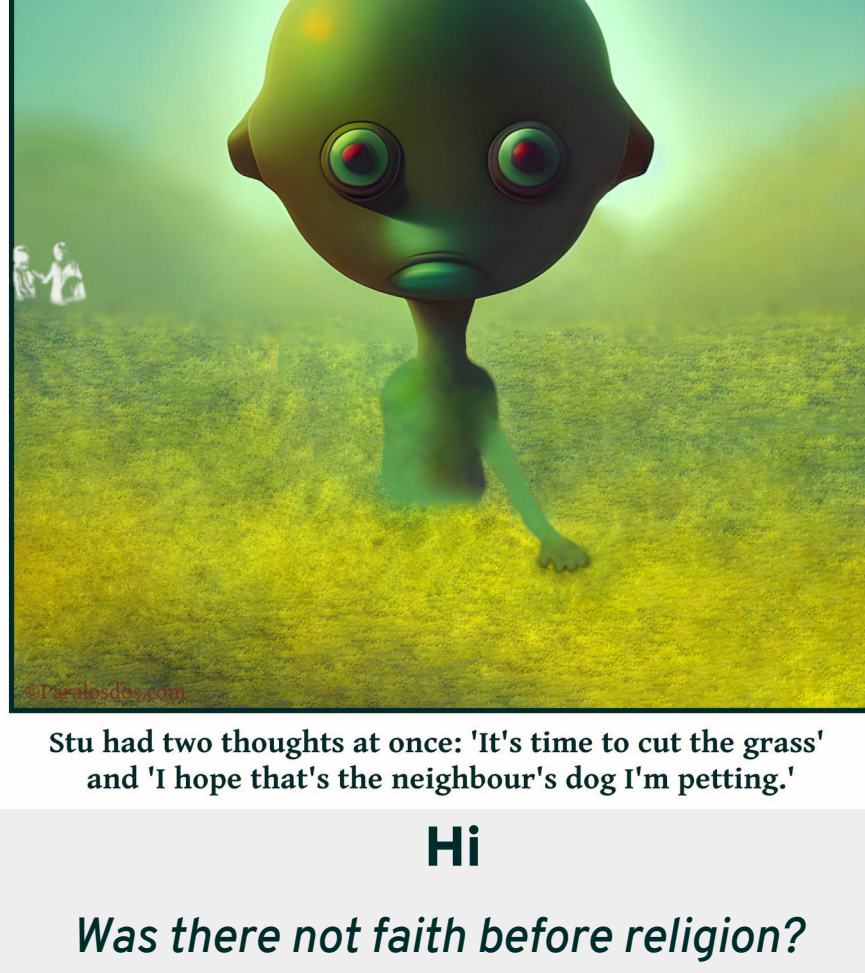


Change Happens

Have a great day,
find your way

The Alien Life



Stu had two thoughts at once: 'It's time to cut the grass' and 'I hope that's the neighbour's dog I'm petting.'

Hi

Was there not faith before religion?

If I had even the fleetest flicker of life aware in the womb, it was to faith it turned without hesitation.

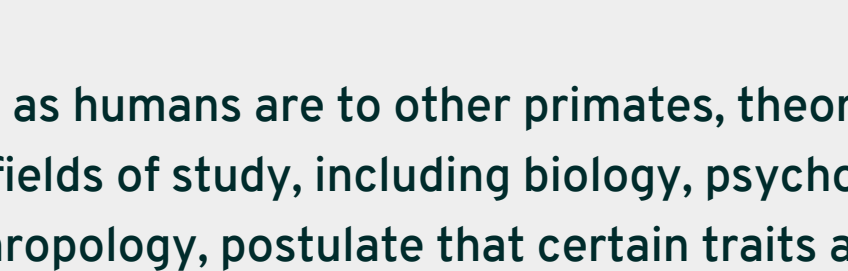
A covenant unfolded, concerned only with dissolving into, while being apart, from something known unseen.

There is no awareness enfolding the birth of believing, we are not and then we are, now aware, and not alone.

I exist within a mystery, forever and for now, is that not faith enough?

A question

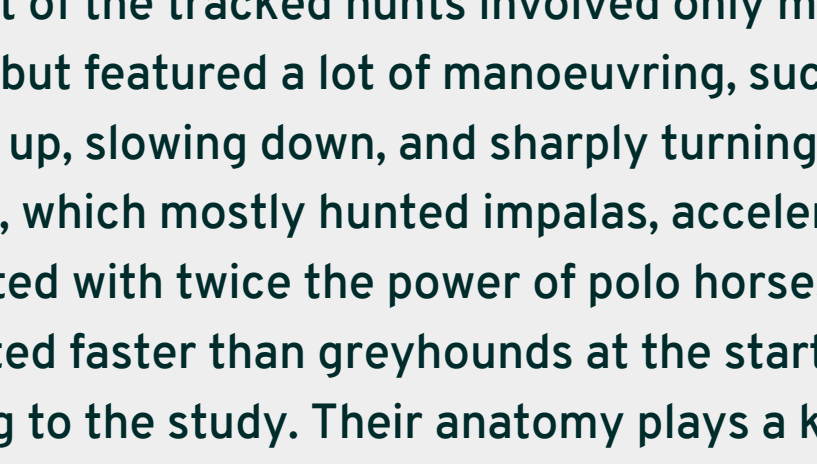
What Makes Us Human?



" As close as humans are to other primates, theories from different fields of study, including biology, psychology, and paleoanthropology, postulate that certain traits are uniquely human. It is particularly challenging to name all of the distinctly human traits or reach an absolute definition of "what makes us human" for a species as complex as ours. "

Sneaky fast

What Olympic runners can learn from cheetahs

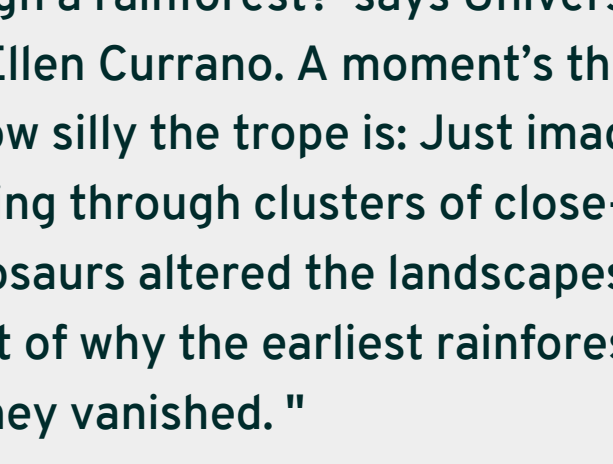


" In

fact, most of the tracked hunts involved only moderate speeds – but featured a lot of manoeuvring, such as speeding up, slowing down, and sharply turning. The cheetahs, which mostly hunted impalas, accelerated and decelerated with twice the power of polo horses, and accelerated faster than greyhounds at the start of a race, according to the study. Their anatomy plays a key part in these feats, with their powerful back musculature helping them accelerate, for example. "

Epochs apart

No, Dinosaurs Did Not Trudge Through Thick Rainforests

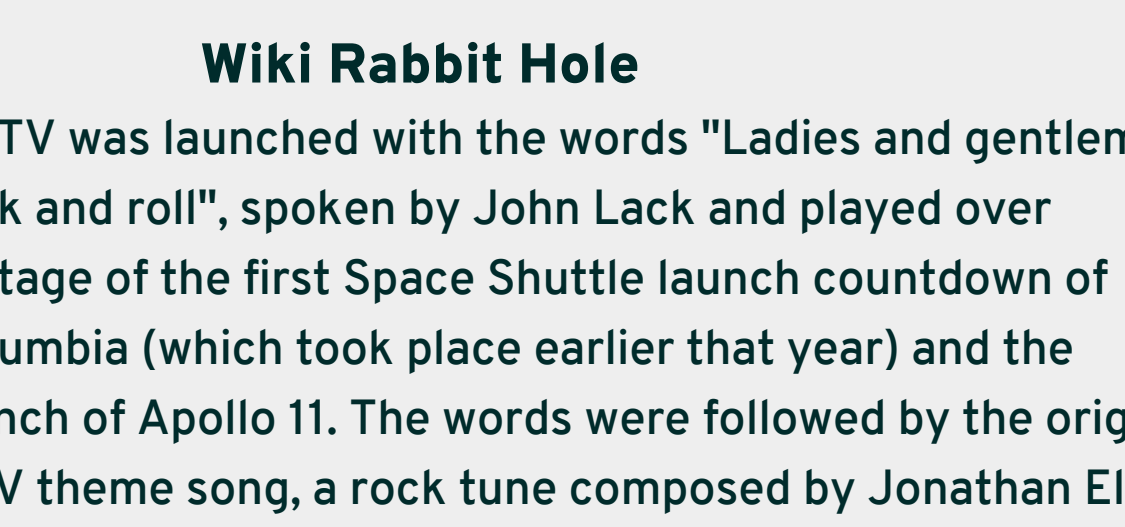


"If you really think about it, can you imagine something as big as a T. rex, a Stegosaurus, or even a giant sauropod traipsing through a rainforest?" says University of Wyoming paleobotanist Ellen Currano. A moment's thought underscores how silly the trope is: Just imagine multi-ton animals threading through clusters of close-growing trunks. Big dinosaurs altered the landscapes they lived on, so they are part of why the earliest rainforests didn't show up until after they vanished. "

August 1, 1981

MTV

Goodbye DJ

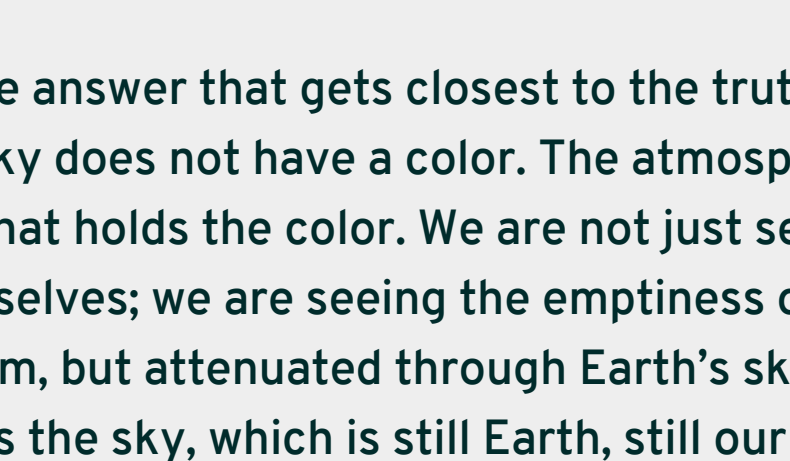


Wiki Rabbit Hole

" MTV was launched with the words "Ladies and gentlemen, rock and roll", spoken by John Lack and played over footage of the first Space Shuttle launch countdown of Columbia (which took place earlier that year) and the launch of Apollo 11. The words were followed by the original MTV theme song, a rock tune composed by Jonathan Elias and John Petersen, playing over the U.S. flag changed to show MTV's logo changing into different textures and designs. MTV producers Alan Goodman and Fred Seibert used this public domain footage as a concept. "

Depends where you are

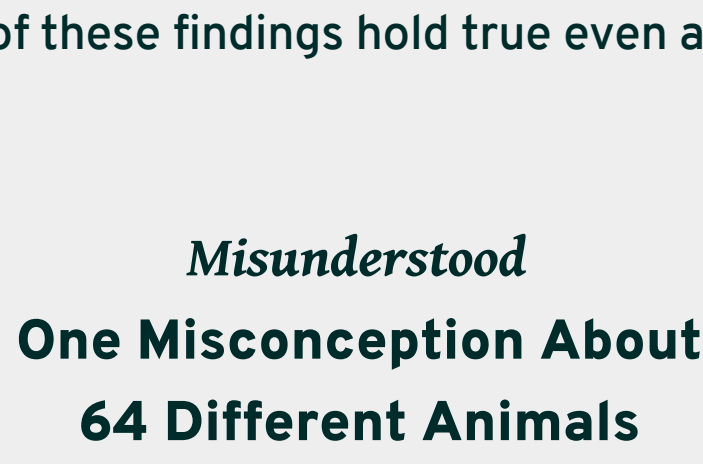
What Color Is Night?



" To me, the answer that gets closest to the truth is that the night sky does not have a color. The atmosphere of our planet is what holds the color. We are not just seeing the stars themselves; we are seeing the emptiness of the space around them, but attenuated through Earth's sky. What you really see is the sky, which is still Earth, still our home. "

A reminder

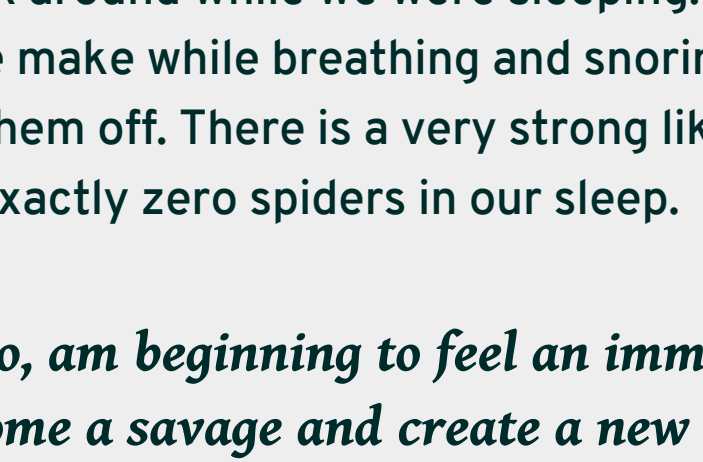
How to Start–And Stick to– A Breathwork Practice



" A large body of research confirms the benefits of slow rhythmic breathing: a lighter mood, reduced feelings of stress, and improved glucose and cortisol levels, says Patel. Some of these findings hold true even after just one session. "

Misunderstood

One Misconception About 64 Different Animals

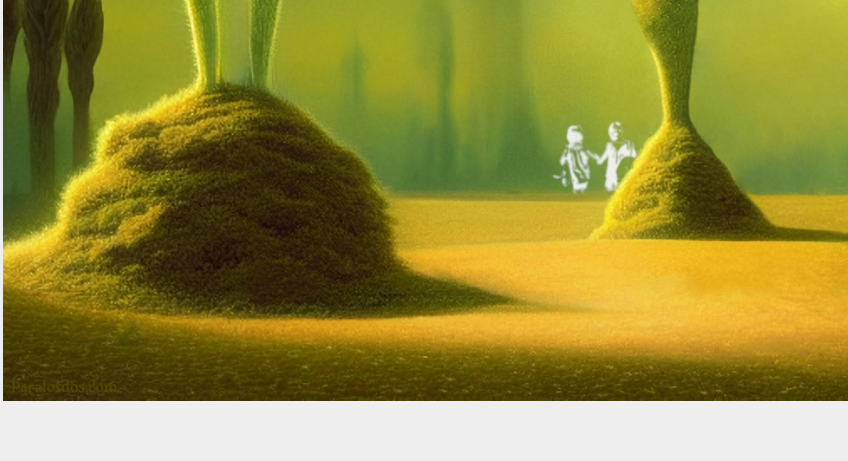
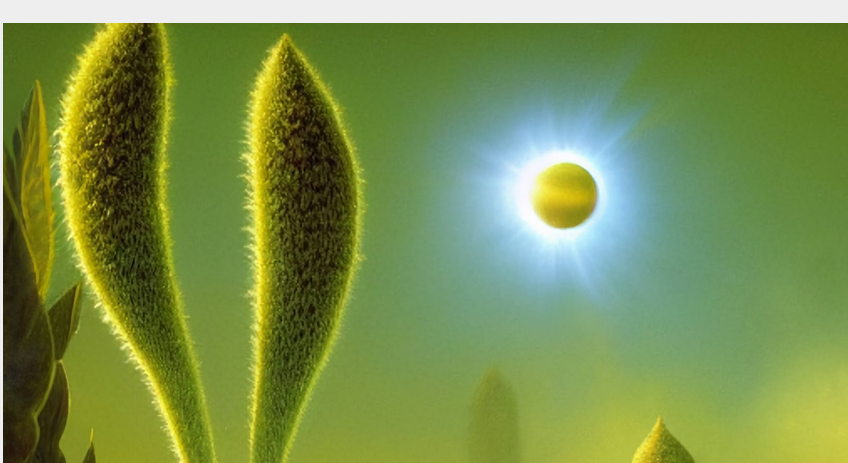


16. Misconception: We swallow eight spiders in our sleep every year.

" This horrifying factoid has made the rounds for years, but we're happy—really happy—to debunk it for you. Spiders, especially the ones that tend to live in houses, are solitary creatures. They don't seek out humans, but if they did, they wouldn't stick around while we were sleeping: The vibrations we make while breathing and snoring would likely scare them off. There is a very strong likelihood that we swallow exactly zero spiders in our sleep. "

“For I, too, am beginning to feel an immense need to become a savage and create a new world.”

August Strindberg



Please feel free to forward [Change Happens](#) to anyone you think might enjoy it and have a most excellent day