

SCOTT

Mmmm, sparkly.

Actually, you are made out of stardust.

No, really.

*(slowly)* Every atom in your body is made up of stars that exploded a very, very long time ago. And the atoms in these toes probably came from a different star than the atoms in these toes. You are all stardust.

Carbon, nitrogen, oxygen, iron – all the things that matter for life – were created at the beginning of time in the nuclear furnaces of stars. And the only reason you're here is that those stars were kind enough to explode.