated that around 63% of living humans now have access to the internet, which would put the number of digitally connected people at just over 5 billion in sum. Those people come from all across the planet, and potentially speak thousands of different languages. If you search, you can find hundreds of languages online, from Urdu to Catalan. "

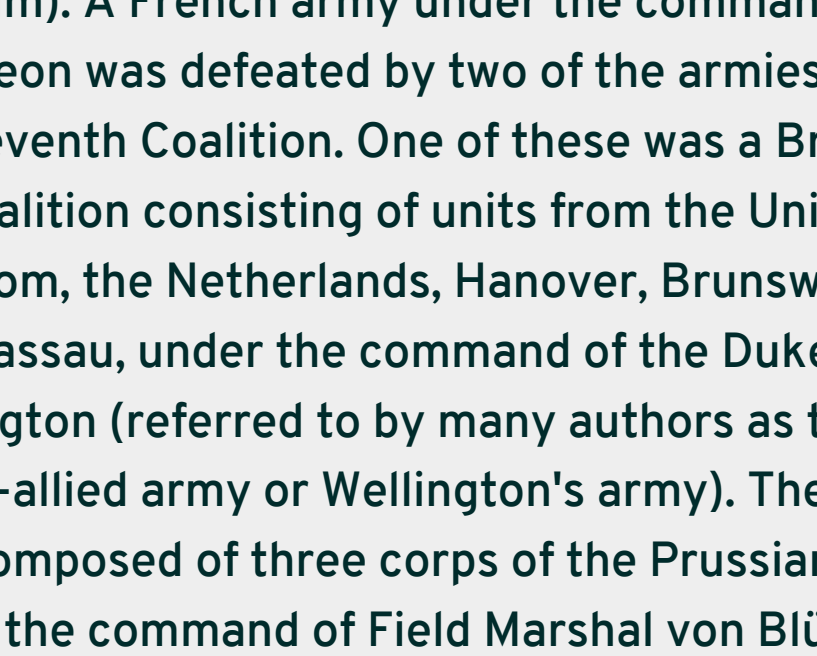
" Having said that, the bigger picture is hard to miss. Millions of non-native English speakers and non-English speakers are stuck using the web in a language other than the one they were born into. And since publicly available text on the internet is now often being used to train large language models like Bard and GPT-4, it suggests we're already building the same imbalance into technology's next frontier: artificial intelligence. "

I love the zoo, I hate the zoo Happy the person



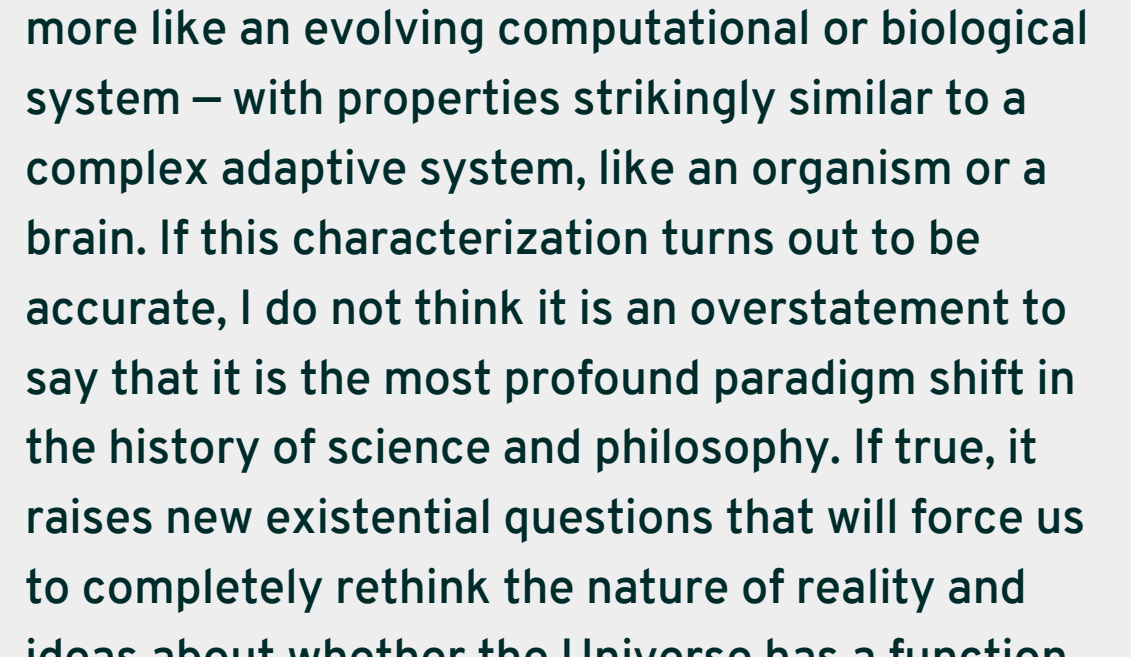
" Had she not been abducted, Happy would be living in a complex, strongly bonded social group of other females and their children, enjoying life as a mother, daughter, cousin and friend to others. With her group, she would traverse 8-12 km every day searching for a broad range of different foods to enjoy. And, as a highly intelligent autonomous being, she would have been in charge of her world and made decisions about every aspect of her life – what to do, where to go, whom to mate with, whom to spend time with, what to eat, how to raise her children: all of it. Instead, she lives alone inside a small holding facility lined with cages and is let out into a one-acre yard. "

Find a system that works for you These strategies and life hacks can help anyone with attention problems



" A simple organizational system can improve focus by providing a way to keep track of important activities. Ideally the system is centered on one tool, such as a notebook or phone app, assuming the phone is not too distracting. Developing a routine that includes a daily schedule, a regularly updated to-do list and a calendar to remind yourself of appointments can provide a foundation for building focus and a sense of control. "

June 18, 1815 Battle of Waterloo A problem for Napoleon

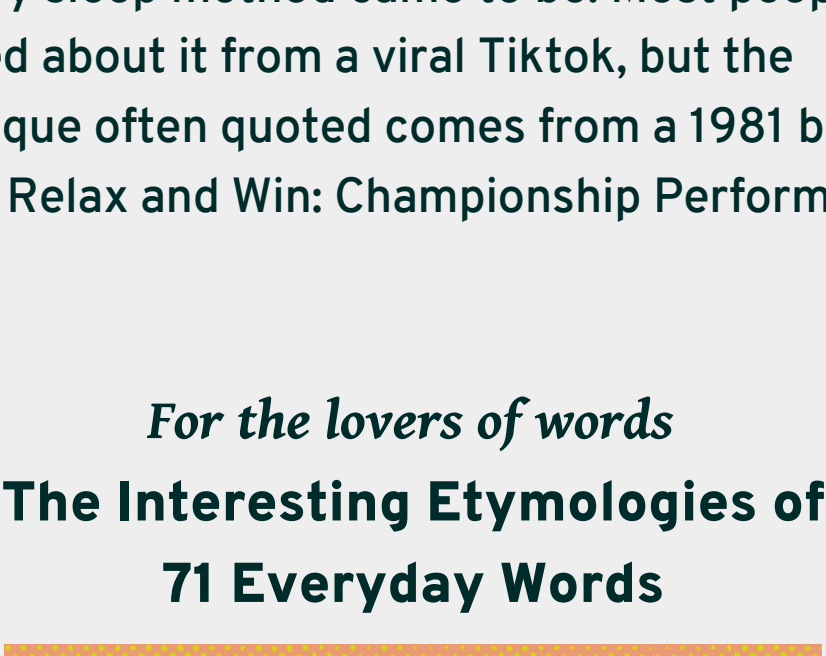


Wiki Rabbit Hole

" The Battle of Waterloo was fought on Sunday 18 June 1815, near Waterloo (at that time in the United Kingdom of the Netherlands, now in Belgium). A French army under the command of Napoleon was defeated by two of the armies of the Seventh Coalition. One of these was a British-led coalition consisting of units from the United Kingdom, the Netherlands, Hanover, Brunswick, and Nassau, under the command of the Duke of Wellington (referred to by many authors as the Anglo-allied army or Wellington's army). The other was composed of three corps of the Prussian army under the command of Field Marshal von Blücher (the fourth corps of this army fought at the Battle of Wavre on the same day). The battle marked the end of the Napoleonic Wars. "

For reality nerds

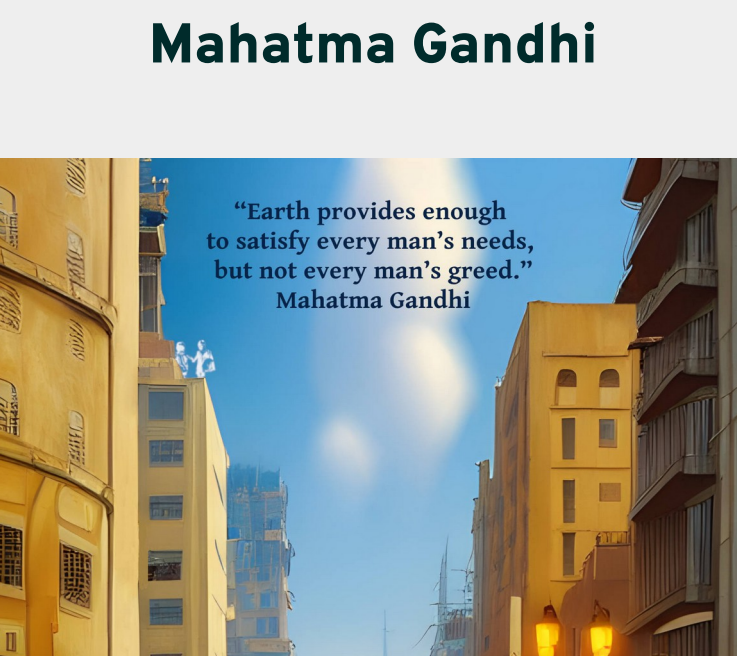
The case for why our Universe may be a giant neural network



" A new scientific paradigm is emerging that presents us with a radically different cosmic narrative. The big idea is that the Universe is not just an arbitrary physical system, but something more like an evolving computational or biological system – with properties strikingly similar to a complex adaptive system, like an organism or a brain. If this characterization turns out to be accurate, I do not think it is an overstatement to say that it is the most profound paradigm shift in the history of science and philosophy. If true, it raises new existential questions that will force us to completely rethink the nature of reality and ideas about whether the Universe has a function or 'purpose.' "

Practical and easy

What is the Military Sleep Method?



" Picture this: it's late at night, and you're struggling to sleep. Having tossed and turned for a few hours, you groggily grab your phone and look up sleep tips and tricks – one technique that sticks out from the crowd... the military sleep method. "

The US military developed the method to help deal with tired soldiers. With the stakes at play in their field of work, a solution was needed, so the military sleep method came to be. Most people learned about it from a viral Tiktok, but the technique often quoted comes from a 1981 book called Relax and Win: Championship Performance. "

For the lovers of words The Interesting Etymologies of 71 Everyday Words



" Etymologies can be hard to establish beyond a doubt—academic disagreements often exist, misinformation is rampant, and sometimes legends are important data points, even if they don't tell the actual story. Rather than tracing every word in this list back to its ultimate origin point, here's (at least) one interesting way station each of these common words made on its journey to the present day, whether it's an analysis of the Latin roots, a hypothesis about a proto-Indo-European origin, or a pivotal change in meaning. "

“Earth provides enough to satisfy every man's needs, but not every man's greed.”
Mahatma Gandhi

it's your life
you understand

Please feel free to forward Change Happens to anyone you think might enjoy it and have a most excellent day