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HASHTAG

**Humans
Floating
in Milk**

10TH
ISSUE

**Painting:
A Way
to Flourish**

**Boredom:
A Chronic
Disease**

**Pseudo:
A Poem**

**Synchronicity:
Coincidence or
Something More?**

**The Impact of
Different Factors
on Lateralization**

Location: Agha Bozorg Mosque



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About Us

With this issue, *#Hashtag* enters its tenth publication under the attempt and management of a group of diligent students who have endeavored for the production of this magazine from the beginning. Having fulfilled so prominent an objective by unifying and connecting ambitious and cooperative members to organize an academic community, *#Hashtag* is now more determined than ever to keep up its work towards a greater goal and a better future. This purpose in view, *#Hashtag* anticipates the expansion of its team to include new members who will passionately contribute to the further advancement of the magazine as well as the achievement of its primary goal, that is, to help us learn, grow, change, and share our experiences. In case you would like to join us, *#Hashtag* would be honored to use your company as an invaluable part of its family alongside your knowledge and skills congruent with its needs.

Furthermore, all your comments, recommendations, and criticisms concerning the development of this magazine are much welcomed. Should you have any questions or need any further information regarding how to join *#Hashtag* magazine, please do not hesitate to contact us.



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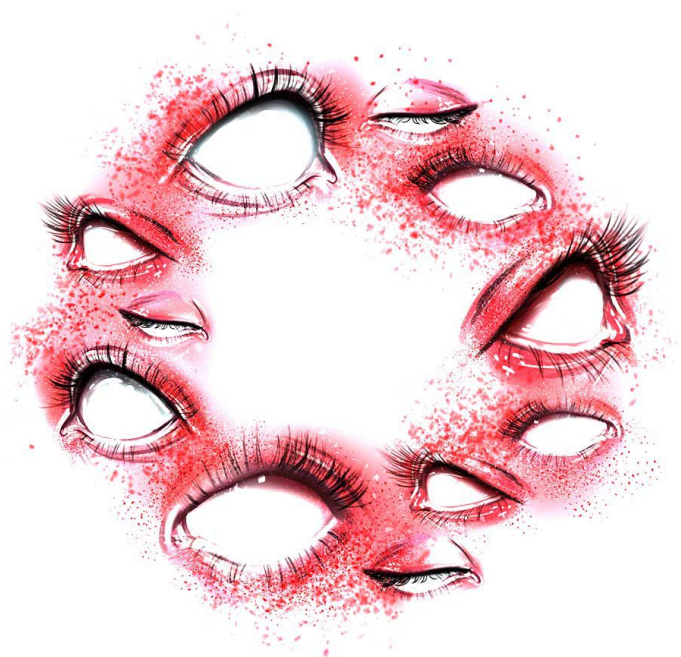
Humans Floating in Milk

We wait at the red light several times a day. At this time, we might pass the time with our cell phones, eat something, or do any other work. Have you ever been blind behind a red light? This question may look ridiculous because we have never heard that someone goes blind when standing behind a red light, but this is the first part of a famous novel called *Blindness*.

Blindness (Portuguese: *Ensaio Sobre a cegueira*, meaning *Essay on Blindness*) is a novel by the Portuguese author José Saramago published in 1995. In 1998, Saramago received the Nobel Prize for Literature.

As I mentioned, this novel begins with a fantastic event, and the reader from the beginning of the story eagerly reads the rest of the story. The first man to go blind is struck blind in the middle of traffic, waiting at a stoplight. He is immediately taken home and then to the doctor, where he infects the other patients and the doctor. However, this is different from blindness in the past because the blind see everything white.

They say that as if they are immersed in a milky sea. At first, no one knew that the disease was contagious. The doctor intelligently informs the country's authorities about the existence of this disease. The doctor and his wife are the first to be quarantined in a psychiatric hospital. The doctor's wife is not blind but cannot leave her wife alone.





With the rapid spread of the disease, the quarantine area is filled with wandering blinds. In some ways, it is similar to the outbreak of Corona in the world, but blindness seems to be far more frightening and challenging. The doctor's wife waits every moment to go blind, but that never happens. A question may arise in your mind that why there is no name in the story. Saramago did not choose any names for the characters in his novel. However, there is no complexity in the novel, and the reader can easily communicate mentally with the novel's characters.

He describes the atmosphere and situations well so that the reader can visualize the disastrous situation of quarantine. This description is so understandable that the reader feels the horror of blindness. By pointing to a group of armed blind people, Saramago shows that a group of people intend to command even under challenging situations. Saramago's description of the city reminds us of the lives of early humans. In this book, he paid great attention to the details. Dirty streets, corpses left in different parts of the city, and food-free shops give us a clear picture of the town.

In between the narrative, Saramago also uses many philosophical sentences. For example "Just as the habit does not make the monk, the scepter does not make the king; this is a fact we should never forget." Another example "there is nothing like real hope to change one's opinions. These examples demonstrate that Saramago had a lofty purpose in writing this book.

The only criticism to this book is that it makes the reader dependent on the novel and engages your mind for a long time. Of course, this is not a defect.

Finishing a story is very difficult for a bibliophile, especially if this novel is the blindness. The story ends with people recovering spontaneously. The end is like a strange beginning. After reading this book, the sense of the story will remain in your mind for a long time.

Zahra Fathollahi
TEFL (1400)



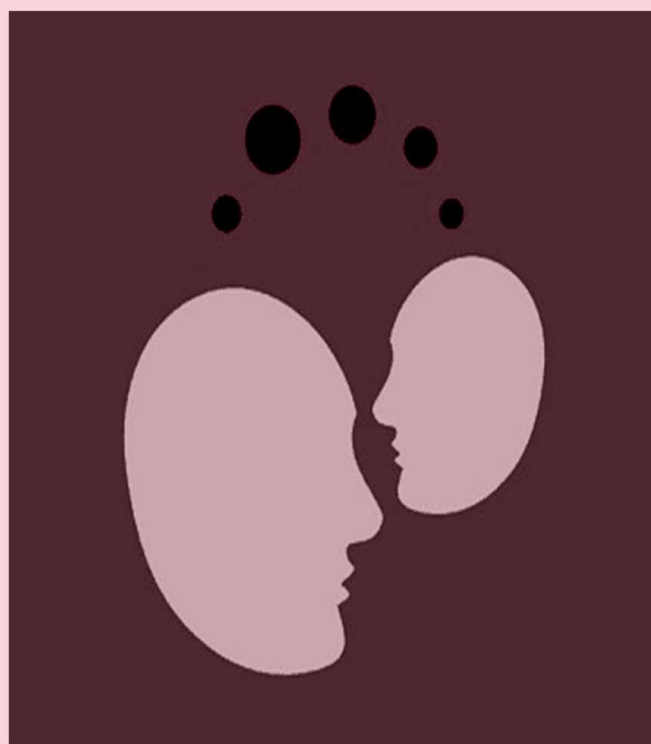
SYNCHRONICITY: COINCIDENCE OR S O M E T H I N G M O R E ?

Sina Yazdani
Translation (97)



Have you ever dreamed about an old friend you have not talked to for a while? You probably thought it was no big deal and speculated that it was the brain doing what it does and went on about your day. Few hours into that day, the friend you dreamt of suddenly calls and invites you to a reunion. You might think it is a coincidence, yet, it may be not.

Synchronicity is an acausal principle and can be defined by a meaningful coincidence that appears between a mental state and an event occurring in the external world. (Carl G. Jung, 1951)

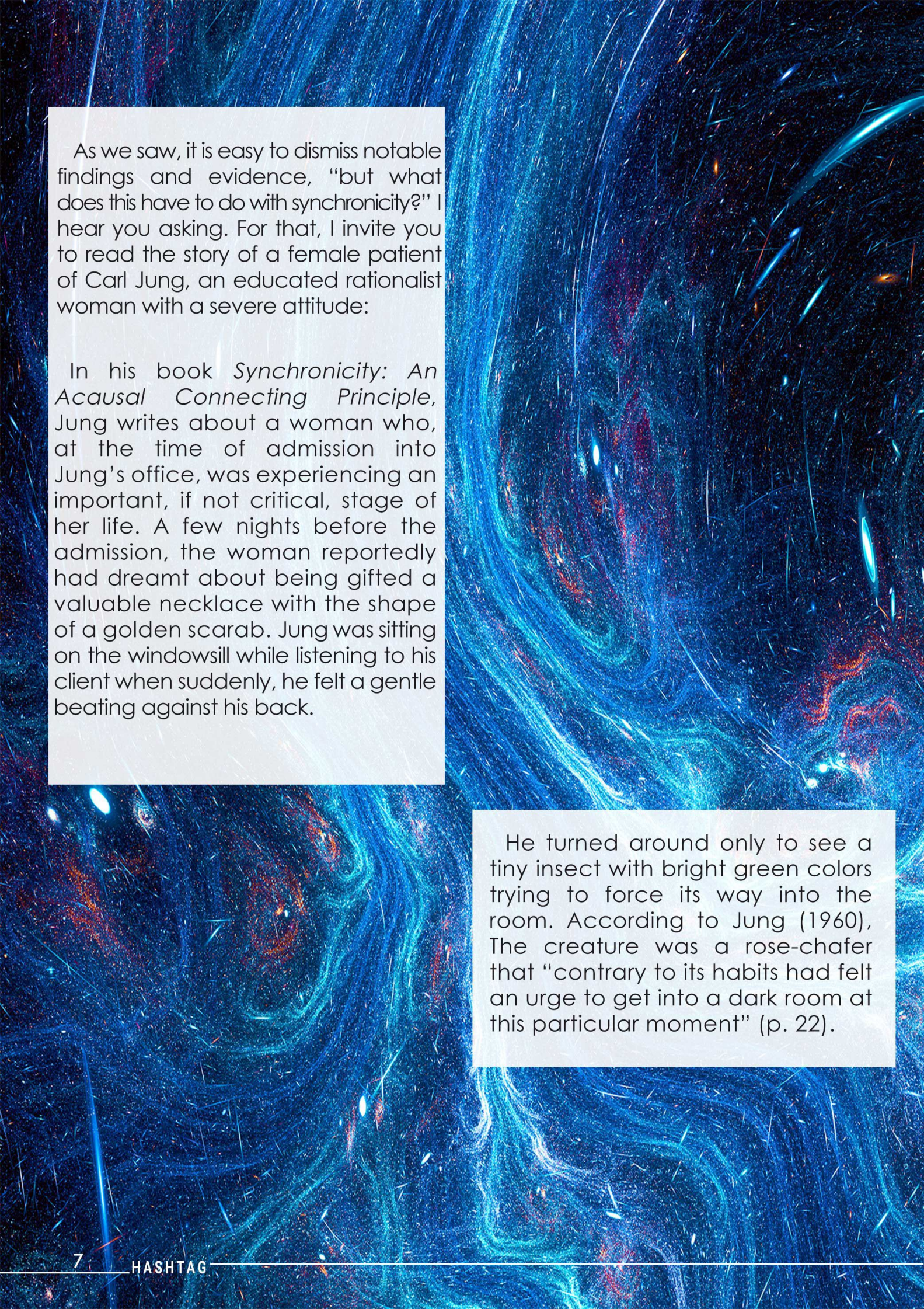


In short, it means that some events that you may experience throughout your day might seem too elaborate to be just a coincidence. Yet there is no concrete connection between them. Of course, our first reaction is to look at it logically and try to establish a connection, but sooner or later, we realize that it may very well be impossible. You might be shocked at what other people, even scientists, wrote off as “just a coincidence.”

“Singular coincidence, Holmes. Very smart of you to notice it but rather uncharitable to suggest that it was cause and effect.”

-Sir Arthur Conan Doyle

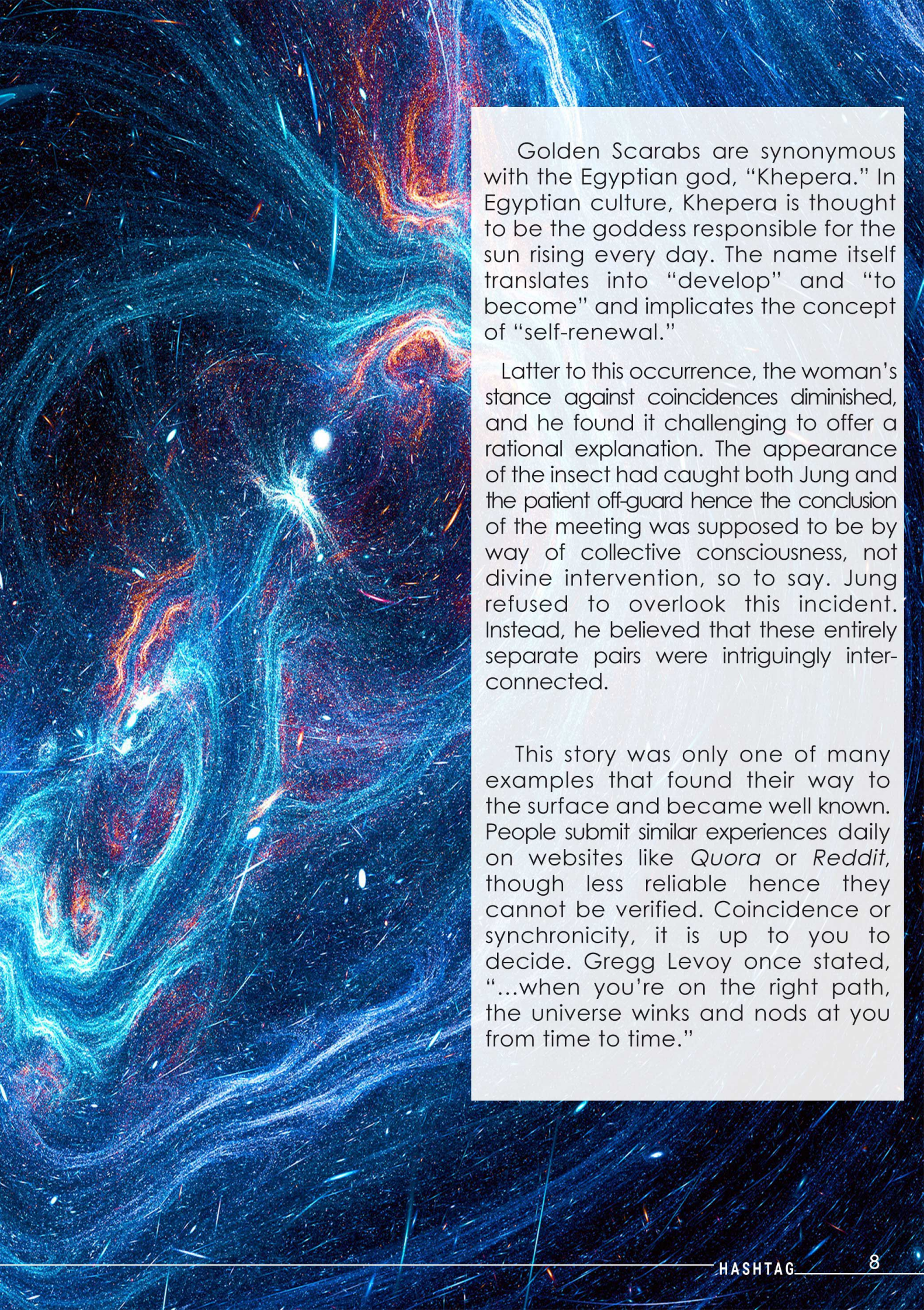
Nowadays, it is a widely known fact that all the land existing on earth was a large whole called “Pangea,” which piece by piece got scattered around and formed the world and continents as we know them. “Continental Drift” is the term we utilize to address this concept and was introduced by the German geophysicist Alfred Wegener in 1912. Before Wegener published his findings, it was believed that there had been a land bridge linking Africa and South America. Due to an unknown reason, it was disassembled and destroyed. Wegener, however, had an inkling that there was more to this and decided to find more evidence to back up his theory. He analyzed the fossilized remains and rock structures of the said continents and observed a striking similarity. Wegener later published his findings under the name of “Die Entstehung der Kontinente und Ozeane,” but the body of scientists was not happy about this. His findings were pushed aside and claimed to be just a coincidence. The publication caused such a stir among scientists that the American Association of Petroleum Geologists (AAPG) convened a meeting to address this issue. Wegener’s theory was not widely accepted until late 1950.



As we saw, it is easy to dismiss notable findings and evidence, “but what does this have to do with synchronicity?” I hear you asking. For that, I invite you to read the story of a female patient of Carl Jung, an educated rationalist woman with a severe attitude:

In his book *Synchronicity: An Acausal Connecting Principle*, Jung writes about a woman who, at the time of admission into Jung's office, was experiencing an important, if not critical, stage of her life. A few nights before the admission, the woman reportedly had dreamt about being gifted a valuable necklace with the shape of a golden scarab. Jung was sitting on the windowsill while listening to his client when suddenly, he felt a gentle beating against his back.

He turned around only to see a tiny insect with bright green colors trying to force its way into the room. According to Jung (1960), The creature was a rose chafer that “contrary to its habits had felt an urge to get into a dark room at this particular moment” (p. 22).



Golden Scarabs are synonymous with the Egyptian god, “Khepera.” In Egyptian culture, Khepera is thought to be the goddess responsible for the sun rising every day. The name itself translates into “develop” and “to become” and implicates the concept of “self-renewal.”

Latter to this occurrence, the woman’s stance against coincidences diminished, and he found it challenging to offer a rational explanation. The appearance of the insect had caught both Jung and the patient off-guard hence the conclusion of the meeting was supposed to be by way of collective consciousness, not divine intervention, so to say. Jung refused to overlook this incident. Instead, he believed that these entirely separate pairs were intriguingly inter-connected.

This story was only one of many examples that found their way to the surface and became well known. People submit similar experiences daily on websites like *Quora* or *Reddit*, though less reliable hence they cannot be verified. Coincidence or synchronicity, it is up to you to decide. Gregg Levoy once stated, “...when you’re on the right path, the universe winks and nods at you from time to time.”

BOREDOM: A CHRONIC DISEASE

For a long time, it was thought that the only antidote to boredom is to over-schedule or start activities that have meaning and, consequently, make life meaningful. However, it has been scientifically proved that nobody can overcome this problem by simply adding new things to their schedule. Additionally, it is a prevalent concept that people are bored because of the meaningful parts of their lives. Some might be bored because of their jobs, work, school, or even university. All these influential factors make life meaningful and still are the primary sources of this issue. Boredom has long been seen to be an unavoidable occurrence, yet there are practical solutions that might help people overcome this problem.

In the first place, it is not always so wise to try everything people come up with when they are bored. Boredom does not necessarily originate from monotonous places or people who make you lazy. Interestingly, some people can appear bored when overwhelmed by too much energy they have, so they will not be able to focus or concentrate on what they aim to do. When this occurs, individuals may mistake it for boredom, and the first thought that comes to mind is to go to such crowded areas to ignore the sense of boredom. However, not only is this idea ineffective, but it worsens one's mood. Instead, they should try something else. For instance, going to a place with fewer distractions can be a good suggestion.

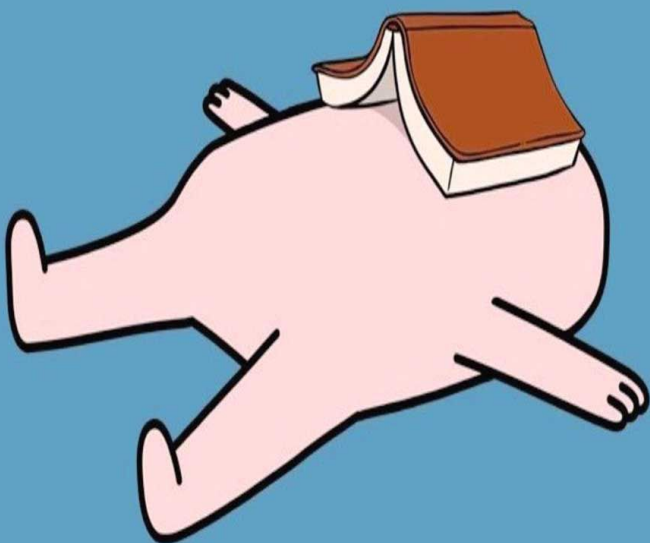
Shayesteh Kazemi
TEFL (98)



What is more, boredom gets more dangerous and toxic when this problem affects people's motivation. Sometimes, boredom makes people feel listless; this is when significant goals lose their value and importance, and reluctance appears. What is recommended is writing a list and constantly trying to remind yourself of how vital goals are in life. They can be either academic goals or professional ones. The list that is about to be written down must challenge people to think of various ideas. Once people's minds are challenged, boredom will undoubtedly vanish.

Last but not least, the mind is so likely to be used to doing something repeatedly. Everybody has experienced that sometimes they find their way back home without any struggle or thought; This is because the mind quickly gets used to things done daily. Once this happens, boredom probably emerges. Boredom urges many people toward the novel. Embracing that urge can be one of the most valuable decisions one can make. What should not be lost in life are variety and the pleasant feeling of trying new things. Doing new things relieves boredom, but it also helps people acquire new skills and knowledge.

To conclude, boredom should not be treated as something so frightening and invincible. Everybody should remember that being bored is not something to worry about, but it is a very normal part of each person's life, and there are various unique ways to help this issue. What matters is the awareness everybody has to have of this phenomenon.

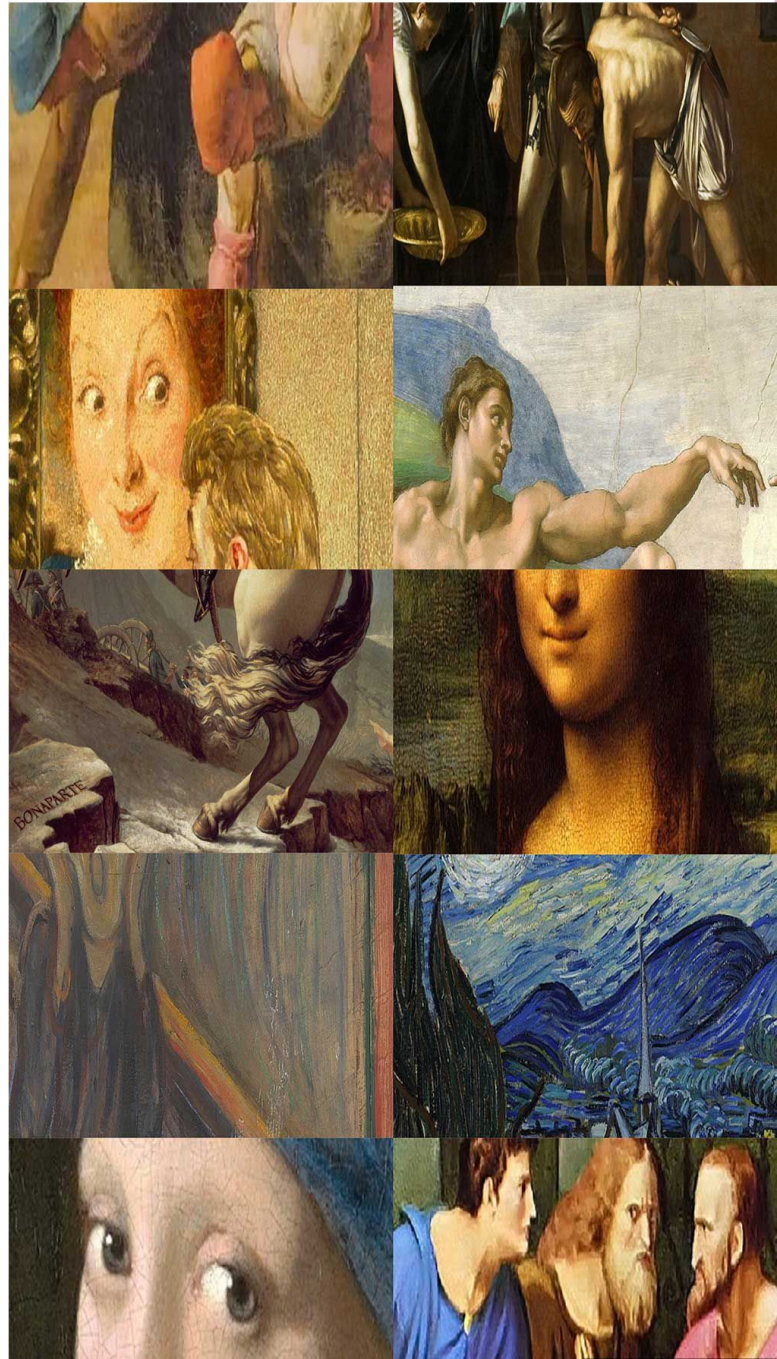


PAINTING: A WAY TO FLOURISH

No matter how old you are, painting is a way that can adorn your world. It profoundly affects life, from increasing creativity and concentration to cultivating skills. Having a tangible nature has a direct influence on the mind. This essay aims to explore the mysteries of painting and the abilities it can develop.

At the outset, painting can improve problem-solving skills. When choosing the proper hue or matching lines, for example, critical and conceptual thinking is essential. Through that, vision becomes more expansive, and issues can be solved quickly. Hence, one can have a more substantial analysis and scrutiny of any subject, whether objective or subjective.

In addition, painting stimulates both the left and right hemispheres of the brain. That is to say, one may be more responsible, rational, and inventive. Further, because it releases dopamine, painting can act like a mental exercise that challenges the whole mind, and by practising it regularly, joy can be brought.



Furthermore, those who paint have a sharper memory and are more focused on their tasks. It means that painting can provide significant protection for the brain, making it more resistant to Alzheimer's and dementia disorders. Therefore, one can be mentally healthier and intelligently aware of every action.

Moreover, painting can serve as a path through which a hectic and demanding life can be temporarily forgotten. A magical universe can emerge through it. Thus, having a calm and relaxed condition may boost life expectancy.

Even though painting is just a hobby, it can create a positive feeling. Many individuals behold only the negative aspects of life and are oblivious to the blessings and wonders around them. Painting can build a building of optimism within a person so that by living there, dreams can be pursued, and prosperity will be obtained.

Ultimately, it should be noticed that painting is not only an activity to strengthen memory and increase the mechanism of the brain but also a way to feel change and diversity by stepping on it. One can be more comfortable and less disarranged by choosing this path.

Maryam Ansari
Translation (99)



THE IMPACT OF DIFFERENT FACTORS ON LATERALIZATION

Language is complicated, and humans use this tool in their daily conversations. They use language to transfer their meanings better and faster. However, they do not become aware of the process in which language is produced because it happens unconsciously.

In addition, the brain is a crucial part of the human body in which critical processes occur, and it contains more than ten billion neurons in the cerebral cortex. Scientists consider it both a process and an organ. They called it a process because it generates many electrical currents before birth to the death of each individual.

Scientists believe that the brain is hard-wired; it is programmed to manipulate information in predetermined ways. The brain can approach a subject in two ways: data-driven and conceptually driven.

The operations performed by the brain are divided into three levels: primal, emotional, and rational. A simple mind enables humans to perform needed functions subconsciously, and it frees the brain to focus on the other processes requiring conscious attention.

The emotional mind lets human feel as well as think. When moving parts operations are carried out, the right hemisphere is dominant because it is responsible for the process of emotions and feelings production.

The rational mind processes ideas, and it produces language. Both the rational and emotional minds function together, but the thinking mind should control the feeling mind. The left hemisphere must possess the right hemisphere to make a balance between cognitive thoughts and emotional decisions.

All in all, we need all three minds to make sound decisions and to have less sense of regret in our lives.

Raziyeh Cheraghi
Literature (96)



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“Pseudo”

**From the fear of death,
I can't remember my last breath
Holding it in.
My shoulders are too weak to carry
this sin.
The key to survival,
Is to bury humanity to keep being
alive.
To kill the soul for body.
To sacrifice the lives of everybody.
After passing of anger,
Find me with a bloody dagger.
Looking at myself in the mirror.
All my life, I have been seeking my
hero.
Justice is a lie.
Nobody helped me when I was about
to die.
Nobody believed me when I did cry.
They only came to me to pry.
They heard me shouting each night.
They saw my sight no longer has
hopeful light.
Smell of blood makes me trance.
Giggling gratefully for a holy given
chance.
“Finally free.”
“Now there is light beyond darkness I
can see.”**

**Azita Mohammadzadeh
Translation (99)**

