

## **PEACE AND HUMAN RIGHTS**

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God wants man to fulfill his commands that belongs to him. And I have cherished the ideal of a democratic and free society. Every day we do things we have to do it with peace. If we are aware of our life, we will know how to make peace right in the moment; we are live in the peaceful place.

The blue stripe of our Philippine Flag symbolizes patriotism and justice meaning a flag guide illustrating the significance of "peace". When we said peace, cooperation and development are common desire of people, a deep meaning for peace and stability. When people think of the word "peace" they often think of peace as the "opposite of war." For many, the word "peace" has negative connotations. With this narrow definition of peace people usually end up "taking sides." They're either "for" peace or "for" war. They either tune into the topic or they tune out.

Many people don't even understand the importance of peace. "If peace is merely the 'opposite of war' how does it affect me and my life? Why should I care?" is a common response to the general topic of peace. Peace is more than the absence of war, and conflict. It is the goal of achieving harmony with self and with others. Peace cannot be achieved through violence; it can only be attained through understanding. Peace does not mean to be in a place where there is no noise, trouble, or hard work. Peace means to be in the midst of all those things and still be calm in our heart. That is the real meaning of peace. Peace means to me a quite stillness within me ... completeness and a knowingness that everything is as it should be. A stillness so deep that you know that each moment, each hour, each tomorrow is in this stillness waiting to blossom. Within this stillness there is no judgment, hatred, anger only a perfect stillness ... a swelling of love ... ".an inner state in which we are calmly impervious to whatever comes into our awareness of a distressing or inharmonious nature ... Ha completeness and a knowingness that everything is as it should be. A stillness so deep that you know that each moment, each hour, each tomorrow is in this stillness waiting to blossom. Within this stillness there is no judgment, hatred, angers only a perfect stillness ... a swelling of love ... " the highest quality of people living together. It includes tolerance, acceptance, understanding, dialogue, solidarity, caring, and happiness. It begins with each of us, as individuals. Getting in touch with the whole person within - mind, body, and spirit. Achieving an understanding of ourselves, seeking and finding our own inner peace and sharing it in relationships with others. Searching within to find right thinking, and right attitudes as a basis for right conduct and action in support of the right cause. Inner peace can be learned by simply observing the joy of children; their awareness of the simple things; their creativity and limitless sense of discovery of themselves, and the world around them; and their great capacity to enjoy life as reflected in their spontaneous smiles and laughter. We should all seek to find the "discovery factor" of the child within us, and nurture it. To achieve peace within ourselves and with others, we must also be at peace with nature. In this respect, we can learn from the Iroquois Great Law of Peace, which states in part: "God created man - to take care of everything else that God created." We must re-connect with our roots, our communities, and natural environment and where possible bring nature back into our urban settings. The vision of peace includes harmony

among jurisdictions – local, provincial, federal and a unified community working together in a continued leadership role in collaboration with other nations, towards international understanding, world peace, and a healthy environment. It is a recognition and celebration of the natural beauty and abundance we have and the opportunities before us. It is recognizing the importance of all parts of the global society - even small places in the global struggle for peace - Sharing and appreciating the diverse cultural heritage within the human.

Peace can only last where human rights are respected where individuals and nations are free. Whereas disregarded and contempt for human rights have resulted in barbarous (disrespect or not humble) acts which have outraged the conscience of mankind. Human being shall enjoy freedom of speech and belief and freedom from fear and want has been proclaimed as the highest aspiration of the common people. Whereas it is essential, if man is not to be compelled to have recourse as a last resort to rebellion against oppression that human rights should be protected by the rule of law. Human rights in which we have rights and freedoms to which all human are entitled. Proponents of the concept usually assert. The vision of peace includes harmony among jurisdictions - local provincial federal and a unified community working together in a continued leadership role in collaboration with other nations, towards international understanding, world peace, and a healthy environment. It is a recognition and celebration of the natural beauty and abundance we have and the opportunities before us. It is recognizing the importance of all parts of the global society - even small places in the global struggle for peace - Sharing and appreciating the diverse cultural heritage within the human t that everyone is able with certain entitlements merely by reason of being human. All human beings are born free and equal in dignity and rights. They are able with reason and conscience and should act towards one another in a spirit of brotherhood. Human rights are rights inherent to all human beings, whatever our nationality, place or residence, sex, color, religion, language or any other status. . We are all equally entitled to our human rights without discrimination. These rights are all interrelated, interdependent and indivisible. Human rights are often expressed and guaranteed by law, in the forms of treaties, customary law. Human rights lay down obligations of governments to act in a certain ways or to refrain from certain acts, in order to promote and protect human rights and fundamental freedoms of individual or in groups. Human rights entail both rights and obligations. States assume obligations and duties under law to respect, to protect and fulfill human rights. The obligation to respect means that states must refrain from interfering...The obligations to fulfill means that states must take positive action to facilitate the enjoyment of basic human rights of others. The concept of human rights has evolved over time, and various countries have emphasized different aspects of human rights principles and policy. Some nations have emphasized traditional civil and political rights (both individual and collective), whereas others-particularly communist and socialist regimes-have emphasized the concept of economic and social rights. Some governments have embraced both sets of principles. Further more. All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood. Everyone has the right to life, liberty and security of person. No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms. No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment. Everyone has the right to recognition everywhere as a person before the law; all are equal before the law and are entitled without any discrimination to equal protection of the law. All are entitled to equal protection against any discrimination in violation of the Declaration and against any incitement to such discrimination.,

everyone has the right to an effective remedy by the competent national tribunals for acts violating the fundamental rights granted him by the constitution or by law, No one shall be Subjected to arbitrary arrest, detention or exile. Everyone is entitled in full equality to a fair and public hearing by an independent and impartial tribunal, in the determination of his rights and obligations and of any criminal charge against him. Everyone charged with a penal offense has the right to be presumed innocent until proved guilty according to law in a public trial at which he has had all the guarantees necessary for his defense. No one shall be held guilty of any penal offense on account of any act or omission which did not constitute a penal offense, under national or international law, at the time it was committed. Nor shall a heavier penalty be imposed than the one that was applicable at the time the penal offense was committed. No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, nor to attacks upon his honor and reputation. Everyone has the right to the protection of the law against such interference or attacks. Everyone has the right to freedom of movement and residence within the borders of each state. Everyone has the right to leave any country, including his own, and to return to his country. Everyone has the right to seek and to enjoy in other countries asylum from persecution. This right may not be invoked in the case of prosecutions genuinely arising from non-political crimes or from acts contrary to the purposes and principles of the United Nations. Everyone has the right to a nationality. No one shall be arbitrarily deprived of his nationality nor denied the right to change his nationality... Men and women of full age, without any limitation due to race, nationality or religion, ha Everyone charged with a penal offense has the right to be presumed innocent until proved guilty according to law in a public trial at which he has had all the guarantees necessary for his defense. No one shall be held guilty of any penal offense on account of any act or omission which did not constitute a penal offense, under national or international law, at the time it was committed. Nor shall a heavier penalty be imposed than the one that was applicable at the time the penal offense was committed. No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, or to attacks upon his honor and reputation. Everyone has the right to the protection of the law against such interference or attacks. Everyone has the right to freedom of movement and residence within the borders of each state. Everyone has the right to leave any country, including his own, and to return to his country. Everyone has the right to seek and to enjoy in other countries asylum from persecution. This right may not be invoked in the case of prosecutions genuinely arising from non-political crimes or from acts contrary to the purposes and principles of the United Nations. Everyone has the right to a nationality. Men and women of full age, without any limitation due to race, nationality or religion, have the right to marry and to found a family. Everyone has the right to own property alone as well as in association with others... Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his religion or belief, and freedom, either alone or in community with others and in public or private, to manifest his religion or belief in teaching, practice, worship and observance. Everyone has the right to freedom of opinion and expression: this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers. Everyone has the right to freedom of peaceful assembly and association. No one may be compelled to belong to an association. Basically we could not have peace unless we recognized the rights of individual human beings ... their importance, their dignity ... and agreed that was the basic thing that had to be accepted throughout the world.