

Spring is coming – Build up your abs

Spring is here, or nearly here, however you chose to see things.

Myself I have decided to ditch the winter clothes, and venture out in my white jeans and pretty brightly coloured tops. I must say it is still a tad cold, so I invested in a lilac fur trimmed faux leather biker jacket, keeping warm but still with the element of spring.

So I rejoined the gym and enlisted the help of a trainer, for advice mainly (trainers can be very pricey, just try to get the basics and go it alone, or with a friend) he showed me the decline sit ups, where your head is further down the elevated work bench, and you sit up to be upright, with or without a weight plate (the weight plate really boosted my workout)

I have found these to be the most effective of techniques I have ever tried.

Being a mum, many of us share this same problem area, and the singer Kelly Clarkson, I really felt for recently had came under the dreaded Katie Hopkins wrath, for her weight gain after pregnancy.

Hopkins made (fat jibes) at the new mum on Twitter, in very poor taste I think.

When woman attacking one another for responding differently to pregnancy absolutely disgusts me. If Hopkins had of found her weight an issue she would never of poked fun at others, completely showing her lack of intelligence.

I mean come on, it's like poking fun at a blonde because you're a brunette! Absolutely pointless and pathetic, just like her.

She pokes fun at "talentless" people trying to gain fame, when she herself gets attention from bullying others! Madness she is even given air time.

Well that will be the only time I will give her any attention. Any of you embarking on a new fitness plan for this summer, I

salute you, and wish you all the luck. And remember, a good clean healthy diet is 80% of the battle.
Kisses Holly

There's an evolutionary secret that can help you understand how to attract men and make them desire you



[Attraction](#) between the sexes, as complicated as it may seem, is pretty simple to explain in a few lines. Girls are more easily attracted to a guy who appears healthy and stress-free, has a good level of testosterone which makes him appear more manly and chiseled, and has a protective streak in him which makes him a good mate material and a father. Guys, on the other hand, are more easily attracted to girls based on their appearance or behavior. But that's not it though. To truly understand how to attract men and how a man's mind works, we need to get deeper into the concept of attraction from the male point of view.

How to attract men in a way they can't resist

A guy may like a girl for different reasons, but when it comes to physical or sexual attraction at first sight, her physical appearance and her behavior matters more than anything else. So if you want to attract a man and make him desire you, you just need to get his attention the right way. And the rest, as they say, is history! You need to keep this in mind though, love and attraction are two completely different things. A guy may find you extremely attractive, yet he may not end up falling in love with you for his own reasons. But for love to blossom in the first place, you need to build the sexual attraction before you make him fall in love with you. It's the safest way to make sure the guy falls for you and stays in love with you.

Attraction and how a man views a woman's body

As we know that physical attraction plays a very big part in attracting a guy, you need to understand what a guy's mind tells him when he sees you and sizes you up. When a guy sees a girl's physical assets, he subconsciously sees more than just your breasts or your butt. The right curves in all the right places tells a guy that a girl is fertile and has come of age, and that she's healthy because her body can afford to waste energy on developing her curves which play the biggest role in sexual attraction. A guy may think a girl is attractive. But in his subconscious mind, he's gauging you as the woman who may carry his offspring one day.

Testosterone and a man's [sexual](#) preference

Every man produces testosterone, a sexual hormone, in his testes. And women produce a small amount of testosterone in their ovaries. The more testosterone a man produces, the more manly he looks and the more sexually virile he is. His facial features appear manlier, his jaws are wider and more chiseled and his voice is deeper. And several studies have shown that the more manly a man is, the more attracted he'd be to women who exhibit feminine traits *girlie, cute traits*. On the other hand, a small percentage of men who produce a lesser-than-normal amount of testosterone may find themselves getting more attracted to women who are less feminine and more controlling and dominant in the relationship. So if you're trying to catch the attention of a typical guy *a large percentage of men have normal or high production of testosterone even though the overall average testosterone levels have dropped significantly in

American men over the last 50 years*, chances are, he'd love you if your behavior is more feminine, cute and girly!

The perfect woman for a real man – She's cute and sexy

A regular man who isn't suffering from low testosterone would always find a feminine woman more attractive than a woman who thinks femininity is overrated and displays traits that are traditionally considered manly. While a girl's physical appearance is the biggest sign of femininity, at times, it helps if you can display more femininity in your behavior. No, I'm not saying pink frills and scented paper. But there are always other ways to appear cuter and get a guy to take a second and third look at you.

Why do guys like cute girls?

Men have always been the more aggressive sex in the human species. They're usually the ones who spread their legs wider, stand tall and swell their chest up while trying to appear threatening all the time, more so when they're in an argument or when they meet someone they see as a threat in any manner. But cute changes everything. When a girl behaves in a cute and feminine manner, it brings out the protective instincts of a man. Instead of feeling threatened by a feminine girl, he feels protective about her. That makes him feel more masculine, and that's something every guy loves to feel! When a girl reveals her vulnerable side to a guy, it's very hard for any guy to ignore her or avoid noticing her vulnerability. And the instant his mind connects with her vulnerability, it eliminates any thoughts of a threat and his protective side creates a bond of protection and attachment with her. He feels the need to be around her, and his subconscious mind tries very hard to make her feel protected, comfortable and loved around him. He loses his aggressive stance, the tone of his voice softens down, and his shoulders droop down towards her instead of spreading wide. And before he even gives attraction a second thought, he'd realize that he likes the girl already!

Traits of a cute and feminine girl that draw real man

Many girls are against the idea of being feminine or behaving in a cute manner. To a typical feminist, behaving in a demure or coy manner is a sign of weakness. And they can't accept that a guy finds a cute *and dare, we say it... submissive* girl more attractive than a girl who likes to be a non-girly girl. If you're

feminine, you don't really have to be cute. But if you can pull off a perfectly cute personality, it would only add to your allure and make you more desirable among men. To understand cute behavior better, all you need is to interact with a couple of Japanese or Thai girls whose behavior isn't influenced by us Americans. They're not meek or silly, nor do they have to behave like stupid bimbos to win a guy's affection. All they have to do is flaunt what sets them apart, and that's their femininity and grace. And no testosterone laden guy can resist the allure of a sweet Asian girl when he's having a conversation with her. Everything about them makes them appear more beautiful and feminine, right from their cute heart signs with inverted hands, the way they nod their heads, the way they behave while having a conversation with you to the way they smile coyly and yet so warmly. Femininity comes naturally to some girls *not just Asian girls*, but it's an art that's worth learning. If you want to know how to attract men, all you need to do is exude your feminine side while talking to them. And once you try that, you'll know what I'm talking about. And remember, a cute girl who displays her feminine side will always have an edge over all other girls when she's trying to catch the attention of a real man!

How to bring out your feminine side naturally

Femininity comes naturally. But cuteness can be created by the way you behave. Additionally, if you're on a date with a guy and want to come across as a girl who's in touch with her femininity, here are a couple of tips for you. **#1** Dress in softer pastel colors like peach or mauve. The color will give your skin tone a healthy glow that makes you look warm and likeable instantly. **#2** Smile more often. A smile can make you appear more pleasant and friendly. **#3** Run your fingers through your hair delicately. Always works for any guy! **#4** Tip your head slightly downwards when you're blushing or smiling, and look at him from under your eyebrow. These four tips may sound bizarre for a feminist or a cute-bashing girl, but trust me, it will do wonders for your date!

A tip to remember – Don't be yourself if you can be better

Contrary to popular belief, don't be yourself. Evolve. When someone tells you that the best way to attract someone is by being yourself, well, they're not entirely right. All of us change all the time. And not every change that we see in ourselves may be in the right direction. Who are you? How would you define yourself? We are who we are because of our socioeconomic status, the people

around us, and other influences we've had in our lifetime. A lucky few may have had the opportunity to be influenced by the perfect examples, while most of us have to change to become better individuals. Or worse, we never get to become better individuals or achieve the full potential that's within us because we're convinced we're all perfect already. You don't have to change yourself just to attract men, but change yourself to become a better you. Have you ever walked into a room full of attractive women, and found yourself thinking that a few of those girls were better than you in some way? When you meet a woman and find yourself in awe of her for any reason at all, it only means you admire and want some particular trait of hers that you lack yourself. If you like a trait about a friend, be it her spontaneity, her courage, her carefree attitude, her posture, or the way she dresses up, your mind may subconsciously like that trait because you want to see that trait in yourself. A change of this kind is good, where you see something you like and want to see that in yourself. A girl who is the epitome of perfection in every way *if she does exist* won't be awed by anyone else. On the other hand, everywhere she goes, she'd be the girl that would receive compliments, stares and awed jaws! So change often, become the dream girl you fantasize about in your head, and be the girl you really want to be. And life will turn out to be so much better for you, be it about men, work, friends or anything else. It's easy to push a thought away and assume it's wrong to be feminine or assume it's a bad thing to change. But trust me, change is good. And change is inevitable. So you're going to change whether you like it or not. And you have a choice to become a better you, or a worse you.

The last word about the science of attraction between the sexes

We're all animals, and you shouldn't forget that. We may be wearing pants or walking on two feet, but that doesn't change our primal instincts. We still chase each other and woo each other just like the animals in the wild. The male and female sexes still play games to win each other's affection. Human males still like to woo a female through their display of brute strength, dexterity or their sheer awesomeness. And a man laden with male hormones wants a woman who's graceful and feminine, because subconsciously, it makes him feel more like a man. You don't have to pretend to be dumb or weak, nor do you have to behave like the weaker sex just to attract a man. All you need to do is revel in your femininity and display your cuteness, and give the man you like a chance to bask in his manliness and show off his protectiveness!

Understanding how to attract men is really simple. Enjoy your femininity and let the world see it. The men will come, yes, they'll come in droves!

Lovepanky

What's the difference between depression and burnout?



The difference between [depression](#) and burnout is not always easy to see. There are even certain diagnosis tools which do not differentiate between them and therefore not see burnout as a separate disorder. If we were to compare burnout to other mental disorders, it is most similar to depression. Therefore, the difference between depression and burnout is not always evident.

What do the psychiatrists say?

Even though diagnosis tools do not consider burnout to be a separate disease, **psychiatrists do state that burnout is a**

separate disease. Burnout is generally defined as an extreme exhaustion after the body and mind have been exhausted and pushed too far, according to them.

Is it therefore easy to differentiate between depression and burnout? Definitely not. Depression and burnout namely are very similar to each other and are often seen together, too.

Difference between depression and burnout: the symptoms

Depression and burnout are very similar to each other. Here, there are symptoms which match the both of them. The following examples are among them:

- Concentration issues
- Memory issues
- Sleeping issues
- Exhausted feeling

The symptoms above apply to both depression and burnout. If psychiatrists then want to set a diagnosis, they will often notice that the same tests can be used for both the diagnosis. The results, which are then found in the tests, can thus point at both depression and burnout.

So you see that it is really difficult to define the difference between depression and burnout. In the following paragraph we will give clear differences, so that you get a clearer picture of the symptoms.

The clear difference between depression and burnout

The first difference between depression and burnout is that **depression is more general**. Depression will namely affect several parts in life and can also develop from different

parts in life, such as:

- Your family
- Your friends
- Your hobbies

Burnout is generally **work related**. Of course the stress which you experience at work can affect your relationship, but in depression this is often more clearly seen. Furthermore, a burnout tends to develop from a work situation, while depression can develop in a more general way. A burnout can eventually also influence other parts of life, like a depression, but this is more likely to occur in a later stage. (Iacovides, Fountoulakis, Kaprinis & Kaprinis, 2003). Depression on the other hand, can have a quick and large influence on several parts of life, while burnout will limit itself to work for a longer period of time.

Difference between depression and burnout: occurring together?

Depression and burnout can also occur together. It is not unlikely that a severe burnout can also cause depression symptoms.

THE POWER OF MANIFESTING – HOW TO CREATE THE LIFE YOU WANT

Many people believe that thoughts can have an influence on life. When they wish for something – be it a material or a

spiritual wish – they often see the reason for the fulfilment of these wishes in manifestation. Manifesting stands for thought and belief processes through which we manifest things into our lives, possibly even unconsciously.

HOW EXACTLY DOES MANIFESTING WORK?

Manifestations are based on the [law of attraction](#). The law states that what resembles each other attracts each other. Thoughts should therefore realise themselves. You can understand this law of attraction in such a way that when you begin to remember and perceive the evidence of it more and more clearly in your surroundings, you can recognise that your own thoughts correspond exactly to what has become your experience. In this way it should be possible to create one's own reality and to wish for more and more things. As long as we firmly believe this, we may be able to influence our whole life.

The process of manifesting has not been scientifically proven, but many people believe in its effectiveness and report things they have wished for that have actually come true.

There are various techniques to help you do this: You have to believe that you deserve the things you want, that they can become reality and that this happens through the right thoughts, which you have to repeat over and over again. So it all starts with an idea or a wish. This wish is then talked about more, shared with others and thought about more. Eventually it should be realised.

METHODS OF MANIFESTING

There are various methods of manifesting: for example, you can present your wishes in the form of pictures and motivating

sayings on a so-called “vision board” to support your own power of thought through visualisation. You can also keep a diary and describe your life as you would like it to be. You should write as if the desired life were already a reality. You can also write wish letters and ask the “universe” for help or use positive affirmations to increase the likelihood that your wishes will be fulfilled. Showing gratitude and living in the now play an important role in the process of manifesting.

According to hypnotherapist and mental coach Josef Kryenbuehl, the best time to manifest is just before going to sleep and just after waking up, as the subconscious is particularly receptive at these times. You should use sentences such as “I am sure that...” or “I have...” and then imagine the desired reality. You should also use sentences such as “That’s mine!” to make it clear that you already have what you want. Finally, it is particularly important to have a positive outlook on life and to be grateful in order to strengthen the process of manifesting even more. You should see, feel and live your wish.

If you want to strengthen the effect of manifesting even more, you can also work with the power of gemstones, perform full moon rituals, work with colours or meditate to find inner peace and make space for new things in your life.

THE INTERPLAY BETWEEN MANIFESTATION AND FAITH

Manifestation does not succeed without belief in it. Although it is possible to perceive when wishes have become reality, the manifestation process itself cannot be proven. Our thoughts play a large part in how our lives look, how we feel and what changes or new things are added. But can we make things happen purely with the power of our thoughts? If we

believe that we are capable of doing so and that we are constantly manifesting new things, there is a greater chance that we will succeed. Because the attitudes we have, whether positive or negative, influence our lives. If someone is constantly thinking negatively, positive things are less likely to happen in their life.

MISTAKES WHEN MANIFESTING

You can make a lot of things really happen through manifestation, but it can also happen that the manifestation does not have the desired success. You can also make mistakes. If you want to ask for the realisation of a wish, you must pay attention to the correct wording. If you formulate something negatively, i.e. the way you do not want it, this negative can also become reality. If you lack patience and trust, the manifestation process cannot materialise in the desired way. In addition, negative thoughts weaken the potential to manifest thoughts. When manifesting, it is therefore very important to pay attention to the correct execution and to avoid any mistakes.

There are no limits to manifesting, but you should make sure that everyone involved in the wish benefits from it and that no one suffers as a result. You should not use your wish power to harm someone else or to make something bad happen, as this could backfire on you.

Manifestations are very powerful and can make a big difference in a person's life. Of course, the belief in manifesting still plays a role. Even if the process of manifesting cannot be proven, it is still possible that we can shape reality with our thoughts, and those who firmly believe in it will also realise that their thoughts can turn into reality.

What is Ramadan and how to celebrate it

What is the holy month of Ramadan?

As the most important month in the [Islamic calendar](#), Ramadan is a time of reflection and piety and marks the phase of the moon when the Prophet Mohammed received his first revelations. Ramadan is one of the five pillars of Islam. The other pillars are: the profession of faith (Shahada), daily prayer (Salah), support for the needy (Zakat) and the pilgrimage to Mecca (Hajj). Practising Muslims spend a lot of time in prayer and with their families during Ramadan.

When does Ramadan take place?

As Ramadan is based on the Islamic lunar calendar, its dates vary every year. In 2024, Ramadan will take place from 11 March to 9 April. The start of Ramadan is always announced when the crescent moon of the ninth month (in the traditional Islamic calendar) rises. The holy month of fasting lasts around 30 days – or until the next crescent moon is visible – and ends with the Eid al-Fitr holiday to mark the end of the fasting period.

How do Muslims practise Ramadan?

The heartbeat of the otherwise busy city slows down and people take time to reflect, recharge their batteries and develop personally. The holy month is celebrated differently in different countries. Everywhere, however, fasting between sunrise and sunset, regular prayer and actions motivated by charity and humility take centre stage. This creates an atmosphere of giving and compassion for the benefit of those less fortunate.

What are the most common greetings in Ramadan?

Keep in mind that [Ramadan](#) represents a time of spiritual reflection. Wishes such as “Happy holidays” should therefore be avoided. The most common greetings during this time are “Ramadan Kareem”, which can be translated as “Have a generous Ramadan”, and “Ramadan Mubarak”, which means “blessed Ramadan”.

What are Iftar and Suhoor?

As soon as the sun sets on a fasting day, it's time to dine together in a convivial atmosphere. One of the best ways to celebrate this special month is to share a delicious iftar (after sunset) or suhoor (before sunrise) with your friends.

Fruit, sweetened cereals, yoghurt and puddings are the main ingredients of a suhoor just before sunrise. For iftar, which is served after sunset, various rice dishes and grilled meat dishes are served to energise the faithful after a long day of fasting.

Should I bring a gift if I am invited to an iftar or suhoor?

If you are invited to an iftar or suhoor meal, you should bring the hosts a token of your appreciation. This could be typical sweets, a selection of chocolates, a box of dates or a dessert. Decorations are also a good idea, for example a bouquet of flowers for your hosts' home.

The Real Meaning of Easter



The best way to understand the real meaning of Easter would be from Jesus. The real meaning is a three word answer ... **the new covenant**.

The New Covenant

Jesus had come in town for the Passover celebration and was getting ready to be betrayed by one of the disciples, publicly humiliated and mocked, beaten beyond recognition, and hung on a cross to die, when he made his special request for his followers to remember that He gave his body for us and poured out his blood as a sacrifice for us. The heart of Easter lies in his words, "the new covenant between God and his people."

In Luke 22 we get a picture of the night before his death:

When the time came, Jesus and the apostles sat down together at the table. Jesus said, "I have been very eager to eat this Passover meal with you before my suffering begins. For I tell you now that I won't eat this meal again until its meaning is fulfilled in the Kingdom of God." Then he took a cup of wine and gave thanks to God for it. Then he said, "Take this and share it among yourselves. For I will not drink wine again until the Kingdom of God has come." He took some bread and gave thanks to God for it. Then he broke it in pieces and gave it to the disciples, saying, "This is my body, which is given for you. Do this to remember me." After supper he took another cup of wine and said, "This cup is the new covenant between God and his people—an agreement confirmed with my blood, which is poured out as a sacrifice for you. Luke 22:14-20

Passover and the New Covenant

Since the fall of mankind in the Garden of Eden, people were destined to be separated from God because of their sin. God's Spirit rested on the Patriarchs of our faith, but was not poured out on the masses. The Holy of Holies was the innermost and most sacred part of the tabernacle and ordinary people of faith would never get to have access to this place where God's Presence could be found. We were hopeless in our sins and distanced from God.

People of faith offered up animal sacrifices according to the laws given to Moses to ask God to forgive their sins and have mercy on them. Bulls, goats, and lambs each had their significance. But the lamb had special meaning because it was lamb's blood the Israelites painted on their doorposts to avoid death on the night of Passover. (Exodus 12:11-13)

God gave Moses and Aaron specific instructions on how to honor God with annual Passover celebrations. Lamb is the pinnacle of the Passover meal. The lambs were to be spotless and even lived with the families for several days before they were sacrificed, adding to the understanding that the ultimate sacrifice was close to the hearts of those whose sins were atoned for. All of the many interesting details of celebrating Passover have significant meaning that point to the ultimate Passover lamb – Jesus Christ – a sinless God-man who lived among the people for a season.

What is the real meaning of Easter? In John 1:29, as he sees Jesus approaching, John the Baptist announces to the crowd around him, "Look! The Lamb of God who takes away the sin of the world!"

He knew that Jesus was the son of God, the long awaited Messiah, the one whom God's prophets had promised to save mankind from their sins and to give them a deep heartfelt relationship with God the Father. The new covenant would be an everlasting covenant. (Jeremiah 31:31-34, Jeremiah 32:39-42, Isaiah 55:3) Jesus, our sacrificial lamb, our Savior, our God, our Redeemer – he laid down his life as our sacrificial lamb to pay for our sins. When he rose from the dead three

days later, he gave victory over eternal separation from God (death) to all who put their faith and trust in him. That is the new covenant – everlasting life spent with God through faith in all that Jesus Christ has done and continues to do.

Bible Verses

All who believe in the Son of God know in their hearts that this testimony is true. Those who don't believe this are actually calling God a liar because they don't believe what God has testified about his Son. And this is what God has testified: He has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have God's Son does not have life. (1 John 5:10-12, NLT)

"Christ died for our sins according to the Scriptures, and that He was buried, and that He rose again the third day according to the Scriptures" (1 Corinthians 15:3b-4, KJV)

"If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved." (Romans 10:9, NLT)

Prayer

Father God, there is sometimes controversy about how, when, and what to call the remembrance of the greatest day in history – the day Jesus Christ, your beloved son, rose from the dead and brought the gift of your forgiveness and eternal life to all who would like to receive it – the new covenant. Please pour out your Holy Spirit on all who believe in the resurrection of Jesus Christ and put us on our knees before you with thankful hearts for your great love for us. You, oh God, have given us victory over sin and death, and the promise of never leaving us or forsaking us for eternity. Help us to be the body of Christ, the church, united in awe of how you saved our unworthy souls ... your body and your blood as a sacrifice for us. Help us to bring this message to all who will listen. Help us to love like you love. Thank you forever! Amen.

Still thinking about that ex? Here is how to let go!

Still thinking about that ex after six months?;

Or about that guy you had a 'crush on' but waited too long, '*I should of said something!*'; Or how can I trust again after my last bad relationship/s?

How do we deal with the memories that haunt us, taunt us and make us question ourselves; *what is wrong with me?* Humans have, and always will be, emotional beings. Everything we do in life is defined by how we feel about ourselves and the outside world. Sometimes that's a positive, sometimes a negative. We can laugh at jokes told hours before, smile about the things we love when they aren't around OR even hold onto grudges for a lifetime over one poorly chosen and ill-willed sentence.

The why is simple; we have evolved to learn from our experiences by attaching emotional connections to reinforce the 'desired' lesson. Just as every day you spend with a lover increases your connection; so too can time apart strengthen a negative attachment. In simplest terms when spoken to our children, '*Do not touch the stove or you will get burned.*' Yet for all our good intentions; we all know that curiosity and

the inevitable painful consequences will be learned. In this case, after many scream filled tears, the lesson that you should never touch a stove will last that child's lifetime.

So Tim, *How do we move on?* Well... My first answer is always the question, 'why do you want to move on?'

Every time you reflect on an old flame, memory or experience; that is your brain reminding you of potential consequences of lessons learned, positive and negative. It's that simple. Remember, our brains, or more so, our subconscious is not the enemy. It isn't trying to confuse, trick or manipulate us just for the sake of it. It is simply answering the question based on the information you have given it. *This is you...*

You: I'm bored and not fully focused on this task, please bring up a selection of thoughts based on emotional importance to reinforce existing learning.

Brainoogle: Are you sure about that?

You: Not really but let's roll the dice; C'mon happy thoughts...

Brainoogle: Let's see... searching... Current stimulus = At Work
ADD Most frequent thought cross referenced with emotional
potency REMOVE results older than one year...

Loading... Loading...

Brainoogle: Here is a vivid memory of the time you caught your boyfriend cheating on you with your co-worker. QUE Chemical release attached emotion – Anger leading to heart wrenching sadness.

You: Where is that BI*CH! I'll kill her! She ruined my life! I have nothing left! I'm useless!

Brainoogle: RELEASE TEARS... and my job is done for the next 30 minutes... time for my smoke break.

Like and share if you can relate.. But joke aside, it is important to understand that although you can't always control what you think, you CAN CONTROL how you interpret these thoughts. Using **cognitive restructuring** YOU are able to

reprogram these conditioned responses BUT it takes time and continued effort. You cannot just break the memory/emotion neurological process over night. The more we think about any one topic, the stronger the bond gets. It's that simple. The reason **you can't move on**, is because you keep thinking about **how you can't move on**. The stimuli is only relevant so long as you keep reinforcing that emotional bond.

So here is the answer; and I know It's not as easy as just switching off the thought. You can't just stop thinking about it, that's impossible. Every where you go, you will be reminded of the connection, it's inevitable. This is your brain actively learning and improving. A very necessary function to human life... Example, you see a movie; '*this is where we used to date*' ect ect. Excluding serious brain trauma/concussion, you can't just erase memories.

So what do we do; this all leads back to my first question... See what I did there... ***wink***

Until you have decided what you truly want, and you yourself believe it, you will never be able to 'let go'. In many cases, people can get back together, and they can live happily ever after, and sometimes people learn to forgive and have meaningful friendships, and so on. OR you may decide that

YOU WILL NEVER LET THIS HAPPEN AGAIN!!!

Decide on a goal, weighing up the pro's and con's, and decide once and for all what you want, then try your best to achieve it and with success or failure you will have closure. Anything else is only reinforcing unhealthy mind sets.

You need to change the emotional attachment through sheer unwavering repetition. Every time you have that thought/memory, you need to remind yourself that the future is

better than the past. *You will be happier in the future!* You may not be 'happy' now, but you know you are working to make a better future. You need to re-wire any thought you had, and reconstruct it with a positive outlook. Thinking about your ex? *'you're better off without them'*. REPEAT, REPEAT, REPEAT.

There is no easy fix, and your brain is trying to help you avoid the same mistakes. The amazing thing is; after you have deconstructed and remade that memory chain, these very same thoughts you're having now, will actually bring you joy in the future. When you start the next amazing connection, it will only add to the richness and vigor of those memories and create a happier, better you.

What the Jewish Passover and the Christian Easter have in common

Not Christmas, but Easter is the highest festival of Christianity. But how is the date of Easter actually calculated? Why do the Jewish Passover and Easter take place at around the same time? And why exactly then does Orthodox Christendom always leave a common date for Easter? A stroll through the intricate history of the Easter calendar.

As "Christmas Christianity" the Munich Protestant theologian and journalist Matthias Morgenroth has aptly described how in Germany and other western secular countries "the current shape

of the Christian religion is revealed". But that for Protestants in truth Good Friday and for Catholics Easter Sunday is the highest church holiday – this rumour persists to this day. It is true that the Easter cycle beginning with Maundy Thursday is the real high point in the Christian festive circle.

Whether Danish (Påske), Turkish (Paskalya), French (Pâques), Italian (Pasqua), Dutch (Pasen) or Finnish (Pääsiäinen) – most European languages still carry the memory of the Jewish Passover or Passover celebration within them. The [German "Easter"](#) we probably have to owe to missionary Iro-Scottish monks. As in the English "Easter", the word contains either an old Germanic word for dawn (which could be related to Eos, the Greek goddess) or the name of an Anglo-Saxon goddess of light ("Ostara").

Light symbolism, then, but nothing certain is known – just as it is not certain why Maundy Thursday is called what it is called. That its "green" is supposed to come from the Grienen or Greinen der Büsser is not very plausible, since the day had already been a day of church joy since the 4th century, on which the previously excommunicated were admitted to Communion again after repentance and forgiveness.

Crucifixion on a holiday?

If the roots of Easter lie in the feast of Passover – why do Christians and Jews rarely celebrate at the same time? Rarely is it the case that – as was last seen in 2019 – the eve of Passover (the 14th Nisan or Erev Passover) coincides with Good Friday – just as the evangelist John describes it.

Pesach reminds of the Exodus from Egypt, the liberation of Israel from Egyptian slavery. After the biblical institution (Exodus 12, 1-27), the feast is celebrated in the Jewish spring month of Nisan, which in biblical times was considered the first month of the year. Today, the Jewish year begins in

autumn with the Tishri (always 163 days after the first day of the Passover feast), because this is the month in which mankind was created, according to Jewish understanding: Almost parallel to Easter 2020, Jews celebrate the Passover in the year 5780 after the creation of the world. On April 8th (14th Nisan) the feast days begin with the “Erev Pessach”, the eve of the Pessach, and the traditional Seder meal, which is celebrated in the family.

Unlike our solar calendar, in which the months are only a vague reminder of the lunar cycles, the Jewish calendar as a “lunisolar calendar” (or “bound lunar calendar”) follows the lunar months very precisely. At the same time, it also follows the seasons, i.e. the solar year.

Because twelve lunar months correspond on average to only 354.37 days, but a solar year lasts 365.24 days on average, the Jewish calendar must regularly insert leap months so that the seasons and the months assigned to them do not fall apart. For when spring begins depends on the sun, which on a day between March 19 and 21 shines for as long as it is night. This equinox marks the beginning of spring.

This also makes it clear that the [spring full moon](#) – and thus Passover – can fall on any day of the week. At the Council of Nicaea in the year 325, however, Christianity decided on a dispute about the date of Easter that has been going on since the time of the Original Christians, and determined that Easter is to be celebrated on a Sunday.

Graphic overview of the date of Easter in John and the Synoptics (Matthew, Mark, Luke).

Crucifixion on a major Jewish holiday? The evangelists present the date of Jesus’ crucifixion in different ways. However, the gospels agree on the weekdays of Easter: crucifixion on the day before the Sabbath (“Friday”), burial rest on the Sabbath, resurrection on the following day (“Sunday”). How the evangelist John dates the Easter event is considered

historically more likely. The 14th Nisan (or Erew Pessach) and Good Friday fell on a common date last in the year 2019.

The tradition of the Gospel writings about the exact date of Jesus' death is contradictory. The synoptists – the evangelists Matthew, Mark and Luke – understand the Lord's Supper as a ritual banquet on the eve of Pesach – that is, on the 14th of Nisan. The crucifixion would accordingly have taken place on the afternoon of the main Jewish holiday of Passover (15 Nisan) – which is regarded as rather improbable.

More plausible are the statements of John, who drops the Passover feast in the year of Jesus' death on a Sabbath. Thus the last meal of Jesus with his disciples would not have been a Pessach-Sedermahl, but an execution could have taken place the day before the feast. Modern historians therefore favor the statements of John.

Passover: From Computus to Computer

Actually, since Nicaea, it seems quite simple to determine the date of Easter: It is simply the first Sunday after the first full moon after the spring equinox. However, if you want to calculate the date of Easter in advance, there are highly complex difficulties – at least without a computer. Before mathematics became a free science, in the Middle Ages it worked almost exclusively on the "Computus paschalis", the calculation of the date of Easter. It was only in 1800 that the mathematical genius Carl Friedrich Gauss (1777-1855) succeeded in packing the problem into a complex but clear set of algebraic formulae.

Strictly speaking, these are two different sets of formulas that Gauss had to develop. For as if the matter was not already difficult enough, since the calendar reform of Pope Gregory there have been two different Easter dates in Christendom, because the Orthodox churches (except in Finland) used the Julian calendar to calculate the date of Easter. The

Orthodox churches refer to the Jewish Passover in their determination of dates – but in a negative way, as the Council of Nicaea wanted it: Easter must always take place after the Jewish Passover.

Like the Latin churches of the West, to celebrate Easter exactly when the Jews also celebrate Passover (as was the case this year) – this is therefore out of the question in the Orthodox churches. In extreme cases, therefore, it may even be that the Orthodox celebrate five weeks later than the churches of the West. Joint Easter dates like in 2017 are possible, but the exception.

A new Council that would help to establish a common date for Easter for all of Christendom is not in sight. In 2020 the Orthodox will celebrate in the week after us – when the Jewish Passover period is already over.



These are the women in science to watch out for in India today

Science is not just a field for men anymore. Here are some significant female scientists from India, we all should watch out for.

[Gagandeep Kang](#)

Executive director, Translational Health Service and Technology Institute (THSTI), Faridabad

Kang is a public health expert who played a crucial role in understanding neglected tropical diseases and the development of the rotavirus vaccine. Rotavirus is a virus that causes gut and intestinal disorders among children such as inflammation, diarrhoea, dehydration, and gastroenteritis among others. Kang's works focuses on improving the health of children in India. She was also the first Indian woman scientist to join [London's Royal Society](#).

[Kusala Rajendran](#)

Seismologist, Indian Institute of Science (IISc), Bengaluru

Much of what we know about earthquakes in India today is thanks to Rajendran's work. Rajendran has braved political

tensions to reach the sites of all of India's big quakes in recent times, such as what she faced from the Border Security Force when she landed up at the site of the 2001 Kutch earthquake. She once used indigenous knowledge to date an ancient tsunami that occurred in Tamil Nadu 1,000 years ago. Rajendran was awarded India's first ever 'National Award for Woman Scientist' award in 2018.

[Archana Sharma](#)

Scientist at European Organization for Nuclear Research (CERN), Geneva

Sharma, who has been at CERN for 30 years, was part of the team that made waves for discovering the elementary particle Higgs Boson back in 2012. She has been involved in various Indian collaborations with CERN, and has co-authored over 800 papers on high energy physics and detectors. She also runs an educational NGO which aims to help underprivileged children, for which she visits India every six weeks.

[Chandrima Shaha](#)

Biologist at the National Institute of Immunology (NII), New Delhi

Chandrima Shaha is the president-elect and a former vice-president of the Indian National Science Academy. She is an elected fellow of multiple other science academies as well. Her work is focused on understanding tropical diseases, primarily Kala-azar and Leishmaniasis. She has also led an illustrious life outside of academia, having been a vice-captain of West Bengal's first women's cricket team and also the first woman cricket commentator for All India Radio.

[Nandita Jayaraj and Aashima Dogra](#)

Science journalists, Lifeofscience.com

Jayaraj and Dogra are science journalists who run the feminist

publication *The Life of Science*. Through their project, they aim to tackle the under-representation of women in science, technology, engineering and mathematics (STEM) in India. The project was founded in 2015 and the duo have published over 150 interviews of female scientists across the country. Funded by crowdfunding initiatives and private grants like India Alliance, Jayaraj and Dogra have dealt with scepticism and suspicion for travelling around the country to speak to unknown female path-breakers and cover women achievers.

How dating apps want to keep us all swiping

Dating apps have become more and more popular during the past three years, whereby meeting a new partner in normal life has become rare. In practice, this means dating services trying to find ways to help keep apps alive indoors by shaping their services in line with the times.

Tinder is telling users that just because they are isolating physically, that doesn't mean they have to stay home alone with their hoarded instant noodles. Instead, Tinder wants you to seek "solidarity matches" across the planet, a paid function that is now free of charge during the pandemic.

Tinder's "passport" feature allows users to connect with anyone anywhere. "They can check in on folks in their hometown, college town, or sister city, and find those across the world who are going through similar things," the company says.

The feature is available for free to all members , Tinder

said, despite usually being reserved for premium users.

OkCupid is also encouraging its users to change their preferences to “anywhere” to help them meet up with singles in their country or around the world during this social distancing period, a company representative told dpa.

Bumble, a women’s dating app developed in Berlin, meanwhile suggests users chat in the app for longer than usual, rather than linking up right away offline.

“Right now, we’re committed to powering safe & equal *virtual* connections. That means staying safe – and, as much as possible, staying home (video chat is our new best friend!),” Bumble told its users.

Dating apps have also begun to issue more health guidance, too, and Tinder told dpa that it has been asking members to follow the recommendations of the World Health Organization.

“While we want you to continue having fun, protecting yourself from the coronavirus is more important,” the site told in-app users, according to a report in TMZ, a digital news site. Tinder users should practice social distancing, carry hand sanitiser and wash their hands frequently, Tinder says.

The dating app providers say their efforts are working. “In this challenging time, we see Tinder members finding new ways to connect. As an area becomes more affected by physically-isolating measures, we see new conversations happening there and those conversations last longer,” the company said in a statement.

“This epidemic is also changing the tenor of connection in the hardest hit places. More people are using Tinder bios to show their concern for others (‘how is everyone’) instead of their life motto,” [Tinder](#) added.

OkCupid’s chief executive Ariel Charytan said the company had

noticed that activity had increased enormously using the app as people still wanted to meet and exchange, even if they couldn't do so in person.

The platform is now sharing ideas for digital dating with its users, suggesting they meet for virtual drinks and dinners, play games or chat online.

And Maria Sullivan, vice president of Dating.com, found that 82% of the site's singles turned to online dating during the coronavirus outbreak, according to a story in Bustle, a web site for women.

Other stories on its site advised users on how to hook up during Zoom meetings, for example, or the ins and outs of a digital one-night stand.

Has the virus taken [love online](#) at least for the time being? The hashtag #quarantineandchill trending on Twitter suggests it has, as users post songs, selfies and images of what they are doing.

For those with a free moment as they isolate and chill, here's a question posted by OkCupid: "We need a new term for a long distance relationship that's actually just someone quarantined in another apartment. Any ideas?"

Tal Rimon, a videographer based in Berlin, says in some ways, quarantine is helping dating.

"People are lonely right now. Everybody's online," she told

dpa. "And people are talking for longer, it's like 15 years ago, they are taking the time to get to know each other."

In the past, she said, people used to just swipe out of boredom while they were doing other things, but now they are able to connect and find out more about each other before meeting up. "It's not just about looks anymore."

Other lovers are forging their own paths through the new landscape, combining digital connections with creative measures to meet.

"My friend is going on a first date tonight with a girl he's been talking to on Tinder," Dave Horwitz, an LA-based writer, shared on Twitter late in March.

"They're going to park next to each other at McDonald's and talk with the windows cracked while eating their own individual orders of fries. How's that for romance and longing, Jane Austin?"