

## **Peace**

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What is peace? Why do we need peace on earth? Have we asked our selves what is the real peace? We always hear the word peace, peace, peace everyday and anywhere we go but why do people keeps on fighting and killing their own kind, stealing, corrupting, raping etc. Do they really know what the real meaning of peace is?

It is a truism that one cannot give what he/she does not have. Conversely, one cannot be at peace with others and the world if he or she is not at peace with himself or herself. Many people find themselves in trouble with others because of their inability to control themselves. Some people become easily confused, fretful and violent when suddenly under pressure then wonder afterwards why in the world they have harmed others and why they cannot seem to account for their actions.

Peace is hard to define. other define it as a place that is quiet, calm, free from war, people have freedom, people loving and caring with one another and people also have peace physically, emotionally, and spiritually. Easy to say but hard to implement because it should always start with our own selves and with our hearts.

Peace from within consist of pure thoughts, pure feelings and motives and wishes. The greatest thing in life is internal peace, external peace and global peace! Peace is the key ingredient to Happiness. Peace within means peace without, learn Peace, teach Peace! Be the change you wish to see in the world. Peace starts from within! A change in perception leads to a change in attitude, which leads to a change in behavior, which leads to a change in the world. Life's what you make it!