

INNER PEACE

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So many people scoff at the concept of world peace, and frankly, I can understand where they are coming from, but only to a certain degree. If human beings are intrinsically selfish and aggressive by nature, I could understand this, but are we, truly? World peace is one thing we have wanted to have in this world. However, is it possible? I believe it is possible but seems to be impossible at the same time. It is possible if only we could recreate ourselves as human beings and create a new world. That is because, human as we are, we have qualities that crash with each other. These things hinder us from having peace within and thus peace with others.

Peace in its true essence seems to be unattainable due to the age-old barriers which keep us from seeing the light on the other side. These barriers come in many faces: money, pride, and envy among humans. The first and most common barrier is money. Money as they say "...keeps the world going" but is contributory to hindering peace. Money is responsible from the simplest to the greatest conflicts as it stands for bad necessity as well as the impossibility to subsist without. Numerous instances will not fill this essay as to the impact of money not only in our dealings with people (friends becoming best of enemies) to the lives lost (world wars and killings). Many blood are shed due to the want for money, many lives are lost, more so, innocent lives due to the much coveted prestige and wealth. Is it worth the money? Much less the people who seem to be discontented with what they have would agree. This is very discouraging.

I guess it really depends on your definition of unity, or "world peace" (for surely the latter cannot exist without the former). Yes, we are human beings: we are not perfect; we will disagree, and fight with each other. But can't we pick better battles? Certainly uniting in mass efforts to promote awareness of social problems and injustice is a step toward a more peaceful world. Do we have to be as selfish and power-hungry within our own countries, political parties, and religions (etc.) as we have been in the past?

Start with yourself. How often do you smile at complete strangers you pass by on the street, actually say "Thank you" to a store clerk who helps you, a tricycle or jeepney driver who gets you where you need to go? I recently realized I have a tendency not to meet the eyes of strangers in situations like these. Now I make more of an effort to look at people, to thank them, to assist someone who drops something, or answer a question if I can.

Do you purposely avoid meeting the eyes of or speaking to people who seem to fit a certain stereotype? People who appear to be of a certain race, religion, sexual orientation, or people who just dress differently from you--have lots of tattoos, facial jewelry, blue hair... Why? What are you afraid of? That they might turn out to be nice people that you actually have something in common with? But you already do have something in common with them... Homosapiens.

You know what I've discovered? Being actively nice to people you meet in daily life (or even on the internet) makes you feel nicer, it makes you happier. Yes, I can be sarcastic, impudent, and impatient sometimes (even a lot of times on certain days or in certain situations), but I continue to make the effort to be more pleasant, especially when I really don't want to. Just imagine the possibilities of people en masse being more helpful to others on a daily basis. Because, frankly, I'd rather live my life in optimism and die with a hopeful heart, then live bitter and cynical, and die with a curse on my lips...

*Imagine there's no Heaven
It's easy if you try
No hell below us
Above us only sky*

*Imagine all the people
Living for today
Imagine there's no countries
It isn't hard to do*

*Nothing to kill or die for
And no religion too
Imagine all the people
Living life in peace*

*You may say that I'm a dreamer
But I'm not the only one
I hope someday you'll join us
And the world will be as one*

*Imagine no possessions
I wonder if you can
No need for greed or hunger
A brotherhood of man*

*Imagine all the people
Sharing all the world
You may say that I'm a dreamer
But I'm not the only one*

*I hope someday you'll join us
And the world will live as one*