



By Deyna Nathaly Cubillos R.  
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Have you ever heard that “the problem is that your heart will not admit what your mind already knows”?

Well, the heart doesn't have feelings; it is a hollow organ that pumps blood. Emotions are hosted in your brain, in an area called the Limbic System.

The limbic system is primarily about the experiences and expressions of emotion such as love, joy, fear, and depression. You can feel its effects and how it controls the body's nervous system.

Love begins in this part of the brain. However, within this system the hypothalamus is the region which releases the essential ingredient of infatuation, a neurotransmitter called feniletilamina.

Feniletilamina is a chemical that occurs naturally in our brains and its action explains the feeling of euphoria, exaltation and well-being that accompanies everyone in love. But this is not the only thing to blame. When a person is attracted to someone else, other substances that are released are dopamine, serotonin and noradrenaline.

- Dopamine creates the ability to capture all the details about the person who attracts you, like their tastes, interests and so on.
- Serotonin explains the sudden mood changes that happen during the early stages of infatuation.
- Finally, noradrenaline is responsible for increased blood pressure in the body and makes the heart beat when you see your loved one.

So, the next time you're going to blame something for your feelings, blame your brain and not your heart!

# How the Brain controls our emotions



Welcome to Ink, the Externado University's English magazine.

This time, we have a variety of articles on many different subjects, and we hope you will find them interesting. Please remember that contributions to the next Ink are always welcome. Enjoy!

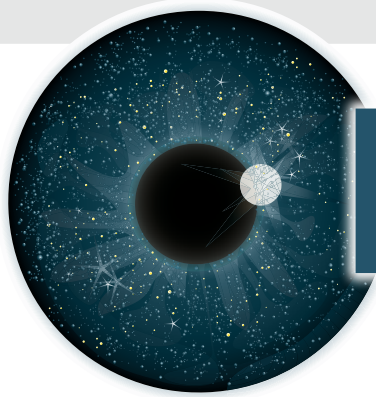
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The idea of Ink is to display pieces of writing, in English, by members of the Externado community. As the idea is to maintain authors' originality as far as possible, you may find some minor mistakes in the articles. The views expressed do not necessarily reflect those of the Externado University.



## Night in your Eyes

(Poem by the Colombian Poet Eduardo Cote Lamus,  
translation by Jefferson Mejía, undergraduate  
Social Communication student)

Everything lives in you,  
everything is in your eyes:  
the city, the sea, the wheat, the universe.  
Everything in you finds the expression, the form  
and the silence of the hours before they become time.  
You are a blue dream and nothing exists  
if you do not touch it, for this,  
all things before were your existence.  
I listen when your eyes are naming the things,  
when they are born because you look at them  
and learn to feel that they are things,  
I also hear in them how you dwell in the light,  
how the sun, the snow, the fire, the hope  
in your eyes go singing and the universe  
rises up to your eyes.

But you really are. My teenage thought  
with few years in vigils or collected in the hands  
not to see you anymore but in dreams, as dreams.

And you really are, so true  
in this turn of my soul for your image  
that the wind carries the hollow of your body.

And I want to make you real: I want to get  
by that skin that limits you and untie the heart,  
untie the bones until they become blood  
untie the breasts, the feet, the belly,  
your tiredness, leave nothing but your pulse: voice  
and fill you again with my kisses  
to see after you a mountain  
made volcano, spreading angels  
and stars in the sky.

And most of all for me I love you,  
because everything lives in you, everything,  
even the depth of this cry that weighs me down  
for being mine.

And because I will never die. but in your death.  
I exist because you live in me.

# tips to be happy

By Anamaría Zarta Monroy  
(undergraduate Hotel and Tourism Management student)

- Make happiness your priority. If you don't do that, the other things that you have on your list are not going to be so important.
- Love yourself. If you want to love other people, or you want other people to love you as you do, first of all you should love yourself like nobody else does.
- Weed out unhelpful thoughts. If you don't do this, you're going to have a bad attitude about all the things that you do. If you have a bad attitude, probably every good thing that you want to do will fail.
- Have a healthy life. Have a good breakfast. Like that, you can start your day really well. Don't skip any of the meals. It's bad for your health and if you don't eat you can go mad.
- Be thankful for all you have. Many people do not have the opportunities that you have, so always think that you are a lucky person.
- Do things that make you happy. Don't stop doing things you really like just because you "don't have time", or because you are lazy. Having extra time depends on you.
- Make sure you know what your weaknesses are. Like this you can work on them, then you can do things that you never thought you could do.
- Plan your goals. Write down what you want for your life and do as much as possible to achieve them.
- Do exercise. This can help you to have a good mood all day and also to relax.
- Have a good relationship with others. Like this, you're going to be relaxed and in a good mood.







# LATIN AMERICA: AS SOLID AS THE YUAN

By Daniel Villarreal Quintero (undergraduate FIGRI student)

China is one of the most important economies in world, being the second largest economy, after the USA. It is the most powerful country in the eastern hemisphere and an unconditional ally of Latin America. However, the relevance of this fact is something most people do not know or even care about. But what would happen if the Chinese economy crashed? What would be the consequence if China stopped buying Latin America's products? Could Latin America fall as most developed economies did after the crash of the financial system in 2007?

First of all, it is really important to know that the projected future of the global economic panorama in 2011-2021 shows that Asia is going to contribute 58% of the total economic growth of the world, and specifically China is going to do this with 30% of total world growth. This means that China will become the target of all industries around the globe, and interdependence with it is going to become so much stronger. In addition, Latin America will play an important role too; countries like Brazil and Mexico will contribute to global economic growth even more than countries like Japan and Germany. As a matter of fact, the two most important regions in 2021 for economic

development will be Latin America and Asia, which is a fundamental fact in understanding how important the relations between China and Latin America are.<sup>1</sup>

China has experienced a deceleration in recent months, following the European problems, a USA economy that is not as strong as they wanted it to be, and the possibility of high prices for oil because of Middle Eastern political problems. If China begins to decelerate, the demand for goods and services will be badly reduced, especially for Latin America. This fact, added to not having enough reserves in the central banks in the region, and a constant increase in consumer credit will create the Latin American crisis. But if this is real, why don't our governments warn us, and continue to talk about how solid our economies are? As a matter of fact, that is normal in the political environment; no government will say that its economy is facing problems, because this will finish the politicians' careers. Another cause is the panic that this could produce in investors, which would worsen the possible crisis.

To conclude, the main objective of this article is to understand how fragile economies can be, and the importance of knowing that not only China and Latin America are connected, but every country in the world. It is important to say that this article is intended as a reflection, and maybe it is time to be more conservative. Maybe it is time to pay the bills, and perhaps keep our old cars, because one thing which is absolutely true is that no economy grows forever, and maybe ours is coming closer to its downfall.

1. K. C. Fung, García Guerrero, Alicia. "Sino- Latin America Economic Relation". BBVA Research, Madrid June 2012.

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# Two Countries:

Thousands of women to remember

By Ángela María Lozano Gamboa (undergraduate FIGRI student)



Colombia and the United States have different periods of historical developments; Colombia decolonized from Spain in 1810 and the United States declared independence from Britain in 1776. For that reason, women in the USA started to talk about the right to vote many years before women in Colombia.

On January 21, 1648, Margaret Brent of the colony of Virginia was the first woman in the English North American colonies to act as an attorney in court; she appeared in front of the colonial assembly and requested two votes. She asked for one for herself as a landowner and one as Lord Baltimore's attorney. She became the first female in the New World to request the right to vote. Something similar happened in Colombia with Policarpa Salavarrieta (c. 1791 – November 14, 1817), also known as La Pola.

In this case, La Pola was always known as a revolutionary, because she moved to Bogota, the Capital of Colombia, and participated in political and social issues. She said, "People from Spain don't have blue blood, we are equal to them." She insisted that people of all nationalities were equal and should be able to meet and respect each other together.

The most important similarity between Margaret and Policarpa is that they were icons in their century. Margaret remained an enigma. Her life was filled with actions that were remarkable and unusual for a woman of the 17th century. Similarly, La Pola is now considered a heroine of the independence of Colombia.

Nevertheless, there is a huge difference in how the two women are remembered. Policarpa was captured by Spanish Royalists and ultimately executed for high treason. She yelled in her last minute, "I have more than enough courage to suffer this death and a thousand more. Do not

forget my example." Although Margaret spent time in jail she continued with her actions and she died around 1671.

In another point of history, I found two women who grew up in different countries but were born into slavery. Both of them were of African origin. Sojourner Truth, from the United States, was an African-American abolitionist and women's rights activist. She couldn't believe how black people could be treated and sold like cattle.

From Colombia, Agustina was an Afro-Colombian slave from the Chocó region who was abused by the Spaniard slave holder Miguel Gómez. When she became pregnant by him, he demanded that she abort the child.

The two women didn't have a lot of things in common, as their circumstances were different. But Agustina and Sojourner knew that they were able to fight for their rights. Sojourner suffered many hardships at the hands of Mrs. Dumont, her owner, whom she later described as cruel and harsh. Agustina denounced Miguel Gómez before a judge. But, of course, the European judge gave a verdict against her. She decided to take revenge, and led a partial revolution setting Tadó on fire.

Agustina was remembered for expressing her feelings, but it's complicated to try to find biographical information about her accomplishments. About Sojourner, I found a variety of her speeches.

In conclusion, each country has built a different history, but women's roles have been evolving every day. Women are still fighting for the same rights as men, regardless of their nationality or color.



By Wendy Castillo C. (undergraduate Hotel and Tourism Management student)

Have you ever heard about Melbourne? Maybe you know that it is situated in Australia and it has many kangaroos and koalas and that's it. Let me tell you that you know almost nothing about Melbourne.

Melbourne is one of the most important cities in Australia after Canberra and Sydney. Fortunately, I had the wonderful opportunity to visit it last year and I can say that it was a fantastic experience.

The city is full of modern architecture. You can find a lot of shopping centres, huge buildings, museums, art galleries, squares, stadiums, restaurants, bars, stores and more. You can find a spot to grab a coffee in every street in Melbourne because it is well-known for its variety of cafés and the most delicious places for an "after hours" coffee.

It's certainly no secret that Melbourne is the country's premier culinary destination, so if you visit it one day, you will discover all kinds of restaurants, with dishes from all the continents. This is something amazing because you can try food which you haven't eaten before, but you need to be careful not to eat too much, because you could gain some extra kilos!

Melbourne also has a lot of beaches and you can enjoy them easily, as it only takes twenty minutes to get to them from the city. The beaches are beautiful and at some of them you can practice extreme sports.

I could write a book sharing all the things that I experienced in Melbourne with you, so if you have the chance to visit a great country and amazing city, don't miss it. It is a once in a lifetime opportunity.

# how to make a Revolution

By José Hilario Sánchez Moreno (undergraduate FIGRI student)

A few days ago I was surfing the web, and I found a documentary that seemed very interesting to me. Its name is "How to Make a Revolution", and it discusses a book which is full of strategies to overthrow a tyrannical government. The book is called "From Dictatorship to Democracy", written by Gene Sharp (an American philosopher), and the most interesting thing is that it proposes that the most effective weapon to overthrow a tyrant is peace.

It suggests that the best way to confront a dictatorial government is the joint effort of people and revolution by peaceful means. It has some strategies, for example: to make the public forces (Police and Military Forces) understand that they're victims of tyrants too.

This book has been the key in revolutions from Burma, Serbia, Ukraine, Tunisia, Egypt, and in the current revolution of Syria.

I'm reading it at this moment and I've found it very interesting and logical. It explains why violence doesn't work to show the people's will to overthrow a government, because nothing guarantees that the new regime of resistance won't be worse than the former dictatorship as it is based on the essence of violence.

If you're interested in this topic, you can find the free pdf version of the book (From Dictatorship to Democracy) and download it from the following webpage:

<http://www.aeinstein.org/organizations/org/FDTD.pdf>



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