



## **MY STRATEGIES: PEACE WITHIN ONESELF**

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### **Abstract**

*“Peace is a journey of a thousand miles and it must be taken one step at a time”- Lynden B Johnson. When peace comes to our minds we think about a world without problems, we think about a beautiful world without weapons and conflicts, where peace flourishes in all its meanings to different people, but that world may be unreachable if we do not maintain peace in our lives. Within ‘Peace’ is defined not just as the absence of war but also the presence of the condition for just and sustainable peace. We are in a great need of peace as today’s world is facing a lot of problem and due to which human beings are unhealthy. Health is stable well-being –physical, mental and social, it is not a mere absence of disease or complaints. To live a healthy and wealthy life, we need peace in our life i.e. inner as well as outer peace. A person who has inner peace will be seen with different symptoms and through which we can easily find out that he has peace within himself. To bring about peace within, I have suggested various ways which I applied for myself from time to time. By practicing these ways, definitely we get more peace within oneself. The significance for the study has become enormously all over the world because peace sustainability is a worldwide movement. Each and every individual wants to get peace within.*



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### **Introduction:**

“Peace is a journey of a thousand miles and it must be taken one step at a time”- Lynden B Johnson.

‘Peace has always been among humanity’s highest values for some, supreme. Consider: Peace at any price’- Alphonse de Lamartine, Meditations Poetiques (1820).

The most popular western view is as an absence of dissension, violence or war. Peace, however, are also seen as concord or harmony and tranquillity. It is viewed as peace of mind or serenity, especially in the East. In this diversity of meanings, peace is no different from such concepts as: justice, freedom, equality, power, conflict, class and indeed any other concept.

Within 'Peace' is defined not just as the absence of war but also the presence of the condition for just and sustainable peace.

Peace has been characterized as the capacity to handle conflicts with empathy, non-violence and creativity. The process speaks not only to one's inner needs for peace but to external peaceful relationships and activities as well. The key for developing an awareness of peace is to be curious about how Peace feels when we have it. This takes some strategizing: having at hand these practical types of mindful tools that assist us in the Peace- seeking and Peace sustaining process.

### **Why We Need Peace?**

When peace comes to our minds we think about a world without problems, we think about a beautiful world without weapons and conflicts, where peace flourishes in all its meanings to different people, but that world may be unreachable if we do not maintain peace in our lives.

'If we want to reach real peace in this world, we should start educating children'- Mahatma Gandhi.

According to Gandhiji, the Principle of non-violence is the basis of basic education for peace. Through it, Gandhiji wants to develop qualities which are necessary for building a non violent society. It is against exploitation and centralization.

Today' world is facing lots of problems, violence, corruption, work pressure, conflicts, competitions, challenges, jealousy, hatred etc and due to which human beings are unhealthy.

To make human being healthy we are in great need of peace.

Let us first know what is health?

The World Health Organization has given an appropriate definition of health: Health is stable well-being –physical, mental and social, it is not a mere absence of disease or complaints.

Health or well being depends upon nourishment, activities (physical and mental) and rest. If any one of these is excessive or meager there is an imbalance which leads to ill-health.

Mental health refers to the overall well-being of an individual. It is about the balance of the social, physical, spiritual and emotional aspects of a person's life. Mental health can be defined as the human ability to face and solve problems and select the correct alternative that results in happiness of mind. The mental state of a person is characterized by the personal growth, sense of a person, self acceptance, and positive relationship with other people. It is also highly affected by environmental factors like family life, social life and life at work. The general well-being is decreased by any negative experience in any of the mentioned areas. To live a healthy and wealthy life, we need peace in our life i.e. inner as well as outer peace. We need an expanding base of strategies to create Peace, both personally and globally.

### **The Symptoms of Inner Peace-**

Let us see a person, who is having Inner peace.

- A person who has Inner peace will be seen with a loss of interest in conflict.
- A loss of interest in judging others.
- A loss of interest in judging self.
- A loss of ability to worry.
- A loss of interest in interpreting the actions of others.
- Ability to enjoy each moment.
- A tendency to think and act deliberately, rather than form fears based on past experiences.
- Feeling of connectedness with others and nature.
- Frequently attack of smiling through the heart.
- Frequent, overwhelming ways of appreciation.
- Increasing susceptibility to kindness offered and the uncontrolled urge to reciprocate.
- An increasing tendency to allow things to unfold, rather than resisting and manipulating.

When we see a person or human being with such qualities then we can say that he is having Inner peace. Now we will move towards the different techniques or different ways through which we can bring more peace in our life.

### **Different Ways to Bring More Peace into Our Life-**

1. Meditation and prayer each day is very powerful. While sitting in meditation and reciting prayer, try to give thanks to the Creator. If possible create a meditation area in a quiet place or near water feature. Place a comfortable bench there and sit there often.
2. Spend time alone with nature. Be with nature sometime, at least once a week. Write a short prayer for someone's healing. Create a prayer of gratitude or blessing that you say whenever you enter or leave the garden. Draw a simple picture, you could do so even if you are not good at drawing. By doing these things we feel peace within.
3. Try to write down your thoughts about your peace. Make a notebook where you submit your heart's reflection. Sometimes try to write your loving thoughts or ideas in poetic



form. Write your favourite sentences and personal commentaries. At least read this once a week.

4. Read interesting and inspiring literature each day, even if just a quote or paragraph or one page. Discuss your thoughts with your near and dear ones. Motivate other person to read good literature.
5. Always try to find out reason to praise someone, instead of criticizing them. Stop complaining, rather than this apologize more often. Turn away from an argument, stop worrying so much.
6. Minimize watching television or exposure to media i.e. television, radio, newspaper and other print. Most media has become a conduit for negative thinking, fear and manipulation of consciousness. It undercuts the individual's will or desire to maintain and sustain positive thinking and feeling. The media affects us because it uses the Law of Attraction in its negative aspects, pulling us toward these bad or discomforting feelings in our perception and response to global and local events.
7. You can listen to soothing and beautiful music. Music can be classical, western, filmi or any other type. With listening music, you can sing also. Forget that you are not a good singer. Feel satisfaction within yourself. Morale will be high and you will have feeling of peace within yourself.
8. Very important that what good you have received from society, try to return that to the welfare of society, try to return that to the welfare of society. For that you can help physically as well as monetarily also. Monetarily donate 1% your earnings to organizations helping with the environment, animals, social issues, health, orphan centers, old home etc.
9. Start practicing yoga daily at least for 30 minute. It is good for individual health. It's true that 'Health is wealth'. If you are healthy then only you can have other things. A very famous Hindi saying emphasizes this 'Jaan hai toh Jahan hai'. For all this Yoga practice is must. Healthy body is having healthy mind and vice-versa. 'Jab jagoo tab sabera' . Thus, daily yoga is must.
10. Last but not the least be happy. Join laughter club. Laugh till your tears roll down to your cheeks. Give 'Jaadu ki jhappi'/hug. Listen to your heart beats.

These small but effective ways surely does wonders in attaining and sustaining peace.

The significance for the study has become enormous all over the world. Peace is a worldwide movement today. Each and every individual wants to get peace. Peace is the first and supreme human value. Peace within oneself is a pre requisite of true

development at all levels and in all walks of life. The ultimate peace within oneself can be achieved only by individual will power and through his own activities which are suggested in the paper.

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