

# Reflection: Conflict, Heart & Soul Cowdrey

This is what it is: Israel → Russia → China → India and Mexico as proxy.

If they are able, they will also use Alaska and Greenland.

Currently, Canada is expanding ties with China, including involving Chinese operations on Canadian soil.

I want to express that China's people are not the enemy, nor have they ever been. We have so many beautiful relationships with China, and its people have a rich culture, heritage, and history. There is so much about China that is wonderful and can be admired.

I speak of other cultures as well — Mexico, India, Israel, Russia. Without war and without these conflicts, we are so full of love for the people of these countries.

Russia — I can think back on my life and all of the wonderful friends I have met along the way. I remember I was lucky to spend time on a bus once with a young Russian couple. We were at a park, talking about travels to Europe. We played cards, and I adored that experience.

From India, I have known the most gentle, kind, and nurturing people. My greatest support has come from India — from a friend here who always showed up to make sure I felt supported. I also had a friend who would travel to India in the winter, and he would talk to me about all of the healing he experienced there. I loved hearing the stories of the different methods of prayer and healing. Americans have always been connected in this way, especially through prayer and healing.

I think of Israel, as I discovered myself and my heritage. It was not until recent years that I realized that a huge part of who I am is Russian, Polish, and Jewish. I spent much of my life not realizing I had such a strong genetic tie to that region. I have connected to my roots in a new way, and I consider what this means for Israel. I always loved Israel and dreamed of traveling there. I learned through my studies that Israel was known as the vegan capital of the world.

And Mexico — traveling to Mexico has always been beautiful. I have always been grateful for the Mexican people — their humility, hard work, and connection to the land. I loved seeing the fishermen near the shores of the coast and the turquoise water.

All of these experiences shaped who I am.

When I was younger, none of these experiences were about conflict. It was just freedom, peace, and love.

American culture and life felt easier before the invasion — before the political grabs on our soil and the wars. It was never a competition for Americans when Americans were the primary population in America. We could just be who we are — free, liberated, loving, and cultured people.

But the numbers do not lie. Slavery and torture ensue. We witness Palestine, and we experience the stripping of our rights. We saw the overseas changes, and our relationships frayed as we were forced to assimilate into foreign cultures on our own soil. Our entire world has been turned upside down since the pandemic.

We really just wanted to live free and in peace, and to honor our overseas friends. But things are so complicated now. At every turn, it feels like there is an enemy for Americans.

But still, we are doing our best. Americans are a strong and beautiful people, too.

So I want to be clear: while our governments may lead us into conflict, and while we consider all that we must do for our safety and health, our love for the good people of all of these conflicted countries, remains.

*We are still here — in heart and soul.*