

## PEACE AND HUMAN RIGHTS

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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. Peace is not merely the absence of war and hatred but also the presence of cooperation, compassion and worldwide justice. We need to learn from our mistakes. Instead of degrading ourselves we must realize that failure and success go hand in hand. Failure is necessary because it provides obvious lessons to learn from. Analysis of these lessons should improve the chances for future prosperity. As what we can observe nowadays, many wars, crimes, troubles and other bad things happening around us. Because of these it's hard for us to find peace. Many questions are in our mind like why do people are doing like this, like that, killing innocent people, abusing God's created things like natures and animals? These things are happening throughout the world. We can never say that world is in peace even just in one day because every seconds, every minute, there is always crimes that happening. Whenever we go, we can find crimes like robbery, hold-up, kidnapping and sometimes killing. The world is changing, more crimes and tragedies are happening. The wars that happened long time ago is a very sad history. It happened because of the people in the country who do not know anything but thinking only their own selves, they don't care how many lives they had wasted. They killed innocent people and even those infants and children who had just experienced little things in their life. Even the time goes by; we can still see these wars and crimes existing just like what had happened in Quirino Grandstand in Manila, Philippines on August 23, 2010. This cause the two countries have been in conflict-the Hong Kong and the Philippines. It was the Bus Hostage in Manila that left nine Hong Kong tourists dead and has generated sorrow and anger. The Chinese were felt bad about their countrymen and blame the entire Filipino people. Even though this event is very sad to know, this also gives a lesson for the people to be aware if ever this incident happens in the near future. These Manila Bus Hostage crises will never happened if there is peace on the person who did this or on the policeman who have misunderstanding. There are many ways to promote peace in the world but perhaps the best way is to promote it within ourselves. Peace is a gradual and wonderful event that occurs because compassionate people are inspired to help others discover the joy of peace! Helping others also has the direct effect of increasing our personal peace and well-being, but this is merely one of the many bonuses that come from sharing our kindness with our fellow human beings. The peace also starts in understanding because when we understand people, we can avoid troubles. Peace cannot be achieved through violence, it can only be attained through understanding. Aside from understanding, love is the best to spread peace. We should spread the love to the other people so that we can find peace within ourselves as well as to other people. We should also respect people around us because everyone has the right to their life. Friendship, understanding and respect are the best way to spread peace to the other people and to the whole world. Peace throughout the world is an ideal thought, however true peace is not something that can be searched for externally. It has to be cultivated within. It has to start within our heart and this is already exists inside us but we just need to give it to others in order to have peace in the world. Most of us are looking for peace outside of ourselves because it seems like others are making us feel angry, frustrated, annoyed, worried, guilty, ashamed, etc. But the truth is that all of those negative emotions actually exist within us because of how we are reacting to our external environment. Therefore, peace can only begin within us by choosing to react differently to your external environment and practicing being calm in your heart no matter what is going on around you. We must learn to accept the fact that others will not always respond to our needs and wants in the way that we want them to. Instead of getting upset with them we need to learn to bless them and wish them well, which is exactly what we hope for ourselves. What we show outside is merely a reflection of what we are inside. Negative thoughts promote negative outcomes. Positive, loving thoughts promote positive outcomes.

As a human, we have freedom and rights like the rights of freedom of speech, the right to work, the right to education and etc. Human rights are the basic rights and freedoms to which all humans are considered entitled: the right to life, liberty, freedom of thought and expression, and equal treatment before the law, among others. We have given rights so that there will be no tortures and abuses. Having human rights norms in place imposes certain requirements on governments and legitimizes the complaints of individuals in those cases where fundamental rights and freedoms are not respected. To protect human rights is to ensure that people receive some degree of decent, humane treatment. Because political systems that protect human rights are thought to reduce the threat of world conflict, all nations have a stake in promoting worldwide respect for human rights. In some cases, the perceived need to protect human rights and maintain peace has led to humanitarian intervention. There is evidence that internationally we are moving towards the notion that governments have not only a negative duty to respect human rights, but also a positive duty to safeguard these rights, preserve life and protect people from having their rights violated by others. Many believe that states' duties to intervene should not be determined by proximity, but rather by the severity of the crisis. I know there a lot of people who suffer from being abuse by others, a person that were slaves and that's why the head or the government make laws for us to be free and have rights. In addition, the use of violence to end human rights violations poses a moral dilemma insofar as such interventions may lead to further loss of innocent lives. Therefore, it is imperative that the least amount of force necessary to achieve humanitarian objectives be used, and that intervention not do more harm than good. We also have the right to live our life to the fullest because we are created by God. We have many differences and so that we should respect each other. Respect is one way of having peace in the world and also the love and understanding of each other. Having self-respect implies that we like ourselves and have a considerable amount of pride and dignity. When we respect ourselves, we will feel confident, competent and have the courage to lead our life according to our personal values. Learning to respect ourselves and others starts within us. Sometimes, there are things that turns us down, mistakes that we made but when we made mistakes, we learned from it, when we are failing, it makes us stronger and to be a better person. Let us love, respect and understand other people because it lead to peace. We can also find peace through God. Accepting Jesus as our personal savior will not only end our search for Peace in our own heart, but our name will be written down in the Book of Life, and we will be entered into Heaven upon our departure of this Earth.

To promote human rights standards in post-conflict societies, many psychological issues must be addressed. Societies must either introduce new social norms or reestablish old moral standards. They must design programs that will both address past injustice and prevent future human rights violations. Human rights must not become just another compartmentalized aspect of recovery, but must be infused throughout all peace building and reconstruction activities. Democratization implies the restoration of political and social rights. Government officials and members of security and police forces have to be trained to observe basic rights in the execution of their duties. Finally, being able to forgive past violations is central to society's reconciliation. Security rights that protect people against crimes such as murder, massacre, torture, and rape; due process rights that protect against abuses of the legal system such as imprisonment without trial, secret trials, and excessive punishments; liberty rights that protect freedoms in areas such as belief, expression, association, assembly, and movement; political rights that protect the liberty to participate in politics through actions such as communicating, assembling, protesting, voting, and serving in public office; equality rights that guarantee equal citizenship, equality before the law, and nondiscrimination; and social (or "welfare") rights that require provision of education to all children and protections against severe poverty and starvation. How can we achieve Peace on Earth? First and utmost, we must find it within ourselves. By sharing our inner peace with others, peace will spread. By raising our children properly and teaching them to respect and love their neighbors, they will learn the joy of peace. Now think of it with World Peace! Weaponless, kind, loving, gentle, and a much better place to live!