

## DO WE NEED TO CHANGE THE LAW OR IS IT JUST A MATTER OF EDUCATION?

The Secretary-General of United Nations, Ban Ki-moon, says: *"Everyone has a responsibility to prevent and end violence against women and girls, starting by challenging the culture of discrimination that allows it to continue"*.

We are sadly used to being informed through the media, TV or newspapers, about news which are concerned with domestic violence. What is wrong about this, why does the number of victims go on growing? Years ago we were told that there were no statistics on domestic violence, so we did not know how many women were battered. Today there are figures about this problem from several years, and astonishingly, the figures do not go down significantly, what is more, they are similar.

Let us take the case of traffic laws. According to government statistics, in 1960 there were 1,300 people killed in traffic accidents with thirty times less cars than nowadays. In 1990 the number of casualties in traffic accidents were 5,940. In 2014, with double number of cars than 1990, the number of casualties in traffic accidents, were 1,131, much less than in 1960. Everybody knows how hard the traffic laws are, but it definitely works. As Pythagoras said: *"Educate the children and it will not be necessary to punish the men"*.

Domestic violence is a global problem and has little to do with the amount of money families have or the place where they live. Behind this kind of crime there is a huge range of problems, like learned behaviour, loss of control, learned helplessness... and of course a feeling of possession. Even those who have a great success in life could become wife-batterers, it seems they have a low sense of self-worth and have a strong need for feedback from others to feel good about themselves.

Maybe a batterer is someone who is immature with a huge problem of low self-esteem. If someone is unwilling to have a relationship, let us not get obsessive, let us not knock at that door, and, above everything, let us not knock it down. Let us try with another door. Let us just think that everybody has the right to decide who they do not want to live with.

Some food for thought: *"The only thing that is constant is change"*. So, let us be down-to-earth. What about great expectations? We are not here to live up to the expectations of others, we should dare to be ourselves and follow our instincts. Let us take the case of fairy tales: *"...and they lived happily ever after."* If we did not have such great expectations we would not have the biggest disappointments, mainly as a result of misplaced thoughts. Working on this we could largely reduce the frustration and suffering and focus on things which really matter.

I would like to end this writing with a quote from Osho: *"If you love a flower, don't pick it up. Because if you pick it up it dies and it ceases to be what you love. So if you love a flower, let it be. Love is not about possession. Love is about appreciation."*