

Laws of Life Essay

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Essay Title: To live is to love

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Life. A concept so complex, yet universally expressed through a single word. Although it is something we all experience, it entails something different for each and every one of us. What are life's laws? That's upon us to decide.

For me, life is love. Love is the seed of every other value in life. Love is what stimulates our actions, thoughts, words. Without love, we are all reduced to mechanical creatures. Lacking feelings, lacking empathy. What would differentiate us from robots, then? Without love, where is this sign of life that we are talking about?

To love yourself and the ones around you, means to care. Love is what humanizes us, because it allows us to tie up relationships with other people. Humans crave social interaction, we crave appreciation, respect, *love*.

Love is the root of happiness. To look in the mirror and appreciate what you see, what you have. To dote on your qualities and value yourself. To embrace your flaws, regard them as a part of you, and so encourage yourself to be better. This is love. Love of oneself is what allows us, humans, to be acceptant. Only by being accepting of ourselves, we can go on and love others.

Love is the fundamental base of relationships. To look at your friend, who's thriving, and be able to smile, be happy for them, admire them and cherish them. Alternatively, to look at your friend in pain, and offer them your shoulder to cry on, maybe even cry with them. This is love. An uncontrollable, unconditional force coming from within, that drives us to show care, apprehension, acclaim. It makes us understand the one next to us, encourages them to feel safe next to us, and makes them feel appreciated. Love makes us more open to other views, more inclined towards collaboration than solitude. Love makes us fulfilled.

It also makes us suffer, hurt, agonize. When our heart is not in concordance with our brain, or when what we want doesn't represent a reflection of reality, love throws pain at us. We'll feel angry, sad, misunderstood, unappreciated, avoided, unseen, faulty. Maybe the love we spread is not what we receive back. Maybe some people we desperately want to notice us and love us, won't. And it seems unfair.

Ever since I was small, my dad used to tell me "Love everyone. They wronged you? You show them right. They disrespect you? You respect them. They throw hurtful words at you? Look them in the eye and smile. You win nothing by responding to hate with hate. But love? Love is disarming."

Indeed, love can sting. But nonetheless, love makes us stronger. No human that shows love will stay in suffering forever, because it is their love that will lift them up, nourish their heart, and lighten up their way again.

Because where there is love, there is life.