

## “WORLD PEACE”

Charmaine Yen Bejerano  
Respiratory Therapy  
School of Allied Medicine  
Universidad De Zamboanga  
Zamboanga City, Philippines

World peace is an ideal of freedom, peace, and happiness among and within all nations or people. Although the term is sometimes used to refer to a cessation of all hostility among all individuals, world peace more commonly refers to a permanent to global and regional wars with future conflicts resolved through nonviolent. There are many ways to promote peace in the world but perhaps the best way is to promote it within ourselves. Peace for me is a gradual and wonderful event that occurs because compassionate people are inspired to help others discover the joy of peace. I believe that a lasting world peace will not be initiated politically it will begin first in the hearts and minds of each of us. Until we have peace within our families and our communities and most importantly ourselves, no politician will ever have the power to bring peace.

The peace we offer to ourselves, our families, our communities and finally to our world family is tomorrow's oneness-world of peace. I believe there is a simple choice for each human being between war and peace, between laying blame and increasing anger and conflict, or opening our hearts and sharing peace and love within our global family. I hold that violence and aggression will not create peace at home or in our schools or communities and envision an irresistible wave of peace, a critical mass that will not stop until the world is free. I proclaim proudly "PEACE BEGINS WITH ME!"