

## **PEACE AND HUMAN RIGHTS**

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Our world is a world full of conflicts and arguments. This is a world where unjust treatment occurs and a world of chaos and dilemma. This is a world where people fight in order to survive. They fight for their own right and stand for their own conviction and in what they believe in. These different battles of existence sometimes lead to disagreements and misconducts and often give a result of discord, strife and quarrel among each individual. These were just simple forms of arguments and misinterpretation but may bring very dangerous and disastrous effects to all.

Peace is just a very simple word to say, isn't it? It is just made up of five letters and is a one-syllable word. We often hear the common phrase "PEACE BE WITH YOU" during the celebration of the Holy Eucharistic mass, but what does this word really mean or what does it really imply? Literally speaking, peace means tranquility, stillness, freedom from any violence, gore and blood or a treaty that ends any form of wars. It is a word that every individual, every nation, every country or even a province dreams to have. It is a word that each one wants to make it permanent. It is indeed a very simple word to utter but it is so hard to achieve and to attain. One should exert effort to control his or her own temperamental attitude and character, ask forgiveness and learn how to forgive, lower his or her own pride and practice the three C don'ts: do not criticize, do not condemn and do not complain, in order to experience peace deep within his or her own self. To gain peace is to respect human diversity, dignity and rights. To have peace in the heart is respecting other people.

Respect is a practice each and everyone should live out for the rest of their life. It is a practice that every person wanted to have despite and in spite of his or her own faults, mistakes, wrong doings that he or she has made and his or her imperfections. Just like peace, respect is just a simple word but implies a hard task to be achieved and attained. According to the golden rule, "DO NOT DO UNTO OTHERS WHAT YOU DON'T WANT TO DO UNTO YOU", and that is if you want to be respected or if you want to gain respect from the people around you, you, yourself must or should also give respect to others whether they belong to the higher state in the society or at the lower level. Respect doesn't only imply to be just given to the rich and powerful personnel in the society. Perhaps, it must or should be given to the ordinary people with simple source of livelihood and income. All people deserve to be respected no matter what class in the society they belonged to. But what does the word respect literally mean? When we talk about respect, it means showing a great esteem, giving high regard, or treating someone considerately and kindly. Showing and giving a respectful manner enables an individual to develop his or her morals, values and conducts.

Each and every individual has its own rights to be practiced. It is their given privilege to be exercised. These are often and frequently called HUMAN RIGHTS. These rights should be or must be implemented to all the people in the society. Young, adults, professionals, ordinary, educated, uncivilized, and elite or even a simple person has rights to be practiced and respected. As a person, it our right to achieve a degree, to have a good and stable job, to earn a large amount of salary monthly, and to have either a simple or an extravagant living and lifestyle and

to have a very own family. As a countrymen and citizens it is our right to express our opinions and ideas through voting and choosing the right kinds of people or persons who possess the capabilities and capacity of being a good leader and can serve the country whole heartedly and truthfully. It is the right of the youth to go to school and be educated in order for them to have better future.

These were just basic rights of every person, but these are often taken for granted and were not given any importance and significance especially to those people who just belong in the lower class of the society. We really cannot deny the fact that the people who were just ordinary fellowmen do not receive or cannot experience the opportunities to express and practice their own human rights because they do not have any properties or possessions to be called as their own. Reality bites. Reality hurts, but that is really happening in the society. Call it inequality, call it injustice, call it whatever you want but that is what going on in our very own society in the past, present or even in the future if it cannot be corrected.

Let us take this as example. At the Supreme Court, elite is the accused person and the farmer or the ordinary person who brought the appeal to the court. Of course each one of them has their right to choose and get a very good lawyer who could really defend their part and who could make them win the case. What might happen is that the accused can use his or her influence, money and properties to pay the court so that he or she can win the case and free his or her self even if he or she really is the one who committed the violation. And the ordinary person or the appellant and the one being abused lose the case just because he or she doesn't have any funds or sources of bigger income to pay the court. This is just one example out of many injustices that happens between a wealthy and powerful person and an ordinary person who belongs in the lower class in

Respect is an essential word needed by all people in order to have peace and be free from many uncertainties that are happening in our environment today. Peace comes with respect. For with respect there is equality, balance, justice, freedom, love and along the way peace develops.

Peace is defined as the absence of hostility, violence and conflict, not just between countries and regions, but between individuals. Peace would imply a worldwide end to violence and to institutions that rely on threats of violence to sustain their existence. It follows that there could be no law enforcement, because force is a form of violence. Without law enforcement, there could be no laws, except those everyone voluntarily agrees to follow. Finally, there could be no governments of the type that rely on threats of violence to collect taxes, maintain their borders, or govern their citizens.

Siddhartha Gautama, the founder of Buddhism, said, "Peace comes from within. Do not seek it without." And that means peace should be or must be developed within our self more specifically within our very own minds. Because anger and negative emotions were developed in the mind or brain specifically in the hypothalamus that controls feelings and emotions.

According to the bible, Love your enemies, bless them that curse you, do good to them that hate you, and ~ for them which despitefully use you, and persecute you; That ye may be the children of your Father which is in heaven: for he make his sun to rise on the evil and on the good, and send rain on the just and on the unjust." Matthew 5:44 - 45. And it means that in order to have peace deep within yourself and heart you must know how to love others respectfully and heartily. Learn how to forgive and be forgiven

Happiness is a state of mind or feeling characterized by contentment, love, satisfaction, pleasure, or joy. And therefore peace gives a very satisfying happiness to every individual who lives in the society.

All human beings are born to be free and have equal dignity, integrity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood and solidarity among each and every individual. Solidarity is the integration, and degree and type of integration, shown by a society or group with people and their neighbors. It refers to the ties in a society - social relations - that bind people to one another. The term is generally employed in sociology and the other social sciences. Thus, it is characterized to be respected as each and every person to express their own individual opinions, ideas, thoughts, emotions and feelings. It is the right of the people to be the society. Money is indeed matters and the source of many evils. It is a truth that cannot be denied to his or her self. Human rights of people who belong to the lower class in the society were not given any emphasis because of the powerful influence of wealthy people around them.

Peace, respect and the practice of human rights were just three of the essential words in the world that should and must be given stress and emphasis by each and every person. These words promote and develop his or her personal values, morals and conducts. Without these words, what will happen to our world? Precisely, our worries be miserable and in woe. All will suffer from the disastrous and dangerous outcomes of these uncertainties. Nobody would care about the other.

If there is no peace, there will be no harmony. If there will be no harmony existing between individuals the understanding and love will really not exist in the hearts and minds of people. The world would really be full of discord and strife.

Life is indeed a very precious gift from the Almighty God above us has given to the humanity. Thus it should and must be emphasized. Giving importance to life is putting stress on the words peace and human rights by each individual.

Human right is the privilege given to each individual to express what's on his or her mind. It is an act that one should exert effort in stressing in order to attain respect. Respecting other people's integrity and dignity is giving emphasis to human rights. It is a vital role of each individual to respect each other's rights.

Peace is important in the life of each and every individual. It is the state of being free from any violence, pains and hurt. According to the religious views, peace is achieved if we put God the Father in the center of our lives and submitting to Him the things that we do every day of our existence in the world.

Peace and human rights are interrelated to each other in literal. In order to experience peace is respecting human rights of people. One of the factual and truthful reasons why gore, blood, violence and wars occur is the lack of respect by other people in the society. Disrespecting really gives a result of misconducts, misunderstanding and disagreement of each and every person which leads to a very awful outcome.

If only each and every individual learn how to respect conflicts and arguments probably won't occur in the society that has gone mad nowadays, recognized in the society and establish a humane freedom among each and every individual.

Peace and the respect for human rights are the now needed practice in our society and in the world. So that we will be free from any forms of violence, conflicts, arguments and wars. If each one will develop positive impressions towards each other the world will probably experience world peace and we will establish a war-free environment.