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## Life of Conflict

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Would a life without conflict be still?

What is still?

I think of still waters.

I think of an almost imperceptible gentle ocean breeze.

I think of Rodin's *The Thinker*.

And yet.

Still waters run deep.

A gentle ocean breeze is interconnected with all of nature.

That gentle breeze is influenced by and influences countless patterns of miraculous nature.

The Thinker sitting completely still in bronze is yet gazing down into the inferno of hell.

How many conflicting thoughts must be bouncing back and forth in his mind?

So what is still?

What is light?

Could we, as human observers appreciate light if there were no darkness?

Light is energy.

## LIFE OF CONFLICT

BY

YOEL CAROLINE

Light is not still.

Light is constantly moving.

Moving so fast, at the speed of light.

Is darkness still?

Does complete darkness exist?

Is complete darkness observable?

What is still?

Is a rock still?

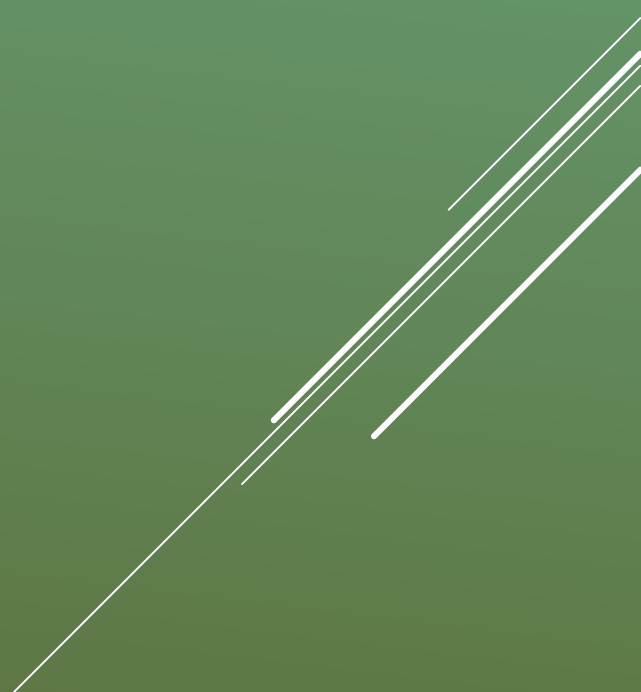
A mere century ago most would say that a rock is still.

We know now of atoms.

We know now that a rock is not still.

I know that my mind is not still.

I think that a life without conflict would be still.



And yet, that would not be life.

That would be something unimaginable beyond even death.

That would be the epitome of hopelessness.

Conflict is life.

Conflict is thinking.

Conflict is nature.

Conflict is communication.

Conflict is fertility.

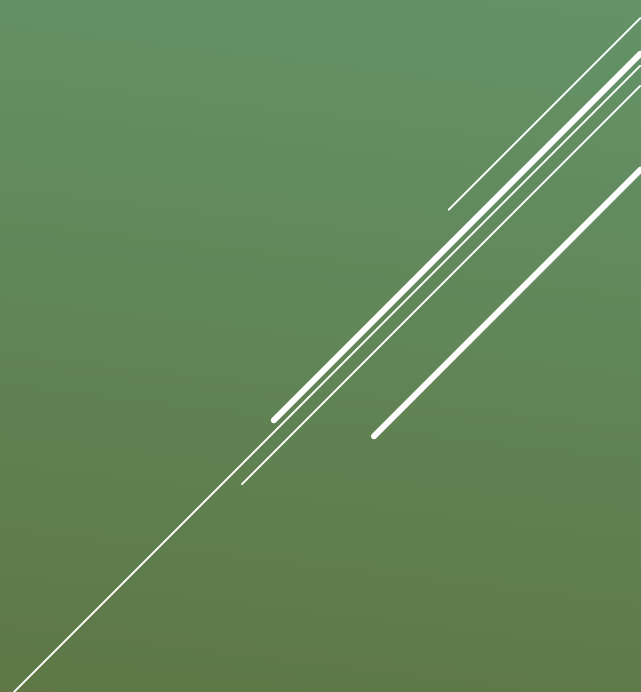
Within conflict grows love.

Only through *difference can there be unity.*

“I have been actively training to be a community rabbi since I was 18 years old and I have had the honor of serving in the South Florida community as a rabbi since 1994. I have always been aware, front and center, of the need for healthy communities and families are to be constantly striving for further integration of mental, emotional, and spiritual health.

As a student in the master's program for marriage and family therapy at NSU I have been exposed to vast amounts of new ways of thinking that have led me to appreciate further the systemic nature of families, communities and all of our universe. Possibly even more influential has been my experience integrating with the diverse student body and faculty which has led to further appreciation of my previously existing deep-rooted beliefs about unity through the celebration of diversity.”

## AUTHOR'S STATEMENT



**Rabbi Yoel** is a third-year student in the M.S. program for Couple and Family Therapy. He is a rabbi and has been involved in the Jewish and broader community in South Florida for the past 27 years.

ABOUT THE POET

**RABBI YOEL CAROLINE**