

## **The Art of Peace**

**By: MADIHA S. PENDALIDAY**

School of Allied Medicine  
Universidad de Zamboanga  
Zamboanga City, Philippines

World peace is what we all longed for. Everyone wants it, but only few tried to achieve it. Even world leaders, who have superior ability, weren't successful enough to abolish world evils or bring about world peace.

Peace is not merely the absence of war or hatred but also the cooperation, compassion and worldwide justice. Peace is really an important thing in our life, in every country, and even the whole world. That's why we should help one another to promote peace in the world. If you find peace, or help another person find peace, you've improved the world. There are many ways to promote peace in the world but perhaps the best way is to promote it within ourselves. So, first and utmost, we should find peace within ourselves. By sharing our inner peace with others, peace will be spread. Although it is a little bit difficult for an individual to find inner peace living in this world which is full of turmoil. World that has fallen into what may be despair and where in dozens of riots happen everyday. News about war can always be heard on television and radio everyday. And these war are often cause by injustice, hatred, poverty, greed and the desire for power. It's as if people are not contented enough on what they have, but instead they crave for some more, until conflicts occur. Some people are starting to gain a stereo type attitude by not excepting anyone who be different and everywhere the light touches was once the battlefield of a war, whether it's a small row with your friend or a real war, and I find this behavior woeful. Why can't anyone put aside their hate and live together in peace and harmony. And I feel that the world would be a better place for everyone. Sadly, many people need these warnings and carry on with war, as if it's just a joke and not reality. That's why we should eliminate the nature of hostilities and let's attempt to create harmony and equality between the various parties. Restorative justice implies that the perceived injustices must be resolved through negotiation, mediation, community conferencing, community mediation, negotiated rule making, collaborative or international law or even military action. Past conflicts can also help prevent war torn areas from falling back to further fighting. Youth development strategies can also help our future adults from repeating the mistakes we have made that have leaded others to war. We can also teach others about peace and suggests alternatives to government and political candidates that continue to advocate war as the main solution to civil and international conflicts; because one nation's problems are problems fro all of us. We must learn to see ourselves as one small world and not be so concerned with our nationality, race. or religion. When it comes right down to it we are all human and we should work together for human rights and justice for all. We could accomplish it if we all worked together to create a true world economy. We could end starvation, reduce poverty, create jobs and work towards common goals such as worldwide justice, peace education, and pollution control and world management.

As a student nurse, we can also promote peace by being a good role model to everyone. We start by teaching others or showing others the way of peace. We can help those less fortunate than ourselves. We can treat others how we want to be treated, and this basically entails thinking and caring about others, their feelings as well as our own, where in this will hopefully help to prevent fights and arguments. We can also do team work related things, it can be as small as helping our neighbors or anyone around us. If someone is mean to you don't fight back, just walk away or try to make up, and remember that he or she is probably sad inside, so respect his or her feelings but don't neglect your own. And not to forget, we can try making new friends.

So, may this be all enlighten us to save the world through peace and harmony. If we all get together, we can make a difference, and change the world.

Peace begins with you...