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Beauty in the Forgotten and Untouched

Little things.

Nothing.

Emptiness.

Humanity has left these forgotten and untouched. Admittedly, I have not traveled as extensively as I have liked, but my travels to France and South Korea left me an avenue to touch the little things, nothing, and emptiness. I have left a coating of my existence on these valuable elements that much of humanity leaves behind in an ever-growing, globalized world.

The little things have always begged for our attention, but we have become deaf to their desperate cries as we continue to drown ourselves in competition and pride. Tell me, have you ever been so captivated by the raw beauty of a smooth, unturned stone, wedged in the velvet-like soil of nature's heart? Have you ever opened your window to relish in the silence of the air? Did you notice the little cracks in the brick wall of your home that created their own story of age and wisdom? These are the moments that the world has left to die yet ironically, they have blossomed with more grandeur than we could ever fathom because we have not tainted them.

Nothing yearns to find space in a world that has stuffed her full of mediocrity. Nothing was once a beautiful space that we have now transformed into a parasitic powerhouse of noise and greed. Humanity has forgotten the value of nothing. We have forgotten that nothing can bring us healing. To sit and be one with nothing and to understand that intentional silence can nurture the mind is to appreciate the power of ourselves. We have cultivated everything around us and to acknowledge nothing serves as a reminder of this immense creative power because we started with nothing and created everything. Imagine if we let nothing speak. What would it feel

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like to breathe as if nothing mattered? As the world progresses forward, nothing is harder to find and she will soon regress to being untouched and undiscovered.

Emptiness may all be but extinct. Emptiness differs from nothing because emptiness aches to be filled with wonder and the beloved. Emptiness is the foundation of our growth and creativity and the seeds we have planted in emptiness have turned us into an advanced society. Emptiness is satisfied because we have filled her and because we have filled her to the brim, finding a plot of emptiness now is incredibly rare. This lack of emptiness has caused stagnation in our personal growth. How can we grow ourselves when we do not look for emptiness to envelop our roots? To even catch a sliver of her amidst the discombobulated growth is an invaluable moment that should be seized. Yet, humanity lets her creep by in the shadows of our chaos and that is our own loss.

The world's ignorance of the forgotten has become my precious gain. My international experience has only reiterated the characteristics of humanity that I am quickly coming to see. We are so busy and we never stop moving. While this is a by-product of a capitalistic system that is out of our control, I wonder, is it really out of our control? I have made changes in my life from prior traumas and with the privilege of international travel. I now wake up every morning with the intention to live my life appreciatively of the little things. I make sure to welcome and embrace nothing into my daily schedule to give me a moment to breathe. I am always searching for small plots of emptiness to claim as my own to plant my seeds for my personal growth. I have taken control. Through this control, I see the beauty of the forgotten and untouched.

You have asked how my worldly perspective has changed through my international experience and I answer by simply saying this: I did not encounter a change in perspective, I recovered a perspective that humanity tossed aside. We all have this capability within us to see

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this unconventional beauty. We only need to recover what we have lost to cherish the rarity within us.