

Love begins with me

Brenda Bolaños Gallegos

*"Loving yourself is the beginning
of a lifelong romance"*

Oscar Wilde.

I have thought a lot about the subject of love, because it is so complicated and so simple to explain, I could not even define it clearly. I only know that if we do not love ourselves at all, we could never love anything. Be faithful to what is inside you, I think that is the answer.

Once my grandmother told me that having introduced her family who for so long hurt her by humiliating and hitting her in her childhood was what helped her to be happy, not because they deserved her forgiveness but because they did what most people do not. It is what makes you different and also more human and that is where you show your quality as a person but above all things you live in peace with yourself, that's always what she said.

On the other hand, I want to share my point of view regarding the people, you, me, all the people that inhabit this planet, are we not humans? we are alive, we breathe and above all we feel what is good, incredible and wonderful, but we have let them pass over our integrity, we have not given ourselves the minimum value as people ourselves.

I myself have experienced what it is not to love yourself and is that it is difficult to learn to love you first, we prefer to try to be others when being another person is a waste of the person you are, I would propose a better solution, healthy and free yourself from the limiting beliefs that prevent you from loving yourself, loving and being loved.

Because we live in a harmful society, I have learned some things maybe quite obvious and one of them is that we are on the red line, that is, we are vulnerable to suffer discomfort with ourselves, we constantly collide with what we are and compare ourselves with what we could be, it's silly and outrageous, I loved. You are not comfortable with

yourself, you feel ugly, ugly or unpleasant, but if you can love someone else? you cannot help to be a better person to anyone if you do not start working on yourself.

I believe that when love has already begun with self-acceptance, we can help the world and not sink it further in these moments in which it is dying

About two years ago I used to live with my grandfather a lot, he was big and his name was Rafael and unfortunately, he was sick and I did not remember some things he even did not know me, a summer vacation I decided to spend a few days with him in his house.

Every day I would get up and make her breakfast and get something that characterized her a lot, a cup of coffee, she would get up and sometimes she would say that it was pretty safe, María, that was my grandmother's name but she had already died two years ago only he did not remember it but that did not matter, not for me was enough to see that satisfaction on his face that someone remembered him to cheer me up.

He helped with household chores since his children used to be too busy to take care of him and it was not that he was a burden, but he needed care. I loved him I did what I could to make his days happier, until the last moment I visited him and he always asked me my name, he forgot, it was one of the greatest acts of love I've done for a person I loved a lot. I filled his coffee mug every day, but he filled my heart.

In the same way I have received acts of love like the one I was talking about and sometimes I wonder if I deserve everything, they have done for me, maybe not. I remember that once I dropped my school credential, I did not even know I was lost when that same afternoon a girl knocked on my door and without saying much she gave it to me without asking for anything, she simply told me that she found it and I was quite surprised, that is, she was a stranger, it did not hurt her that it did not come back to my hands, it was not even important for me, but that is not the point.

I understood that there are still kind people in this world and my purpose is be part of that small crowd.

I have chosen to improve and I want to transmit it to others. I am a person and I have observed the others that surround me, we have the same characteristics, I am sure that they are also people like me, that is to say that we are of the same species, the human one. It is not that difficult to realize this at the end of everything.

I have loved and hated but the worst sin to our fellow men is not to hate them but to treat them with indifference. A humanity must not deny the existence of any of its beings, it must not betray or humiliate and equally it is important that it does not exclude or offend as racism does, this way of rejection that we have created ourselves in which we believe that certain people are inferior because of their physical characteristics, traditions, ways of dressing, in short all these absurd points that separate us and put us at war ready to shoot each other, so I would like to extend an invitation to every human being, break with all these stereotypes these chains that have had you tied forever because only freedom will give you the power to feel true love. I live in a romance every day, not with someone else, with myself.

Brenda Bolaños Gallegos
Age:16

School: 4°C T/M. Preparatoria 8, Universidad de Guadalajara, México.