

Tranquility

By: Ridzkhan A. Salahuddin

School of Allied Medicine
Universidad de Zamboanga
Zamboanga City, Philippines

The tranquility of flowing water by the river bank catches the attention of me. How calm it is. It heals me from within. It's so good to observe such thing. It is like I've found peace, the genuine one.

In this world, we are seeking for peace, self peace, culture peace, and world peace. Just like the flowing of the water in the river, the beauty of its calmness just like peace. How can we find peace?

I have observed that as time gone by thousands of unfavorable, not good to see, inhuman events is happening in different side of the world. News about killing, bombing, sexual abuse, poverty, etc. keeps on repeating everyday which tells us that this place is not a better place to live for anymore this is because of the cruelty, selfishness and the search for power of those people who don't have the compassionate heart. Can you imagine a place without peace? It's like hell, we will never be happy or satisfied in anything because ever thing will turn to chaotic one. In search for peace, first people should realize that peace starts nothing but from our selves. We must clean our wounded heart first before we can acquire peace. Can you imagine living in a place where there is peace? It is like the tranquil flows of water in the river. Second, if we have cleaned heart we are ready to be involved in the outer world where we will involve ourselves to social activities that might help in promoting peace and order in this world. And after this our longing for peace won't come to an end, we will do something more for the sake of common good.

In longing for peace, for calmness in our world we must take some action instead of doing nothing. Peace is something that we long for so we must do something. Peace touches everything from our right in the community to our right as an individual. A world with peace will lead to calm, happy and a satisfied life.