

## **PEACE AND HUMAN RIGHTS**

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"How I wish we could have peace again!"

I am referring to peace among mankind, among nations. It is our desire to attain peace in the midst of natural disturbance, famine, crisis and conflicts. How can we ever have peace in the society when culture and religion divides us?

Today, peace can hardly be found everywhere. It is like searching for pearls in the deepest ocean, searching for that someone who will love you faithfully, and searching for fishes to be caught during full moon. It is really difficult to find and to have.

Self-respect, respect for others, respect for life and nature and all other values that could promote peace is what we need. Respecting life or being a pro of non-violence is another bridge towards peace. Dealing with conflicts without violence is a factor to achieve peace as one can readily respond to any situation calmly. Compassion also contributes to peace as an individual becomes sensitive to one's feelings. He becomes sympathetic and gradually develops to be an empathetic one; thus, building a sense of concern and love towards other people. Caring for the society, abiding the law, and respecting other cultures are values showing global concern. We begin loving not only our fellow countrymen but also those people belonging from the different countries and different cultures. Another thing in achieving peace is not only attained by showing care for the people and the society but by caring the beautiful environment which God has given us. We shouldn't be painting it black to preserve the colorful beauty of our Mother Nature and not to experience calamities and disasters. To further achieve peace, is to value cooperation. It is really an effective way to use it as a path towards arriving at peace. We work together as a means of getting our common goals. When we cooperate with each other, we see that whatever thing we work on together will be finished smoothly and efficiently. That's how peace is being brought into view. Openness/tolerance may not be an efficient means of rearing our children because when we tolerate their wrong doings they might become a spoiled brat. But it is one of the values that an individual should have in order to have peace with him and with others. As we open our minds, we can directly accept the fact that we are different and unique with each other. We can accept others openly without hesitation and we respect that each of us comes from different cultures with different personalities and values. Social responsibility is the willingness of an individual or the drive that makes him help in molding the society with love, non-violence, justice, and sense of conscientiousness towards the present-day and also the future generation. Having a positive vision also constitutes to peace. We know that we are all thirsty for peace that we envision future to be as peaceful as it was before. By doing this, we are able to motivate ourselves to become responsible individuals. As such, we continue to keep doing what is right and keep reaching for our very common goal - PEACE.

Furthermore, there are these things that we have always with us which has a relation in having peace with ourselves and with others. These are the Human Rights. What are these things? These are our very privileges that all of us had from the very beginning of our lives. We often do

not know all of these things but it really has a great help in achieving our very aim which is peace for all. Some of us often discriminate other people; if we look into the statements of articles written in Human Rights, it is in article 2 that people of all cultures are equal in treatment and no discrimination shall be obtained. We can also see that there were policemen torturing some of the criminals where in fact it is stated in book of Human Rights, article 5, that no one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment. We can say that it's unfair because they did evil but they weren't punished. However, we should also put in our minds that they are also created by God. They are also human beings and they have the right.

Now, you see that peace can be achieved if and only if it started from within us. We are the only ones who can bring peace to this beautiful world. So we should be a responsible individual. That is why we are being called as the highest form of animal because only we can better deal with situations and make changes ourselves. Human Rights also help in achieving peace as it regulates the kind of behavior we perform toward our fellowmen.