

You Pacify Me

(Original)

Axel Ríos (Age 21, Perú)

Yes, this happened. A few days ago, I found an ant colony in my house. That's why I went to the supermarket to buy insecticide. When I was at the checkout, about to pay for it, I couldn't do it...

Peace is a latenscracia, with different definitions and different methods to achieve it. What separates us from personal and global peace are our fears and lack of knowledge, respectively. What has helped me most to overcome my fears has been meditation. Perceived fear; which your five senses perceive, is good to avoid stupidity, but with meditation we eliminate the fear that comes from our anxieties. Thus, in one of those "meditative journeys" I found "my love retinas". Without that personal peace, I would not have been able to "unlock love". Where something as simple as meditation makes my world happier, more peaceful, and more loving. But don't get confused, the point is not to end up being a good meditator, but to feel that you are everything and nothing at the same time. It's having freedom within your narrative, freedom to choose to be at peace.

I couldn't buy that insecticide to kill the ants because I love ants; they are part of my universe. When I get home, I smiled each time I caught sight of them.

I love the chair, I love the trees, I love the strangers on the street, I love the air, I feel and see love in everything around me. We can always find a reason to love someone. To you, who are reading this, and I have no idea who you are, I love you. You can hate me, but I still love you. - hate is attention, an act of love -. All this that I write may seem like arrant nonsense to you, but I still love you. I love you, human who will never see this essay; I love you being who I still don't know exists. No matter how rotten you are or what you are, when I hug you, I hug the universe. I am not Axel Rios and I love you. I love you and I don't have the absolute truth.

But don't get confused: I love everyone, but not to want to please them and want to be liked by everyone... no! I do it because the feeling, the energy of love in consciousness, feels good to me. But consequentially, I treat everything with peace and compassion, because in macro we may have different cultures, but in micro we are the same... atoms.

Regrettably, I remain unaware of how to extend my personal peace beyond my narrative, nor do I know how to attain global peace. Some say that peace must be backed by weapons, that there will always be wars, that we need a global organization. I believe that anything that does not violate the laws of chemistry, physics, and biology is possible. I don't know if there is any chemical in our brain or a biological factor that prevents us from having a world without wars, but if there is nothing like that, we just lack knowledge. Meditation can be useful for personal peace, but it is not enough for global peace. I could argue that not loving enough could lead you to join senseless mass movements, so if everyone "unlocks love",

wars will end. Or that children who suffer domestic violence do not perform as well as their peers who have a loving family. Then their violent parents should meditate, but I would be wrong, those are issues that are not only solved by "unlocking love". For global peace, we also need external changes.

The latest technological advances and languages are the limited lenses through which we look at the world. My heart is optimistic that in this century we will finally end unnecessary violence. The tattoo I have on my chest that says "I love you" is just a reminder that my definition of love is all of you. But I could have tattooed "You pacify me" because that's where it all starts.