

Theory ~ Not in your job description

by Jamie Palmer

There is only so much we can do to change ourselves, short of surgery, that is. We can alter our appearance with colored contacts, hair dye, braces, and weight loss/gain. We can change some of our personality by dropping bad habits, learning better communication, adopting new perceptions; but aside from these things, who we are is pretty much carved in stone and determined well before we take our first breath.

Some of what is predetermined can be discovered through genetic testing. Although costly and still in its infancy, genetic testing can be used, amongst other things, to determine inheritable conditions to which we are predisposed. Recently, the actress Angelina Jolie, opted to have a double mastectomy to reduce her chances of developing breast cancer after genetic testing indicated she had an 85% chance of getting the disease. You see, we come pre-wired from birth. We have physical, mental, sexual, and physiological characteristics that are predetermined and distinguish us from one another. Like a cake, we bake in the oven for 9 months and depending on the genetic ingredients that went into the recipe, we turn out to be the flavor we were meant to be.

**Our job in life is simply to love cake. Our only choice is how we decide to decorate ours. How simple is that?**

What if we stop concentrating on what we perceive as other's defects, and start looking instead at other's gifts and accomplishments. That's the frosting of life.

I'd like to believe that we have moved past judging someone based upon predetermined traits utterly beyond their control. In fact, I would like to think that we have moved beyond judging others altogether, but I don't feel we are fully there yet. There are many who still have a norm by which they measure and judge others. Those who fall outside of the norm; that stand out as being different, are sadly subject to the scrutiny, criticism, and judgment of others. A perfect example is our sexuality, another predetermined characteristic. Numerous exhaustive scientific studies performed at the world's most respected research institutions have shown that our sexual orientation is based upon our brain's genetic and chemical make up, determined before we are born. Because the incidence of non-heterosexual orientation occurs in only about 4% of the population (not the norm), these people are seen as outliers, by some, and not worthy of the same rights or respect as others.

**Judging others is not part of our job description. Loving others is.**

On a personal note, my fraternal twin sons were born prematurely at 26 weeks. Scientists and medical researchers would conclude several years later that there is a higher incidence of homosexuality among male children born 3 months early. At 26 weeks, a male fetus receives Fetal Testosterone from its mother, the hormone that helps determine sexual orientation. My boys will tell you that given a choice, they would not have chosen

to be Homosexual. They would not have wanted a life of loneliness, ridicule, threats, and ostracism. It was simply the hand they were dealt.

We don't always have the answers. We can sometimes know the HOW, but not always the WHY some things happen. Maybe we are not meant to know everything. Some of life will always remain a mystery, and because of this my life is simplified. Because I am not meant to figure it out, I don't have to judge.

All I know is that on the day of my sons' birth, the world was given two wonderful human beings, and my job was, and still is, simply to love them.

There are two truths in life: we must love one another, and one day we will die. If we can do the first one, we will indeed live a very full and abundantly rewarding life.

**Appreciate each other's differences like the two sides of the same coin, different, yet connected, and possessing the same value.**

To your health and happiness,

Jamie

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