



# *The Incredible, Wonderful, Amazing... You!*

*By Berni Dymet*

I think sometimes we take ourselves for granted. We don't really realise how incredible we are. And not just ourselves...we also take others for granted.

So, here are a couple of amazing facts about each one of us that you may not know that are *totally amazing*.

## **Fact # 1 – Your DNA**

The first one has to do with your DNA. It's the code on which all your physical attributes are written.

Your DNA is a double strand of specialised protein that is replicated precisely, exactly, identically in every cell in your body. It's your genetic thumbprint, if you will. Your DNA is what makes you absolutely unique—unless you are one of those very rare people with an identical twin.

So let me ask you: if you were able to string every strand of DNA in your body together end to end, how far do you think it would reach?

From Kolkata (Calcutta) to Delhi perhaps, about 1500 kilometres? That's rather a long way for our DNA to stretch, isn't it? But no, all the DNA strands in your body stretch further than that.

What about from Sydney to London? Now that is a long way. That's about 17,000 kilometres. Is it that far? No, your DNA stretches further still.

What about ten times around the equator: 400,000 kilometres? Well, actually no, that's still way too short. Well, what next?

How about to the moon and back ten times? That's almost four million kilometres. Nope. Still not far enough.

Okay, let's try the distance to the sun and back: 300 million kilometres. This is getting exciting isn't it? But no, that's still not far enough. Your DNA, if we could string every strand of it in your body end to end, would reach much, much farther than that. Here's the simple mathematics.

Each cell in your body has around two metres of DNA—now isn't that surprising! (How does all that DNA fit into such a tiny cell?)—and you have around 100 trillion cells in your body. So if we multiply the two metres by 100 trillion, we get 200 trillion metres, or 200 billion kilometres of DNA. How far is 200 billion kilometres?

Well, to be precise, it's 667 trips to the sun and back.

Isn't that completely amazing? And here's a second fact about you.

### **Fact # 2 – What You're Worth**

What do you think is the going market price for all the elements in your body?

If you could value the potassium and the iron and the water and the oxygen and the sodium and all the other elements that make up your body at today's prices, how much would you be worth?

**HELLO**  
I AM...

**AMAZING!**

Well, the answer is somewhere between \$1.50 and \$2.50 US. When we just look at our physical components, we're not worth much are we?

But when I bring those two amazing facts together, here's the conclusion I come to: you and I are totally, totally amazing.

With only a couple of dollars' worth of material, you and I are made up of complex, intricate, genetic material that will stretch 667 round trips to the sun. Any way you look at that reality, it's just completely mind blowing.

If you set out to drive the distance of those 667 round trips to the sun in a car at 100 kph without stopping, do you know how long that would take you? Just under 230,000 years.

Do you get the picture? You really are amazing!

Our value isn't in the raw materials that make up our bodies. Our value is who we become when those elements are arranged in a very special way. Not only are you and I physically amazing, but we are emotionally and spiritually amazing. We each have unique skills and gifts that very few people around us have.

Now I know what you're thinking: you've lived with those skills and gifts all your life, and so you think they're nothing special.

But... perhaps you're able to sing or draw, I can't do either of those things. Perhaps you have a great engineering mind, or perhaps you have a gentleness and kindness and concern for other people that the rest of us don't quite have.

So, let me just leave you with this vital fact about yourself. You are truly an amazing person. And it doesn't matter what the world or society or other people say or think. We each have a unique gift or ability in life. We are each amazing.

So, can I please encourage you, implore you, to wake up to your unique talents and abilities, and please, don't waste them. You have so much potential to live an amazing life. Please don't get to the end of your life just to discover that you wasted it.

Remember, you are one of a kind—totally amazing.

For it was you (God) who formed my inward parts; you knit me together in my mother's womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well.<sup>1</sup>

### **Notes**

<sup>1</sup> Psalm 139:13

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