



FIVE QUINTESSENTIALS FOR PEACE

Ms S D Mudshingikar

Asst Prof. in Education, Oriental College of Education, Sanpada

Abstract

The musk deer is my insignia for inner peace. It knows not the value of its own preciousness, yet every where it goes, it spreads unintentionally, the sweet fragrance of its perfume. Since it is unaware of its own gift, there is no space for ego or gratuitousness in this deed. It is pure and sublime action unadulterated by feelings of being repaid....This; in my opinion is how a person with inner peace lives. Unbeknownst to all he/she silently sends out the radiance of peace and touches the lives of all around to reform it for the better. To do this, a prerequisite is to have inner peace... this reflective rendition, shares thought in this direction...



Scholarly Research Journal's is licensed Based on a work at www.srjis.com

In one of his sharing moments, a grandpa said this to his little grand daughter....

“ I feel as if I have two wolves fighting each moment In my heart.... One wolf seems rough, arrogant and ferocious while the other is meek and understanding... ”

The little girl innocently asked....” And who usually wins the fight pa?”

“The one I feed” replied the wise old man.

The one we feed is the one who wins. If we nurture evil, evil wins while if we empower and egg on our conscience, it will surely be the victor. Mahatma Gandhi has often quoted that ***an eye for an eye and a tooth for a tooth will make the world both blind and toothless.*** Evil begets evil. This is easier for a person as doing wrong or alighting the stairs of morality is child’s play, while letting go of self ego and superseding the wild ferocious wolf in favour of the meek wolf is a task indeed! Supporting the meek wolf ... our conscience involves the following actions on our part :

1. **Pardon:** We hang on to past events, occurrences, peoples misdeeds and leverage it to mete penalty on them in the present. Let go. Forgive and forget... that you yourself have committed errs and will continue to do so inspite of being careful is the truth. So treat others the way you wish to be treated. The measure you give is the measure you will get.

So then pardon and let go. Burdens of whatever nature only lead to fatigue. Travel light and you will savour the peace that emanates from the core of your being.

2. **Empathise:** If you knew what the other feels you would never hurt. If for every hurt you inflict you feel the pain of the sufferer, would anyone deliberately cause hurt and hurt oneself? Never. So then, empathise, walk in the shoes of the other before you judge and penalize. If you do so, you will figure out why a certain person behaved that way. Only a hurt person hurts another. Someone who is calm and composed sends waves of peace to all around them. Only when you experience this, will you be able to relish the peace that springs from your soul.
3. **Accommodate:** Be accepting of people with their perfections and flaws. Celebrate their individuality and originality. Acknowledge that a rose with all its beauty but devoid of its thorns would never be a rose. Let deviance from norms never be the yardstick to be judgmental. Let the realms of your heart be made wider and deeper through meeting a diverse array of people. Just because a person is unlike you or your choices let him/her never be denied the warmth of your assent. This virtue liberates one from rigidity and ensures peace in the heart which no one can ruffle.
4. **Cherish:** hold good moments, warm thoughts, tender feelings, true confessions close to your heart and treasure them. These are like a hearth which will keep your heart warm and cozy even when the outside is besought with violence, hatred and cold feelings... Cherish the good a person does, let go of the deviances. Let the good be a reference against whom to measure the validity of your own actions. Better the good and exceptionalize the best. Elevate your being to be the candle that gives warmth and light rather than a tongue that curses the darkness.

That is the secret to lasting peace.

5. **Empower:** enhance the immunity of your goodness to combat every evil force that you encounter. Think good, do good, be good. The path is difficult and wrought with thorns but as they say fear not as... *darr ke aage jeet hai...* The path of right is narrow while that of the wrong is broad and accommodates as many as possible so that only a handful of grains are sifted from the bulk of wasted lives. All great people had difficult lives. So rejoice when you are tormented and victimized on the path of the right as this itself will indicate that you are on the right path .

And so the acronym to obtain Peace is PEACE. May peace reside in you and diffuse all around you to obliterate the stench of every form of negativity that exists around us....!