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## Confluency

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**CONFLUENCY**  
BY ARTIST VANIA ARBOLEDA

The **power of conflict** leads to resolution, personal healing, and revelatory insights.

As a kid, I was taught to voice my opinion in an educated, effective, and efficient way. However, when my ideas were different from those of my peers or society, and many disagreed, I was rejected, ignored, or muted. As I grew up, I noticed that thinking out of the box was a positive feature, especially when debating ideas with friends, family, and colleagues.

Respecting our differences and disagreements is a crucial part of a healthy society. Conflict has a negative connotation; however, having a thoughtful and productive argument is vital to creating deep connections. Today, I recognize and feel empowered when facing my problems head-on and how I learn significant insights about myself by doing so.

I painted "*Confluency*," thinking of a phrase my mother often told me: "There are many ways of saying the same thing, meaning that one can always choose to speak with kindness mainly because nothing can take the words back once said. Instead, whatever was said in the heat of the argument will come back to you in circles."

ARTIST'S STATEMENT: **VANIA ARBOLEDA**

**Vania Arboleda** is a second-year osteopathic medical student at KPCOM who was born and raised in the beautiful coastal town of Chiclayo, Peru.

"I firmly believe medicine is the art of creating new ways to heal the body and the mind."

## ABOUT THE ARTIST