

WHEN AND HOW CAN EVERYONE ACHIEVE PEACE

By: JAINAB H. MAHMUD

School of Allied Medicine
Universidad de Zamboanga
Zamboanga City, Philippines

In celebration on the World Peace Day, there I would like to ask you these three (3) questions. **WHAT IS PEACE? WHEN AND HOW CAN EVERYONE ACHIEVE PEACE? WHAT CAN YOU DO TO ACHIEVE PEACE?**

Literally, peace means end of war, harmony, freedom from strife. So simple that even children can understand, but when and how they can attain or realize that they have indeed peace, is far from understanding among young ones' mind.

First of all, I want to make everyone realizes that this starts from YOU. There is no such organization needed to have peace. It all started within a person who wanted to achieve peace. It is an effort to make a change for oneself. It is about time that you should set yourself as an example, because if you don't, there is no one to blame but yourself. It's like building a house, taking away one piece of support for what seem could make a good and strong foundation, could make the whole house weak or even collapse. This is always been true that almost everyone ignored, because of greediness, selfishness or perhaps for personal interest and convictions.

If only everyone of us could start this simple act, then perhaps we could instill it to the minds of the children of new generations that we do stand for living in a peaceful society and assure them that they will have lives that will be worth living in the future.