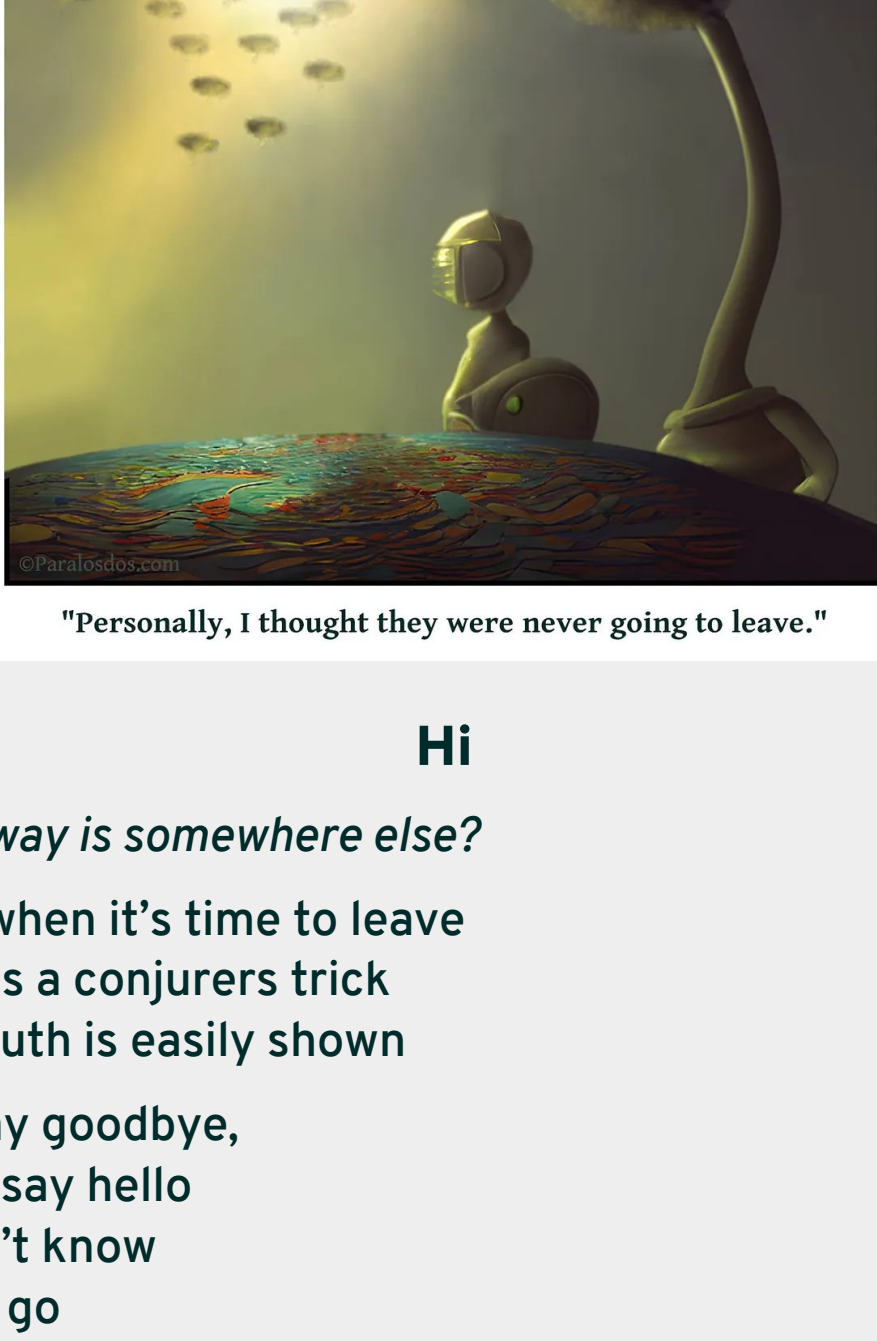


Change Happens

Have a great day,
find your way

The Alien Life



"Personally, I thought they were never going to leave."

Hi

How far away is somewhere else?

knowing when it's time to leave
now that is a conjurers trick
and the truth is easily shown

hard to say goodbye,
harder to say hello
if you don't know
when you go
what is on the other side of here
where you know
you once laid your faith
and is it gone for now
or gone for ever
you can wait
on this side of there
with less than a prayer
that the time to care
has not passed the moment by

accepting that it's time to leave
to go from here to there now
that will never be a trick

All aware

Panpsychism: The Trippy Theory That Everything From Bananas to Bicycles Are Conscious

"Consciousness has been famously dubbed the "hard problem" of neuroscience (as opposed to the "easy" problems of, say, how memories are stored and retrieved, or what the neural causes of psychiatric disorders might be). The hard problem is, basically, the question of how the experience of consciousness arises from the chemical reactions and neural connections that make up the brain.

While neuroscience has made tremendous progress in sussing out how the brain works, the mind is still a mystery. Science hasn't yet figured out how the brain produces the smell of rain, the feeling of joy, and most fundamentally, the sense of being aware that you are aware. "

- There are those who theorize that consciousness is experience. It is theory only because we have yet to understand what it is to be conscious.

Panpsychism is the idea that consciousness is inherent in all matter. In everything; in a tree, a rock, us. If this was proven to be true, it would answer many questions. As any theory should.

The discussion lays in the complete lack of proof. Of this or any other speculation as to the nature of consciousness. The difference is that Panpsychism is increasingly becoming not just considered, but accepted as a real possibility, maybe even a real truth.

The key is that it is a consideration of everything having a subjective experience, but not necessarily a sophisticated one. That at even a molecular level there exists awareness but not necessarily thought.

I can always find a moment to wonder about the me that I am, the you that you are, and the we that we are together.

Art from the sea

Biography of Joseph Conrad, Author of Heart of Darkness

"Joseph Conrad (born Józef Teodor Konrad Korzeniowski; December 3, 1857 - August 3, 1924) was one of the greatest English-language novelists of all time, despite the fact he was born in the Russian Empire to a Polish-speaking family. After a long career in the merchant marine, he eventually settled in England and became one of the most prominent novelists of the early 20th century, writing classics such as Heart of Darkness (1899), Lord Jim (1900), and Nostromo (1904). "

- I'm not exactly sure why, but I am deeply indebted to this writer for inspiration and the love of a story well told.

That he could master the art of expressing himself in any language is worthy of respect, the fact that he did so in a language that was not his natively is beautiful.

A very interesting fellow. If you don't have any knowledge of him, this is a great article to give yourself a basic understanding of this tremendous writer.

And if you ever wanted to better know the cousins power and madness, read Heart of Darkness. TS Eliot and Coppola certainly did.

Listen to the beat

What is a normal heart rate?

"Heart rate is the number of times a person's heart beats per minute (bpm). An average normal heart rate at rest for adults ranges from 60 to 100 bpm, according to the Mayo Clinic.

The resting heart rate of an individual will vary depending on their age, body size, heart conditions and medication use, as well as the temperature of the air around them. Emotions can also affect one's heart rate; for example, getting excited or scared can increase the heart rate. "

- A very nice primer on the heart rate. What it should be, what it could be, and the things that affect it.

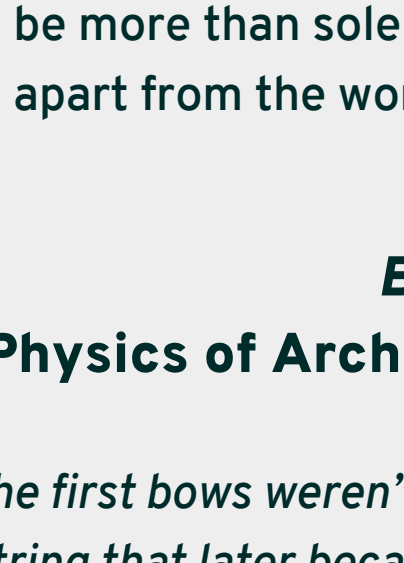
It's a nice reminder of what should be a basic thing to keep an eye on for general daily health. Something you can monitor easily that can go a long ways towards discovering if there's a problem, before the problem grows greater than it needs to.

Seems like a good idea to understand and pay minimal attention to your engine.

April 7, 1948

World Health Organization

Caring collectively



World Health Organization

Wiki Rabbit Hole

"The World Health Organization (WHO) is a specialized agency of the United Nations which coordinates responses to international public health issues and emergencies. It is headquartered in Geneva, Switzerland, and has six regional offices and 150 field offices worldwide. Only sovereign states are eligible to join, and it is the largest intergovernmental health organization at the international level.

The WHO's purpose is to achieve the highest possible level of health for all the world's people, defining health as 'a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.' The main functions of the World Health Organization include promoting the control of epidemic and endemic diseases; providing and improving the teaching and training in public health, the medical treatment of disease, and related matters; and promoting the establishment of international standards for biological products. "

More than a box

World-Famous Architects and Their Impact

"Frank Lloyd Wright said, 'The mother art is architecture. Without an architecture of our own, we have no soul of our own civilization.' This sentiment captures the essence of architecture: a blend of practicality and artistic expression.

Through the ages, influential architects have shaped our world, making it not just functional but also aesthetically pleasing. In this article, we delve into the lives and works of some of the most famous architects who have left an indelible mark on modern architecture and the world of design as a whole. "

- A nice article with some quick descriptions and bios of influential and interesting architects. Examples of their work also included.

I feel like architecture, at its highest expression, is a bridge between the physical and the abstract world.

It's a way of bringing life to something that didn't exist until it was imagined. Creating a space that is meant to be more than solely utilitarian. Meant to be part of and apart from the world.

Before bullets

Physics of Archery: The Science Explained

"The first bows weren't much more than flat sticks bowed by a string that later became refined into elegant European yew longbows or Mongolian recurves made from composite animal horn and sinew. The Dark Ages saw the adaptation of bows into short horizontal crossbows that proved no match for the repeated shooting speed and accuracy of the longbow – one reason England dominated so many European Medieval battles during those times. "

- A consideration of the bow and arrow. A look at the ins and outs of archery. This one's for you, Irish.

It gives you a basic understanding of how a bow and arrow came to be and where we are today with the modern tools in the archer's bag.

Naturally odd

Coollest Animals on the Planet Take Extreme Measures To Survive

"To cut it in the animal kingdom, you have to be tough—really tough. From withstanding brutal climates to fending off ferocious predators, surviving in the wild is no small feat.

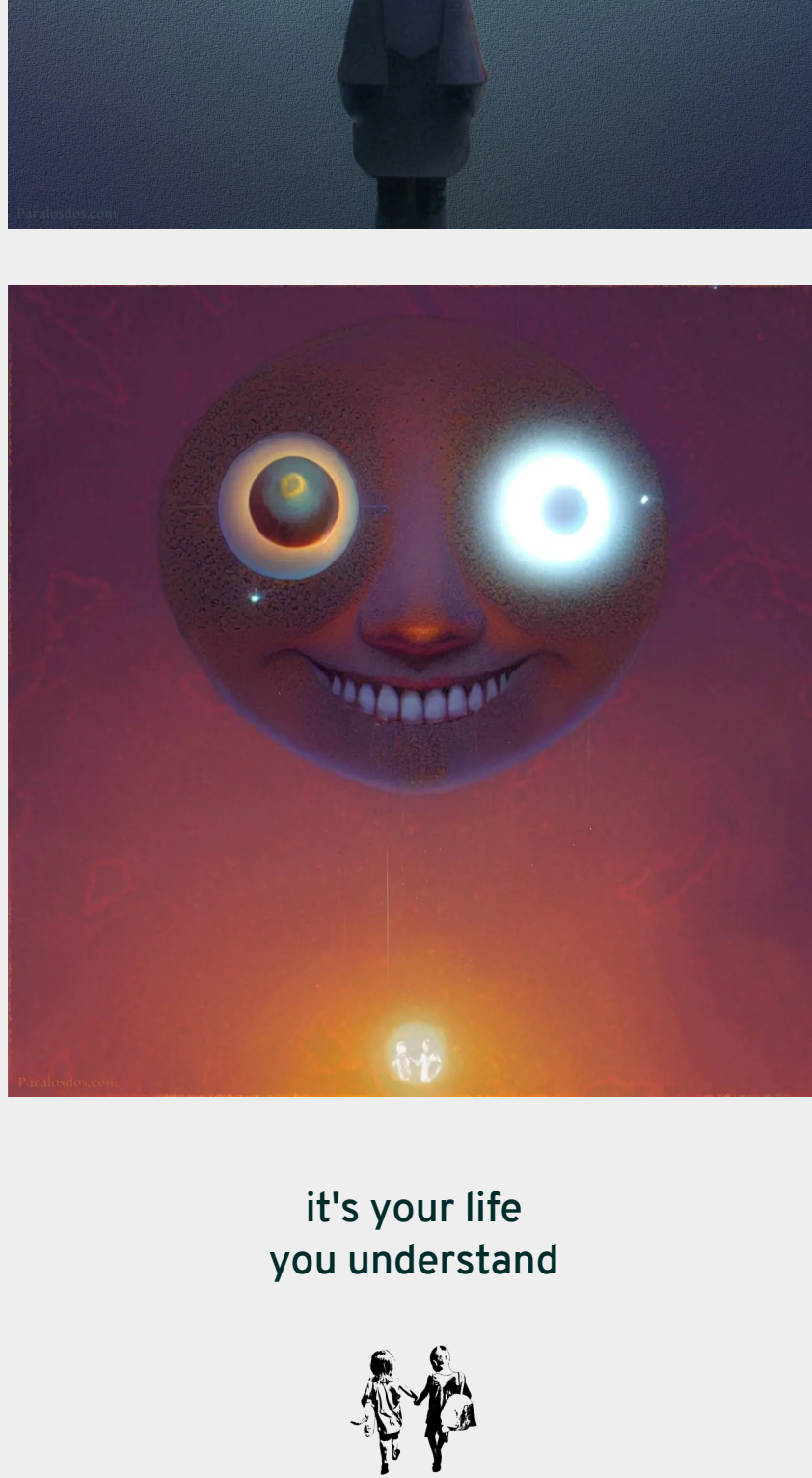
But a few cunning creatures have developed interesting traits and habits to stay in the game. Here are 45 of the most genetically gifted, physically freakish, and just all-around coolest animals in the world. "

- If you like animals, and you like weirdness, this article is for you.

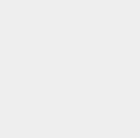
In this week's visit to the animal kingdom, we look at creature oddities. It's really fun. One little tidbit about a collection of different animals. Time well spent, even if it's just to look at the awesome photos.

"They are in you and me; they created us, body and mind; and their preservation is the ultimate rationale for our existence. They have come a long way, those replicators. Now they go by the name of genes, and we are their survival machines."

Richard Dawkins



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