

Give Respect: Gain Peace

By: **Gellie Jean V. Sutacio**
School of Allied Medicine
Universidad de Zamboanga
Zamboanga City, Philippines

Our society is a great sea of faces, unique and different in terms of religion, culture, beliefs, language, attitudes and physical features. Such differences ignite conflict. Conflicts normally occur because of our differences. What matters more is how we resolve this peace barrier-will it be through calm and diplomatic way or will it be through violence?

Almost every day of our lives, we hear news about war and violence happening not only here in our locality or nation but in the entire world as well. These chaos cause death and injury not only to the parties involved in a dispute but the civilians as well. These are the moments when we can clearly say that human rights are obviously violated.

Each person has the right to live, love and be loved and fight for what he think is right. A human being is not a perfect individual so there is a tendency for him to get to certain points of not being at peace with himself. Unavoidably, because of this, he couldn't control himself at stressful situations amidst extrinsic pressure and susceptible to harming others. Hurting others, verbally through discrimination or through using physical force is a violation of human rights. This often leads to misunderstanding and division.

As long as there is violence, peace can never be attained. It is safe to say that peace nowadays has become a rare commodity, as if it's a precious stone that is so expensive not everyone can grab a hold of it. It's as if blood should pour down on the land. Whoever is stronger thinks he won peace. But he actually didn't. Vengeance can never be the answer to everything.

Our today is thirsty for peace. Everybody cries for it. But if we want peace, we should first have peace within ourselves. Peace from within should be genuine. Our hearts must be filled with happiness, contentment and acceptance. If we are at peace from within, sharing the same feeling with others in our society leads to global peace. Let's respect each other, accept our diversity and make it a source of deeper understanding.

We can't go on everyday pretending like we don't care. We equally are concerned and are hoping for a peaceful change- a united world. We should always remember that peace is the only way to achieve genuine happiness in life.