

Love is Everywhere

After a long journey spent outside with my friends, I was walking down the street coming back home alone, then suddenly a soft voice inside of me asked me: love does it really exist ? I stopped for a while trying to convince myself that it's a silly question and it shouldn't have even been asked, but the voice told me it's a weird question rather than a silly one.

While I was trying to find an answer my cell phone rang, it was one of my friends she was complaining about studies just as usual, then I interrupted her willing to give me an answer for the voice's question, she had laughed at me or at my stupid question firstly before to tell me: of course it does, then she advised me to have a peaceful sleep and she kept laughing. But why she was laughing, maybe it was such an obvious question that she has not expected to be asked.

Once arriving home I quickly got into my room I was so distraught, I took off my coat as it was cold and I sat in a cross-legged position on my bed .The little voice asked me again and I thought about what my friend told me on my way home. Am I really convinced by her answer? Suddenly I began to focus on my breath. It does not take me long to get into a steady rhythm and as I do, many other questions came to my mind.

After a certain period of focusing on my breath, it gradually reached a level where my breathing began to slow down, almost it was halted, and I began to be unaware of it, I thought that perhaps the soft voice inside of me was trying to tell me something else rather than searching for an answer, a bad feeling about a lack of self congratulatory filled my heart, I was not satisfied of being incapable to know the right answer, even more I felt ashamed of it.

I looked so pathetic and as my tears welled up in my eyes, all I could feel and know was that love is everything that surrounds us and it could be even all that matters in our life.

Bu firstly what did that voice mean by "love"? Am I talking about romantic love or perhaps love of family and friends, or simply a love of life? After a while, I was conscious that I am talking about all of those and none of those at the same time. And no, you do not need to be "in love" to experience what I'm talking about, or to understand what I m thinking about.

The answer that I got was so simple and the question was so frequent, I don't deny that it wasn't the first time to hear that voice inside of me asking me that weird question, but I don't deny too that it was the first time that I gave it too much importance.

I'm talking about the universal love, I'm not sure if you get what I mean by this expression, but for me it's love that covers everything, the love that wells up inside of us at our first sight or touch of a newborn baby, the love that we feel when we see waves

crash rocks , the love that we feel when we are looking outside from the window and we are drinking a warm cup of coffee while it's snowing heavily for the first time during winter , the love that fills our hearts when we smell the wet ground, the love that we feel when the dinner is laid on the table and the whole family is there ...

Love is not just between people it couldn't be incarnate only in that romantic one, love is Everywhere and it's in Everyone of us, it has the capacity to strengthen us or to weaken us.

That was my perspective on love so tell me yours 😊

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