

Sandra Gaitán Estrada

Feature Story

### Love is in the air, literally

Trying to define what love is, can be one of the most complicated questions. Love is complex, fascinating and contradictory at the same time. It is impossible to define love in one word, everyone understands love differently, however, everyone dreams about their perfect love.

There are 7 billion people in the world, people that have different customs, people that grew up in different conditions, people that see the world from a different perspective and learn about life from different examples, people that believe in different theories about the world. Because there are so many people all over the world searching for that fairy tale love story, it is hard to imagine that all soul mates already live near each other. However, many people are brave enough and decide to deep dive into a formal long-distance relationship.

Many people tend to judge those braves who decide to live in a long-distance relationship but very few people take the time to understand how difficult can be to love someone that lives in a completely different state, country and even in a completely different time zone. Love has always been complicated but yet fascinating, love has no borders or schedules, love is the purest and most wonderful feeling that a person can feel and experience. Deciding to jump into a long-distance relationship can be one of the most complicated decisions of a person, but can be one of the best decisions a person can make.

To have a successful long-distance relationship it is important to learn how to take time to put things into perspective, and not only focus on the bad, but allow to see the relationship as a new adventure and a life commitment. There are things over which we have complete control, things over which we have some but not complete control and there are things over which we

have no control at all. Fortunately, or unfortunately, falling in love is one of those things over which we have no control at all, love just happens.

Juan Marin has been in a long-distance relationship for the past three years, he says that being in a long-distance relationship has been one of the biggest challenges of his life but it is a feeling that he cannot describe with words; “when I look at the eyes of my girlfriend I feel that I am flying above the clouds, I feel that I am completed.” Even though studies show that only 60% of all the long-distance relationships manage to have a healthy and long relation; the perfect long-distance relationship is about finding the perfect balance between daily life and relationship life.

A long-distance relationship is based on trust and communication, those two things, as Marin mentioned, are the most important qualities of a healthy and lasting relationship. Love is not only something physical, it is a lot more than only physical attraction and good looking. Even though chemistry and physical attraction between a couple is important, it is not the most important part of it; friendship, tolerance, and comprehension should be the base of any romance and specifically of a long-distance one. When finding the right person to love, that person that complements you and inspires you, distance is not an impediment to dive into it.

Falling in love is a mix of feelings, it is very common to feel scared, to feel different and many people will may even start to experience things that were never felt before. But falling in love with someone that compliments each other's' souls is the best thing that can happen to any human being. When it comes to love, everyone should trust its feelings and follow its instincts, before thinking too much about it. There is nothing more extraordinary than loving someone, spending time with a person we love, specifically with the person we are in love with is one of the best feelings a person will ever experience.

Fortunately, for those who are currently in a long-distance relationship, we currently live in a globalized society, where everything is getting closer, everything can be found online and moreover everything can be sent and done immediately. Long-distance romances are getting easier when thinking about communicating with each other, we are 24/7 online and able to respond to texts and calls. Times have changed and it is not like it was some years ago when couples had to wait all week until the postman came with love letters from their significant other.