

“Human Rights”

Leria, Rewelyn May A.
School of Allied Medicine
Universidad de Zamboanga
Zamboanga City

A human being is a part of a whole, called by us, universe, a part limited in time and space. He experiences himself, his thought and feelings as something separated from the rest, a kind of optical delusions of his consciousness. This delusion is a kind of prison for us, restricting us to world our personal desires and to affection for a few person nearest to us. Our task must be to face ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole nature in its beauty.

The key to have a peaceful world and surrounding is to understand this behavior first, understanding, once people start each other, they would begin developing high view points about the others. Respect and no-interference usually come automatically through understanding through understanding. Equality is the most important thing to understand. Being polite and behaving well with others never huts. Considering everyone equal should he the main aspect explained in a peace essay. In this fast developing world, person does't not have his own peace of mind, how is he supposed to contribute to the world peace? It is necessary to first have peace inside yourself and your home.