

CAMPUS mundi

130

Caracas, is the capital and largest city of Venezuela. Businesses in the city include service companies, banks, and malls. Caracas has a largely service-based economy, apart from some industrial activity in its metropolitan area.

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+ Art + Design + Body + Mind + Environment + Human Rights +
Animal Rights + Sustainable Tourism + About AIU**

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Campus Mundi
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choose
the contents
of this magazine
with you
in mind
-to inspire you
and make you
think

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in touch

Graduated with Honors

AUGUST 2024. This graduate student completed the majority of the requirements to obtain honors, which included a 4.0 GPA, published works, recommendation from her advisors, patent a product, etc.

Congratulations!



CUM LAUDE

Carmen Luiso

BACHELOR OF BUSINESS ADMINISTRATION
Business Administration

Student invited by IntechOpen



JULY 22, 2024. AIU student, **Jesca Nabulya**, has been

invited to contribute to a book chapter by *IntechOpen*.

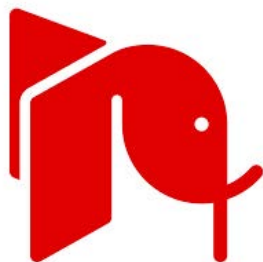
IntechOpen is a pioneer of Open Access book publishing. They published their first Open Access book, *Cutting Edge Robotics*, in 2005. *IntechOpen* is committed to working with organizations and people who care about scientific discovery, putting the scientific community's academic needs first, and providing an Open Access environment where authors

can maximize their contribution to scientific advancement. By opening up access to the world's scientific research book chapters, *IntechOpen* aims to facilitate greater opportunity for collaboration, scientific discovery, and progress. When selecting authors to contribute to their publications, they apply rigorous criteria to ensure quality and only invite experts within a particular subject area based on:

1. A proven, documented record of academic accomplishment
2. Relevance, quality, and impact of past publications
3. Knowledge of the subject area

After successfully meeting these criteria, **Dr. Jesca** was invited to participate in the book project under the working title "*Climate Policies – Modern Risk-Based Assessment of Investments in Mitigation, Adaptation, and Recovery From Residual Harm*", ISBN 978-0-85014-886-2

Jesca Nabulya is completing a Post-Doctorate program in Finance at **Atlantic International University**. Keep up the great work **Jesca**, we are very proud of your accomplishments.



Graduated with Distinction

AUGUST 2024. These graduate students completed their program with a high cumulative grade point average, which reflects the quality of performance within their respective major.

Congratulations!



DISTINCTION

Victor Riquelme Fetis

DOCTOR OF GEOPOLITICS
Climate Change



DISTINCTION

Rosendo Enrique Huerta Mendoza

POST-DOCTORATE OF SCIENCE
Organizational Behavior and
Technical Competences



DISTINCTION

Francisco Ramirez Moreno

DOCTOR OF BUSINESS ADMINISTRATION
Business Administration



DISTINCTION

Sheetal Ganput

DOCTOR OF PHILOSOPHY
Leadership and Management

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Graduates of the month

AUGUST 2024

Rui Duarte Abano Rodrigues
DOCTOR OF BUSINESS ADMINISTRATION
Business Administration
ANGOLA

Helena Hope Jose Kasusuma
BACHELOR OF SCIENCE
Industrial Engineering
ANGOLA

Jorge Eduardo Catelli
DOCTOR OF PSYCHOLOGY
Psychoanalysis
ARGENTINA

Tatah Humphrey Mbuy
DOCTOR OF SCIENCE
Cultural Anthropology
CAMEROON

Khaled El Tannir
DOCTOR OF SCIENCE
Artificial Intelligence
CANADA

Victor Riquelme Fetis
DOCTOR OF GEOPOLITICS
Climate Change
CHILE

Hernán Antonio Martínez Stevens
DOCTOR OF EDUCATION
Education
CHILE

Pedro Rodríguez Pineda
DOCTOR OF SCIENCE
Computer Science
COLOMBIA

Kafama Lawe Luc de Sion
MASTER OF BUSINESS ECONOMICS
Project Management
CONGO

Mudimbe Maurice Kalungu
MASTER OF BUSINESS ADMINISTRATION
Economics and Management
CONGO

Paul Rauí Pokoati Allsworth
DOCTOR OF PHILOSOPHY
Political Science
COOK ISLANDS

Prudencio Marmolejo Mendez
MASTER OF SCIENCE
Political Science
DOMINICAN REPUBLIC

Carmen Luiso
BACHELOR OF BUSINESS ADMINISTRATION
Business Administration
DOMINICAN REPUBLIC

Solange Rodríguez Amparo
MASTER OF SCIENCE
Nutrition
DOMINICAN REPUBLIC

César Augusto Martínez Mateo
DOCTOR OF MARKETING
Marketing Research
DOMINICAN REPUBLIC

Nathaly Ochoa Cordero
BACHELOR OF ARTS
English Language
ECUADOR

Somaia Mohamed Taher
MASTER OF EDUCATION
Higher Education Management
EGYPT

Edwin Bladimir López Garzona
DOCTOR OF BUSINESS ADMINISTRATION
Business Administration
EL SALVADOR

Ana Ruth Marquez Segovia
DOCTOR OF EDUCATION
Superior Education
EL SALVADOR

Dereje Testalidet Tesfu
BACHELOR OF SCIENCE
Civil Engineering
ETHIOPIA

Stephen Acquah
BACHELOR OF SCIENCE
Mechanical Engineering
GHANA

Juan Marcel Rossell Reinosá
BACHELOR OF INDUSTRIAL ENGINEERING
Finance
GUATEMALA

Julio César Padilla Mejía
DOCTOR OF SCIENCE
Systems Engineering
GUATEMALA

Lakeram Shewram
MASTER OF SCIENCE
Human Resources
GUYANA

Rajesh Goel
MASTER OF SCIENCE
Psychology
INDIA

Iona Reid
MASTER OF EDUCATION
Education and Organizational Leadership
JAMAICA

Ibtissam Raymond Daher
DOCTOR OF SCIENCE
Nutrition
LEBANON

Francine Bruce
MASTER OF EDUCATION
Educational Management
MADAGASCAR

Souleymane Balahira
DOCTOR OF SCIENCE
Education
MALI

Kawsar Koodaruth
DOCTOR OF SCIENCE
Mental Health
MAURITIUS

Franciso Ramírez Moreno
DOCTOR OF BUSINESS ADMINISTRATION
Business Administration
MEXICO

María Alejandra Quijada Tijerina
DOCTOR OF PHILOSOPHY
Industrial Biotechnology
MEXICO

Rosemary Chinele Chikwendu
DOCTOR OF SOCIAL AND HUMAN STUDIES
Mediation, Dispute Res. and Human Rights
NIGERIA

Adenekan Moses Olayinka
BACHELOR OF SCIENCE
Electrical Engineering
NIGERIA

Ana Lazarovska
POST-DOCTORATE OF SCIENCE
Aeronautical Science Management
NORTH MACEDONIA

Carlos Domingo Almeida Delgado
DOCTOR OF SCIENCE
Computer Systems
PARAGUAY

Abigail Folgar Bautista
BACHELOR OF BUSINESS AND ECONOMICS
International Business
PERU

Jose Luis Jalandoni Galay
MASTER OF SCIENCE
Structural Engineering
PHILIPPINES

Clarence Joseph Elavathingal
DOCTOR OF SCIENCE
Psychology
QATAR

Fiona Uberewe
BACHELOR OF SCIENCE
Hydrology
RWANDA

Lemau Charleen Palaamo
MASTER OF ARTS
Pastoral Care and Counselling
SAMOA

Nomathamsanqa Caroline Siwisa
DOCTOR OF PHILOSOPHY
Sociology
SOUTH AFRICA

Gustavo Lucio Lauria
DOCTOR OF SCIENCE
Political Science
SPAIN

Miguel Harold Kenswil
MASTER OF EDUCATION
Philosophy of Education
ST. LUCIA

Joanna Charlery
BACHELOR OF LITERATURE
English Literature
ST. MAARTEN

Marilyn Peterson Garcia
BACHELOR OF EDUCATION
Physical Education
ST. MAARTEN

Sharawi Alkamil Abbas Ahmed
DOCTOR OF BUSINESS ADMINISTRATION
Business Administration
SUDAN

Sheetal Ganput
DOCTOR OF PHILOSOPHY
Leadership and Management
SURINAME

Brigitte Ramdeo-Pracht
MASTER OF SCIENCE
Special Education
SURINAME

Phazi Fortunatè Zwane
MASTER OF SCIENCE
Health, Safety and Environment
SWAZILAND

Mavenjina Cathy Winnie
DOCTOR OF ARTS
Conflict Resolution and Peace Building
UGANDA

Kasanda Danyela Idris
DOCTOR OF SCIENCE
Project Management
UGANDA

Ssebalu Kijjambu Jamil
MASTER OF BUSINESS ADMINISTRATION
Business Management
UGANDA

Alptekin Aydin
DOCTOR OF SCIENCE
Clinical Psychology
UNITED KINGDOM

Mauricio Adrian Kanigina Cap
DOCTOR OF SCIENCE
Psychology
URUGUAY

Rose Anna Jeanty Michel
BACHELOR OF SCIENCE
Accounting
USA

Lorena Alejandra Barrios Barrios
BACHELOR OF SCIENCE
Nutrition
USA

Muhammad Saa'd Adeniyi Tinubu
MASTER OF BUSINESS ADMINISTRATION
Real Estate Business
USA

Luisa Mercedes Jorge Grullon
BACHELOR OF BUSINESS ADMINISTRATION
Business Administration
USA

George Ebare
DOCTOR OF INTERNATIONAL RELATIONS
International Relations
USA

Shirley Velásquez Echavarría
BACHELOR OF SCIENCE
Psychology
USA

Araceli Fuentes Osnaya
DOCTOR OF FINANCE
Finance
USA

Caleb Ryan Holder
DOCTOR OF BUSINESS ADMINISTRATION
Organizational Leadership
USA

Rosendo Enrique Huerta Mendoza
POST-DOCTORATE OF SCIENCE
Org. Behavior and Tech. Competences
USA

Bornface Ndole
BACHELOR OF MANAGEMENT
Business Management
ZAMBIA

Marvin Ngosa
BACHELOR OF SCIENCE
Information Systems
ZAMBIA

Sandisiwe Moyo
BACHELOR OF SCIENCE
Psychology
ZIMBABWE

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Tosin Ademola Adedoyin
Doctor of Safety and Security Mgmt.
 June 21, 2024

“This letter’s essence is to recount my experience as a Doctorate Student in AIU. I believe the message is important for other students who see education as an attribute to be pursued to an enviable position in their life. And also, to better understand the true meaning of education at the global level meaning, the AIU understanding. My experience as an AIU student worths to be recounted ... registered in Safety and Security Management for Doctorate Degree, programe commenced with the regular payment of my course fees on scheduled. Being a sick retiree I had a hitch with a message the Insurance Company paying my pension sent out earlier, for updating retires records. I ... could not respond to the demands for updating the records requested for more than one year, thus making my pension payments stalled, and this affected my payment of the course fees ...which made me contact the school and applied for ‘a year leave of absence’, to be free from stress and pressure, while soliciting for scholarship to continue with the studies. ...

READ FULL TEXT: <https://www.aiu.edu/testimonials/tosin-ademola-adedoyin-doctor-of-safety-and-security-management/>



Tolga Tasci
Master of Business Administration
 June 25, 2024

“Reflecting on what i have enjoyed most about pursuing a Master of Business Administration with distance education at **Atlantic International University**, several aspects could stand out:

Flexibility and Convenience: The ability to balance studies with personal and professional commitments is often a significant advantage. I appreciated the freedom to learn at my own pace and schedule.

Diverse Learning Resources: AIU’s use of a variety of learning materials, including videos, online modules, and e-books, have enriched my educational experience by catering to different learning styles.

Tailored Curriculum: AIU often allows students to customize their curriculum to align with their career goals and interests. This personalized approach have made my studies more relevant and engaging.

Supportive Staff: Access to dedicated academic advisors who provide guidance and support throughout my studies significantly enhanced the ...

READ FULL TEXT: <https://www.aiu.edu/testimonials/tolga-tasci-master-of-business-administration/>



Moses Komakech
Bachelor of Logistics and Supply Chain Mgmt.
 June 28, 2024

“Studying at **Atlantic International University** has been one of the most brilliant decisions I have made in the history of my life. Being a student at AIU was not about obtaining a bachelor’s degree, but was a whole journey of new life experience that nurtured and made me develop some sense of self-control as well as improved my knowledge, personal attitude, being accountable, widen by thinking ability to that of blue sky thinking to have things done using the modern information system. Also, I gained the spirit of persistence, and realised that nothing comes without hard work as a graduate. About 21 years ago, I developed a dream to become one of the best Humanitarian Practitioner that United Nations has on staff. However, for many reasons, I could not leave my job and go back to the university to obtain a higher qualification in managing humanitarian activities. But I realised that I could still achieve my dreams through continuing education programs with AIU. Finally, this dream has become true possibly ...

READ FULL TEXT: <https://www.aiu.edu/testimonials/moses-komakech-bachelor-of-logistics-and-supply-chain-management/>



Sandisiwe Moyo
Bachelor of Psychology
 July 9, 2024

“My Experience at AIU was fulfilling and enriching. The Andragogic system of learning was unique. It offered a multitude of opportunities for me to expand my horizons and develop new skills. I developed critical thinking skills, problem solving abilities and a great understanding of my field of study. This became instrumental in shaping my academic journey. The program was flexible and allowed me to manage my schedules well. They were many assignments and exams that I had not accounted for. I however, quickly adjusted. I enjoyed the research and challenging assignments. I got to realize that challenges are an integral part of university life. I learnt to face demanding assignments, exams and to manage my time effectively. My lecturers and mentors were constantly in touch with me. I was impressed by the level of care and attention I received. It instilled courage and determination to aim for high grades. I never imagined that technology would enable me to share knowledge and experience on a virtual platform with ...

READ FULL TEXT: <https://www.aiu.edu/testimonials/sandisiwe-moyo-bachelor-of-psychology/>

The benefits of the truth

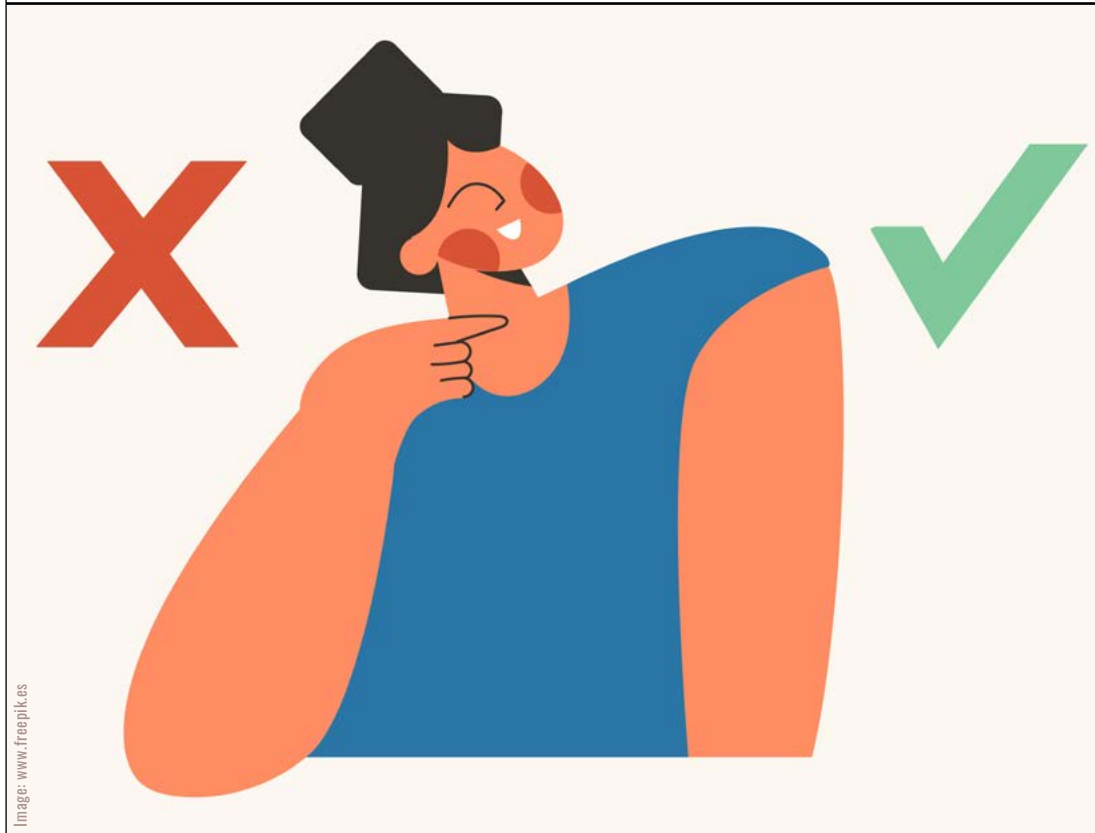


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(Stagira, 384 BC. – Chalcis, 322 BC.) and who has not yet been surpassed in the Principles for obtaining the truth from the point of view of discourse, the Logical Principles.

The expression judgment in Logic refers to a statement.

Logical Principles

1. **Principle of Identity.** Every object is identical to itself. With another that says the same; It's just similar.
2. **Principle of Non-Contradiction.** Two judgments that contradict each other cannot both be true.
3. **Excluded Third Party Principle.** Of two judgments that contradict each other, both can't be false.
4. **Principle of Sufficient Reason.** Every judgment has a reason that supports it.

the judgments or statements we have, therefore we must consider the truth of what we say in accordance with the judgments we have.

What happens when the truth is not told?

In the mind the true judgment exists and they express a different one.

What is happening nowadays?

What is observed is unlimited wealth in certain groups and rampant poverty in others.

Every investment requires its profit. What doesn't correspond is the minimum investment and the maximum profit through the falsehood of what is invested and what is sold.

Going back in time and in the research of great scientists we find elements to note that

We live nowadays in the world of Globalization. It's all global trade and culture to create the same production: it's all the pursuit of profit.

Profit is the profit from innovation and creativity, from monetary investment for the operational infrastructure for the product or good,

from payment to employees for production time, from taxes on investment, and from the cost of advertising for market search.

The profit described is the profit for any production agent and is the result that every company needs to be able to operate.

What is happening to the truth? The truth is that what is said corresponds to the facts.

From the point of view of the area of science that deals with truth, there is Logic. When we talk about Logic, the great one in it was Aristotle, philosopher of Ancient Greece

From the above we have that experimental sciences explain what the object is, and they must do it through statements. It's from these statements that true and false judgments are inferred.

When we explain something, if we are not researchers, we do so from the point of view of



By Dr. Rosa Hilda Lora M. Advisor at AIU | rosa@aiu.edu

correspond to the concern in the way the world was going.

Ilya Prigogine, Nobel Prize in Chemistry in 1977, developed the theory of dissipative structures; in his work *From Being to Becoming* he tells us:

“Our current relationship with the world is characterized by a certain decline of the mythical element and the transcendental element; and, by contrast, by the inclusion of a more naturalistic, more ecological element: reason, from now on, is more listening to the world than lying in wait for its dominion over a world subjected without conditions”. *PRIGOGINE, 2015, p.189.*

Since the last century, people have been writing about the changes that are beginning to be very marked in our society; human beings are aware of the world in which they live, but today it seems that the only thing pending in that world is money.

Prigogine tells us about the world subjected without conditions; nowadays we live what seems to be the extreme degree of that submission.

The French philosopher and sociologist **Edgard Morin** writes a lot about the situation of the great problems of society.

In his 2024 work —*Wake Up*— he analyzes one of the problems of the way in which

wealth is distributed: migration. The problem is big for Europe and for America.

Morin says: “It’s not about opening the borders wide, but rather about regulating migratory flows through an inter-European agreement (sic) with African countries, putting an end to the disgusting trade of traffickers and rescuing people. desperate people in danger of drowning”. He refers to the problem in Europe which is the same as in America. *MORIN, 2024, p. 27.*

Morin wonders where we are going with all the conflicts that are being experienced nowadays, where is the solution.

The big problem is the lies of rulers and those governed in the interest of easy money.

We are witnessing a very united politics; money: we talk about the extreme left and the extreme right and the names you can imagine.

We know that government coffers are wonderful, but nowadays we are facing a phenomenon that seemed somewhat strange to us, but we are seeing what the response is.

Political parties that are voted for by citizens, often the poorest in a nation.

It was thought that these people were the least able to vote for the parties that want all spheres of government.

We said that this group of

citizens was those that bad governments had left without education and that that is why these people lacked everything.

Oh surprise, those people vote for those political parties!

Those who run these parties give them little money and a small amount of food and those people vote for them. It’s a divine change: those who want the government to give a pittance and those governed by that misery vote for them.

The facts are now showing us that those governments they call “democracies” flourish, a political situation from which they are far removed, that those people who give them power are happy to live with the little they are given, but they do nothing.

Even more, they acquire a discourse that feels like they are graduates of the most prestigious university in the world and in any situation of losing that tiny privilege they immediately band together to defend “democracy” which is a dictatorship.

Those who want to govern well know the lies they are telling, but the government’s coffers without anyone to question are wonderful.

Where are we going with this new “democracy” full of lies.

The wealth of the countries is managed with lies, so the profits are only received by

those who govern, hence the monumental works that they always build to exalt the ego they have and to make money disappear more easily.

Throughout History it has been seen that the people who lead these groups suffer from serious self-esteem problems because they couldn’t achieve achievements due to their efforts or they had illnesses that also consumed their self-esteem.

You are studying, you are acquiring a degree at **Atlantic International University – AIU.**

You have to study, so that you don’t become prey to those who promise the kingdom of abundance.

You have to study so that you are free and you achieve the benefits of your knowledge.

You have to study so that you have the benefit of the truth and build the future you want.

Falseness in the elements that make up the gain will not given, hence the benefit of the truth.



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BIBLIOGRAPHY. Morin, E. (2024) Despertemos. España, Paidós | Prigogine, I. (2023) El Desorden Creador y otros textos. Biblioteca Virtual OMEGALFA. <file:///C:/Users/rhlor/Downloads/el-desorden-creador-y-otros-textos.pdf> | Prigogine y otros. (2015) El Tiempo y el Devenir. España, Gedisa

Unleashing the Power of Emotional Intelligence and Quantum Psychology for Personal Excellence

Skoulakis Vasileios | Doctorate in Human Resources Management



Image: www.freepik.es

In the realm of personal development, the synthesis of emotional intelligence (EI) with the principles of quantum psychology energy unveils a profound pathway toward unlocking one's fullest potential. In this intricate dance between mind and universe, individuals are empowered to navigate the

frequencies of their emotions, thus sculpting their realities in alignment with their deepest aspirations. As we delve into the symbiotic relationship between EI and quantum psychology, we unearth practical methodologies that serve as gateways to self-discovery and exponential growth.

Emotional intelligence, often dubbed as the silent protagonist behind success, encompasses a myriad of competencies ranging from self-awareness and self-regulation to empathy and social skills. At its core, EI embodies the capacity to recognize, understand, and manage one's own emotions

while adeptly navigating interpersonal dynamics. Concurrently, quantum psychology posits a paradigm wherein the universe operates as an interconnected web of energy fields and frequencies. Every thought, emotion, and intention emits a vibrational resonance that interacts with the cosmic tapestry, shaping individual experiences and realities.

Central to the amalgamation of EI and quantum psychology is the understanding that all phenomena, including human emotions, are governed by frequencies. By harnessing this insight, individuals can embark on a transformative journey of self-mastery and actualization. Here, we delineate three practical methodologies that serve as conduits for integrating EI with quantum psychology energy:

Cultivating Self-Awareness Through Frequency Awareness:

At the nucleus of emotional intelligence lies self-awareness—the cornerstone upon which all other facets of EI are built. To embark on this journey of self-discovery, individuals must first attune themselves to the

frequencies of their emotions. Much like tuning into a radio station, cultivating frequency awareness entails observing the subtle nuances of one's emotional landscape without judgment or resistance. Through mindfulness practices such as meditation, breathwork, and journaling, individuals can deepen their connection to their emotional frequencies, thereby unraveling the intricacies of their inner world.

Furthermore, integrating the principles of quantum psychology amplifies this process by illuminating the interconnectedness between thoughts, emotions, and the cosmic field. By acknowledging the vibrational nature of emotions, individuals gain insight into the energetic patterns that underpin their experiences. Through this lens of frequency awareness, emotions cease to be arbitrary occurrences and instead become potent conduits for self-transformation and manifestation.

Harnessing the Power of Quantum Visualization:

Visualization serves as a potent catalyst for bridging

the realms of thought and manifestation. Grounded in the principles of quantum psychology, visualization entails vividly imagining desired outcomes with unwavering clarity and conviction. By harnessing the power of quantum visualization, individuals can sculpt their realities from the canvas of their imagination.

To embark on this journey of quantum visualization, individuals are encouraged to create a sacred space conducive to deep introspection and creativity. Through guided imagery and sensory immersion, individuals can evoke the sensations and emotions associated with their desired outcomes. By aligning their thoughts and emotions with the frequency of their aspirations, individuals set in motion a series of energetic ripples that reverberate throughout the cosmos, magnetizing opportunities and synchronicities in alignment with their intentions.

Quantum psychology stands at the forefront of a revolutionary paradigm shift in our understanding of personal growth and mental health, particularly in the intricate realm of emotions. Rooted in the fundamental principles of quantum mechanics, this burgeoning field posits that the universe operates as an interconnected web of energy

fields and frequencies, wherein every thought, emotion, and intention emits a vibrational resonance that shapes our individual experiences and realities.

At the heart of quantum psychology lies the recognition that our emotions serve as potent gateways to self-discovery and transformation. Far from mere ephemeral sensations, emotions are energetic frequencies that encode profound insights into the depths of the human psyche. By harnessing the principles of quantum psychology, individuals gain the tools to navigate the labyrinth of their emotions with clarity, purpose, and resilience.

Central to the significance of quantum psychology in personal growth and mental health is its emphasis on frequency awareness. In a world inundated with distractions and stimuli, many individuals find themselves adrift amidst the tumultuous waves of their emotions, unaware of the subtle energetic currents that underpin their experiences. Quantum psychology invites us to become keen observers of our emotional landscape, attuning ourselves to the frequencies that govern our thoughts, feelings, and behaviors.

Through practices such as mindfulness, meditation, and introspection, individuals can

cultivate a heightened sense of frequency awareness, thereby unlocking the hidden treasures buried within their emotional terrain. By peering beneath the surface of our emotions, we unearth the underlying beliefs, traumas, and patterns that shape our reality, empowering us to embark on a journey of self-discovery and healing.

Moreover, quantum psychology offers a transformative lens through which to perceive the nature of mental health and well-being. Traditional approaches to psychology often view mental illness through the

lens of pathology, focusing on symptom management rather than addressing the root causes of suffering. In contrast, quantum psychology recognizes that mental health is not merely the absence of illness but rather the harmonious integration of mind, body, and spirit.

By embracing the principles of quantum psychology, individuals can transcend the limitations of conventional paradigms and embark on a holistic journey toward mental wellness. Through practices such as emotional alchemy, quantum visualization, and

energy healing, individuals can harness the inherent power of their emotions to catalyze profound shifts in consciousness and achieve optimal well-being.

Alchemy of Emotional Transmutation:

Within the crucible of emotional alchemy lies the transformative power to transmute leaden emotions into golden opportunities for growth and evolution. Drawing upon the principles of quantum psychology energy, emotional alchemy invites individuals to wield



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to recognize, understand, and manage both our own emotions and those of others, EI serves as a compass guiding us through the intricate terrain of human experience. In navigating the ebbs and flows of our emotional landscape, we cultivate resilience, empathy, and self-awareness, thereby fostering a profound sense of well-being and fulfillment.

At its essence, emotional intelligence empowers us to forge deeper connections with ourselves and others, laying the groundwork for meaningful relationships and authentic self-expression. Through practices such as self-reflection, active listening, and empathetic communication, individuals hone their emotional acumen, cultivating a nuanced understanding of the myriad emotions that color the human experience.

Moreover, emotional intelligence plays a pivotal role in safeguarding our mental health and resilience in the face of adversity. In a world fraught with stressors and challenges, the ability to regulate our emotions serves as a bulwark against the tide of anxiety, depression, and burnout. By cultivating emotional resilience, individuals equip themselves with the tools to navigate life's inevitable ups and downs with grace and fortitude.

Furthermore, emotional

intelligence serves as a catalyst for personal growth and self-actualization, empowering individuals to transcend the limitations of their past experiences and embrace the boundless possibilities of the present moment. Through practices such as mindfulness, self-compassion, and emotional alchemy, individuals harness the transformative power of their emotions to catalyze profound shifts in consciousness and behavior.

In summation, the integration of emotional intelligence with quantum psychology heralds a paradigm shift in the landscape of personal development. Through the cultivation of frequency awareness, harnessing the power of quantum visualization, and the

alchemy of emotional transmutation, individuals embark on a transformative odyssey toward self-actualization and empowerment. As we navigate the frequencies of our emotions, we become adept architects of our realities, co-creating a world imbued with harmony, abundance, and infinite possibility. Also, quantum psychology holds the key to unlocking the full spectrum of human potentiality, offering a transformative pathway toward personal growth, healing, and self-actualization. As we traverse the frequencies of our emotions with courage and curiosity, we awaken to the boundless possibilities that lie within, illuminating the path toward a life of profound meaning, joy, and fulfillment.

their emotional frequencies as alchemical instruments for personal mastery.

At its essence, emotional alchemy entails the conscious recognition and acceptance of one's emotional landscape. Instead of resisting or suppressing uncomfortable emotions, individuals are encouraged to embrace them as sacred messengers bearing profound insights into the depths of the psyche. Through practices such as journaling, inner dialogue, and somatic experiencing, individuals can excavate the underlying beliefs and traumas that imbue their emotions with resonance.

Armed with this newfound

awareness, individuals can engage in the alchemical process of transmutation, wherein they consciously redirect the energetic currents of their emotions toward higher states of being. By reframing limiting beliefs, cultivating self-compassion, and practicing radical forgiveness, individuals catalyze profound shifts in their emotional frequencies, paving the way for newfound states of joy, abundance, and fulfillment.

Also, Emotional intelligence emerges as a cornerstone in the edifice of personal growth and mental health, wielding profound influence over the landscape of our emotions. Defined as the ability

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learning



Image: www.freepik.es

Meditation

Teachers say it helps students' mental health.

Schools across the U.S. have been introducing yoga, meditation and mindfulness exercises to help students manage stress and emotions. As the depths of student struggles with mental health became clear in the aftermath of the COVID-19 pandemic, the U.S. Centers for Disease Control and Prevention (CDC) last year endorsed schools' use of the practices. Research has found school-based mindfulness programs can help, especially in low-income communities where students face high levels of stress or trauma.

The mindfulness program reached Smith Elementary through a contract with the school system, Clayton County Public Schools, where two-thirds of the students are Black. *GreenLight Fund Atlanta*, a network that matches communities with local nonprofits, helps

Georgia school systems pay for the mindfulness program provided by *Inner Explorer*, an audio platform.

Joli Cooper, *GreenLight Fund Atlanta's* executive director, said it was important to the group to support an organization that is accessible and relevant for communities of color in the Greater Atlanta area.

Children nationwide struggled with the effects of isolation and remote learning as they returned from the pandemic school closures. The CDC in 2023 reported more than a third of students were affected by feelings of persistent sadness and hopelessness. The agency recommended schools use mindfulness practices to help students manage emotions. ... **Read full text at AP:**

<https://apnews.com/article/back-to-school-mental-health-mindfulness-5f73bbd3324ad4e9e9723b5c49fa1616>

Musical hallucinations

That song stuck in your head is your brain doing its work.

The neurological reality of the music hallucination may have dawned in 1964. In a study from that year, researchers asked subjects to close their eyes and imagine hearing **Bing Crosby** sing "White Christmas." Following 30 seconds of silence, over half of the subjects said they had heard the song playing in their head. Five percent said a record had been playing. The psychologists concluded that an auditory image could be generated from imagination alone.

Modern brain scanners have confirmed the "White Christmas" test. In one 2012 study, subjects were shown lyrics of popular songs. Half of the subjects heard the song as they read the lyrics, and the other half imagined the song as they read them. Based on fMRI data, the auditory cortex, responsible for processing sound, was active in both groups. The

auditory cortex also acts as an intersection to the rest of the brain. Subjects who imagined the songs triggered increased activity in the prefrontal cortex, the supplemental motor area, the intraparietal sulcus, and the cerebellum, brain areas associated with how we perceive and navigate the world. ...

Recent research shows ... there is a correlation between the frequency of use of mobile music devices and the susceptibility to earworm infliction. ... It seems that they occur more frequently, are more bothersome, and are more difficult to control in individuals with neurotic traits. ...

While some musical images are uninvited, obtrusive, and bothersome, they are, ultimately, instances of unbridled creativity. ... **Read full text at Nautilus:** <https://nautilus/the-necessity-of-musical-hallucinations-235156/>



Image: Shout

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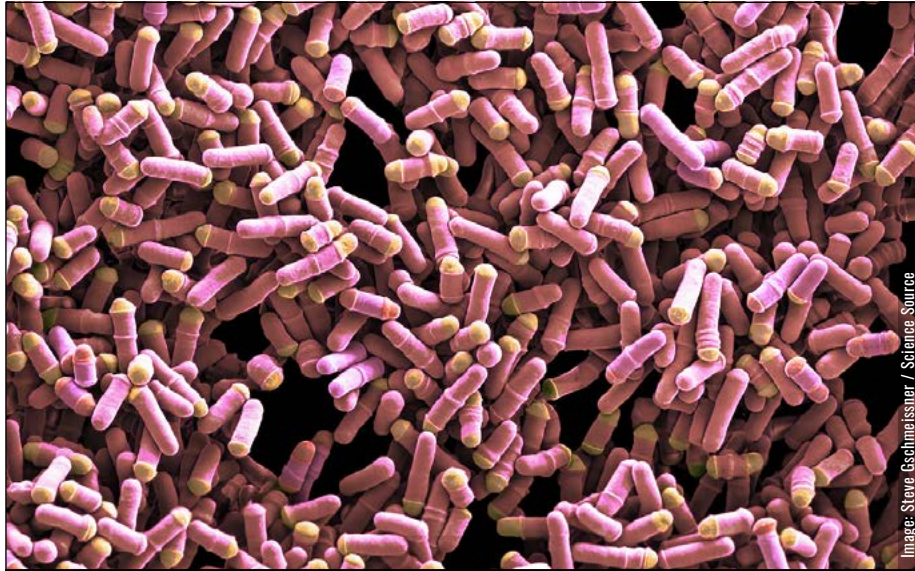


Image: Steve Gschmeissner / Science Source

Bad agar

It is killing lab yeast around the world.

Reine Protacio couldn't figure out why all her cells kept dying. A molecular biologist at the University of Arkansas, she kept trying to grow colonies of fission yeast (*Schizosaccharomyces pombe*) on petri dishes plated with nutrients... but even in the control experiments, none of the yeast survived. **Protacio** and her colleagues investigated several possible suspects—from dirty glassware to contaminated water— before landing on a surprising culprit: bad agar.

Derived from seaweed, agar is a gelatinlike ingredient used to grow yeast on a solid surface. ... As is turned out, **Protacio's** lab wasn't alone.

When **Protacio** first identified the bad agar last summer, one of the heads

of her lab, molecular biologist **Wayne Wahls**, posted about the find on a community group called *PombeList*. Labs on entirely different continents responded that they faced what seemed like the same problem, even though their agar had come from different companies and lots, sometimes years apart.

As for what component is actually killing the yeast, **Patrick Gibney**, a biologist at Cornell University has some suspicions. After a colleague mentioned that washing the agar seemed to resolve the issue, he believes the toxin must be water soluble. Its presence in agar means it can withstand the autoclave ... **Read full**

text at Science: <https://www.science.org/content/article/bad-agar-killing-lab-yeast-around-world-where-it-coming>

Regrowing teeth

...in humans could happen within just 6 years.

The average adult human body contains 206 bones—the hardened mixtures of calcium, minerals, and collagen that provide the biological scaffolding that walks us through our day. Bones are incredibly resilient, but if they do break, they have this nifty trick of regrowing themselves.

Teeth, however, are not bones. Although they're made of some of the same stuff and are the hardest material in the human body, they lack the crucial ability to heal and regrow themselves. But Japanese researchers are moving forward with an experimental drug that promises to regrow human teeth, and human trials are set to begin in September.

"We want to do something to help those who are suffering from tooth loss

or absence," **Katsu Takahashi**, the head of dentistry at the medical research institute at Kitano Hospital in Osaka, told *The Mainichi*. "While there has been no treatment to date providing a permanent cure, we feel that people's expectations for tooth growth are high."

This development follows years of study around a particularly antibody named Uterine sensitization-associated gene-1 (USAG-1), which has been shown to inhibit the growth of teeth in ferrets and mice. Back in 2021, scientists from the Kyoto University discovered a monoclonal antibody (a technique usually used in fighting cancer) that disrupted the interaction between USAG-1 and molecules known as bone ... **Read full**

text at Popular Mechanics: <https://www.popularmechanics.com/science/health/a60952102/tooth-regrowth-human-trials-japan/>



Image: www.freepik.es

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Bestiari, by Carlos Casas

Sound is providing us with a lingua franca

When Carlos Casas was filming a project in Sri Lanka, his interactions with an elephant gave the Catalan filmmaker and installation artist an idea: What if instead of relying on images alone, he could use sound to create a physical connection between an audience of people and the subjects that fascinate him most, the animals with which we share life on this planet?


Bestiari, his audio-visual project, on display inside a former shipping warehouse, weaves an immersive landscape for visitors. Audio of the sounds the animals make is accompanied by video collected from remote camera traps set across national parks of Catalonia and Kenya, together with abstract film meant to capture the world as the animals see it, which is based on scientific research. A series of texts serve as field guides to each animal featured in the installation.

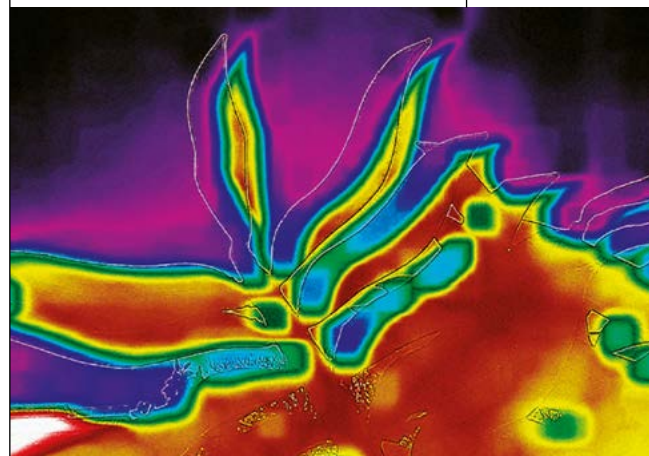
Entering the dark warehouse, you are invited to lie on the floor before communing with seven different species: bees, donkeys, parakeets, snakes, bats, dolphins, and elephants. Each of the chosen species is represented by a speaker, customized to deliver the desired acoustics. The pitches and volumes were curated to be authentic to the original animal but perceptible by humans. For example, the echolocation chirps of bats have been slowed down to showcase the tonal progression of the sound. (You can explore some of the project, which was curated by Filipa Ramos, at the *Instagram* page for the installation.) ...

"I wanted to select species that are using the whole spectrum of sound," Casas says, "and then allow these seven species to talk, to dialogue, to show their understanding of the world in a trial against the spectator."

Casas credits Roger Payne and Katy Payne for pioneering the use of technology to change the way we perceive the sounds different species of animals make. ...

Read full text at Nautilus: <https://nautilus.us/if-animals-could-talk-750701/>

 **Serpentine:** Snake vision, as interpreted by Carlos Casas.



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Zach Keeshig

Indigenous chef creates sweetgrass ice cream



Chef Zach Keeshig

An Owen Sound chef is bringing his Indigenous-inspired sweetgrass ice cream to one of Canada's most iconic frozen treat manufacturing facilities.

Zach Keeshig, who is from Chipewawas of Nawash Unceded First Nation at Cape Croker Reserve, is teaming up with Chapman's to create a limited edition ice cream flavour.

"We're pushing the boundary on what Indigenous food could be," said Keeshig, who is the owner of Indigenous restaurant, *Naagan*.

"It doesn't just have to be wild rice and squash," Keeshig said. "We can introduce new techniques to bring Indigenous food to life and put it on the forefront."

The ice cream flavour is called *Wiingashk*, which is the Ojibway word for sweetgrass. Keeshig said the green dessert tastes like a floral version of vanilla and is balanced out by hints of

maple syrup.

"Replacing something as typical in the culinary world as vanilla with sweetgrass is innovative to say the least," said Ashley Chapman, chief operating officer of Chapman's. "What he is doing is truly pioneering."

The idea to use sweetgrass in ice cream came from Keeshig's childhood, when he saw dried

sweetgrass used in traditional ceremonies in his community. "My dad would light it up and it [smelled] faintly like vanilla," said Keeshig, who is visited the reserve frequently as a child. ...

Read full text at CBC: <https://www.cbc.ca/news/canada/london/indigenous-chef-creates-sweetgrass-ice-cream-in-partnership-with-frozen-treats-giant-1.7260953>





Image: www.freepik.es

Foetal alcohol syndrome

Why fathers need to watch what they drink too.

For more than 50 years, scientists have warned about the risks of drinking alcohol in pregnancy. Recent research has found that a mother’s consumption of as little as one drink a week may affect a child’s brain development, cognitive function and behaviour, and facial shape, while for decades, public health campaigns have repeatedly said that there’s no safe amount of alcohol for mums to drink while pregnant. ...

But as the risks of maternal alcohol consumption have become better-documented, another potential contributing factor to FASD has remained largely overlooked: how much the father drinks. Research on fertility and reproduction “has been so woman-focused, so maternal centric, that we’ve not really done our due diligence on

the male side”, says **Michael Golding**, a developmental physiologist at Texas A&M University who researches alcohol exposure and foetal development. ...

But recent population studies have found that babies whose fathers drank are at a higher risk for various poor health outcomes. One 2021 study of more than half a million couples in China found that the risk of birth defects —including cleft palate, congenital heart disease, and digestive tract anomalies— was higher if the father drank before conception, even when the mother did not drink. Another study compared 5,000 children with congenital heart defects to 5,000 without. Again, while overall risk ... **Read full text at BBC:** <https://www.bbc.com/future/article/20240801-fetal-alcohol-syndrome-the-overlooked-risk-of-fathers-who-drink>

Psilocybin

It desynchronizes your brain for up to three weeks.

Tripping on magic mushrooms causes brain activity to become less organized and more random, with these effects lasting for several weeks. Having observed this phenomenon in action, the authors of a new brain-imaging study suggest that this scrambling of connectivity patterns may lead to more flexible cognition, which could explain how psychedelics help to alleviate depression and other mental health conditions.

The researchers recruited seven people to take a high dose of either psilocybin (psychoactive compound in mushrooms) or methylphenidate (generic form of Ritalin). Participants had an average of 18 MRI brain scans in the weeks before and after their trip, as well as during the experience, in order to reveal the acute and persistent effects of the drug.

Initially, the study authors found that each person had a highly defined and completely unique pattern of network connectivity, like a kind of neural fingerprint that could be used to identify any given individual. Immediately after taking psilocybin, however, connectivity patterns became more chaotic, to the point that participants could no longer be distinguished from one another based on their brain activity.

“The brains of people on psilocybin look more similar to each other than to their untripping selves,” explained study author **Nico Dosenbach**. “Their individuality is temporarily wiped out. This verifies, at a neuroscientific level, what people say about losing their sense of ... **Read full text at IFLS:** <https://www.iflscience.com/magic-mushrooms-desynchronize-your-brain-for-up-to-three-weeks-75152>



Image: Wowbobwow12 / commons.wikimedia.org

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Image: www.freepik.es

Fight consumerism

It's time to join it the underconsumer revolution.

“I never want to own anything again,” messaged my son, packing up after a year abroad. He was experiencing the self-loathing rite of passage that is confronting your acquisitive tendencies; next year, he vowed, he will “live like a spartan”. ...

Enter “underconsumption core”. It’s the latest slightly earnest *TikTok* trend, in which young people extoll the virtues of buying only what you need. Underconsumers come in various flavours. Some present basic frugality tips (cutting up tubes to use the last dregs of product or repurposing jars). Others introduce revolutionary concepts such as “just having one of a thing” (shampoo, handbag), “looking for secondhand alternatives” or “not replacing stuff unless it’s broken”. ...

Consumer goods companies are powerful and sophisticated, with huge budgets to throw at conventional advertising and influencers to make people want their stuff. Why not try to beat them at their own game?...

Underconsumption is part of a de-influencing fightback against the dispiriting, destructive chum of hyper-consumerism and it targets influencers’ audiences ... And if you already REUSE teabags and boil up ivy to wash your clothes, if you have never succumbed to 75% off something unnecessary, congratulations. Maybe an earlier iteration of anti-consumption hit home for you; maybe you are naturally ascetic. ... **Read full text at The Guardian:** <https://www.theguardian.com/commentisfree/article/2024/aug/04/reuse-that-teabag-ignore-that-special-offer-its-time-to-join-the-underconsumer-revolution>

Metals and minerals

Increased demand for clean energy puts 4,000+ species at risk.

New research has found that 4,642 species of vertebrates are threatened by mineral extraction around the world through mining and quarrying, and drilling for oil and gas. Mining activity coincides with the world’s most valuable biodiversity hotspots, which contain a hyper-diversity of species and unique habitats found nowhere else on Earth. The biggest risk to species comes from mining for materials fundamental to our transition to clean energy, such as lithium and cobalt —both essential components of solar panels, wind turbines and electric cars. Quarrying for limestone, which is required for cement as a construction material, is also putting many species at risk.

The threat to nature is not limited to the physical locations of the mines

—species living at great distances away can also be impacted, for example by polluted watercourses, or deforestation for new access roads and infrastructure. The researchers say governments and the mining industry should focus on reducing the pollution driven by mining as an “easy win” to reduce the biodiversity loss associated with mineral extraction.

This is the most complete global assessment of the threat to biodiversity from mineral extraction ever undertaken. The results were published in the journal *Current Biology*. ... To get their results, the researchers used *International Union for the Conservation of Nature* data to see which species are threatened ... **Read full text at Phys.org:** <https://phys.org/news/2024-07-demand-metals-minerals-energy-transition.html>

Southern Ghana is a global hotspot of extraction-induced threats to biodiversity.



Image: David Edwards

Eco Fact: Forests are “living filters” for rivers and streams. They can reduce nitrogen and phosphorus concentrations by up to 99%. Get sustainable.

Source: www.conservation.org

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A man living on the street in New Delhi is urged by passersby to go with SHEOWS' rescue workers.

Image: David Goldman / AP Photo

Elders in India

...abandoned by their children as the country ages.

They were found in gutters, on streets, in bushes. They were boarded on trains, deserted in hospitals, dumped at temples. They were sent away for being sick or outliving paychecks or simply growing too old. By the time they reached this home for the aged and unwanted, many were too numb to speak. Some took months to mouth the truth of how they came to spend their final days in exile.

“They said, ‘Taking care of him is not our cup of tea,’” says **Amirchand Sharma**, 65, a retired policeman whose sons left him to die near the river after he was badly hurt in an accident. “They said, ‘Throw him away.’” ...

This is a country where grandparents routinely share a roof with children and grandchildren, and where the expectation that the young care for the old is

so ingrained in the national ethos that nursing homes are a relative rarity and hiring caregivers is often seen as taboo. But expanding lifespans have brought ballooning caregiving pressure, a wave of urbanization has driven many young far from their home villages and a creeping Western influence has begun eroding the tradition of multigenerational living.

Courtrooms swell with thousands of cases of parents seeking help from their children. Footpaths and alleys are crowded with older people who now call them home. And a cottage industry of nonprofits for the abandoned has sprouted, operating a constantly growing number of shelters that continually fill. ... **Read full text at ABC News:** <https://abcnews.go.com/International/wireStory/india-ages-secret-shame-emerges-elders-abandoned-children-112499000>

go.com/International/wireStory/india-ages-secret-shame-emerges-elders-abandoned-children-112499000

Great Britain

Anti-immigrant violence has exploded there.

Britain has been convulsed by violence recently as crowds spouting anti-immigrant and Islamophobic slogans clashed with police. The disturbances have been fueled by right-wing activists using social media to spread misinformation. ...

The violence, some of Britain’s worst in years, has led to hundreds of arrests as the government pledges that the rioters will feel “the full force of the law” after hurling bricks and other projectiles at police, looting shops and attacking hotels used to house asylum-seekers. As Britain’s new government struggles to quell the unrest and announces a “standing army” of specialist police to deal with rioting, here’s a look at what’s happening and why.

People across Britain were shocked by what police described as a “ferocious

knife attack” that killed three girls between 6 and 9 on July 29 in Southport, a seaside town north of Liverpool. Eight other children and two adults were injured. Police detained a 17-year-old suspect. Rumors, later debunked, quickly circulated on social media that the suspect was an asylum-seeker, or a Muslim immigrant.

The next day ... hundreds of protesters attacked a local mosque with bricks, bottles and rocks. Police said the rioters were “believed to be supporters of the English Defence League,” a far-right group that has organized anti-Muslim protests since 2009. Authorities on Aug. 1 took the unusual step of identifying the underage suspect in an effort to stop the rumors ... **Read full text at AP:** <https://apnews.com/article/britain-riots-unrest-social-media-misinformation-attack-5824d3136675e10d6a25c9e17287c994#>

apnews.com/article/britain-riots-unrest-social-media-misinformation-attack-5824d3136675e10d6a25c9e17287c994#



Tributes are seen outside the Town Hall during a vigil to remember the victims of the stabbing attack last Monday in Southport, England, Monday, Aug. 5, 2024.

Image: AP Photo / Darren Staples



All That Breathes

A film that celebrates the good in life.

All *That Breathes* is a wonderful documentary garlanded with international awards. Directed by **Shaunak Sen** —and ravishingly shot by **Ben Bernhard**— this inspiring film takes us inside the lives of two ordinary seeming Muslim brothers in Delhi who are actually extraordinary in their dedication to doing good in a city teetering on the edge of apocalypse.

The brothers, **Saud** and **Nadeem**, along with their somewhat comical sidekick, **Salik**, devote themselves to a project they began as kids: protecting the bird of prey known as the black kite, a glorious, hovering creature widely detested as a scavenging nuisance. Day after day, ailing and injured kites arrive at their homemade infirmary where the trio nurses them until they

are able to fly back into the urban wild.

The guys have helped 20,000 so far. And the injured kites just keep falling from the sky in a city whose air is infamously filthy and whose toxin-laced landfills may be the world’s largest. “Delhi is a gaping wound,” **Saud** says, “and we’re just a Band-Aid on it.” ...

All That Breathes is filled with shots of Delhi’s animal life —lizards, insects, dogs, rats and the city’s notoriously troublesome monkeys. These creatures all are doing what the kites have done: adapting to an often-hostile environment shaped by humans. In this ecosystem, kites serve a necessary role by devouring vermin and rubbish in those huge landfills. ... **Read full**

text at NPR: <https://www.npr.org/2023/02/09/1155099781/all-that-breathes-review-oscar-documentary-india-birds>

All-night lights

...make leaves inedible to insects, study finds.

Streetlights left on all night cause leaves to become so tough that insects cannot eat them, threatening the food chain, a study has found.

Scientists noticed that trees in urban ecosystems showed far less damage than those in more rural areas. Their research, published in *Frontiers in Plant Science*, has shed light on a potential reason. ... “In two of the most common tree species in Beijing, artificial light at night led to increased leaf toughness and decreased levels of leaf herbivory,” said the study’s author, **Dr Shuang Zhang** of the Chinese Academy of Sciences.

Artificial light from streetlights had a surprising effect on the leaves of trees surveyed. The scientists tested two common species of street tree in Beijing: Japanese pagoda and green ash trees. The pagoda trees have smaller,

softer leaves that insects prefer to munch on. ... To test the trees they found 30 sampling sites on main roads that are usually lit by streetlights all night. They measured the amount of light —illuminance— at each site and then tested the leaves of the trees for toughness. They tested almost 5,500 leaves for properties including size, toughness, water content, and levels of nutrients and chemical defences.

If the leaves were larger, this would indicate that plants directed their energy to growth of leaves, but if they were tough and contained tannins or other chemical defences this would indicate that they had allocated their energy ...

Read full text at The Guardian: <https://www.theguardian.com/environment/article/2024/aug/05/all-night-streetlights-make-leaves-inedible-to-insects-study-finds#:~:text=Streetlights%20left%20on%20all%20night,those%20in%20more%20rural%20areas.>



Image: www.freeplik.es

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campus

The rise of the ‘no-wash’ movement



Image: www.freebies

By Matilda Welin

Bryan Szabo and his team have spent hours poring over photos of well-worn jeans, including vintage fades with swathes of bleached fabric and high-contrast fades with knee-pit patterns of honeycomb as well as whiskers around the crotch area. Online, the team praises the community’s top faders. “This crotch repair is crazy good!” they exclaim. Or: “Subtle and even shades... A near-perfect

balancing of... fade patterns with spectacular blue tones.” This last one is the winner. For this is the judging of a competition; the *Indigo Invitational*, where people from across the world wear raw denim jeans for a year. But the competitors are not only the top jeans faders in the world. They are also champions of something else: The denim low-wash. Since denim becomes softer when it’s soapy and wet, one of the keys

to achieving high-contrast patterns is to avoid washing them. The strategy is followed by everyone from the members of a no-wash club to the CEO of *Levi’s*.

For **Szabo**, the low-wash habit began when he bought his first pair of raw denim jeans in 2010. Travelling from his native Canada to Europe, he brought his jeans for the six-month trip. “It was a quirk about me that I had these stinky jeans,” he tells

BBC Culture. “They smelled awful.” In Budapest he met his future wife, and the jeans became a character in their relationship. “My jeans would be in, like, a pile on the floor at the end of the bed,” he remembers. “You walked into the room, you could smell [them]... I was very fortunate that my wife was as interested in me as she was.”

Among the competitors in the *Indigo Invitational*, which starts its fourth year next January [2023], more than nine out of 10 participants delay the first wash of their trousers until they have been worn 150 or 200 times, **Szabo** estimates. “Some of these pairs, as it’s coming up on the end of the year, I wouldn’t want to handle up close,” he says. “They would probably smell wrong.” A few of his raw denim friends go even further, abiding by what he calls a “never-wash philosophy”. “[For one of them], in very tight spaces like a small elevator or something like that, if the dude is wearing certain pairs you can smell it a little bit,” he says. “Some of his best faded examples are also displayed in jeans trade shows. [They have] an aroma... It’s not an unpleasant

smell, per se, but it’s a smell.”

Instead of turning to the washing machine, raw denim wearers learn other ways to care for their garments, like exposing them to UV rays (“I call it the sun bath,” **Szabo** says) or just airing them overnight. **Szabo** himself uses the washing machine, too. “As soon as [my wife] can smell my jeans, she tells me, and they immediately go in the washroom.”

Jeans wearers are not the only people cutting down on laundry. In 2019, designer **Stella McCartney** caused headlines by detailing her low-clothes-cleaning habits, telling the *Guardian*: “Basically, in life, rule of thumb: if you don’t absolutely have to clean anything, don’t clean it. I wouldn’t change my bra every day and I don’t just chuck stuff into a washing machine because it’s been worn. I am incredibly hygienic myself, but I’m not a fan of dry cleaning or any cleaning, really.”

Others re-think their washing habits due to concerns for the environment or rising electricity costs. (As for the denim bros, **Szabo** says most are driven by aesthetic concerns that are “accidentally

sustainable”).) **Mac Bishop**, founder of clothes company *Wool & Prince*, explains to *Fast Company* that he changed his focus on “convenience and minimalism”, which resonated well with male consumers — “particularly those who already disliked doing laundry” — when he started promoting his women’s brand, *Wool&*. Subjected to centuries of sexist laundry advertising, women would be less responsive to the idea of not washing their clothes, he theorised, and research backed him up, showing that, with women, environmentalism was a more effective reason to give.

Today, the *Wool&* brand sells merino wool dresses with the help of a “challenge” where customers wear the same dress every day for 100 days. A common takeaway from challenge-takers is “the decreased laundry that comes along with wearing merino daily”, according to **Rebecca Eby** from *Wool&*.

One of *Wool&*’s customers is **Chelsea Harry** from Connecticut, US. “I grew up in a house where you wash everything after one use,” she tells *BBC Culture*. “Towel after one use, your pyjamas after one use.” One summer, **Harry** lived with her grandmother, who taught her to put her pyjamas under her pillow in the morning

and wear them again the next night. Later, she met her husband, who, she says, “hardly ever washes any clothes”. Then, during the pandemic, **Harry** started hiking. This is when things really changed. “Obviously you can’t shower after you’ve been hiking all day and you’re sleeping in a hammock or tent,” she says. Others in the hiking community recommended *Ex Officio* underwear, which can be worn over subsequent days or washed and dried quickly. Using this and other wool clothing, **Harry** discovered she could hike and backpack for days and still feel comfortable. “Then,” she says, “I started to think: Why don’t I do this in my everyday life?” And that was that.

Scents and sensibility

Harry is not worried about smell. “I trust my nose,” she says. Wearing a new dress with a different wool blend, she can smell herself — something that never happens in her other dresses, she explains, even when she travels to tropical locations like the Middle East in summer. Like **Szabo**, she employs tricks to avoid a full wash: Airing the garment overnight, or spraying vinegar or vodka in the armpits. “I absolutely love just, at the end of the day,

hanging out my wool dress, my wool leggings, my wool socks,” she says. “That’s what I do. I hang them up by the window, I take a shower, I have my *Ex Officio* underwear, and in the morning, I just put it all back on.”

“One of the worst things that you can do to a garment, in terms of its durability, is wash it.” So says **Mark Sumner**, a lecturer in sustainable fashion at the University of Leeds. During a wash, he says, garments can tear, shrink and lose colour. With his colleague **Mark Taylor**, **Sumner** studies how microfibres from household laundry end up in marine animals. But while he says reducing the frequency of our clothes washing is the right choice for the environment, he doesn’t advocate a complete washing machine moratorium.

“We don’t want people to think that they can’t wash stuff because... they’re destroying the planet,” **Sumner** tells *BBC Culture*. “It’s about trying to get the balance right.” Washing clothes is important for medical and hygiene reasons, he says, for example for people suffering from eczema who are trying to avoid irritation caused when our natural skin bacteria multiply inside our clothing. It’s also important for people’s self-esteem “to not

feel embarrassed about their clothes because they’re dirty or smelly”.

If you were planning to look to others to determine how often you should load up the washing machine, then think again. When it comes to laundry habits, say **Sumner** and **Taylor**, there

are no averages: We all use different wash temperatures, wash cycles and combinations of colours and fabrics. And the scientists themselves face the same conundrums as the rest of us. “I’ve been involved in textiles for 30 years now, I think,” says **Sumner**. “And I should know that I should be separating my cottons from synthetics, and my whites from my colours... But frankly, I haven’t got time.”

The best approach, it seems, is to be flexible. “If your clothes don’t smell, then don’t bother [washing them],” advises **Sumner**. “And when you’re going to wash them, be clear about what to do to



Image: Indigo Invitational

get the garment clean, but in the most effective way.” Wash things on lower temperatures, he suggests, or do a really short refresh cycle without any washing powder at all.

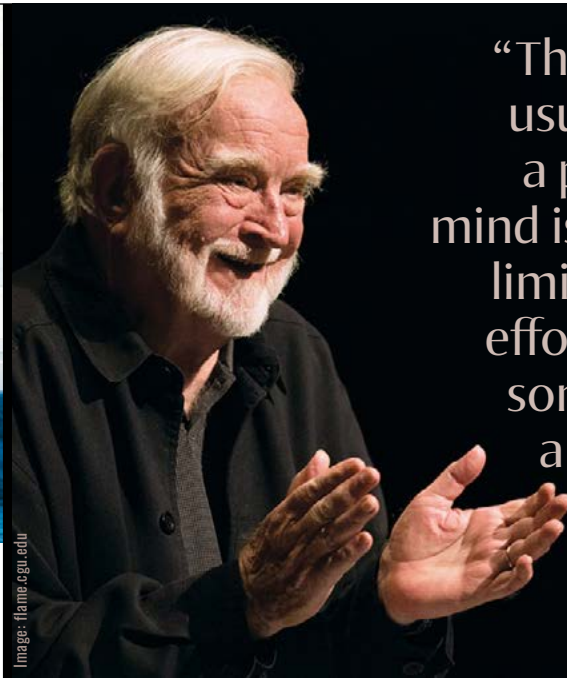
Besides —washing your clothes too often eats up hours of your life. Who has the time? “I’m really interested in sustainability and the environment and natural resource management,” says **Harry**. “But I’m also concerned with my time.” **Szabo** is concerned with sustainability, too, but also has other reasons for opting out of overzealous cleaning habits. “I’ve got other things to do,” he says. “I’ve got a dog to walk.”

Read full text by Matilda Welin at BBC: <https://www.bbc.com/culture/article/20230529-the-people-who-dont-wash-their-clothes>

BE WISE & HAVE FUN

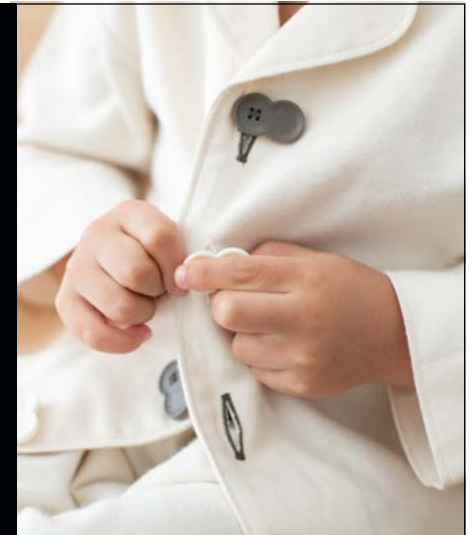


Therapy bungee. Sensory bungee/swing for children special needs, cerebral palsy, or muscular dystrophy. **Natalia Kokhana / www.etsy.com**



“The best moments usually occur when a person’s body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile.”

Mihály Csikszentmihályi. (1934 – 2021). Hungarian-American psychologist.



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Say what?

“My brain says ‘crunches’ but my stomach says ‘cupcakes’.”

Source: 100 Funny sayings that are definitely worth memorizing. **www.rd.com**

BACHELOR'S DEGREE

Sustainable Tourism

SCHOOL OF BUSINESS AND ECONOMICS



Image: www.freepik.es

The Bachelor Degree in Sustainable Tourism offers students the necessary knowledge to begin a career that promotes the formation of people and companies capable of identifying and integrating the social, economic and environmental factors involved in a subject of study that will allow them to design and execute proposals, to substantially contribute to the sustainable development of the subject of study.

If you are a purpose-driven person who wants to elevate your life and make a solid contribution to the world, then this program is ideal for you.

Your AIU Distance Learning Bachelor Degree in Sustainable Tourism will be a custom-made program, designed just for you by you and your advisor. This flexibility to meet your needs is seldom found in other distance learning programs. Our program does not require every student to study the same subjects and use the same books and other learning materials as every other student. Instead, our online Bachelor programs are designed just for you. They are individually designed to meet your

needs and help you to reach your professional and personal goals.

IMPORTANT: Below is an example of the topics or areas you may develop and work on during your studies. By no means is it a complete or required list as AIU programs do not follow a standardized curriculum. It is meant solely as a reference point and example. Want to learn more about the curriculum design at AIU? Go ahead and visit our website, especially the Course and Curriculum section: <https://www.aiu.edu/academic-freedom-and-open-curriculum/>

Orientation Courses:

- Communication & Investigation (Comprehensive Resume)
- Organization Theory (Portfolio)
- Experiential Learning (Autobiography)
- Academic Evaluation (Questionnaire)
- Fundament of Knowledge (Integration Chart)
- Fundamental Principles I (Philosophy of Education)
- Professional Evaluation (Self Evaluation Matrix)
- Development of Graduate Study (Guarantee of an Academic Degree)

Core Courses and Topics

- Biodiversity
- Sustainable Development
- Epistemology and Research
- Methodology
- Multivariate Statistics
- Thematic Support Electives
- Management of Coastal and Island

- Natural Resources
- Integrated Natural Resource Management
- Coastal Environment and Development
- Tourism and leisure, fundamentals and foresight
- Fundamentals of Protected Natural Areas Management
- Ecological Concepts
- Ecology Conservation
- Environmental Monitoring and Data Analysis
- Environmental Management Strategies
- Marine Ecology
- Marketing Theory and Practice
- Planning Principles and Law

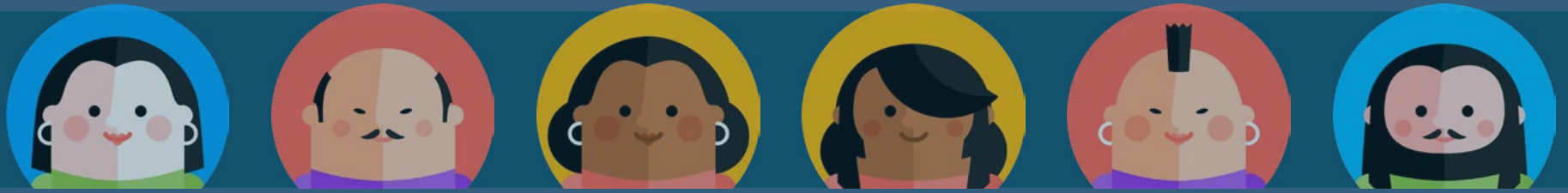
Research Project

- Bachelor Thesis Project
- MBM300 Thesis Proposal
- MBM302 Bachelor Thesis (5,000 words)

Publication. Each graduate is encouraged to publish their research papers either online in the public domain or through professional journals and periodicals worldwide.

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 Honolulu, HI 96813
 800-993-0066 (Toll Free in US)
 808-924-9567 (Internationally)



about us

Atlantic International University offers distance learning degree programs for adult learners at bachelors, masters, and doctoral level. With self paced program taken online, **AIU** lifts the obstacles that keep professional adults from completing their educational goals. Programs are available throughout a wide range of majors and areas of study. All of this with a philosophical-holistic approach towards education fitting within the balance of your life and acknowledging the key role each individual can play in their community, country, and the world.

Accreditation



Atlantic International University is accredited by the Accreditation Service for International Schools, Colleges and Universities (ASIC). ASIC Accreditation is an internationally renowned quality standard for colleges and universities. Visit ASIC's Directory of Accredited Colleges and Universities. ASIC is a member of CHEA International Quality Group (CIQG) in the USA, an approved accreditation body by the Ministerial Department of the Home Office in the UK, and is listed in the International Directory of the Council for Higher Education Accreditation (CHEA). The University is based in the United States and was established by corporate charter in 1998.

Our founding principles are based on the United Nations Universal Declaration of Human Rights; per article 26, **AIU** believes that Higher Education is a Human Right. The University has implemented a paradigm shifting educational model for its academic programs that have allowed it to move closer to this goal through the self-empowerment of its students, decentralization of the learning process, personalized open curriculum design, a sustainable learning model, developing 11 core elements of the Human Condition within **MYAIU**, and utilizing the quasi-infinite knowledge through the use of information technology combined with our own capacity to find solutions to all types of global issues, dynamic problems, and those of individuals and multidisciplinary teams. Due to these differentiations and the university's mission, only a reputable accrediting agency with the vision and plasticity to integrate and adapt its processes around **AIU**'s proven and successful innovative programs could be selected. Unfortunately, the vast majority of accrediting agencies adhere to and follow obsolete processes and requirements that have outlived their usefulness and are in direct conflict with the university's mission of offering a unique, dynamic, affordable, quality higher education to the non-traditional student (one who must work, study what he really needs for professional advancement, attend family issues, etc.).

We believe that adopting outdated requirements and processes would impose increased financial burdens on students while severely limiting their opportunities to earn their degree and advance in all aspects. Thus, in selecting the ASIC as its accrediting agency, **AIU** ensured that its unique programs would not be transformed into a copy or clone of those offered by

the 10,000+ colleges and universities around the world. Since ASIC is an international accrediting agency based outside the United States, we are required by statute HRS446E to place the following disclaimer: ATLANTIC INTERNATIONAL UNIVERSITY IS NOT ACCREDITED BY AN ACCREDITING AGENCY RECOGNIZED BY THE UNITED STATES SECRETARY OF EDUCATION. Note: In the United States and abroad, many licensing authorities require accredited degrees as the basis for eligibility for licensing. In some cases, accredited colleges may not accept for transfer courses and degrees completed at unaccredited colleges, and some employers may require an accredited degree as a basis for eligibility for employment. Potential students should consider how the above may affect their interests, **AIU** respects the unique rules and regulations of each country and does not seek to influence the respective authorities. In the event that a prospective student wishes to carry out any government review or process in regards to his university degree, we recommend that the requirements of such are explored in detail with the relevant authorities by the prospective student as the university does not intervene in such processes.

AIU students can be found in over 180 countries, they actively participate and volunteer in their communities as part of their academic program and have allocated thousands of service hours to diverse causes and initiatives. **AIU** programs follow the standards commonly used by colleges and universities in the United States with regards to the following: academic program structure, degree issued, transcript, and other graduation documents.



AIU graduation documents can include an apostille and authentication from the US Department of State to facilitate their use internationally.

The AIU Difference

It is acknowledged that the act of learning is endogenous, (from within), rather than exogenous. This fact is the underlying rationale for "Distance Learning", in all of the programs offered by **AIU**. The combination of the underlying principles of student "self instruction", (with guidance), collaborative development of curriculum unique to each student, and flexibility of time and place of study, provides the ideal learning environment to satisfy individual needs. **AIU** is an institution of experiential learning and nontraditional education at a distance. There are no classrooms and attendance is not required.

Mission & Vision

MISSION: To be a higher learning institution concerned about generating cultural development alternatives likely to be sustained in order to lead to a more efficient administration of the world village and its environment; exerting human and community rights through diversity with the ultimate goal of the satisfaction and evolution of the world. **VISION:** The empowerment of the individual towards the convergence of the world through a sustainable educational design based on andragogy and omniology.

Organizational Structure

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FACULTY AND STAFF PAGE:
<https://www.aiu.edu/faculty/>

School of Business and Economics



THE SCHOOL OF BUSINESS AND ECONOMICS allows aspiring and practicing professionals, managers, and entrepreneurs in the private and public sectors to complete a self paced distance learning degree program of the highest academic standard.

The ultimate goal is to empower learners and help them take advantage of the enormous array of resources from the world environment in order to eliminate the current continuum of poverty and limitations.

Degree programs are designed for those students whose professional experience has been in business, marketing, administration,

economics, finance and management.

Areas of study: Accounting, Advertising, Banking, Business Administration, Communications, Ecommerce, Finance, Foreign Affairs, Home Economics, Human Resources, International Business, International Finance, Investing, Globalization, Marketing, Management, Macroeconomics, Microeconomics, Public Administrations, Sustainable Development, Public Relations, Telecommunications, Tourism, Trade.

School of Social and Human Studies



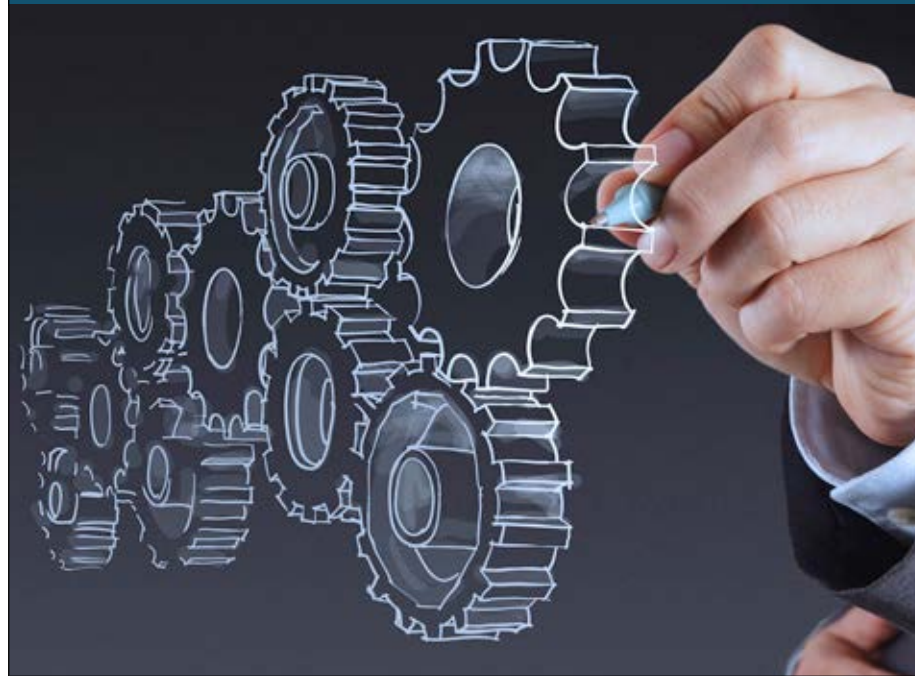
THE SCHOOL OF SOCIAL AND HUMAN STUDIES is focused on to the development of studies which instill a core commitment to building a society based on social and economic justice and enhancing opportunities for human well being.

The founding principles lie on the basic right of education as outlined in the Declaration of Human Rights. We instill in our students a sense of confidence and self reliance in their ability to access the vast opportunities available through information channels, the world wide web, private, public, nonprofit, and nongovernmental organizations in an ever expanding global community.

Degree programs are aimed towards those whose professional life has been related to social and human behavior, with the arts, or with cultural studies.

Areas of Study: Psychology, International Affairs, Sociology, Political Sciences, Architecture, Legal Studies, Public Administration, Literature and languages, Art History, Ministry, African Studies, Middle Eastern Studies, Asian Studies, European Studies, Islamic Studies, Religious Studies.

School of Science and Engineering



THE SCHOOL OF SCIENCE AND ENGINEERING seeks to provide dynamic, integrated, and challenging degree programs designed for those whose experience is in industrial research, scientific production, engineering and the general sciences. Our system for research and education will keep us apace with the twenty-first century reach scientific advance in an environmentally and ecologically responsible manner to allow for the sustainability of the human population. We will foster among our students a demand for ethical behavior, an appreciation for diversity, an understanding of scientific investigation, knowledge of design innovation, a

critical appreciation for the importance of technology and technological change for the advancement of humanity.

Areas of Study: Mechanical Engineering, Industrial Engineering, Chemical Engineering, Civil Engineering, Electrical Engineering, Computer Engineering, Physics, Chemistry, Biology, Mathematics, Communications, Petroleum Science, Information Technology, Telecommunications, Nutrition Science, Agricultural Science, Computer Science, Sports Science, Renewable Energy, Geology, Urban Planning.

Online Library Resources



WITH ACCESS TO A GLOBAL CATALOG created and maintained collectively by more than 9,000 participating institutions, **AIU** students have secured excellent research tools for their study programs.

The **AIU** online library contains over 2 billion records and over 300 million bibliographic records that are increasing day by day. The sources spanning thousands of years and virtually all forms of human expression. There are files of all kinds, from antique inscribed stones to e-books, from wax engravings to MP3s, DVDs and websites. In addition to the archives, the library **AIU** Online offers electronic access to more than 149,000 e-books, dozens of databases and more than 13 million full-text articles with pictures included. Being able to access 60 databases and 2393 periodicals with more than 18 million items, guarantees the information required to perform the assigned research project. Users will find that many files are enriched with artistic creations on the covers, indexes, reviews, summaries and other information. The records usually have information attached from important libraries. The user can quickly assess the relevance of the information and decide if it is the right source.

Education in the 21st century

AIU Service

AIU is striving to regain the significance of the concept of education, which is rooted into the Latin “educare”, meaning “to pull out”, breaking loose from the paradigm of most 21st century universities with their focus on “digging and placing information” into students’ heads rather than teaching them to think.

For **AIU**, the generation of “clones” that some traditional universities are spreading throughout the real world is one of the most salient reasons for today’s ills. In fact, students trained at those educational institutions never feel a desire to “change the world” or the current status quo; instead, they adjust to the environment, believe everything is fine, and are proud of it all.

IN A WORLD where knowledge and mostly information expire just like milk, we must reinvent university as a whole in which each student, as the key player, is **UNIQUE** within an intertwined environment.

This century’s university must generate new knowledge bits although this may entail its separation from both the administrative bureaucracy and the faculty that evolve there as well.

AIU thinks that a university should be increasingly integrated into the “real world”, society, the economy, and the holistic human being. As such, it should concentrate on its ultimate goal, which is the student, and get him/her deeply immersed into a daily praxis of paradigm shifts, along with the Internet and research, all these being presently accessible only to a small minority of the world community.

AIU students must accomplish their self-learning mission while conceptualizing it as the core of daily life values through the type of experiences that lead to a human being’s progress when information is converted into education.

The entire **AIU** family must think of the university as a setting that values diversity and talent in a way that trains mankind not only for the present but above all for a future that calls everyday for professionals who empower themselves in academic and professional areas highly in demand in our modern society.

We shall not forget that, at **AIU**, students are responsible for discovering their own talents and potential, which they must auto-develop in such a way that the whole finish product opens up as a flower that blossoms every year more openly.

THE AIU STANCE is against the idea of the campus as a getaway from day-to-day pressure since we believe reality is the best potential-enhancer ever; one truly learns through thinking, brainstorming ideas, which leads to new solutions, and ultimately the rebirth of a human being fully integrated in a sustainable world environment. Self-learning is actualized more from within than a top-down vantage point, that is to say, to influence instead of requesting, ideas more than power. We need to create a society where solidarity, culture, life, not political or economic rationalism and more than techno structures, are prioritized. In short, the characteristics of **AIU** students and alumni remain independence, creativity, self-confidence, and ability to take risk towards new endeavors. This is about people’s worth based not on what they know but on what they do with what they know.

Read more at: aiu.edu

AIU offers educational opportunities in the USA to adults from around the world so that they can use their own potential to manage their personal, global cultural development. The foundational axis of our philosophy lies upon self-actualized knowledge and information, with no room for obsolescence, which is embedded into a **DISTANCE LEARNING SYSTEM** based on **ANDRAGOGY** and **OMNIOLOGY**. The ultimate goal of this paradigm is to empower learners and help them take advantage of the enormous array of resources from the world environment in order to eliminate the current continuum of poverty and limitations.

This will become a crude reality with respect for, and practice of, human and community rights through experiences, investigations, practicum work, and/or examinations. Everything takes place in a setting that fosters diversity; with advisors and consultants with doctorate degrees and specializations in Human Development monitor learning processes, in addition to a worldwide web of colleagues and associations, so that they can reach the satisfaction and the progress of humanity with peace and harmony.

Contact us to get started

Now, it’s possible to earn your degree in the comfort of your own home. For additional information or to see if you qualify for admissions please contact us.

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