

WHERE DO THE REAL PEACE STARTS

Keybivien E. Perra
BS Medical Technology
Universidad de Zamboanga
Zamboanga City, Philippines

What is peace? Why do we need peace? Have we asked ourselves what's the real peace? We always hear the word peace, but why do people commit sins. We always hear and see it in the news like killings, stealing, kidnappings, corruptions, rapes, and fights. Do they really know the meaning of peace? Is that the peace they are doing?

Peace is hard to define, some said it is where a place that is quiet, calm, untroubled, free from war, people have freedom and freewill, people loving and care with each other, and people having peace physically, mentally, emotionally and spiritually. Easy to say but hard to implement, because peace should always start with our own selves, with our own heart. If you don't have the peace in your heart, you can never know what the real meaning of peace is. We must learn to love our own selves to learn how to love others. Peace should always combine with love.