

## **PEACE AND HUMAN RIGHTS**

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As a legendary quotation say's that:

“If there is light in the soul, there will  
Be beauty in the person. If there is beauty in  
The person there will be harmony in the house.  
If there is harmony in the house, there will be  
order in the nation. If there is order in the nation,  
There will be PEACE in the world”.

PEACE? Many people don't know what is the real meaning of this. Many people don't care for it and nobody feels the worth of it. And this would be a big question to everybody, what truly peace is? How can it be brought in individuals and societies?

PEACE creates an ambiance of liberty and universal respect, where all human rights are upheld and protected. But, Building peace is difficult nowadays, it should be done by multidimensional process, which involves varying principles, morals, ethics, attitude, beliefs and manners. It consist of triumph over discrimination and intolerance within the mentality and spirit of every human person in all realm and in the global community, of denouncing all forms of sadism and violence, and of leading society away from viciousness and inhumanity towards a legitimate capacity of learning society to live together in harmony. And Of course, to foster peace, it must begin with each one of us because one cannot be at peace with others and the world if he is not peace with himself. Let's find peace and inaugurate within ourselves by erudition to concentrate in accordance with your willpower, through contemplation, and by developing self discipline and inner strength.

As an individual, we need to face the circumstances that we encounter in life and bid peace into your life and cuddle it. Make it every state of your mind and an integral part of your daily life. Put peace in every word you address and expression you create, so that the peace that you send out into the world through your thoughts, motives and intention that creates comparable sensations elsewhere and make a divergence to someone somewhere. Peace comes with awareness, recognition; admit defeat, consideration, understanding, discipline, control, impassiveness, restraint, balance, desirable quality, healing, forgiveness, trust and faith. They are the prerequisites that bring peace into your life eternally and consent you to experience it under to all your circumstances.

If you are not ready for them it will be very complex to silence your egoistic mind and bring peace into all aspects of your life. Peace means liberty from emotional swings, experiencing inner calm, enjoying the present moment and remaining equals to the ups and downs in life.

There is no such policy to follow in attaining peace. Stepladder on this come from every person who is indomitable and who believe that peace could still prevail. The very basic is change, changing our ways of living, ideas and beliefs. With this, we have to involve our heart, soul and our psyche. We can't forever weep in our very own sin. It is time now the time to step from our mud.

These days, peace is rare commodity in today's world. This is evident by the dissatisfaction and uncertainties of individual and through a lack of proper understanding between people of different nations and communities. Numerous of people find themselves in tribulation and in trouble with others because of their incapacity to manage themselves and inability to stay calm amidst external anxiety and pressure. Some people turn out to be easily baffled, fussy and aggressive when suddenly under pressure, then speculate afterwards why in the world they have harmed and hurt others and why they cannot seem account their deed. These just states that behavior of individual can build peace but can also obliterate peace. The standard of living has also a great impact to devastate peace in the sense that nowadays we are facing economic crisis and crimes such as, hostage crisis, kidnapping, rape and etc. Instances of this are: Maguindanao massacre and hostage crisis in Quirino Grandstand. Many lives are waste, even people who are not involve. At this present time, numerous of people are engaging in hostility and crimes just for them to survive in their daily life and satisfy their wants. When there is a cycle of violence going on, it is tricky for a person leave because everyone becomes accustom to a certain way of living. This is because human beings are creatures of habit and are scared of change because it is a part of the unknown. However, there has to be a point people have to face the reality that the unwholesome environment cannot continue. "Human rights are rights that all human beings are entitled to, merely by virtue of being human. Such human rights do not have to be earned, nor are they dependent on any particular social status. Human rights include both civil/political and economic/social/cultural rights. If we look closely, abusing human rights are one of the serious problems that we are bump into. And this is one of the reasons of not having a healthy environment, peaceful world and progressive society and government. We can only live together through an expression of tolerance of the differences each of us brings into this world. We should embrace the differences and share the differences and we ought to Respect others and inherent dignity of other people, including those with social, cultural and family background of their own. For this is how we learn, through each other's differences. Tolerance in all cultures is the basis of peace and progress.

Human rights are to be respected and preserved if we are progress as a society and as a people. Today, we call these ultimate human rights. Keep in mind that, forbearance and mercy have always and in all cultures been ideals of government decree and human behavior. Today, we call these ultimate human rights. It is the University of human rights that give them their strength. Human rights are the expression of those traditions of tolerance in all religions and cultures that are the basis of peace and progress. Government would be non-existent if human rights were not preserved and protected. We must become overseer of our government to insure

that human rights will be respected and protected, for without human rights there is no organized government. If we expect our rights to be respected and protected we must speak up to preserve human rights for all humanity. Yet, violence still around and we people are suffering and it really inflict hatred in the hearts of many people.

As we can see our government did not take an action of this crucial matter. So, the question is when and how we are going to begin to take solution of this Problem? Since, many lives are wasted, many poor are starving, many people are unemployed and many people are suffering of this economic crisis that leads them to violate human rights and engage in several immoral actions because there difficulties drive them to take risks. In the view of the fact that government often is not there to offer basic services, they depend on their family, kin, and neighbors and as well as putting themselves in wrong deeds for there every needs. The absence of government enhances our extreme family-and even community-centeredness. The inefficiency of government structures and system also leads to a lack of integrity and liability in our public servants. This also leads in annihilate peace.

Now, this is the right time for us to take an action, Let us promote the total welfare of its individual without discrimination as to gender, religion, language, occupation and status to attain healthy environment and peaceful world.

So, therefore I conclude, that to bring peace we should value justice and chase sustainable improvement, respects the veracity of cultures and the natural environment, and uphold a social order based on equal human rights, human dignity of all person, and reverence for living creatures and life system. Peace is necessary for a meaningful life together. In a world where there is a great diversity in personal, social and cultural ways of being and living, possession of significant human values can overcome these differences and ensures peace and solidarity. And each one of us should be educated to value human solidarity, affinity and justice, and to learn the skills that enable us to renounce violence and take peace as a way of life.