

# Change Happens

Have a great day,  
find your way

## The Alien Life



"Yeah, it is spooky in here."

Hi

*Does fear keep chaos in check?*

Should I find myself in nature and carried to paralysis by the growl of, let's say, a tiger, fear would be a reasonable, useful, response.

The amygdala puts down it's drink and starts issuing edicts, kicks some hormones and the nervous system awake. Showtime, fight or flight.

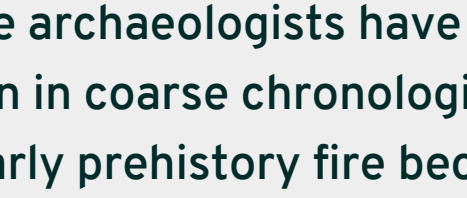
Which does not explain the presence of fear on so many lesser, no tiger, occasions. The time has come to clip its wings. I think this fear has claimed too much dominion.

It's doubt, masquerading as fear, that cripples all the many moments not fight or flight.

The inability to decide, and act, miscast as fear. It's rarely a tiger at your door.

*When things burned*

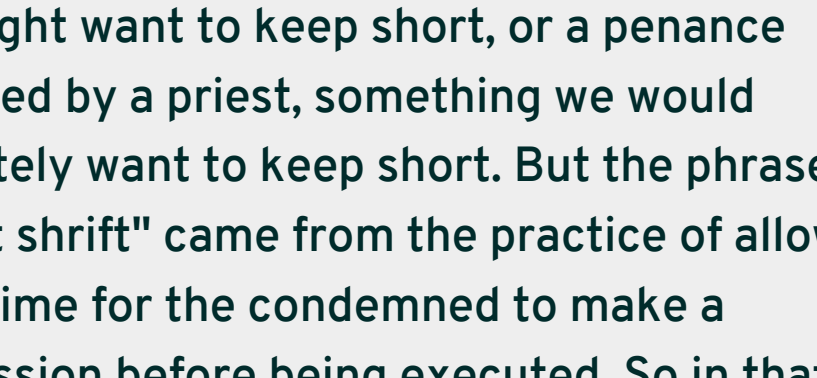
## When Did Humans Discover Fire?



" According to British primatologist Richard Wrangham, cooking may have played a role in the expansion of our brains. The hearth would have probably formed a social focus, helping the development of language. The use of flints to start fire may have occurred as far back as 400,000 years ago, but concrete evidence only comes from as recently as 40,000 years ago. As the American archeologist Andrew Sorensen and his colleagues have put it, 'we archaeologists have yet to ascertain, even in coarse chronological terms – when in our early prehistory fire became part of the human tool kit.' "

*Amaze your Grandma*

## Old Words That Survived by Getting Fossilized in Idioms

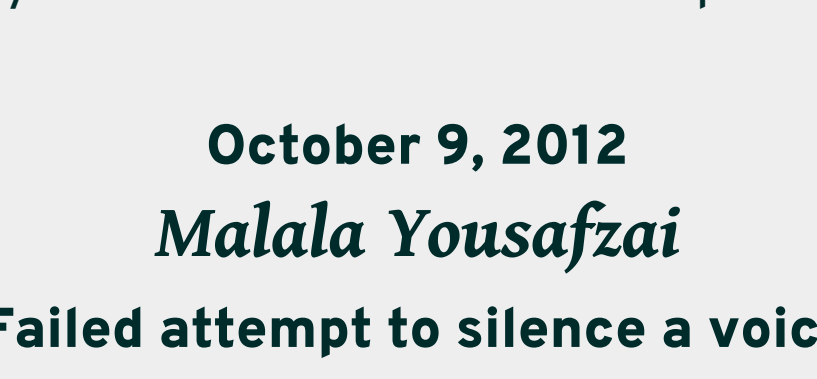


" Shrift

We might not know what a shrift is anymore, but we know we don't want to get a short one. Shrift was a word for a confession, something it seems we might want to keep short, or a penance imposed by a priest, something we would definitely want to keep short. But the phrase "short shrift" came from the practice of allowing a little time for the condemned to make a confession before being executed. So in that context, shorter was not better. "

*But are you a good listener?*

## Do You Have an Internal Dialogue? Not Everyone Does

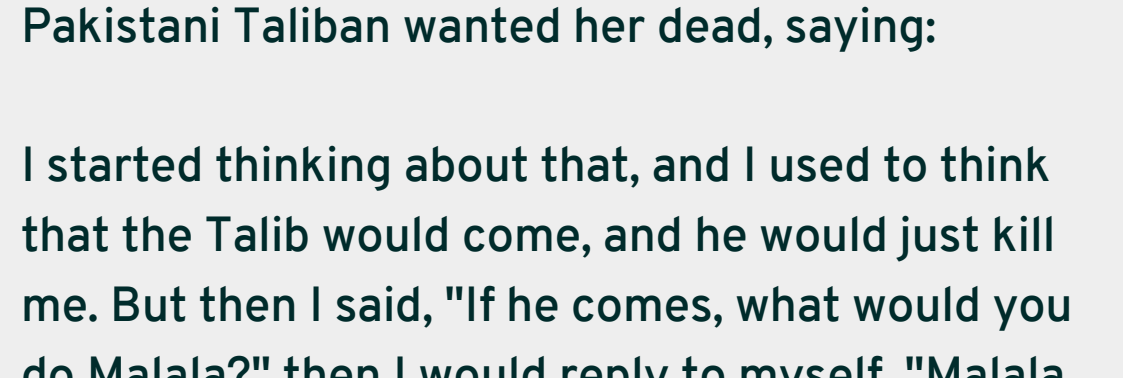


" Turns out, it's not uncommon to use language-based chatter to organize and focus your thoughts. However, some people don't have this kind of inner convo at all. Instead, they may rely more on visualization (for instance, 'seeing themselves' buying the milk at the store). Others employ a combination of these techniques. "

**October 9, 2012**

**Malala Yousafzai**

**Failed attempt to silence a voice**



## Wiki Rabbit Hole

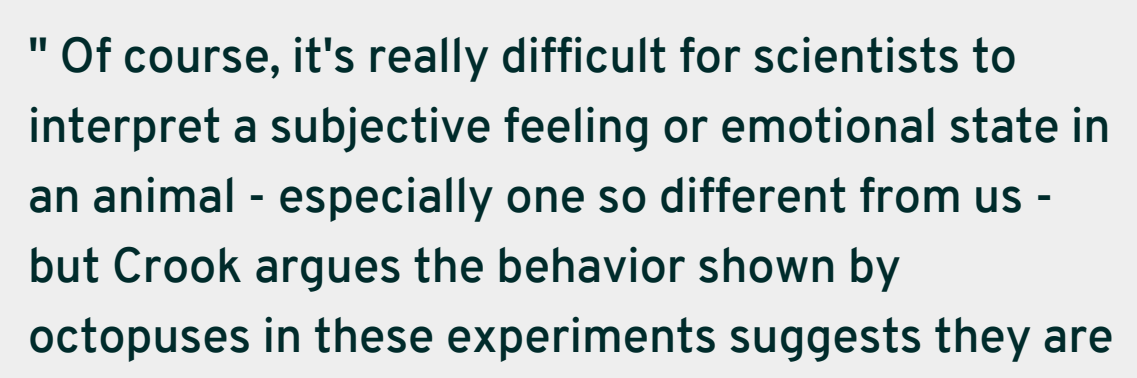
Malala described her thoughts after learning the Pakistani Taliban wanted her dead, saying:

I started thinking about that, and I used to think that the Talib would come, and he would just kill me. But then I said, "If he comes, what would you do Malala?" then I would reply to myself, "Malala, just take a shoe and hit him." But then I said, "If you hit a Talib with your shoe, then there would be no difference between you and the Talib. You must not treat others with cruelty and that much harshly, you must fight others but through peace and through dialogue and through education."

Then I said I will tell him how important education is and that "I even want education for your children as well." And I will tell him, "That's what I want to tell you, now do what you want."

**Life**

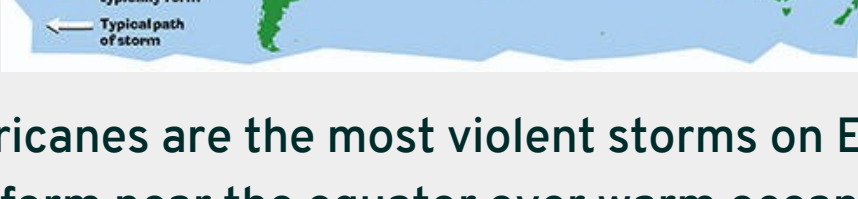
## Octopuses Not Only Feel Pain Physically, But Emotionally Too



" Of course, it's really difficult for scientists to interpret a subjective feeling or emotional state in an animal - especially one so different from us - but Crook argues the behavior shown by octopuses in these experiments suggests they are probably experiencing the physical and emotional components of pain in a way not so different to rodents, including lasting changes in their affective state (what we would call, in humans, our mood, feelings and attitudes). "

*A reminder of fragility*

## How Does a Hurricane Form?



" Hurricanes are the most violent storms on Earth. They form near the equator over warm ocean waters. Actually, the term hurricane is used only for the large storms that form over the Atlantic Ocean or eastern Pacific Ocean.

The generic, scientific term for these storms, wherever they occur, is tropical cyclone. Other names they are given, depending on where in the world they are born, are typhoons, cyclones, severe tropical cyclones, or severe cyclonic storms. Whatever they are called, the same forces and conditions are at work in forming these giant storms, any of which can cause damage or devastation when they hit land where people live. "

## Maddish in search of Valhalla

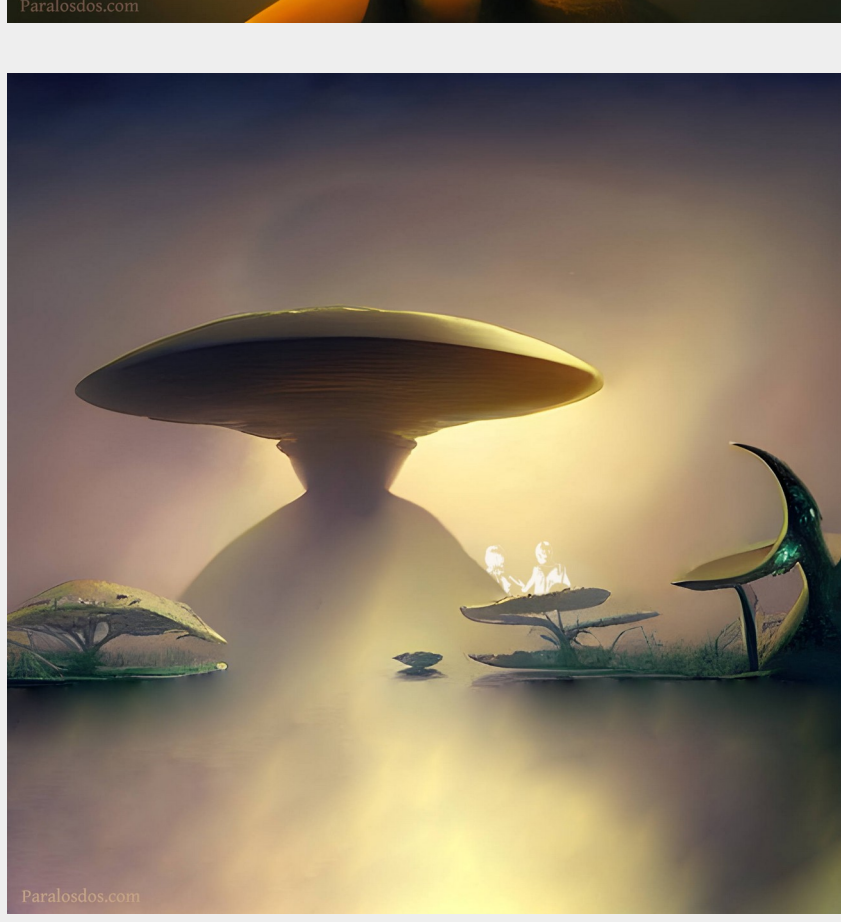
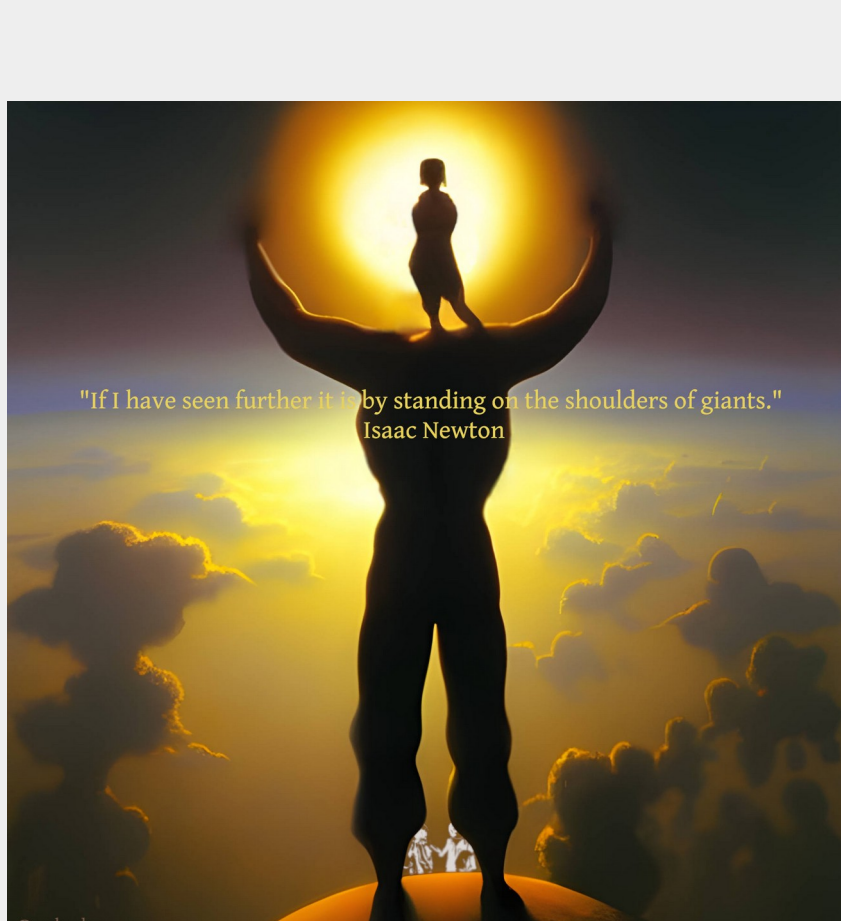
### A Beginner's Guide to Norse Mythology



" However, despite their popularity, the original myths remain shrouded in mystery, with debates raging on what certain events mean, who wrote what, and even whether the stories are the same ones that the Vikings told.

*"If I have seen further it is by standing on the shoulders of giants."*

**Isaac Newton**



it's your life  
you understand



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