

2014 : 4/3-5/15 – China – 1st Trip

Being Chinese - Culture vs genetics

This whole trip was very interesting in that I got to be like a Chinese kid in a home in China. When I worked in China it was very different it was working. But I just got to live day in and day out and felt like a little kid with an adult mind . I watched how culture gets passed on to the child. For example food, since I could not read or write I never ordered at a restaurant. Xing's sisters always ordered and they would order what they like. As they learned what I like they would also order those dishes. But they never ordered dishes they didn't like so I was only exposed to their likes, I saw this more clearly when Susan came to visit because she would order different types of things and expose me to different foods.

It just became clear how so much of who we are is learned behavior . Your DNA influences you but the learned behavior is very strong and insidious.

I can also see from watching my father how so many of my traits have been learned from him. How I think , what details I pay attention to , what I believe etc can all be attributed to him. These things get modified over time to my experiences but the core is from him. It feels like it's more learned behavior than genetics. It is fascinating because you would never think that your parents influence you to the degree that they do. Your thoughts, your ways, your mannerisms, I picked them up through your association with parents and family when you were young.

Chinese face

While eating in a restaurant the last day we were in Guangzhou, there was a Mira directly across from me at the table. While everyone was talking in Cantonese and I didn't understand, I started to stare at my Chinese face in the mirror. After being there for 6 weeks and seeing many many Chinese faces I could see mine and compare them to the face is that I saw. What I saw was a handsome looking face I was starting to get old. But I liked my features. I reflect back when I was young I couldn't tell if I was a pretty girl or not because I only saw a white faces.

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Macau trip-perceptions

During our trip to Macau there were two incidents is that got my attention. The first one was eating lunch. My cousin ordered worms as one of the dishes. She said it was a dish that had a lot of protein. My aunt scooped some of the food in my bowl and I tried it. It tasted okay it was like mushy rice. My aunt asked how I liked it and I said it was okay. I felt everyone watching me as I ate it. Then my cousin told me it was a rice eating worm. After I heard that my stomach turned. So when I didn't know what it was I

could eat it and then knowing what it was I had feelings about it and didn't enjoy eating it. It was all perception.

The second time was when we were in the Macau tower. There was an area where you could walk and it was clear. I knew it was perfectly safe and stable but my mind went to the feeling of falling down 600 meters. Again it was all but my body was physically reacting to it.

These were two incidents where my body physically reacted according to my perception. Nothing in reality had actually changed.

Everything is to much

What strikes me here is everything is too much. There are too many people. The shopping areas have so many areas selling the same stuff. There could be blocks and blocks of shoes or jade or pearls or anything they happen to be selling. The restaurant here are bigger than any in the states. It's really indescribable.