

# How can any day be boring? ... Ladies – how to escape from men

Even Samuel Pepys, the great diarist of the 17th century, is capable of having a bad day. He wrote on Thursday, 28 April 1664 ...



*" quite tired with business, and without joy in myself otherwise then I am by God's grace enabled to go through it and one day, hope to have benefit by it"*

I may be fortunate, but I find that as soon as I get up I'm "full of beans" as the English say. Moving from the horizontal position to the vertical position seems to trigger my brain to full action for the day. After my requisite coffee, I turned on the TV to hear about a breast surgeon who had mutilated hundreds maybe thousands of women over a period of 15 years and it makes me wonder where the controls are both in private medicine and in the NHS that someone can do this for so long. In China you would be executed for such a thing.

My galaxy has a facility for summarising news in various categories with a left swipe on the screen. One item particularly caught my attention. The essence is that female dragonflies are faking their death to avoid the attention of males. Researcher Rassim Khelifa was doing studies on the Moorland Hawker dragonfly while collecting larvae in the Swiss Alps. While he was working, a female being pursued by a male crash dived into the ground and then lay motionless on her

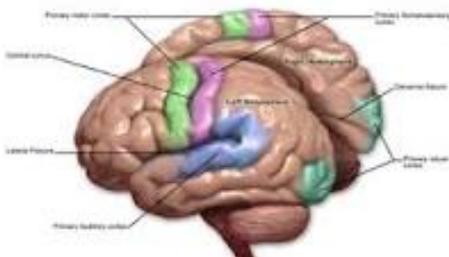
back until the suitor flew away. Once the coast was clear, she got up and left.



Moorland Hawker dragonfly

The researcher was intrigued and paid special attention to this phenomena. He found that dragonflies faking their death is standard practice when a male will not leave the female alone. 27 out of the 31 female dragonflies he watched used this tactic to avoid males.

So ladies, can we learn from nature here. If you're being pursued by an unwanted male I'm not suggesting you dive bomb yourself into the ground but how about freezing? How about an expressionless face? Maybe it's better then giving any form of attention to the unwelcome intruder.



The brain is the ultimate relational database and can produce enough new ideas to keep us going 24 hours a day. the question which I shall only deal with briefly here is this "what causes us to stop being creative?". I can give a lot of cheesy answers but basically it would be fear and insecurity. With the former, it would be more accurate to say 'angst' which is fear without a clear object. Insecurity is another matter and that may arise from this dreaded word "normality".

Predicating your behaviour on what you surmise others will think of you is a pathology. It kills spontaneity stone dead.

If you were an artist, and we all are in a way, would you refuse to paint a new picture because you think it might not be received by the public? No, you paint it anyway, because it lies within you and demands expression.

Once you become creative consistently, you are hooked and you will never return to normality and conventionality again. You have taken the blue pill in terms of the film the Matrix. for those unfamiliar with the quote, here it is:



*"You take the **blue pill**, the story ends. You wake up in your bed and believe whatever you want to believe. You take the red **pill**, you stay in Wonderland, and I show you how deep the rabbit hole goes."*

The term 'red pill' refers to a human that is willing to be made aware of the true nature of the **Matrix**.

I think most of our insecurities if not all of them originate from within our mind and that is why the mainstream media of the world are so focused on using the word 'terror' and 'fear' time and time again to make us terrified of being ourselves and subservient to the invisible machine that tries to control our very thinking.