

## **“A WORD THAT CAN BE POSSIBLY ACHIEVE”**

**Lim, Rona Janice L.**  
School of Allied Medicine  
Universidad de Zamboanga  
Zamboanga City, Philippines

WORLD PEACE is a simple word but has a big meaning and it is difficult to achieve. For me peace is making friends to other people or countries and to live a happy life.

I believed that we should have peace within ourselves first so that our society will also be peaceful. Societies can't be peaceful societies until the members of the society look peacefully toward each other.

When we rise every morning, we listen to the news on radio and television, we always hear different sad news: crime, violence, wars and disasters. I don't remember any single day that there are no sad reports like that, not only in our country but also to other countries and come to think of it as a country progresses the more serious problems they are facing. For instance, South Korea make a atomic bomb and they want to test it and of course other countries protested it because we will be affected of what will be the impact. So the other countries also make their own atomic bomb to make them ready for any possibilities that South Korea will still continue their plan. And as I think of it, if for example that will happen, there is a possibility that another war will happen because other countries will make revenge.

All the leaders of the countries are trying to achieve world peace but how will they be successful if they don't trust each other? Russia suspects the motives of American. America likewise does not trust Russia . Pakistan says that it is afraid of India . That is why they are preparing for strong and latest weapons. Some countries are very much advance in science. Their economic condition is far superior to that of others. Such countries want to dominate weaker countries. They exploit them. This creates tension and other conflicts break out here and there.

There are some ways I think from there we can start to have a world peace: first, of course the powerful countries that have advanced technologies should stop in making powerful and deathly weapons, from there this will create a feeling of security and then eventually other countries can see that they can trust each other already instead of suspicion. Secondly, what they preach they should practice it. Thirdly, other leaders should respect the decisions and how they lead their own country, they should not meddle, respect territories.

We have different cultures, religions, beliefs but if we work hand in hand and together as one, it is not impossible that we can achieve world peace. If we are all have the same goal we will be successful.

There are also some behaviors and attitudes that we should know and learn.

- **Understanding:**

Once people start understanding each other, they would avoid conflicts and fights.

- **Respect:**

Respecting other people includes respecting their nature and culture too. The popular belief says if you respect others, others will respect you back. Like Confucious say: “Do not do unto others what you do not want others do unto you”.

- Non-aggression:

Keeping your attitude calm and peaceful helps, maintaining composure which turns your decision making into extremely non-aggressive and you will not regret at the end for the wrong decisions. Avoid harsh speech and insulting words always bring quarrels and conflicts.

- Non-interference:

“Mind your own business” just remember this It does not mean that you should not help others in their difficulties and keep yourself busy in helping others but do not interfere. Helping is different with interfering. Just know your boundary or limits.

- Equality:

This is the most important thing to understand. Being polite and behaving well with others never hurts. Considering everyone is equal in the eyes of God. There are no rich or poor. We are all have equal rights and justice in this world.

- Love:

In loving one another, it can also show that we love our neighbors. God made us because he loves us and he sent his only son for our sins. We should learn how to forgive so that He will also forgive us.

Another important way of bringing harmony in the world is through educating people. Educated people make fewer conflicts and easily understand situations. Such people stay away from others' issues and concentrate on their daily activities. An empty mind is a room for bad and negative thoughts. Such negative thoughts direct people to the wrong paths. More and more arguments and clashes occur amid less or uneducated people because they do not have the sense to differentiate between right and wrong. Thus, educated people may also help achieve world peace.

I think if we have this kind of attitude it is not impossible for us to achieve peace around the world. It is nice to live in a place that is peaceful without any feeling of frighten. It is sad to say that we don't practice it that's why we don't have any peace. Other people are more concentrating to do bad things to other people instead of doing good things like helping.