

## **PEACE AND HUMAN RIGHTS**

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Peace is what we all expecting to have in our country. Peace that we don't have yet in our country. Maybe you were wondering why do I say this, it is because as I have observed here in our country, or even just in the Philippines that most of the news that we hear from radio or what we see in television, and in what we saw personally here in our environment is no other than but hold-up, smugglings, murdering, stealing, abusing, car-naps, kid-naps, and any other crimes. How to have a peace? Simple, you just how to loved and be loved.

Peace is a tranquil it is the state of being tranquil or being calm. Imagine, a simple calmness in our selves can contribute farther to peace in our community. So if we spread calmness in our nation from our selves there would be no fight anymore and there will be no war anymore. If we are all calm, we can control our temper that might be result to a fighting or to a worst one, a war. If we know how to control our feelings from temper, there would be no argument at all.

Peace is stillness. When we say stillness, a thought that comes to our mine is that there would be no motions at all. All the things in the world stood still. If all these things stood still, there would be no sound of moving vehicle. All we have is nothing but silent. I am not saying that there's should be no sound at all but only there's no more shouting, quarreling, of one to another. And of course it is continuously.

Peace describes a society or a relationship that is operating harmoniously and without violent conflict. Peace is commonly understood as the absence of hostility, or the existence of healthy or newly healed interpersonal or international relationships, safety in matters of social or economic welfare, the acknowledgment of equality and fairness in political relationships.

When we find peace within ourselves, we, as a person become a kind of being who can live peace with others. As we have peace in our lives, in contrast we can give peace also to others. And if we did, peace will reign to our country.

Peace is not a goal that that we have to seek, but it's a means that we arrive at that goal. Ifs not our aim to have this peace but it is the peace that we deserved to have. Specially, for those who have been wishing to have peace in our country.

Peace comes from our hearts. It means that it is not to be asked but it is to be given generously. Everybody deserves this, most especially if we love our country and ourselves. Because we can't love anyone if we don't even love ourselves. If you want to be respected by others, you must respect yourself first.

Peace is not something you wish for. It is not a wish to be granted but it is something to do with others. Of course, if we want to have peace in our country we should also have peace in our neighborhood. But before making peace to neighborhood I we should have peace in ourselves first. Peace is something we give to others without any conditions and without any expectations.

If we want to experience peace, we should also provide peace for another. Yes, it is not conditional but it is our duty which we should give it back to the one gives us peace. We want peace right? So, if we want to have this, we should give first to another.

Each one of us has to find peace within our hearts because peace has nothing to start but just here in our hearts. Peace from our hearts is generously given to everyone, even to a stranger. A peace is not to be force. It should be given with love, care and tender without pretending.

Peace is not the absence of any conflict but it depends to how the persons handle it. If the person has no ability to handle problems of course there would be no peace at all. Peace should be shared to everybody and to anyone. Peace is meritorious only to the one who is concern not just for his or her rights but also for the rights of others.

Peace can only last if there's human right, that we respecting for. Peace can only attain if individuals and nations are free. We have our freedom to do what we want to do, not just for our own good but for the rights of others.

If love conquers, all then we can have what we desired for. Peace not just for our community but also peace in the whole wide world. If there is peace, we will be all reunited as one.

True peace is not the absence of war or a tension but it is the presence of justice. Because we cannot have peace if we don't even have the justice. How can we have peace if we, ourselves don't even have our rights, our freedom.

If we want peace, we also want human rights. That is fare to us. No matter how poor we are in the eyes the people, rather I would say to the eyes of the abundant people. Human rights should be for all no matter what your nationality is. Either you are a Filipino or an American one. Nothing's differs between us and them because we are all created by only one God.

We are all entitled to our human rights without discrimination. This rights are all for us. It is invisible. Why invisible? It is because we cannot see this but we can just have this. Human rights are often express through judging. But as we all know, this right is just given because of money.

If we don't have this money, we can't also have this rights that we were longing the most. No more human rights now for free. But still there are few who were loyal to their job and who really care to us.

We have no rights to judge others. If we did, then, we don't know how to love them as a person, as our own being. If we don't know how to love them therefore I conclude that you don't know how to love yourself too. Human rights measure's a respect of others. It should be our aim

to respects others rights. You have no right to wish for your rights if you, yourself don't even show some respect for others. We have to contribute some fare judging to our country.

As long as we are willing to fight for the rights, not just for the rights of ourselves but also for the rights of others, then we can be called a democracy country. A right is not what someone gives you, but it is what they can take from you. It could be better if you would be the one who gives or who could show some respects to others than to give you those.

Human rights, is for everyone, which all of us may build a world that everybody may live in serenity and plenty. We may have different religions, different languages, different colored skin, but we all belong to one human race.

Human rights are freedom. Freedom to do what we want t do. That nobody could tell us what we should and should not do. To live is to choose, even if you choose the right one, or the wrong one. It depends on how you ask it, and how you do to make it right. But the most important is you know who you really are and what you're purpose in life or what is your aim is. What you want to be and why you want to be this. You know where you want to go and why you want to get there.

How I wish that someday, the people will not bother to judge people by the color of their skin but by their character. We must understand the role of human rights as empowering of individuals and communities. By protecting these rights, we can help prevent the many conflicts based on poverty, discrimination and exclusion , social, economic and political that continue to plague humanity and destroy decades of development efforts. The vicious circle of human rights violations that lead to conflicts, which in turn lead to more violations-must be broken. I believe we can break it only by ensuring respect for all human rights.

This support system should certainly include some of those who hold the keys to the power structures, religious, community and traditional leaders.

Basically we could not have peace, or an atmosphere in which peace could grow, 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. We discovered that peace at any price is no peace at all. We discovered that life at any price has no value whatever; that life is nothing without the privileges, the prides, the rights, the joys which make it worth living, and also worth giving. And we also discovered that there is something more hideous, more atrocious than war or than death; and that is to live in fear.

Freedom means the supremacy of human rights everywhere. Our support goes to those who struggle to gain those rights or keep them. If there is freedom in reverse, there's also human rights.

What we want to see is the development of human rights and greater democracy, and also peace, not just because it is our system but because we think that's the best way that improved our community.

Peace and human rights should be given to us all. We all have the rights to have this, so why not we helped each others in order for us to reach this aim.