

How to Promote PEACE

By: **Fatima S. Maukop**, School of Allied Medicine (SAM)
Universidad de Zamboanga

If we really do want World Peace, there are many attitudes, behaviors, and influences we really must examine. And, if deemed to be anti-peace in any way, we must do our best to end those. Clearly, only we, ourselves, know whether or not we can muster the positive energies needed to accomplish this; and only we, ourselves, know whether or not we'll actually do anything about it. We DO have choices.

As for me, I can promote peace by making friends with someone of another race, ethnicity, age, ability, or sexual orientation. Appreciating and embracing diversity helps to promote peace; learn to say I'm sorry. Learn to mean it. Learn when to say it and use it. These two simple words can prevent violence and save relationships; be helpful. Random acts of kindness can create more peaceful communities; practice the art of patience. Be careful not to rush to judgment or action; start peace conversations. Talking peace, and listening, is critical for a vibrant democracy; explore your prejudices. Find out what's behind them, how they started, & how they influence your thoughts and actions; write a peace song. Peace songs are great tools for organizing and inspiring people; find your own inner peace. Set aside a few minutes or more each day of quiet, peaceful time; join a study circle. Self-education is a fast track to empowerment toward peace; learn another language. Being able to communicate in a foreign language helps you participate in diverse cultures; learn how to fight fairly. Fight to resolve differences, not to win; become a volunteer on a peace project; Vote. Voting is your hard-earned right and your official voice; support organizations and/or campaigns that fight for basic human rights for all people. Social justice promotes peace, encourage peace projects for school classrooms; and dig deep. Oftentimes, reaching peaceful resolution means understanding what's at the root of a problem rather than what's most apparent on the surface.

I will make a difference in some way we as individuals can all contribute to making peace happen in our families, our communities and our countries.