GreenFire
Igniting your Potential

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በ2012 ዓመተ ምሕረት ያየናቸው ችግሮች መከራዎች በሙሉ የሚይአበቃበትና 2013 መልካም የሆነ የትምህርት እና የስራ ዘመን እንዲሆንልዎት ከሞሽን የኮንሰልታንሲ ኤንድ ትሬኒንግ ድርጅት ከልባችን እንመኝሎታለን። መልካም አዲስ ዓመት ይሁንልዎት።

Self-Renewal

by Abebe Legese

What is self? What is renewal and what is to be renewed about self? How self can be renewed? etc. are some of the underling queries in-line with the title of this article. However, there could be no single outlook to theses quires as they are too personal.

Self is many in one and also vice versa. Self is the tangible physical appearance, it is the intangible personal constituents, Self is about identity, it is about capacity and capability. Self is also beyond physical existence; it is in yesterday, today and tomorrow.

Renewal is about regeneration, change and progress. It could be about part or whole and it has regular potency. It happens naturally with negligible will and effort. It can also be triggered by intention, motive and drive.

Naturally, every physical constituent of human renews regularly and continuously.

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Dear, Valued Readers

First and for most I would like to thank you for taking time from your precious time to read our monthly newsletter Green Fire. On behalf of the Green Fire newsletter editorial team, and the parent company Motion Consulting & Training Staff it's my pleasure to provide you this newsletter free of charge.

Our editorial team has worked hard in producing this newsletter with all the information that we believe will be a value to your life. Green Fire is produced by Motion Consulting and Training PLC and distributed via email, and through our Telegram channel as well as Facebook page monthly.

If you have any comments, questions, or you would like to contribute to our newsletter, just send us an email.
greenfireNL@gmail.com

Thank you

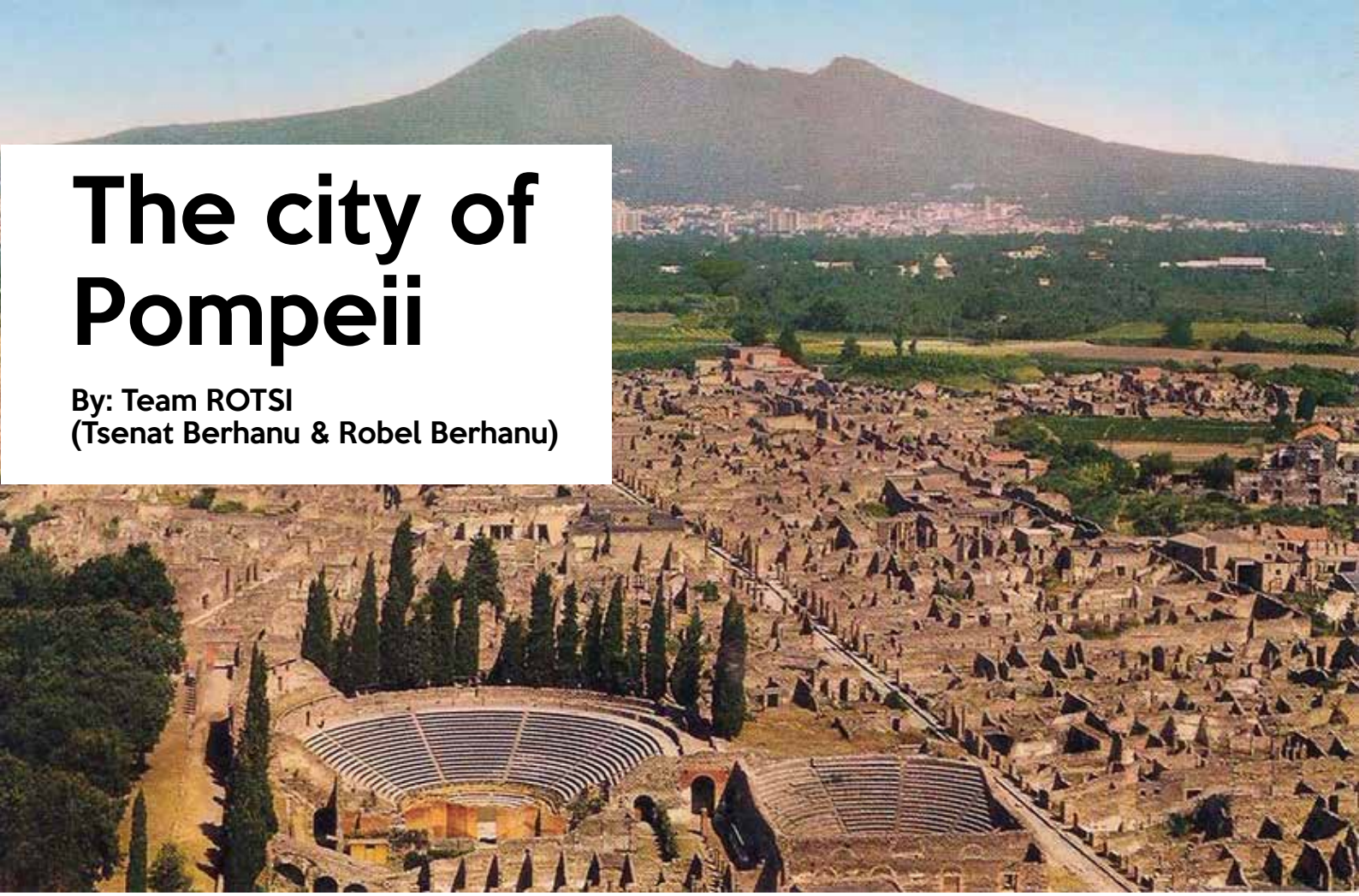
Fasil Getachew
Chief Editor of Green Fire Newsletter



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The city of Pompeii

By: Team ROTSI
(Tsenat Berhanu & Robel Berhanu)

Pompeii was a small city in southern Italy. A volcano erupted in 79 AD and changed the beautiful city into tons of ashes. The dwellers of Pompeii were told to move out of the city in 62 AD. But they wouldn't listen. So, they burnt with the city. Now mind your lives. We all are watching everything that we love shatter into ash. Mind your marriage. Is it burning? Is it giving you signs to fix it? Is it gonna erupt? Mind your life, your family, your work...

The people of Pompeii saw the smoke of the volcano cover their city. But they stayed. You need to move out of your comfort zone now. No matter how much you enjoy it, it will sure erupt one of these days. The people of Pompeii loved that city so much that even when the walls got ruined in front of their face, they rebuild it. That's not what your comfort zone needs. You shouldn't rebuild the walls. You should move out.

When you don't have enough money to cover your house rent, you shouldn't look for a smaller and cheaper house. What you should do is work harder to afford the house, or even a better one. Don't look for the rubbles. Build a whole new house. Even more seriously, we should mind our planet. It's dying in our eyes. Change your life. Stop polluting earth in every possible way cause it's already being destroyed. We close our eyes to believe nothing's changed at all. Open your eyes and look. Our planet wasn't like this. Admit it has changed. Protect it.

Reference: Pompeii Bastille Music

The lost heaven

By: Berhanu Rabo

It is known that; Earth is the third planet from the Sun and the only astronomical object known to harbor life, sadly the life it harbors is not able to harbor it. The earth managed to carry all life on it while, human arrogance is challenging it. The way our planet earth is treated does

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Self-Renewal

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The starting point of physical self-renewal is the cell, which cumulates to tissue, organ, system and self. Scientific fact indicates that an adult person is constituted by over 35trillion cells and the whole cells and make up of a person changes/renews in about seven to ten year. Some constituents like the blood cells renew very rapidly, some others like heart cell renew very slowly. Some organs like the liver regenerates itself (even if up to 75% of it is removed/damaged), most others cannot be regenerated if damaged.

If a new born baby weighs 3.5Kg and delivery period is 280days on average, the progress/development rate of human in a womb is about 1.25g per day. This can be imagined for all ages (children, youth, elders.) both in terms of new weight gains or number of cells production in a given period. The aforementioned is just to trigger a thinking that renewal is inevitable in human life at least through natural process. However, the role of a person for a physical renewal is just to do exercise and get balanced diet



regularly.

The focus of this article is the other dimension of self-renewal, the intangible constituent of self, which is supposed to be driven by own will, determination and effort. The centre for our intangible self is our thoughts. Thus, its renewal should start with critical thinking about our thinking.

Let's check if we really think? what we usual think? is/are there new idea in our regular thinking? Do we effort to act on our thoughts or we just think for the sake of thinking? if our thinking's are actionable, what were the results of the action followed our thinking's? do we evaluate our thoughts, action and results? do we accept feedbacks and critics from others, particularly those who could be impacted by our thought and actions? Do we really know our qualities, strengths, weakness, what we like/dislike and are we regularly and consciously working on enhancing and or remedying these aspects of ourselves? Are we aware of what we need and what we have? are we using what we have effectively and efficiently and are we consciously working to acquire what we need? What is our progress? Are we on the right track? Are we conscious of our daily routines? do we measure or progress in areas of our technical capacity, social capital, spiritual strength, etc?

Having right and sufficient answers to the above generic quires can be taken as a spring board for self-renewal. With out clearly and properly understanding ourselves, any initiative, action or effort could be destructive. So that, self-renewal should be proceeded with sufficient self-appraisal and adequate and right understanding of self.

Most people depend on national calendars to undertake self-appraisal and to set target for personal progress/change. But this not valid, self-renewal should be initiated and acted any time and should be regular and continuous. For those of us (Ethiopians) who used to practice self-appraisal, reorganization and setting target on yearly base and inline with new year or our birthday, be encouraged to do it critically during this new year but not to wait until next year to initiate other round of renewal.

Wish you a new year full of joys and achievement!!

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not seems as the earth is the only planet that harbor life. We are treating as we have a number of another livable planet.



Being third planet next to mercury and Venus is the other astonishing thing of the magic of three. Three is the magical number. We don't know why, yet number three is really a number that appear to be the bottom line of everything. For instance; look at the following magics of number three. Trinity the father-the son-Holy spirit, Ready Steady Go, we award champions that stood 1 to 3, witness three, Father-Mother-Children, Mind-Body-Spirit, Solid-Liquid-Gas, Birth-Life-Death, Root-Stem-Leaf, and etc. are triplets or three. And, why life existed only on the third planet among all the planet may be part of the magic of triplet is at work.

According to radiometric dating estimation and other evidence, Earth formed over 4.5 billion years ago. This planet is about 149.6 million km away from the sun. According to world bank the population of the earth in 2018 was estimated to be 7.594 billion. This article is not interested to describe Earth's characteristics feature. It is interested to connotate the human and nature interaction in this span of time. Imagine the exact distance of the earth from the sun it is perfectly situated. What if the distance of the sun has a very small error? Had this is the case, this planet would be melted or would become an ice-cold place. Then, who is such wordlessly absolute, accurate, and efficient designer to measure the distance from the sun to the third place, and make it a right place for the life to exist?

The age of earth is determined from the oldest rocks radiometric date by scientists, what if the earth is there much before the existence of so the called oldest rocks on earth? The human error starts from here. You can imagine what will happen if the distance from sun to earth is determined by human mind? Our fate would be we will be solidified to ice or would be lapidified or changed to gas. More amazingly, and, scientists estimate that this estimation of the earth could be plus or minus about 50 million years; it is very easy to understand this big in a number of millions human error. Against the above-mentioned accuracy of the distance from the earth to the sun, one can imagine the earths age error. No matter what, the nature is ordered and perfect while human effort to know and understand is lagging behind. However, this is being the case, it is not possible to underestimate human intellect and tired less effort to understand it.

Planet Earth doesn't have a birth certificate to record its formation, which means scientists spent hundreds of years struggling to determine the age of the planet. So, just how old is Earth? Look, how human being tried to be smarter than the earth on which its life started. We celebrate our birth day sitting on the planet whose birth day is not known yet. Earths, birth day or age is told within the error margin of 50million years plus or minus. Don't you think it is wise to be proud of our birth day or age with an error margin of 10 to 20 years learning from our foundation earth. Cheers!!! For those who don't know your birth day. You are at privilege to have up to 50millinon years error margin learning from mother earths birth day scientist's

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Counting time bomb

by Yonatan Gena

Yes you have guessed it. I'm talking about how we are driving our world straight to its death by our pollutions. Am I being a little dramatic? Well yes but I have a very good reason.

Pollution in our world can be caused by many things and can cause serious effects. The three main types of pollution are
Air pollution, Water pollution, and Land pollution (air pollution being the most common).

Examples on pollution are factories, cars, oil spills, and garbage just on roads. Air pollution for example causes global warming, smog, and is dangerous to humans. As a result of that humans can get lung cancer, damage to the brain, a chronic respiratory disease and many more things. And this is without mentioning how all this affects the ecosystem.

This is all to say its time to re-think what we are doing to save our selves, others around the world and even more future generation from being affected by all of this.

Below are a few tips on what you can do right now to play your role in saving this amazing planet of ours:

- Carpool, use public transportation, bike, or walk whenever possible.
- Reduce the number of trips you take using transportation or using your car.
- Reduce or eliminate fireplace and wood stove use.
- Avoid burning leaves, trash, and other materials.
- Choose environmental friendly approaches at your work place and at home.

The Lost Heaven
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estimation. But we need to be curious that there is no micro error margin with the nature's calculation. It is perfect and exact fit. Our capacity and ability of thinking and unwise way of life create the error.

In general, as mentioned above, by dating the rocks in Earth's ever-changing crust, as well as the rocks in Earth's neighbors, such as the moon and visiting meteorites, scientists have calculated that Earth is 4.54 billion years old, with an error range of 50 million years. Based on this astonishing facts and figures of nature's and human effort, we can learn that our real identity and fact cannot stand alone and will depends also on our neighbors. Nothing can standalone. We are what we are because of what with us. We are defined by or in relation to others. If others are not there, we are not there too. Facts and figures cannot standalone. It needs some other facts or figures to be meaningful and makes sense to itself and others.

Scientists have made several attempts to date the planet over the past 400 years. They've attempted to predict the age based on changing sea levels, the time it took for Earth or the sun to cool to present temperatures, and the salinity of the ocean. As the dating technology progressed, these methods proved unreliable; for instance, the rise and fall of the ocean was shown to be an ever-changing process rather than a gradually declining one. Then, what help to determine the reality is the most important tools to determine the reality itself. Our reality depends on the very facts it depends on. That means, means will determine the end. The most acceptable and durable thing on earth is when the right means brings the right end. The human approach to reality, sometimes leads to whether our knowledge is true or false, our truth is really true or not, whether we ourselves are the true us or copy of ourselves… we are at the quest of self-discovery, and know what is right and wrong. This is the lost heaven!!!

SOURCE:

Special e-publication called Determining the Age of the Earth , the collection draws articles from the archives of Scientific American.

G. Brent Daryle's The Age of the Earth, published by the Stanford University Press (Stanford, Calif.) in 1991 (492 p.)

ማሳሰቢያ

በኮሮና ቫይረስ በአገራችንም ሆነ በዓለም ዙሪያ ምን ያህል ህዝብ ተያዘ የሚለው መረጃ ፈልገነውም ሆነ ሳንፈልገው እየሰማነው ያለ መረጃ ስለመሆኑ ምንም ጥያቄ የለንም። ይህ መረጃ አስፈላጊ ቢሆንም ከበሽታው በተጨማሪም የዓይምሮ መጨነቅን በጣም እያስከተለ ስለሆነም እኛ የግሪን ፋየር መጽሔት ጸሃፊዎች እና ሞሽን ኮንሰልታንሲ እና የማማከር ድርጅት ይህንንው መረጃ ከመድገም ይልቅ የሰማችሁት ቢሆንም እንዴት እራሳችንን ሆነ ወገኖቻችንን እንጠብቅ የሚለው መረጃ ላይ ማተኮር ተገቢ ነው ብለን ስላመንን እሱን የመከላከያውን መንገድ ብንደግም ቅር እንደማይላችሁ እርግጠኛ ነን።

ከግሪን ፋየር መጽሄት ዋና አዘጋጅ ፋሲል ጌታቸው።

አምስት ነገሮችን ያድርጉ
ኮሮና ቫይረስን ለማስቆም

1. እጆዎትን ቶሎ ቶሎ ይታጠቡ
2. ክርንዎን እጥፈው ይስነጥሱ / ያስሉ
3. ፊትዎትን አይንኩ
4. እርቀትዎን ጠብቀው ይንቀሳቀሱ
5. ከቻሉ እቤትዎ ይሁኑ

DO THIS FIVE THINGS
Help stop coronavirus

1. HANDS: Wash them often
2. ELBOW: Cough into it
3. FACE: Don't touch it
4. SPACE: Keep safe distance
5. HOME: Stay if you can



አንላይን የሚሰሩ ስራዎች እውነት ናቸው?

በፋሲል ጌታቸው

በኮሮና በሽታ ምክንያት አብዛኛዎቻችን ብዙውን ጊዜ ቤት የምንቀመጥ ይመስለኛል። ታዲያ ቤት ስንቀመጥ ጊዜ ለማሳለፍም ሆነ ወይንም ከጓደኞቻችን ጋር ለመገናኘት ስንል የተለያዩ ሶሻል ሚዲያ ደረ-ገጾችን መጎብኘታችን ከሌላው ጊዜ ይበልጥ ጨምሯል። በዚህም ምክንያት የተነሳ የተለያዩ ቤት ሆነው በአንላይን የሚሰሩ ስራዎችን የሚያሳዩ ማስታወቂያዎችን ሳንመለከት አይቀርም። እንደውም በቴሌግራም ፣ በኢሞ እና በመሳሰሉት መልዕክት መላላኪያ አፕሊኬሽኖች ከምናውቃቸውም ሆነ ከማናውቃቸው ሰዎች ብዙ መልክቶች ስለ አንላይን ስራ ማስፈንጠሪያ (link) ያላቸው በርከት ያሉ መልዕክቶች ደርሰዎታል ብዬ አስባለሁ። ታዲያ የዚህ ጽሁፍ ርዕስ የሆነውን ጥያቄ "አንላይን የሚሰሩ ስራዎች እውነት ናቸው?" እንመልስ ከተባለ በአጭሩ መልሱ "አዎ" ቢሆንም ከግማሽ በላይ የሚሆኑት ስራዎች ግን ውሸት ናቸው? እርግጥ ነው መልሴ ግራ አግብትዎት ይሆናል በዝርዝሩ ከበቂ ምሳሌ ጋር ዝቅ ብዬ አብራራለሁ።

እርግጥ ነው በቴክኖሎጂ እድገት ምክንያት የተነሳ አብዛኛዎቹ ከቴክኖሎጂ ጋር ግንኙነት ያላቸው ስራዎችን ለመስራት ይግድ ከቤታችን መውጣት የማይስፈልግበት ዘመን ላይ ደርሰናል። በዚህ ምክንያት የተነሳ ብዙ አጭበርባሪዎች ከቤትዎ ሆነው መሰረት የሚችሉት ስራ ነው በማለት የማጭበርበር ስራዎችን በተለያዩ ድረ-ገጾችን በመጠቀም የማታለል ስራዎችን እየሰሩ ይገኛሉ።

ታዲያ እንዴት የውሸት ስራዎችን መለየት እችላለሁ ብለው እንደሚጠይቁ እርግጠኛ ነኝ። በጣም ቀላሉ እና የመጀመሪያው ዘዴ ቢኖር የድርጅቱን ስም ጉግል ላይ በመፈለግ ስልድርጅቱ የተጻፉትን ነገሮች ማንበብ ይችላሉ። ትንሽ ላብራራ መሰለኝ ለምሳሌ ABC የሚባል ድርጅት በወር 15 ሺ ብር እከፍላለሁ ከቤትዎ ሆነው ሊሰሩት የሚችሉ ስራ አለኝ ቢል።

ወደ ገጽ 9 ዞሯል

አንላይን የሚሰሩ ስራዎች እውነት ናቸው?
ከገጽ 8 የዞረ

ይህ ድረ-ገጽ ገብተው ከመመዝገብዎት በፊት ወደ ጉግል ላይ በመሄድ የሚከትሉትን አረፍተ ነገሮች በመጠቀም (is ABC company Legit or real? , is ABC company scam?, ABC company complaints, ABC company payment issues, where is ABC company located at, and so on) በቂ ጥናት ያድርጉ::

ሌላኛው ነገር ደግሞ የአንላይን ስራ የሚሰጠው ድርጅት እውነተኛ መሆኑን ካረጋገጡ በኋላ ማድረግ የሚገባዊት ነገር ቢኖር የድርጅቱ ድረ-ገጽ ላይ መመዝገብ ወይንም አባል መሆንዎት ብቻ ሳይሆን እርስዎ ያሉበት አገር ላይ ሆነው ለምሰራት ድርጅቱ ይፈቅዳል ወይ? ለምሳሌ ብዙ ትክክለኛ የሆኑ የአንላይን ስራዎች ኢትዮጵያ ውስጥ ሆነው መስራት አይፈቅዱም። የሚገርምው ነገር ግን ኢትዮጵያ ውስጥ ባይሰራም ከመመዝገብ አባል ከመሆን አይከለክሉም። ይህን የሚያደርጉት ግን የእኛን መረጀ ለመሰብሰብ ብቻ ነው። እርስዎ ምንም አይነት ጥቅም አያገኙበትም።

የመጨረሻውና ትልቁ ነገር ለአንላይን ስራ እንዴት ገንዘቡ ወደ እኔ ይደርሳል የሚለው ጥያቄ ነው? አዎን እርግጥ ነው ብዙ ኢትዮጵያ ውስጥ ያሉ ሰዎች ከኢትዮጵያ ውጪ ያለ የሚያውቁትን ሰው አካውንት መጠቀም እንደ ምርጫ አድርገው ይወስዱት ይሆናል። ስለዚህኛው መንገድ ትክክለኛ አስተማማኝነት ለእርስዎ ልተወውና እኔ ወደ አገኘሁት ክፍያዎን ወደ እራስዎ ኢትዮጵያውያ ውስጥ ያለ ባንክ አካውንት ማስገባት የሚችሉበትን መንገድ ልጥቁምዎት።

1. Payoneer.com ይህ ድህረ-ገጽ ማንኛውን አንላይን ላይ ያለ ሰራዎችን ከሰሩ በኋላ ክፍያውን ወደ Payoneer.com አካውንቶ በማስገባት ከዛም ወደ ኢትዮጵያ ያለው ባንክ አካውንትዎት ማስተላለፍ ይችላሉ። ሊንኩን ተጭነው አካውንቶን ይክፈቱ

2. ፔዮኒየር.ካም ላይ ከተመዘገቡ በኋላ የተለያዩ ስራዎችን ለመስራት ከፈልጉ የሚከተለዉን ሊንክ በመጫን እኔ እራሴ የምጽፈው ብሎግ ላይ ማንበብ ይችላሉ blog.vofasil.com

በሚቀጥለው ዕትም እስከምንገናኝ ድረስ መልካም ቆይታ እና መልካም አዲስ ዓመት ይሁንልዎት።





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