

CHAPTER FIVE

The Inside Job

You live in two different worlds.

Your first world involves everything that happens outside of the skin that holds you in place. It is the realm of other people, schedules and deadlines, social media, and entertainment. It's the Spanish class you attend, the part time job you hold down, and the fact that your dinner has mushrooms in it and they make you want to vomit. Get it? This world is Out There.

The second world is the one inside your skin and its power source lies between your ears. You have about five quarts of blood in your veins and arteries and that blood travels about 12,000 miles each day and you have biological processes going on inside you about which you are clueless. This is all very cool, but scientists have learned that the organ sitting inside your noggin is at the helm of all this incessant interior activity. The brain, fellow PATH travelers, is the most promising-yet-underdeveloped apparatus known to mankind. Deep within its recesses it carries the codes for keeping the rest of what's inside your skin working correctly. It is the hub of all learning, communication, feelings, decision making, creativity, problem solving, humor, and all things human. Ultimately, the brain is the channel through which you and God connect on the Inside.

Like a reflex that just happens, people of the PATH have an immediate reaction of, "That's it!" when they consider the Inside. They know that what happens Inside is within their strike zone of impact. They can't change their Spanish teacher's personality, make flipping burgers more interesting, or miraculously have mushrooms fly off the plate, but they can control how they react to their Spanish teacher, their attitude towards flipping patties, and what they do about those mushrooms.

