

## Living with Motor Neurone Disease – A spiritual perspective # 24

Tried to work out how biased I needed to be this week.

Indoor bowls! I enjoyed the recent Paralympics so much I fancied having a go at Boccia. Problem being the nearest group was many miles away. Heather pointed me, instead, to indoor bowling in our village. Managed to participate from my wheelchair and despite being 'bowlingly challenged', it was great fun. The bowls are weighted which means they turn a certain way. They call it the 'bias'.

In my usual nerdy way it set me thinking. How much of who I am is down to biases, picked up through a lifetime? How much do I sway in a particular direction without giving it too much thought. Background, education, faith, political allegiance and the cards life has dealt us, all influence. As I write I have one of the News Channels on. Just a few minutes of their reporting highlights a raft of bias. Sadly leading, too often, to



violence aimed at those regraded as different. There is, I reckon, one well tested way to ensure any bias is allowed for. As was once said:

'In everything, do to others as you would have them do to you!

You can't buy wisdom like that! Anyway, time to switch to this weekend's football. And in a spirit of complete impartiality, may the best team win. Just as long as it's my team!