

# We Become Our Surroundings

By Rev. Lisa Bousson

When a dolphin became trapped in a marina lock in the 1980s, she was rescued and cared for at a dolphin sanctuary in Australia, where she must have picked up a few tricks from the other dolphins. Nearly 20 years later, marine biologists spotted several wild dolphins near Australia performing a trick known as tail walking—rising out of the water to a vertical position and gliding backward for several feet powered by flecks of the tail. Tail walking is a cool trick for trained performing dolphins, but it serves no known purpose in the wild. The biologists concluded that the rescued dolphin learned the skill during her time in the sanctuary and taught it to her pod mates when she was returned to the wild.



At times we are much like the dolphin. We are taught, and then move forward to teach other people what we know. We hand down knowledge from generation to generation - at least that's the way it should be in my opinion.

Some things are not ingrained and must be learned for it to become habit. Like the dolphin, we often take on characteristics of those around us, we emulate the habits of those we fraternize with, and be they positive or negative, we become our surroundings. And I trust that we all try to consciously express the positive while attempting to diminish what is deemed unfavorable.

Dolphins are "conscious breathers," meaning that they have to be awake, or semi--awake, to remember to breathe. While humans don't have to consciously focus on taking a breath, we do have to be conscious of our actions, words and deeds. We need to be cognizant of how our surroundings affect us as this reflects back upon us.

Like attracts like, therefore, you will attract to you people much like yourself. In an attempt to spiritually, mentally, physically or emotionally improve yourself, you need to project that which you would like to be. Teach others around you that which you would like to be and eventually you will become that person.