

Peace and Human Rights
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Life would always be harmonious if everyone understand, respect, love and takes care for each other. No matter what the society is composed of, harmony and serenity will always prevail if every individual gives peace to one another. But, how could we achieve peace in the society if we will not begin it in our own self? Really, peace is not that easy to build. But, it is easy to share one's peace if we have peace in our own self. People find themselves in trouble because they lack equanimity. Such problem would lead every individual to create conflict among members of the society. If we do not have equanimity within each one of us, how would this country formed? In this world, it is not important what you have and who you are in the society you belong, the most important is how you value your life and how you exercised the rights that has been given to us.

Peace is freedom from or cessation of war and freedom from civil disorder. To be able to achieve peace in every nation, people must respect each other regardless of what tribes we belong and what culture and tradition we follow. Peace from within consists of pure thoughts, pure feelings and pure motives and wishes. Peace in literal meaning is the absence of war and violence. But, if we think twice, peace is not just the absence of war but also its presence. Why? Simply because if there is violence, a peaceful resolution would always arise. People will cooperate and help each other because to resolve the problem in the society. Let's take an example, the bombing in Zamboanga City Airport. That incident took the life many innocent people and makes also some injury to others. But, of what had happened, it leads the people to help each other because they want to have peace. They hand and hand looks for the reason why it happened and who is liable for that incident. We should value human life and refuse to respond to adversary or conflict situation with violence. Out of the anomalies that this nation was experiencing like the hostage crisis that happened in Quirino Grandstand, the ultimate increasing number of gang rapes, the police brutality, the under the table policy, and most of all the most controversial graft and corruption. These things are the one who hinders us always in the success that we really want to achieve. Thus, those happenings that this nation had experienced influence many people to do so. It is important for us to have an integral understanding of human rights and to reject all forms of repression and discrimination. We should be willing to take action to contribute to the shaping of a society characterized by justice, non-violence and well-being. Every one of us is bound to have our own freedom. As we begin to exist in this world, we already have our rights; one of it is the right to live. As a creature of God, it is our primary right that should always be practiced. Because no one can take the life of each individual, only God knows when he is going to get us. The right to live relies on our hands, on how we exercised it and on how we value our own lives. The older we become, the more rights we possessed. Since we're just humans, we need to protect ourselves from being harmed. But, we must do it in accordance to the rights that we have without stepping the dignity of other person. Human rights are rights to which each individual is entitled by the virtue of being a human being. Examples include the right to life, liberty, and security and the right to an adequate standard of living. It is believed that the protection of human rights contributes to human dignity and provides an environment in which full realization of human potential is possible. The absence of human rights protection, on the other hand, creates the conditions for repression, enslavement, torture, and killing. The respect for human rights is an essential precondition to the maintenance of peace and security; it calls for states to protect its citizens both in war and peacetime within the framework of the rule of law. Development is sustained when peace is maintained. However, experience shows that development at times hampered due to discordant events. Cases of social unrest arise from violations of human rights. 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. The promotion and protection of human rights in all its forms and manifestation are the foundation of a just and lasting peace in the world today. Conflicts among family members, among different groups in the community, and among nations continue to escalate, threatening the survival of the human species. There has

been continued lawlessness and violence in cities and countryside brought about by intensified and continued government assaults against the rebel groups. Mindanao has experienced one of the most violent conflicts in the history of the Philippines. A series of armed confrontations between the government and various Muslim separatist groups like Moro National Liberation front (MNLF) and Moro Islamic Liberation Front (MILF). For example, the many kidnapping incidents that had happened in Mindanao that makes the people worried because they think that they might be the next one whom the MILF or MNLF are going to kidnaped. Another one is the Massacre that happened in Maguindanao, many people died because of the greediness of the people to share their positions in other people where in fact it should not happen because it is our right to be elected and to deserve any position that we like. Violence is very much exercised in that scenario. 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. 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. We have this democratic form of governance, we are given all the rights to be free but still we see many injustice things and inequality in the community where we belong. We are not just taking the responsibility that we should handle as a citizen of this country. Leadership within our own selves will lead this state to rise up with the full extension of the people with power. But, how could we have peace in our country if we do not give other people a chance to be free? How will this nation arise from the entire crisis that this nation experienced if the countrymen are not bound to each other? How can we contribute peace in the whole world if we do not have peace in our own self? Let's take a look in the mirror and ask our own self, "Can we be a channel of peace?" In that question, we will realize what our mission in this world is. As we are going to reflect, we would know our worth as a person if we can contribute to the development of our nation. Need not to explain to ourselves what we are if we do the things that we think is right. Every one of us could be a channel of peace if we have peace in our self and if we care for the person that surrounds us.

Being able to forgive past violations is central to society's reconciliation. Looking forward for what we have to achieve is a great influence that we are going to forget those anomalies in the community. Those things can't make us move forward if we stick only in every wrongs that the people in the state did. But, if we walk in the road where there is light that we clearly see, those things would not be the hinder for us to commit the goals that we desired to have. Our human rights only depend on us, on how we use those rights that can help us to make this state a better one. Tolerating the wrongful acts of the people in the society is the most stupid decision that we will do. The unjust things that happened within the scope of the government will not be tolerated. We, people should be aware of that. We should allow every individual to express their hidden feelings and even their complaints to avoid the unnecessary things that would happen like rebellion by the citizens in this country. We must refrain from the instances that we will not hear the voice of every individual because it might be the main reason why many people will not care in the state. Peace is easy to achieve if we just exercised all the rights that we should enjoy and live within the scope of freedom. If we have that, we will have peace within our self, peace in our family, peace in the community and success in the country.

Every individual is given the right to speak, to express its own idea and comments that can contribute to the development of the state; the right to choose the right leader who will lead us to the exact way; the right to protect ourselves whenever we are in danger; and the most important, the right to live in a peaceful life that we ever wished. Such rights are ascribed naturally, which means that they are not earned and cannot be denied on the basis of the race, creed, ethnicity or gender. These rights are often advanced as legal rights and protected by the rule of law. Many conflicts are sparked by a failure to protect human rights, and the trauma that results from severe human rights violations. As conflict intensifies, hatred accumulates and makes restoration of peace more difficult. As we began to feel that hatred we are threatened to do something that is not pleasing to others or we might abuse others. Abuse is the improper usage or treatment for a bad purpose, often to unfairly or improperly gain benefit, physical or verbal maltreatment, injury, sexual assault, violation, rape, unjust practices; wrongful practice or custom; offense; crime, or otherwise verbal aggression. Human rights are international norms

that help to protect all people everywhere from severe political, legal, and social abuses. We might do something that can cause harm to other individualities like racial discrimination and sometimes violence. In order to stop this cycle of violence, states must institute policies aimed at human rights protection. To improve social order, the Provincial Government will continue to implement measures to prevent theft and violent crime, detect crimes of all types, track down gangsters and illegal firearms, stamp out professional gambling, catch wanted criminals and escapees, halt extortion, eliminate drugs and amphetamines, establish a consensus on police reporting and liaison, and take the initiative in combating crime. Many believe that the protection of human rights is essential to the sustainable achievement of the three agreed global priorities of peace, development and democracy. Every individual of this state has its own rights and to disseminate all those rights that is known to them. The goal of expanding such rights is to increase safeguards for the dignity of every individual. We should care for the whole human community transcending or going beyond the concern which they have for their community as well as the nation as a whole. Let's make peace and human rights dominate in the state where we belong to have a better nation. A nation that can sustain the needs of every individual in terms of freedom, justice, unity, and equality that would lead to prosperity and harmony in the hearts of every person who believes in the power of goodness and relevance towards a common goal of peaceful community.