

Consciousness for Peace: an Incorporated move towards for a Rational & Harmonious Humanity

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Abstract— In the 21st Century and beyond, man should address the basic quartering to him and would seek answer for himself. His life would become more meaningful and purposeful after trying to find truths of life. Man should realize his weaknesses from which he suffers and try to build his strength. This would get peace and happiness, he deserves. It may not happen for majority of them but the trend would have set in. Then he would initiate austerity measure. Simplicity of life would become a way of life. Hence, the path of truth would become easy. However, it would not happen automatically and for this, systematic efforts are required to be made by those who are committed to peace, prosperity and happiness of man and humankind. The day when the truth dawns on majority of people would be the happiest day for any peace-loving creature in the world. Peace means – Freedom from mental agitation or anxiety or the absence or cessation of war or a state or condition of order or harmony. Peace ensures an education that makes an individual a citizen and creates a learning environment to live in harmony with the adjacent nature and act cooperatively. At present, the need of the hour is Education for Peace – for peace of mind, peace in the family, peace in society, peace between nations and peace in the Universe. More broadly, a peaceful society will find a way to live in peace with its natural setting. We all understand the need to protect the environment, to stop polluting it. What prevents us from acting on this understanding is the stock of mental pollutants, such as ignorance, cruelty or greed. Removing such pollutants will promote peace among human beings, as well as a balanced, healthy relationship between human society and its natural environment. This is how religion can foster environmental protection.

The Hundredth Monkey Effect is based upon the principle that after one monkey on an island discovers how to wash a coconut in the water to remove sand and dirt, the rest follow suit until the last, or "hundredth" monkey, finally learns this improved method. At that point, monkeys on other islands become aware of this knowledge without "direct" communication. This same effect has happened repeatedly in human history, where inventors have simultaneously discovered inventions that others around the world were contemplating at the same time, or where mothers somehow know when one of their children is in pain hundreds of miles away. The thoughts become energy that is available to others that tune into this energy field, or universal consciousness. It may occur

more often when we are sleeping or in "hypnotic" or meditative states than during our normal waking state. If we already tap into this energy field without being consciously aware think what we will be able to do if we exercise our minds and use this incredible resource to our best advantage! When we stop and think about it, we are adding to the energy field right now by merely reading this information on peace. We are investing our time, money, energy and dreams in this principle in order to help World Peace become a reality. Who will be the 100th Monkey for Peace?

In any journey we choose to undertake we must take the first step and shortly thereafter the next steps become obvious. Without the first step, the tenth and twentieth steps never become reality and we have no possibility of reaching our destination. Yes, sometimes the first steps may lead nowhere but as Thomas Edison wrote, "I learned 99 ways not to make a light bulb". He understood that both difficulty and perseverance were necessary components in the effort to reach a worthwhile goal. "Failure is simply the opportunity to begin again more intelligently." - Henry Ford. For many people this question may seem a little ridiculous. Most people have been raised to believe that our consciousness controls most of our decisions and actions.

Index Terms— Concept of Peace, Culture of Peace, Consciousness, Field Theory of Consciousness, Transcendental Consciousness, Stages of Consciousness, the Hundredth Monkey Effect and Process of Peace Building.

I. INTRODUCTION

In contemporary scenario, man should address the basic quartering to him and would seek answer for himself. His life would become more meaningful and purposeful after trying to find truths of life. Man should realize his weaknesses from which he suffers and try to build his strength. This would get peace and happiness, he deserves. It may not happen for majority of them but the trend would have set in. Then he would initiate austerity measure. Simplicity of life would become a way of life. Hence, the path of truth would become easy. However, it would not happen automatically and for this, systematic efforts are required to be made by those who are committed to peace, prosperity and happiness of man and humankind. The day when the truth dawns on majority of people would be the happiest day for any peace-loving creature in the world.

Peace means – Freedom from mental agitation or anxiety or the absence or cessation of war or a state or condition of order or harmony. Peace is a vastly greater concept than the lack of war, violence, poverty and inner turmoil. Peace is the

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combination of bodily peace, family peace, local peace, national peace, inner peace and world peace.

Peace, like reading, writing, mathematics, drawing, emotional intelligence and enlightenment ("understanding/comprehension/compassion/meditation/intuition"), are learned skills that improve our knowledge, maturity, health, happiness and longevity. Peace is probably the most important lesson we should learn during our lives and the sooner the better. The advent of the World Wide Web may just provide the boost in knowledge, wisdom & peace humankind has been waiting for. Improved communication may be the difference between extinction and survival. Through knowledge, Peace will evolve. Knowledge is power. Knowledge combined with Enlightenment leads to wisdom. And the Wisdom is Peace! We believe that every person ought to have the opportunity to find peace. That being said, who are the ones who are most likely in the position to help those who cry out for help? Probably those who have already found peace and have the resources to reach out to those in need. Now that we are truly a global village, it may be more important than any time in human history. The rewards to the entire world will be almost unimaginable. (Paradise on Earth?) Peace is with us.

Here is a rather scientific question. Einstein changed the world when he created the equation $E=mc^2$ in 1905. Now the question arises what is the formula for peace and who will discover it? Is it something like: Love + Justice divided by Compromise and Respect = Peace? Lots of nations could use this to their benefit. What are the missing elements of this world changing formula? Today, we are experiencing such a crisis that does not challenge weak souls, but causes the greatest shift of human thought in the last millennia. Violence is emerging in an unprecedented manner in human society. Looking at the world today any sensible person feels disheartened and even horrified to see the kind of violent acts being committed by man against man and nature. It is sad to realise that we live in an era of unprecedented violence in the forms of terrorism, war, crimes, injustice and oppression and exploitation amidst a seemingly outward development enjoyed by a few. The majority of humanity lives in stark poverty, struggling for him. The present day cycle is known as cycle of violence where violence, war and poverty are cumulatively growing and the social order is known as 'violent social order' and humanity is facing a terrible challenge of its own existence. With the advent of the year 2001, we have entered into the new century and new millennium but the humanity is standing at the crossroad of all the transition process. ***The biggest agenda for 21st century is how to save the Humanity?***

The present world is faced with many problems as social, political, economical, educational, cultural and environmental due to deterioration in values. The saddest part of the story is that this state of disorder and confusion in the society is affecting the children's innocent minds. Children naturally absorb the spirit of violence in the atmosphere and will soon grow to be next generation of perpetrators of violence. Therefore, the need to nurture in the hearts of children has arisen as urgent issues to be addressed. Fortunately, a few countries may remain unaffected by such forces extending over the surface of the earth. Nevertheless, the questions remain: How long can they remain so? No country can remain aloof under the pressures of globalization. On the other hand, the face of the world has been changing

over the millions of years of evolution. Some of them through nature and some through human intervention or interference. Scientists all over the world agree that our world is very fragile. Man in his greed has over-exploited the available resources and this has led to imbalances on the earth's surface. Not only that, they fight amongst themselves for possessing the available resources. In this context, the very earth becomes susceptible to destructive powers of man. Unless man learns to live in peace with others and his environment, it will become an impossible task to sustain this life giving earth. The sustenance that man gets from the earth has given him the chance to evolve as a higher being.

There are many types of conflicts in the world. Jacques Delors in the report titled "**Learning: The Treasure Within**" (1996) discusses seven types of tension that characterize the modern society. "These are the tension between the global and the local, the universal and the individual, the traditional and the modern, the long term and the short term considerations, the need for competition on one hand and the concern of equality of opportunity on the other, the extraordinary expansion of knowledge and human being's capacity to assimilate it and between the spiritual and the material." Not only that, there are people with inner conflicts too. Men with mental conflicts and dissatisfactions become mongers of war. It is rightly said 'it is in the mind of men that war starts'. They bring about conflicts and violence in the peaceful society. The ill effect of it is that they decay the quality of life. "Conflicts dissipate our collective energy and destroy the framework for a better quality of life, even when the material resources for it are available" - NCERT, 2006.

II. THE CONCEPT OF PEACE

Peace is a vastly greater concept than the lack of war, violence, poverty and inner turmoil. **Peace is the combination of bodily peace, family peace, local peace, national peace, inner peace and world peace.** Accordingly, true peace must begin with food, water, vitamin, nutrition and medical care for both rich and poor alike. Next, peace training starts with the family and in our education systems. Peace needs to surround us in the form of local safety and security which is best achieved through communication and negotiation with neighbours to attain mutual trust and respect for one another. Governments and state leaders can assist in the peace process by creating and encouraging/enforcing moral and ethical standards, thus promoting justice, liberty, freedom, ethnic and religious tolerance, and constructive relations with all nations.

World peace is achieved by combining all the "peaces" together to create hot peace (as opposed to cold war). Hot peace is the absolute presence of worldwide justice, freedom, cooperation, negotiation (working with both friends and enemies), education, mutual respect, sharing, compassion, kindness, happiness, joy, equanimity, human dignity and harmony with nature, animals and mother earth. World Peace is merely an unsolved puzzle waiting for loving people to put the "peaces" together. Through love, World Peace not only becomes possible, peace becomes probable...

Peace is the natural state for a being just as health is the natural state of the body. It is synonymous with balance and equilibrium. One's peace gets disturbed when one is unable to cope with the stressful situations that arise in everyday living.

Physical endurance or human adaptability to physical in terms adapting to climatic changes, physical features of the land like deserts, forests or mountainous terrain is well known and it is the story of human evolution. From the psychological point of view, man in the beginning stages of his life, (as in the case of his infancy) is at peace when his needs are satisfied. As he grows, his needs multiply and he has to learn to find means of satisfying them or forgo them or prioritize his need and this is a learned behaviour. When one is able to develop the capacity to do away with the need or to satisfy one's need, one is said to have achieved emotional and mental capacity to adjust with the world. Where one's capacity matches the challenges one faces - Capacity in physical sense and mental sense and emotional sense, then one is able to experience peace and satisfaction with oneself and with the environment. This capacity can be enhanced through peace education.

III. REASONS FOR LACK OF PEACE

Violence and war among humans arises from multiple factors.

- **Differences in race, creed, culture, language, gender:** We cannot change pluralism that subsists in the world. Differences are universally prevalent but prejudices, distrust, fear and feelings of hostility that arises because of lop sided perception of differences can be changed for the better.
- **Scarcity of resources:** The population growth and consumption pattern during the post world war decades has led to the ecological stress and human deprivation. In the last 50 years population grew by 2.4 times but global consumption increased 6 times (NCERT, 2004). There is incompatibility between the available resources and the number of people utilizing these resources. The rich benefit from rising consumption whereas the poor are left to face the environmental damage. Lack of resources available for use gives rise to encroachment or seizing others' assets and it results in conflicts. 'Greed and appropriation of other people's share of the planet's precious resources are at the root of conflicts and the root of terrorism.'
- **Unevenness in development:** There is disparity in the growth pattern of the different countries of the world. Each country should work towards the development that is economically feasible, socially and culturally desirable and ecologically viable. Disproportionate growth patterns, where one is very wealthy and other poor, brings into force negative feelings and scope for conflicts to arise.
- **Erosion of family values /social values:** Numerous studies have established strong association between child rearing practices and aggressive behaviour in children (Bondura, 1973, Mackinson- Lewis, 1994, Montagner et al, 1984 and NCERT, 2004). Even in family life, there is lack of peace because people do not get along with each other. Thich Nhat Hanh, in his book "Peace is Every Step", encourages his readers to breathe and smile, writing that many families lives dangerously because they do not get along with each other.

IV. CULTURE OF PEACE

Peace should start as a grassroots movement, thereby creating a 'trickle-up' process. Not only can we teach others about peace but also we can suggest alternatives to governments and political candidates that continue to advocate war as the main solution to civil and international conflict. Along the way, some form of world 'Planning and Lawmaking' committee probably needs to be established that includes all nations. One nation's problems are problems for all of us. We must learn to see ourselves as one small planet and not be so concerned with our nationality, race or religion. When it comes right down to it we are all human, and we should work together for human rights and justice for all. Shouldn't we?

The highest virtue is to preach peace. This is the secret of morality, ethics, humanity and civility. Peace is the process of progress and prosperity however interest is natural instinct of every man and nation, but thinking faculties and rationalism mediate between peace and interest to avoid conflicts, tensions, frustration, violence and wars. The entire philosophy of life may be summarized as peace is at the beginning and it is at the end, between them is interest.

Happiness. What is it and how is it attained? Some suggest it is the combination of self esteem, gratitude, sharing, and daily laughter, inner and outer peace. How can we give the gift of happiness to the world? By helping others! World Peace is inter-related to World Happiness, similar to how inner peace is related to inner happiness.

The cause of peace is furthered through education. It is a universal responsibility of nations to assist each other, in the quest to achieve free and compulsory quality education for all. In the broader sense, education means to build the 'Culture of peace', learning and practicing the skills of active non-violence of dialogues, of tolerance and solidarity respect for human rights and the constant struggle for justice: are the main keys.

The nations of the world, gathered at the General conference of UNESCO in 1995, declared that the major challenge at the close of the twentieth century is too brought out the transition from a culture of war to a culture of peace. The points highlighted are:

A culture of social interaction and sharing based on the principal of freedom, justice, democracy, tolerance and solidarity.

A culture that rejects violence endeavours to prevent conflicts by tackling their roots and to solve problems through dialogue and negotiation.

A culture that guarantees to everyone the full exercise of all the rights and the means of full participation in the in the development of the society.

Emphasizing on the works that must be done in education to teach the principles that underlie a culture of peace, requires the curriculum at all levels, and includes active listening dialogues, mediation skills and co-operative learning's. It acquires a dynamic long-term process and provides to both children and adults with an understanding of respect for universal values and rights.

Peace ensures an education that makes an individual a citizen and creates a learning environment to live in harmony with the adjacent nature and act cooperatively. At present, the need of the hour is Education for Peace – for peace of mind, peace in

the family, peace in society, peace between nations and peace in the Universe.

Under the present predicament, there is a growing realisation in the world of education today that children should be educated in the art of peaceful living. As a reregulate, more and more peace concepts, attitudes, values and behavioural skills are being integrated into school curricula in many countries. There is also renewed interest to develop peace related disciplines such as value education, moral education, global education, etc.

V. INNER PEACE

Inner peace may be the most important key to peace because through love (both of self and the world), faith, meditation, self-esteem, compassion, hope, kindness, gratitude and wisdom (self-cultivation), peace will spread to those around you. World peace is achieved by combining all the "peaces" together to create hot peace (as opposed to cold war). Hot peace is the absolute presence of worldwide justice, freedom, cooperation, negotiation (working with both friends and enemies), education, mutual respect, sharing, compassion, kindness, happiness, joy, equanimity, human dignity and harmony with nature, animals and mother earth. World Peace is merely an unsolved puzzle waiting for loving people to put the "peaces" together. Through love, World Peace not only becomes possible, peace becomes probable.

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People often wonder how we will someday change and put an end to war and hatred. Intuition enables us to advance beyond our animalistic instincts and beyond our human intellect to a realm of higher consciousness (a meditative / spiritual / compassionate existence). For enlightened individuals that reality already exists. They have already found Peace on earth.

VI. PEACE AND CONSCIOUSNESS

The UNESCO charter reads in part, "War begins in the minds of men." In the Vedic science of consciousness, moreover, war is said to begin not in the individual minds of politicians

or generals, but rather in the collective consciousness of entire societies. Stress in the collective consciousness not only fuels terrorism and war. It also breeds crime, economic instability, and governmental incoherence. All occurrences of violence, negativity, conflicts, crises, or problems in any society are just the expression of growth of stress in **collective consciousness**. When the level of stress becomes sufficiently great, it bursts out into external violence and war, or internal crime, accidents, and disorder. In theory, therefore, peace-creating groups act to prevent terrorism and war by dissolving stress in the collective consciousness before it can break out as social violence.

Everything we know about the world comes to us through our brain. Yet for each of us our own conscious mental world of thoughts and feelings is isolated and private. Despite several centuries of research on the brain, communication through language or gesture remains the only way we can discover the conscious thoughts and experiences of others. But if thoughts and feelings arise from patterns of neural activity in the brain, then it should be possible to directly decode such conscious experiences from brain activity alone. Recent advances in brain imaging technology raise just such a possibility, by showing that it is possible to accurately decode a person's conscious experience based only on non-invasive measurements of their brain activity. Such brain reading' abilities may transform our understanding of the brain and provide important new medical insights, but also raise important ethical issues concerning the privacy of personal thought.

Consciousness is the state of being conscious; awareness of one's own existence, sensations, thoughts, surroundings, etc. And the thoughts and feelings, collectively, of an individual or of an aggregate of people is the moral consciousness of a nation. However, full activity of the mind and senses, as in waking life: to regain consciousness after fainting. Awareness of something for what it is; internal knowledge: consciousness of wrongdoing. Thus, concern, interest, or acute awareness: class consciousness.

VII. FIELD THEORY OF CONSCIOUSNESS

In the descriptions of Vedic science, groups of peace-creating experts defuse such society-wide stress and incoherence-by radiating an influence of harmony and orderliness through an underlying field of consciousness. Modern quantum physics has determined that all the fundamental components of the natural world-all the forces and subatomic "particles"- are in fact nonmaterial waves traversing nonmaterial fields. Thus, to understand consciousness as a field, need only assume that it operates like every other aspect of nature. In this view consciousness, also, is an infinite, invisible field- an "ocean" of awareness or intelligence everywhere available- with waves that radiate throughout society.

★ Four Components

There are four Vedic components that have been extensively validated by both scientific theory and experiment. Stated first in one sentence:

- A single **unified field of intelligence** at the basis of nature

- can be directly **experienced by the human mind**,
- producing rapid **individual growth** and
- A radiating influence of **peace in society**.

A.) **The unified field:** The Vedic tradition indicates that, as the ocean is the basis of all its diverse waves, so a **single unified field of intelligence (or consciousness) lies at the basis of all diversity in the physical world**. In recent decades, quantum physics has shown that, in fact, such a single unified field does exist-non-material and omnipresent. **As the source of all the laws of nature**, this unified field of natural law-defined in the latest superstring theories-can be seen as the **most fundamental level of the organizing intelligence of nature**.

B.) **Transcendental Consciousness:** In Vedic descriptions, **the human mind can directly contact this unified field of nature's intelligence**. The connection to the unified field is said to take place **during Transcendental Consciousness- a fourth major state of consciousness-** distinct from the three commonly experienced states of waking, sleeping and dreaming. In the last thirty years, **scientists have identified such a fourth state of consciousness**.

C.) **Individual growth:** When, in Transcendental Consciousness, **the individual awareness opens itself to the unified field of nature's intelligence**, the human mind and body are said to evolve rapidly toward higher levels of functioning. Now hundreds of studies have documented such growth—as measured by **increased intelligence and creativity, improved health, and enhanced psychological maturity**.

D.) **Peace in the world:** Vedic science explains that a large group of people can together experience the inner peace of Transcendental Consciousness. This profound influence of peace then **radiates into the entire society** have identified this **radiating influence of peace, as measured by reduced crime, accidents, warfare, and terrorism**.

These four basic concepts are now well-documented elements in a long-lost science of consciousness. Persuasive evidence indicates that modern science and ancient wisdom have joined hands in a theory and technology of peace. If the scientific process is meaningful, ancient sages were correct about the peace-creating power of human consciousness. Modern science and timeless wisdom have come together in a practical, powerful technology of peace.

The next level of consciousness is peace, which calibrates at energy level 600. Individuals who reach this level have achieved complete transcendence; this is the level of pure spirituality, or God-consciousness. It's extremely rare for people to reach this level of consciousness; estimating about 1 in 10 million people ever reach this level. At the level of peace, a person no longer uses the rational mind to conceptualize ideas, but has a mind that's in a state of perpetual silence. This person has reached a point of ultimate self realization, that everything in the universe is connected, and they are one with the universe. There is no longer a separation between the observer and the observed, but a state of perpetual bliss that renders previous conventional day to day activities unimportant. Because of this, it's common for these individuals to remove themselves from society for long

periods of time. Eventually these people become spiritual teachers, or make major lasting contributions to mankind.

VIII. TRANSCENDENTAL CONSCIOUSNESS

The key to peace creation is the experience of Transcendental Consciousness - the direct experience of the unified field of natural law- a state of inner peace. Each peace-creating expert is experienced in the subjective technology of transcending - allowing the mind to settle down deep inside until it transcends thought altogether. The mind is left wide awake, but unsullied by specific thoughts or perceptions. This is a state of restful alertness - the experience of Transcendental Consciousness. Transcendental Consciousness connects individual intelligence with the unified field of nature's intelligence. The results are profound: Regular daily experience of Transcendental Consciousness leads to unprecedented individual growth and, experienced in groups, it produces an easily measurable influence of peace and harmony throughout society.

IX. STATE OF CONSCIOUSNESS

A century later, however, we are much more familiar with radio waves and other invisible field effects. The electromagnetic field, for example, exists everywhere in the universe-nonmaterial and omnipresent. Radio, TV, radar, global positioning systems, and the Sun (as well as all other sources of light) produce their effects by stimulating waves in this underlying electromagnetic field. This is not the normal understanding of consciousness, of course. We know we are conscious, we know we are awake. But what is wakefulness, what is consciousness? We vaguely picture our mind inside our head, closed up in our skull, as though the brain and the mind were one and the same.

But the Vedic understanding, examined in detail on this site, indicates that consciousness, like every other aspect of nature, is an unbounded, all-pervasive field everywhere available—that it is, in fact, the most fundamental of all the fields in nature, the source of both forces and matter—a concept corroborated by the latest unified quantum field theories. From one standpoint, therefore, the human brain can be seen as an intricate broadcasting and receiving station for waves traversing this field of consciousness. We live most of our life through three states of consciousness:

- Waking state of consciousness
- Dreaming state of consciousness
- Sleeping state of consciousness

In the waking state of consciousness, we experience the world through the five senses. We seek elevation and joy from these senses. If any one of the senses is missing, the entire dimension of that sense is lost. One who cannot hear is bereft of the whole arena of sound. Similarly, he who cannot see is deprived of all the beautiful sights and colors. So, the sense is more important and much bigger than the object of the sense.

The mind is higher than the senses. The mind is infinite, its desires are many, but the capacity of the senses to enjoy is limited. Greed is wanting more and more of sensory objects. Even though one can only enjoy a limited amount during a lifetime, one wants all the wealth in the world. Giving too much importance to sensory objects leads to greed; giving too

much importance to the senses leads to lust; and giving too much importance to the mind and its desires leads to delusion. We hold on to the concepts of the mind and want things to happen in a certain way. Thus, the concepts in our mind impede us from perceiving the infinite consciousness that is a part of us. This is not to say that the senses or the mind are bad. But we must learn to discriminate between things and be aware of what is happening at all times; that is when clarity dawns on us. This is the first step toward the higher state of consciousness. In the waking state, one is constantly engaged in looking, eating, working, etc. The other extreme is the sleeping state where one is completely cut off and dull. The dullness and heaviness linger even after waking. The more one sleeps, the duller one feels since a lot of energy is expended in sleep. Then there is the dreaming state where one is neither asleep nor awake. Here, you neither feel at rest nor are aware of your surroundings. On the other hand, Consciousness evolves; meditation brings harmony in creation, personal transformation, realizations of SELF. These are the objectives of any society. Meditation empowers a society to achieve these qualities e.g.

- Individual Benefits of Meditation
- Social Benefits of Meditation
- Bodily Benefits
- Violence Free Society
- Mental Benefits for Value Based Society
- Spiritual Growth
- Trusting, Happy and Content Society

X. THE PEACE BUILDING PROCESSES

There are many ways to promote peace in the world but perhaps the best way is to promote it within ourselves. Peace is a gradual and wonderful event that occurs because compassionate people are inspired to help others discover the joy of peace. As time is running out, man should visualize a world, free from disparities and sufferings of any sort and strive hard to achieve both either individually or collectively. In situation of “Do or Die” and “Now or Never”, if man does not work hard, he would never be able to achieve the state of development as he creates. As hope sustains, one should keep thinking a lively to design better peaceful world by contributing his /her mite.

The Peace Building Process includes:

- **Negotiation:** Getting all parties to talk face to face and resolve their differences by themselves.
- **Conciliation:** A conciliator communicates with each side individually.
- **Mediation / Facilitation:** Promoting justice for all parties by an impartial third party.
- **Advocacy:** A third party promoting one side due to real/perceived injustice.
- **Arbitration / Adjudicative:** A third party makes a binding decision for both parties.
- **Threat of force** - The threat of military action by a third party against the offending party.
- **Economic Sanctions:** A third party imposes economic sanctions against offending party.
- These peace-building processes are generally combination of **three categories:**

- **Consensual** (the parties reach a agreement by themselves)
- **Adjudicative** (court ordered by third party)
- **Legislative** (laws or rule-making determined by a group, organization, ruler or legislative body)
- Transformative peacemaking focuses on the means (process) used to reach the ends, focusing very closely on the process instead of merely the desired outcome. The approach stresses fairness, understanding, respect, and inclusiveness of all parties in order to create a commitment to increasing justice, finding truths and healing relationships. The end goal of these processes includes some of the following:
- **Balancing power** between the stronger and weaker parties (only possible when the advantages to each party are understood).
- The weaker / wronged party gets restored justice and the attacking party hopefully acknowledges the wrongs committed.
- ❖ **Conflict resolution:**
- Working together to reach independent and/or mutually acceptable goals.
- Improving relationships between the various parties (not always possible).
- Listening / understanding all sides without judging.
- Develop / determine / promote solutions that lead to personal / regional social change and improvement.
- Attempt to create both individual empowerment along with mutual interdependence and community.
- Reconciliation - quarrels and differences are settled so that violent opposition is eliminated and hopefully friendships are created.
- Reparations - the offending party reimburses the offended party for the wrong doings.
- ❖ **POA for Sustainable Peace:**
- Reducing inequalities and perceived injustice.
- Creating compassion and kindness for all parties involved.
- The desired outcome of harmony cannot solve the problem at the expense of justice. The fire will merely smolder and re-ignite later.
- Creating understanding and comprehension of what it means to create / sustain peace.
- Living with Peace, Happiness, Liberty, Compassion and Joy!

CONCLUSION

How can we achieve Peace on Earth? First and utmost, we must find it within ourselves. By sharing our inner peace with others, peace will spread. By raising our children properly and teaching them to respect and love their neighbours, they will learn the joy of peace. The peace process should be a predominantly preventative measure. Martin Luther King, Jr. highlighted, “Every man must decide whether he will walk in the light of creative altruism or the darkness of destructive selfishness. This is the judgment. Life's most persistent and urgent question is what you are doing for others.” In the past we seemed to have assumed that the more knowledge people have, the better they are. Accordingly, we

stressed cognitive learning in schools at the cost of developing children's emotional, social, moral and humanistic aspects. The consequence of such imbalanced learning is evident today in the forms of youth unrest with their antisocial attitudes and behavioural problems. "The value of life does not depend upon the place we occupy. It depends upon the way we occupy that place" said St. Thérèse de Lisieux. We all know that it is better to give than to receive. When we are selfish and judgmental, we fail both separately and together. When we all give, we ALL receive. We get what we give. Give hate and anger, get war and poverty. Give love and compassion, get peace and prosperity. That is the way of both the individual and the world. Think what we could accomplish if we all worked together to create a true world economy. We could end starvation, reduce poverty, create jobs and work towards common goals such as worldwide justice, peace education, and pollution control and planet management. Therefore, there is an urgent need to create a culture of non-violence and tolerance in all walks of life and thus creating a peaceful and sane society.

**“When there is righteousness in the heart
 There is beauty in the character,
 When there is beauty in the character
 There is harmony in the home
 “When there is harmony in the home,
 There is an order in the nation,
 When there is order in the nation
 There is peace in the world”**

-Abdul Kalam

The high idea of Abdul Kalam's poetic lines is in the idea that peace comes from harmony and harmony comes from the beauty of the character. Only the character that seeks harmony and peace at home, for nation, and on Earth. The benefits of human beings working together to create peace for all, will be reduced poverty, crime, war, hate, injustice, pollution, etc. The true benefit is living in a world where love, caring and compassion become the standard in this beautiful planet.

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