

# World peace

[Experience](#), [Peace](#)



21st the world is encouraged to recognize that day as a day of peace. I think it is quite easy for people to look at places around the world where there is clearly hostility going on, whether it be the Middle East, Africa, or inner cities in the United States, and think why can't there simply be peace. To me peace is not about looking at places of hostility around the world and saying there must be peace there. Real peace around the world begins within you.

Check inside and honestly answer the questions " Am I at peace within myself? " How do I express and encourage peace in my interactions with others? " Many people if they are honest are not at peace within themselves. They have allowed what is going on their physical world to disturb their peace. With their peace disturbed, they have either consciously or unconsciously disturbed the peace of those around them. I believe we must master peace within ourselves before we can hope to have authentic peace with anyone else. That is not to say that the two cannot be pursued simultaneously.

There are wonderful organizations such as The Center For Non-Violent Communication, that can assist you in both recognizing the needs both within yourself and others so that you can have peaceful win/win conversations even in difficult circumstances. You can also make a conscious choice to release the thoughts, feelings, and beliefs that are responsible for disturbing your peace, and reprogram your subconscious mind to create peace in your life. In honor of International Peace Day 2009, I have created ten affirmations for personal peace within you, and ten affirmations for peace around the world.

In a country, Peace is a term that most commonly refers to an absence of aggression, violence or hostility. Peace isn't the absence of violence but rather the presence of justice. In a society, peace happens when different desires are in one agreement. Peace is based on many things, culture, education, family values, experience, & history (to name a few) but the basis is the same----to co-exist without war, killing, & overpowering a fellow being. According to me, Peace is the feeling that all's right with the world.

When everyone around me in my family, my friend circle and my neighbourhood is happy, eager to love, accept and relate... I feel at peace. Also, to me it means following what my heart says and sharing mutual trust and respect for people around me. However, in today's world, peace and harmony face various threats. Terrorism, regional imbalance, economic disparity, and social inequality are some of the factors which threaten peace today. We all are so engrossed in our busy lifestyles and yet want our lives to be peaceful.

We expect that peace to be omnipresent but what we need to realize is the fact that if we want peace- we have to live peacefully, love everyone, forgive, forget, etc. . It's not enough to stand around asking if world peace will ever happen because that won't do anything. Actions speak louder than any words. If everyone starts living the peaceful, loving way, things will change. But someone has to start and lead by example.

Mahatma Gandhi once said " You must be the change you wish to see in the world. We can't rely on anyone else to do this. We have to do these ourselves. Acceptance, compassion, and tolerance are the foundation of

peace. Mahatma Gandhi showed that peace ends suffering and oppression, not by warring against an enemy but by bearing witness to wrongs and allowing sympathy and common humanity to do their patient work. Nelson Mandela and Mother Teresa lived different aspects of peace, which was proven to be a viable way to achieve great things. A Human Approach to World Peace

When we rise in the morning and listen to the radio or read the newspaper, we are confronted with the same sad news: violence, crime, wars, and disasters. I cannot recall a single day without a report of something terrible happening somewhere. Even in these modern times it is clear that one's precious life is not safe. No former generation has had to experience so much bad news as we face today; this constant awareness of fear and tension should make any sensitive and compassionate person question seriously the progress of our modern world.

World peace is an ideal of freedom, peace, and happiness among and within all nations and/or peoples. World peace is a Utopian idea of planetary non-violence by which nations willingly cooperate, either voluntarily or by virtue of a system of governance that prevents warfare. 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 end to global and regional wars with future conflicts resolved through nonviolent means.