## **CHARIOTS OF THE GODS**

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What is the meaning of the chariots of God? The main thesis of Chariots of the Gods is that extraterrestrial beings influenced ancient technology. Von Däniken suggests that some ancient structures and artifacts appear to reflect more sophisticated technological knowledge than is known or presumed to have existed at the times they were manufactured.

What do chariots symbolize in the Bible? The Bible frequently points to chariots as symbols of divine intervention and power. Chariots of fire appear in 2 Kings (2:11) when Elijah is taken to heaven. In the New Testament, Philip encounters an Ethiopian eunuch in his chariot and helps him understand the Scriptures (Acts 8:26-40).

What does the Bible say about the chariots of God? Psalms 68:17 In-Context 17 The chariots of God are tens of thousands and thousands of thousands; the Lord has come from Sinai into his sanctuary. 18 When you ascended on high, you took many captives; you received gifts from people, even from the rebellious— that you,LORD God, might dwell there.

The T.S. Eliot Prize: Honoring Extraordinary Poetry

#### What is the T.S. Eliot Prize?

The T.S. Eliot Prize is a prestigious annual literary award presented to the best new collection of poetry written in English and published in the United Kingdom and Ireland. Established in 1993 in honor of renowned poet T.S. Eliot, the prize celebrates the vitality and excellence of contemporary poetry.

#### Who is eligible for the prize?

Any poet of any nationality who has published a new collection of poetry in English in the UK or Ireland within the eligibility period is eligible to submit their work for consideration.

#### What are the criteria for the prize?

The judges of the prize consider the originality, imagination, and technical skill displayed in the poetry collections submitted. They look for poems that are both moving and memorable, demonstrating a mastery of language and a unique poetic vision.

#### Who judges the prize?

The T.S. Eliot Prize is judged by a panel of distinguished poets, critics, and academics. The panel changes each year, ensuring a diverse range of perspectives in the selection process.

#### What are the benefits of winning the prize?

In addition to the prestige and recognition associated with the award, the winner of the T.S. Eliot Prize receives a cash prize of £25,000. The prize also provides a significant boost to the poet's career, leading to increased exposure, readership, and opportunities for publication.

What is the summary of coders at work? Book overview As the words "at work" suggest, Peter Seibel focuses on how his interviewees tackle the day-to-day work of programming, while revealing much more, like how they became great programmers, how they recognize programming talent in others, and what kinds of problems they find most interesting.

What do coders actually do? Computer programmers write, modify, and test code and scripts that allow computer software and applications to function properly. They turn the designs created by software developers and engineers into instructions that a computer can follow.

What do entry level coders do? The job of an entry-level computer programmer is to write code, troubleshoot design issues, and debug software. They typically work

as part of a software development team or under direct supervision.

**Do coders make a lot of money?** Learn more about different roles that require coding and their salaries. Depending on your job title, you can earn an average of \$79,059 to \$106,399 per year as a coder. Roles that require coding typically have lucrative salaries that are influenced by industry, location, and level of experience.

What does a coder do all day? Refining ideas and solving issues that arise while converting programs to code. Write, test, debug, and maintain code strings for software and programs that instruct the computer to perform specific tasks like storing or retrieving data. Editing mistakes in computer code.

What do coders do daily? They're responsible for analyzing their clients' needs. Then, they design, develop and test software that meets those needs. Computer programmers will also leverage their expertise to ensure the software is developed in accordance to industry standards and best practices in performance, reliability and security.

**Is coding a high paying job?** If you enjoy working with computers and creating solutions to everyday challenges, then you're likely to find a career in coding rewarding. This career also can pay well, with most jobs paying more than \$60,000 per year, according to the BLS. This means the career is high-paying.

#### What is the highest paid coding?

Can I start coding with no experience? You absolutely can teach yourself to code. You can use tons of resources to teach yourself, from structured classes that cover high-level concepts, to YouTube tutorials that cover very specific issues. No matter which option you choose, resources are available to fit your learning style.

# The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions

In his bestselling book, "The Mindful Path to Self-Compassion," Christopher K. Germer provides a practical guide to cultivating self-compassion through mindfulness. Here are some key questions and answers about this transformative approach:

**Q: What is self-compassion? A:** Self-compassion is the practice of treating oneself with kindness, understanding, and acceptance, especially in moments of difficulty. It involves recognizing our own human flaws and limitations without judgment or self-criticism.

**Q:** How does mindfulness relate to self-compassion? **A:** Mindfulness is the ability to pay attention to the present moment without judgment. By practicing mindfulness, we can become more aware of our thoughts, emotions, and bodily sensations, creating a space to observe them with compassion rather than reacting impulsively.

Q: How can mindfulness help us overcome destructive thoughts and emotions? A: Mindfulness allows us to recognize destructive thoughts and emotions without getting caught up in them. We can witness them objectively and practice self-compassion towards ourselves for having those thoughts and feelings, rather than believing them or beating ourselves up over them.

Q: What are some practical exercises for cultivating self-compassion? A: Germer recommends several exercises, including:

- Body scan meditation: Paying attention to physical sensations throughout the body with kindness and acceptance.
- Loving-kindness meditation: Extending warmth and compassion to oneself and others through visualization and phrases.
- Self-compassion journaling: Writing about difficult experiences and practicing self-compassionate responses.

**Q: What are the benefits of practicing self-compassion? A:** Self-compassion has been linked to numerous psychological benefits, including:

- Reduced anxiety, depression, and stress
- Increased resilience and well-being
- Improved relationships and self-esteem
- Greater motivation and productivity

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