

**"Psychology made Simple"** By: *Ángela Rodrigues*

**OUR INNER WORLD**

What we express by words and acts is a reflection of what is happening in our inner world.

In this world there are thoughts and emotions motivated and originated by life experience and external influences, such as the teaching of a father or mentor, the reading of a book, the learning in school, the people's stories, etc.

Our thoughts are made of certainties, concepts and learned truths. They are "our" truth. This "our" truth is always changing... It must be in order to increase our knowledge and produce maturity.

When there is no change of "our" truth we got stuck to a moment of our life and don't develop healthy.

For change to happen it's necessary adaptation to new situations and knowledge. This is not always easy. For some people is harder than for others. Many times, the fear of the unknown goes side by side with the need of changing and some people decide to stop their development instead facing the fear and grow a bit more.

This can happen when parents face themselves with their children's new behaviours, when people from two different cultures relate with each other, when people of different ages have to work together, or simply when somebody have to deal with a new and unknown situation.

Human development is achieved with changing and fear is the biggest blockage to change.

Reflect on your inner world. Ask yourself: "Why am I thinking this? Where do I base this thought? Is it a healthy thought? Why am I reacting like this? Why do I do these things? What's the thinking behind this attitude? Does this behaviour bring good results for me and others?"

Learn to reflect on the why for your thoughts and actions and discover that change is healthy and produces development. Look for somebody that helps you to reflect and find the answers you need. Many times is just what you need - to share with somebody you can trust.

Don't let fear block your life!

**By: Ángela Rodrigues**

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From the "TRIVIA BOOK"

The Associated Press reported in December 1985, in Eugene, Oregon, a six month old kitten set a Christmas tree on fire while batting at the lighted bulbs. The heat of the fire cracked a nearby fishbowl, and water from the bowl doused some of the fire. Firefighters arrived within minutes of the fire starting and put out the fire, which had spread to the carpet. A goldfish named Clyde was found lying prone in the cracked bowl, and survived the ordeal. The water in Clyde's bowl had prevented the fire from getting out of control.

From the "TRIVIA BOOK"

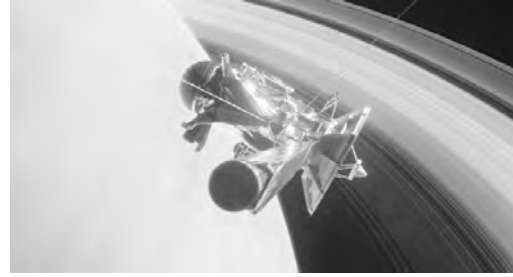
Diamonds are crystals formed virtually entirely of carbon. Because of its hardness, the diamond is the most enduring of all gemstones. They are among the most costly jewels in the world, partly because they are rare. Only four important diamond fields have been found - in Africa, South America India and the Soviet Union. The Cullinan Diamond was the largest gem-quality diamond ever discovered. Found in 1905, the original 3,100 carats were cut to make jewels for the British Crown Jewels and the British Royal family's collection.



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**SCIENCE - NATURE**

**Cassini to skim Saturn's atmosphere**



The Cassini probe is beginning the final phase of its mission to Saturn. In the coming hours, the satellite will execute the first of five ultra-close passes of the giant world, dipping down far enough to brush through the top of the atmosphere. It promises unprecedented data on the chemical composition of Saturn. It also sets the stage for the probe's dramatic end-maneuvre next month when it will plunge to destruction in the planet's atmosphere. Cassini is currently flying

a series of loops around Saturn that thread the gap between its atmosphere and its rings. Monday's swing-by sees the spacecraft go closer than ever before to the cloud tops - skimming just 1,600km (1,000 miles) above them, at 04:22 GMT (05:22 BST) on Monday. This allows the probe to directly sample the gases of the extended upper-atmosphere. Saturn's bulk composition is thought to be about 75% hydrogen with the rest being helium (bar some trace components), explains Nicolas Altobelli, the European Space Agency's Cassini project scientist. "It's expected that the heavier helium is sinking down," he told BBC News. "Saturn radiates more energy than it's absorbing from the Sun, meaning there's gravitational energy which is being lost. And so getting a precise measure of the hydrogen and helium in the upper layers sets a constraint on the overall distribution of the material in the interior." Dipping down into the atmosphere will create a drag on the spacecraft, and Cassini may need to use its thrusters to maintain a stable flight configuration and stop itself from tumbling. But the mission's scientists think the buffeting effects can be adequately managed and are hopeful of going even lower on the remaining four passes before 15 September's goodbye plunge. The Cassini mission still has some big outstanding questions about Saturn. One of these relates to the length of a day on the planet. Researchers know it is roughly 10-and-a-half hours, but they would like a more precise number. The solution should come by looking for an offset between the magnetic field and the planet's rotation axis, but frustratingly all the probe's observations to date show these two features to be almost perfectly aligned. "All magnetic field theory as we know it requires an offset," said Linda Spilker, the US space agency's Cassini project scientist. "To generate a field, you need to keep the currents in the metallic hydrogen layer inside Saturn flowing, and without the offset the thinking is that the field would simply go away. "What's going on? Is something shielding our ability to see the offset, or do we simply need a new theory? But without the tilt, without being able to see the tiny wobble, we cannot be more precise about the length of a day." Dr Spilker said the mission team would continue to work on the problem. Cassini is a joint venture between the US, European and Italian space agencies. They are ending the probe's operations after 20 years because it is running low on fuel and will soon become uncontrollable. Scientists want to avoid the possibility of a future collision with Saturn's moons Titan and Enceladus, which could conceivably support simple microbial life. And the only way to prevent that is to deliberately drive the probe to destruction in the atmosphere of the giant planet. *BBC*

**CROSSWORD**

**Across:** 1. Source 2. Edges 8. Heron 9. Eagerly 10. Regular 11. Sewn 12. Top 14. Otic 15. East 18. Tip 21. Town 23. Railing 25. Respond 26. Obese 27. Yield 28. Asides **Down:** 1. Sphere 2. Upright 3. Conflict 4. Ergo 5. Gorge 6. Saying 7. Heart 13. Perilous 16. Stipend 17. Stormy 19. Pride 20. Egress 22. Waste 24. Bond

**SUDOKU**

9	2	1	4	7	3	5	8	6
7	8	4	1	5	6	2	9	3
6	3	5	2	9	8	1	7	4
4	5	6	8	3	9	7	2	1
3	7	8	6	1	2	9	4	5
2	1	9	5	4	7	6	3	8
5	4	7	3	2	1	8	6	9
8	9	3	7	6	5	4	1	2
1	6	2	9	8	4	3	5	7

**KAKURO**

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1	5	8	7	9	1	8	9	7					
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9	1	5	3	7	2		3	9					
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4	2				5	1		6	7	8	9	3	
8	4				2	3		3	2	6	7	1	

**The Da Vinci Book Quizzes:**  
C. Job's tears

**The Rock Pop Trivia Book Quiz:**

- 'Get Back' (The Beatles, from Let It Be, 1969)
- 'Heaven Knows I'm Miserable Now' (The Smiths, from Hatful Of Hollow, 1984).
- 'Song for Whoever' (Beautiful South, from Welcome To The Beautiful South, 1989).
- 'For What It's Worth' (Buffalo Springfield, from Buffalo Springfield, 1967)
- 'Luz For Life' (Iggy Pop, from Lust For Life, 1977)
- 'The Power of Love' (Frankie Goes To Hollywood, from Welcome to the Pleasure Dome, 1984)
- 'Rasputin' (Boney M, from Night Flight To Venus, 1978).
- 'Rocks' Primal Scream, from Give Out But Don't Give Up, 1994)

**CODE CRACKERS**

A	Q	U	A	T	I	C	H	A	S	S	L	E	
S	N	E	A	I	I	A							
S	A	L	V	E	V	E	G	E	T	A	T	E	D
U	I	M	I	H	E	E	I						
M	Y	T	H	T	A	B	B	Y	E	X	I	T	
E		W	R	R	S								
D	O	N	K	E	Y	O	P	T	A	S	H		
O	E		D	E	W	A	C						
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E		Y	W	R	E								
N	A	P	E		A	N	G	E	R	W	H	E	T
O	A	F	T	J	S	O	C						
M	A	G	N	I	T	U	D	E	P	A	T	C	H
E	Z	R	C	I	E	E							
B	R	A	Z	E	N	T	A	T	T	L	E	D	

L Q B W M I A O P G S C H  
U T K Y F J Z E V X D R N

**SUPER SUDOKU**

3	8	9	7	4	1	2	6	5
2	6	1	5	3	9	4	8	7
5	4	7	6	8	2	9	3	1
4	1	8	3	5	7	6	9	2
7	2	5	4	9	6	8	1	3
6	9	3	2	1	8	5	7	4
8	3	6	1	2	4	7	5	9
9	5	2	8	7	3	1	4	6
1	7	4	9	6	5	3	2	8

**PUZZLER**

Person, Muscle, Attach, Patrol, Stolen, Govern, Listen **Mystery word:** Scarlet