

Declaration of Nonviolence “Path to Love”

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To be human is to feel. We feel the silty ground beneath our feet, the cool ice on our hands, the words that befall our lips, the anger that swirls in our hearts from betrayal, the joy from creating something new, and the mind-numbing pain of loss. Try as one may, the truth of humanity is not something one can effectively escape. The hope from this is that we possess a power of feeling that other heartbeats of the universe tend to dote upon.

We feel, we create, we take away. It is in our blood, in our ancestry, and in our plan. Humans are unique in the way we paint, sketch, and construct. We are imaginative. Everything that has been done has been done in a similar way before. We have been actively learning from others since the beginning of our lifetimes. We have been blessed with the gifts of emotion, expression, art, music, large brains, and perhaps, above, all, *love*.

Love is a complicated topic, because the nature of it is similar to that of a human—*complex*. As a human, in your brain, you are likely to categorize people, places, and things in neat, seemingly-tidy boxes. However, it is impossible to really do that. It is fascinating that we try to make the impossible *possible*. It is difficult to fully capture a multi-dimensional concept with just one description or label, as it doesn't do justice to its complexity. Love is like that. To me, love is the language of the universe, holding its title with the more stereotypically pragmatic concept: *mathematics*. Love is the *yin* to math's *yang*. But love is more than just the language of the universe, is it not?

Love holds a lot of weight in the life of a human. Some will tell you that the most important thing you can get in this life is love from another person. Some will search the world for years for it and find disappointment instead. What if I told you that love is a force far greater than an aspiration? What if I told you that love is already within you, as constant as the air that you breathe.

My purpose in this life is constantly evolving, probably similar to your own purpose, dear reader. However, one thing has been certain in my own soul's motivation: I spread the word of love. Many humans in this world have forgotten what love truly is.

While different cultures across our beautiful, abundant Earth have different definitions for love, it is widely regarded.

However, there is one universal truth that I have discovered:

The opposite of love is not hate. It is indifference.

Even prior to the Agricultural Revolution of the *Homo sapiens* timeline, war, aggression, and terror have been common experiences for us all to witness. War creates more war. Complicated humans with differing complicated values further complicate things.

It is trying times indeed, which necessitates humanity to come together and practice peace through assertive communication, nonviolence, educating oneself on emotional intelligence, and through faith.

Because humans feel so much, because we all have such different ideas of an ideal life, because of our own traumas and life experiences, we will inevitably have conflict. Conflict is not bad. Constructive arguments that possess no aggression or violence are more likely to lead to peace. It can be difficult, but it is entirely possible and in some areas of the world, practiced every single day.

I declare that the core of my spirit is aligned with peace, love, and the sacred connection of my spiritual guidance. Through this connection, I understand that true power comes not from force, but from the boundless, healing energy of nonviolence. My soul's purpose is to walk this earth with grace, creating harmony wherever I go, in alignment with my divine truth.

I honor the divine in all beings, and I affirm that the power of love, empathy, and compassion is the most sacred energy I possess. In every situation, I choose peace, guided by the knowledge that all creation is connected, and that every act of violence disrupts this divine flow.

I reject the false narrative that to defend or protect oneself requires violence toward other humans and non-humans. I know that true defense comes from inner strength, rooted in the unwavering power of love. In times of conflict, I choose to respond with wisdom, empathy, and grace, knowing that peace is the pathway to healing and true freedom.

I understand that in order to embody nonviolence, I must first cultivate it within myself. I vow to treat my body, my mind, and my spirit with the utmost care and respect, and to radiate that same respect to all beings around me.

In times of challenge, I hold firm in my belief that peace, even in the face of adversity, is the highest form of resistance. I claim my divine birthright to live without fear and to live in service of the greater good, honoring the interconnectedness of all life.

I recognize that the power of nonviolence is not merely the absence of physical harm, but the presence of compassion in every thought, word, and deed. I strive to live as a beacon of this energy, knowing that through nonviolence, I will connect more deeply to my higher self, to my spiritual guidance, and to love.

I declare that I will always choose peace, for peace is the truest expression of love, the highest form of protection, and the most powerful force for transformation. This is my way of being. This is my sacred commitment. This is my path to love.

When chaos comes, I will not meet it with fear.

I am devoted to compassion.

I will seek to understand over desiring to be understood, because I know that as a human, I may never be fully understood by anyone aside myself.

To be strong is to choose to love when it feels easier not to care.

I will be rooted in grace and integrity.

I am committed to seek more knowledge every day that I am blessed with life in this body on this abundant Earth.

I am dedicated to spreading seeds of hope across the world.

I will treat myself with love and forgiveness so that I may love and forgive others fully.

I will embrace change as it is inevitable.

I understand that the richest resources are love, resilience, and mathematics.

I will always live in service to love, justice, and the interconnectedness of all life.