

WORLD PEACE
BY : IRISH MAE H. BASRI
BSPH - 1A
School of Allied Medicine
UNIVERSIDAD DE ZAMBOANGA
ZAMBOANGA CITY, PHILIPPINES

We all know that, Peace is what are people asking for. World peace is an ideal of freedom and happiness among and within all nations and peoples. Why not make peace every single day of our life? We need peace here and now when we are alive. we need peace inside us, between us, around us. Not an immobile, passive, indifferent peace, but a dynamic, progressive, caring peace, a godly peace, a peace pure and powerful that relaxes, heals, stabilizes, strengthens, charges the will to spread joy, love, laughter. Adults can help children understand the importance of treating all people with dignity and not judging groups of people for the actions of a few. Most importantly, adults must model tolerance and compassion in their words and behavior. They should also encourage children to explore their feelings about prejudice and hate. Understand the nature of your mind, it will always make you restless/ unhappy by going in pursuit of what you do not have, just like a child who has a million toys - but cries for a new one without enjoying the ones he has. Whatever you do, do for your OWN happiness. Never blame anyone or anything. When we start blaming others, we ignore our mistakes, thereby failing to learn our lessons. This causes the same misery to come back again and again. When we accept responsibility for our actions, we look inward for our mistakes and move upwards in life.

Give appreciation instead of criticism and see how your mind relaxes, how the faces of your loved ones flow—like flowers turning their faces to the sun. Be good-natured instead of vile-tempered and see how your heart and home radiate a tranquil joy. Find sweet contentment in small things instead of sour dissatisfaction in no-things [things that don't matter] and see how genuine fulfillment overflows in every living moment, how sunburstingly beautiful and divine everything appears. Let us also accord our Muslim brothers and sisters the respect and dignity they deserve, and keep in mind that love and respect, and understanding and tolerance, and peace amidst the richness of a diversity of cultures and religions that makes us collectively and distinctly Filipinos. If we are to promote and achieve a genuine and effective dialogue for peace and progress, we need to work together. Each of us, doing our small part, we'll make a real difference! If we learn to practice some traits that could lead us together, peace will grow perpetually.