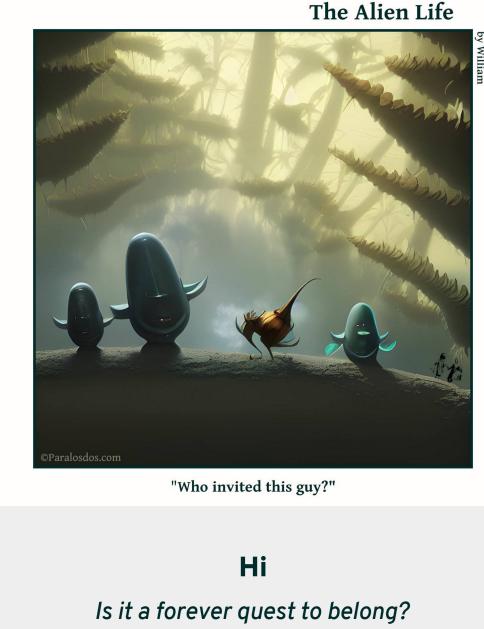
Change Happens Have a great day,

find your way



From the first moment we are

moved without option into the

bright lights of this other, we are beyond choice, there is only one directive from within - live

There is no reason or agreement attached, no reckonings or reprisals to regard, there is only the primacy of breath, and only breath matters Breathe, now breathe, and breathe

again, now outside the warmth and comfort of becoming whole, now to live inside this other, now, but not alone, we have never lived alone We are

Are we really all made of stars?

" 'We are a way for the universe to know itself.

Some part of our being knows this is where we

because the cosmos is also within us. We're made

His statement sums up the fact that the carbon,

nitrogen and oxygen atoms in our bodies, as well

created in previous generations of stars over 4.5

came from. We long to return. And we can,

of star stuff,' Sagan famously stated in one

as atoms of all other heavy elements, were

billion years ago. Because humans and every

episode.

other animal (as well as most of the matter on Earth) contain these elements, we are literally made of star stuff." Too much information Why can't we remember being babies?

"Infants rely on both semantic and episodic memory. Semantic memory is the processing of ideas not drawn from personal experience (names of colors, or dates of events in history, for

instance). Episodic memory is drawn from

personal experience (what the first day of school

memory, so that you don't remember you learned

about dogs from playing with your first dog - you

What we see

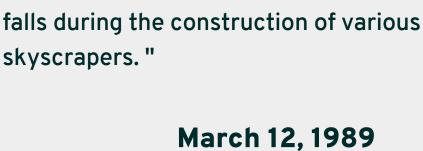
Some famous photos

was like or where you were on 9/11). Over time,

the episodic memory may become semantic

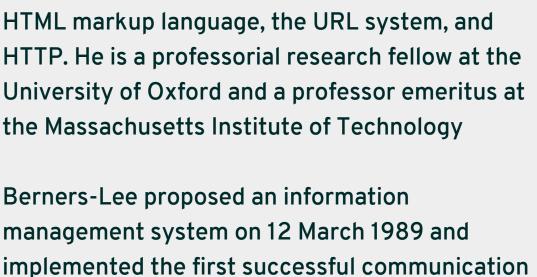
just know what a dog is."

"We don't know the names of the subjects in this famous photo or the name of the photographer. This image of workers taking a daredevil's lunch break at the top of a skyscraper certainly makes the viewer dizzy but it also brings their attention to the very risky life the workers building the Rockefeller Center lead. In the first half of the 20th century, dozens of workers died after fatal



Tim Berners-Lee

Cobbled together the World Wide Web



between a Hypertext Transfer Protocol (HTTP)

November. He devised and implemented the first

Web browser and Web server and helped foster

the Web's subsequent explosive development."

client and server via the Internet in mid-

Wiki Rabbit Hole

"Timothy John Berners-Lee, also known as

" It turns out this instinct may be embedded in our neurobiology. When someone responds to pain and suffering with optimism rather than despair, they exhibit distinct activity in the brain's default network, responsible for tasks involving memory, imagination, and subjective interpretations, according to a recent article in the Proceedings of the National Academy of Sciences. " Life The Benefits of Trees

carbon dioxide produced by a typical car driven 20,000 km/year. One large tree can lift up to 100 gallons of water out of the ground and discharge it into the air in one day."

The being dinner avoidance scale

The Smartest Animals on Earth

" One large tree can provide a day's oxygen for up

You need about 500 full-sized trees to absorb the

to four people.

"I don't mind there being biased information out there. The important thing is that you should know, when you're on the web, whether you're looking at biased information or not." Tim Berners-Lee



TimBL, is an English computer scientist best known as the inventor of the World Wide Web, the

To stay ahead of the grouch Why We Search for Silver Linings

"There are so many indicators to for animals to be 'smart', and some species might be better at one thing than another, similar to humans. The smartest animal, really depends on the criteria. However, all the clever animals listed above seem

to show similar traits and indicators of being

smart, which include self awareness, problem

solving ability, language comprehension and

altruism in their social structures. "

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