

CHAPTER 2

THE RESOURCES YOU HAVE FOR DEALING WITH CHANGE

THE HUMAN BEING IS a singular creature. We are more than the mere mass of protoplasm that you observe to be shaped into a mobile form with limbs, muscles to move those limbs and a brain to direct those muscles. We are thinking, creative existents with feelings and understanding.

We are able to use reason and logic to relate to the world. With the ability to think, we can plan and create solutions to new problems. We can move and shape the world in ways that seem limited only by our personal vision. We can do this along paths that are completely divergent from the natural paths. As human beings, we are able to conquer whatever new challenges the environment can throw at us—and survive them. As an example, the human being has developed the ability to build houses to live in, adapting them to the various weather conditions we have to occupy. Humans have invented pots in which we cook and plates on which we eat. We have developed cars and planes to carry us over great distances, medicines to treat us and computers and other machines to work for us. We have been able to do this without evolving into a distinctly separate species. Each person has the capacity to learn to do any combination of these activities.

On the contrary, other creatures are forced into an existence that is totally dependent on the whims of their environment. Inanimate objects react; they have an effect on the environment just by being in the path of some external activity. However, we do not change our environment purely by reaction. Instinct can allow a spider to spin an intricate web,