

The Human Race

We humans are funny creatures. We always seem to be racing off to somewhere or to someplace. We wake up in the morning and race to get dressed so we can race to work. After racing around at work all day, we race back home. We are racing even when we are on vacation, running here and running there so that we don't miss anything. And then we race back home again to rejoin the *Rat Race*, but we really should call it the *Human Race*.

It seems that throughout human history, we have always been in a rush to do something or to go somewhere. There was the race to find a new route to India and China, the race to the North Pole, the race to climb Mount Everest, the race around the world, the arms race, the space race,... Well you get the picture. We don't stop racing even when we are suppose to be resting or having fun, like playing golf or watching sports on TV. We are either racing against one another or watching others race.

I guess it's human nature to race. As soon as children learn to crawl, they are racing as fast as their chubby little arms and legs can carry them away from their parents. When they grow older and become teenagers, they are racing as fast as possible away from parental authority. And when they grow old enough to really run, they race to leave home by going away to college or moving out to live on their own.

With all this racing about, have you ever thought or wondered why are we in such a hurry to get *over there*? Is there something so important or interesting *over there* that we don't want to be *over here*? Why are we constantly looking for solutions to our problems *somewhere over there*? Why do we believe that our experiences will change if we move to another city, change jobs, change our appearances, change boyfriends, girlfriends, husbands or wives? Why do we eat ice cream or go shopping when we are unhappy or sad? Why do we seem to be having the same experiences over and over again no matter what we do or where we go? Why?

The only thing that we can truly change is our own experiences. It is the only thing that we have control over. It's the only race that really matters when you come to think about it, to be present with yourself *over here*. True change begins with introspection - looking inside of ourselves for solutions to the experiences that we truly desire. We can even have a race towards self-awareness and enlightenment too because this, after all, is all about the human race.

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