

On a cool spring morning, Mahatma Gandhi was trying to catch a train, and a reporter was trying to catch Mr. Gandhi. The reporter said, "Mr. Gandhi ... Can you give the people a message?" The train was pulling out of the station, and Gandhi was in a hurry. So he grabbed a piece of paper and scribbled a note, handing it to the reporter just as the train pulled away. The reporter unfolded the note and read ... "My life is my message."

I've always been intrigued by Gandhi's message. Can't each of us reflect that same thought? Isn't your life your message? So ... what have you got to say for yourself? Want to make any changes? Happy with the end result? Want to add a postscript?

Personally it's all sort of a mystery to me. Like watching a movie ... I'm in the movie, but I'm also watching the movie. Sometimes the movie is funny ... sometimes sad ... and sometimes tragic.

What we do in the pursuit of happiness very often defines us. Your life is your message ... so what are you trying to say? I'm just going to run on that. Run vs. meditate ... or maybe they are the same. It's a quiet time ... maybe even a spiritual time ... depending on what we mean by spiritual.

My life is my message, and it's clear to me that I express it by running. Running to me is a superb art form ... essentially a beautiful thing ... regardless of who is performing the act ... fast or slow, long or short distance ... it matters not. When you lace 'em up and get out on the road, you are delivering the message, whether you want to or not. Running defines life and moves with it ... peacefully calm ... living in that moment ... living your truth and just being. You're teaching fitness, wellness, discipline, persistence, and patience, and a whole bunch of other stuff.

There really is no finish line ... It's your life ... It's your message. To my dear running friends: Thanks for the life. Thanks for the message. Thanks for the memories.

And may the wind be always at your back.

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