

PEACE AND HARMONY - THE PILLARS OF HUMAN WELL BEING

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"If human race wishes to have prolonged and indefinite period of material prosperity; they have only got to believe in a peaceful and helping way towards one another. " (Winston Churchill)

It was further been rightly said by Anne Frank that " Threat and violence is not the solution of any problem. The solution comes through peace process further she said "How wonderful it is, that nobody need wait a single moment before starting to compromise. "

In the light of above mentioned statement it can be presumed, that peace, harmony, friendship and understanding is the ultimate factor to maintain and lead healthy relationship with all, because they are the real pillars of human well being.

In fact peace can neither be created nor obtained. Peace is merely the absence of all that is not peace. All that is not peace originates in the human heart change, and there will be peace only. Harmony is the ability to be in peace with others. In other ways, release tension among the countries on several egoistic issues, or the issues related to country's pride and prestige there will be peace only.

Since we, as human beings need to live and communicate with one another on a constant and day to day basis, the quality of our lives are much dependent on our relationship with other people. Without good

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relationships we find it quite challenging to live in peace. Harmony stands for seeking peace and living a life without enmity. Here one thing has to be kept in mind that is before we have true peace and harmony with others, we must first be reconciled with God.

In order to obtain peace and happiness, one must reconcile with God.

The misfortunes in person's life originates from his enmity towards God. Sin, which comes from Satan brings forth enmity against God. Therefore to have peace with God, one must be free from sin. "Submit to God and be at peace with HIM." In this way peace and prosperity will come.

Peace With All Men

Living in this world, we must treat others with gentleness and kindness. In order to live in harmony with others, we must be gentle. Since we cannot live a life of isolation, we should learn to exist. Therefore, we should all the more be kind to others and be an example to them, of what being God 's children mean. It is to have HIS love and HIS compassion. HIS patience and HIS way of resolving issues ; that is, to have HIS virtues. When we have peace with God and understand HIS will for us, we also understand HIS heart for the loss of souls in this world. If we don't have God's peace with men, it is difficult to approach them as we are resentful or apathetic.

If we have the attitude of "an eye for an eye. a tooth for a tooth, there will be no peace." Every possible effort should be made to achieve peace, harmony and understanding among human beings.

When evil is repaid with goodness, the peace prevails and built up.

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Good behaviour, harmonious gestures, positive attitude and approach makes, even enemies friendly.

When we turn ourselves away from goodness and pursue the path of hate, evil, revenge, sin and negativity or in other words, we turn away from God's words and lose the sensitivity of fear towards HIM in our hearts. We gradually draw ourselves closer to the world of sins, disaster, chaos and misfortune.

It is not always important to go to the temple, mosque, church and Gurudwaras regularly to mark the attendance before the statues of God. What's more important and valuable is to follow the path of peace, harmony and understanding among the human beings on earth to make Lord happy, by doing the acts of kindness, honesty and human well being. Because if we don't have peace with God, we will all the more lack HIS wisdom to deal with other people. So when it is wondered while human beings on earth does not have peace and

harmony at home, at work, or at places of worships, it is to be looked out first and foremost into our relationship with God. Do we have peace and harmony with God ?

In order to keep peace and harmony with others, we should keep three principles always in our minds :-

- (1) Remove the self-righteousness and obstinacy.
- (2) Remove self interest and seek interest of others.
- (3) Be understanding, be ready for giving and be ready for yielding before the given circumstances.

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If these principles of peace are being practised, not only we can achieve harmony and peace with everyone, we will all the more be pleasing to God and be blessed by HIM abundantly.

Peace and Harmony In India

In India, there is communal harmony and peaceful co-existence among the people belonging to different ethnicity, caste, creed, race and religion. India offers 'Unity in diversity'. She is committed to peace. People from all corners of the world come and commune with each other in this vast land.

Indians speak different languages, wear different dresses and subscribe to different religious beliefs. There are Hindus, Buddhists, Jains, Sikhs, Persians, Muslims and Christians from time immemorial ; they have lived peacefully in friendship and harmony, forgetting their petty differences of cast, creed, colour and colloquial medium.

What Makes The Harmony Possible

The magic spell of Indian climate contributes towards communal harmony among Indians. The quick succession of seasons here, the gentle Sun and Moon, the benign rains softens the minds and level all differences. The Hindus look upon the Muslims, the Sikhs upon the Christians, the Buddhists upon the Jains as brothers and sisters not as enemies but as friends.

Right of religions under the Indian Constitution

The constitution of India more over have granted to all its citizens irrespective of religious beliefs, equal right of speech and movement etc. It has recognized that the Hindus have as much rights to the temples, as

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Muslims to the mosques, Sikhs to the Gurudwaras and Christians to the churches. All are equal in the eyes of the Indian laws and all feel equal and free on the Indian soil. No wonder, there is a sense of peace and harmony and universal brotherhood in India.

Need For Peace And Harmony In India

If there is peace and harmony in India, only then, India as a nation can go forward. The law and order situation in the country is not very healthy and happy. There has been communal troubles which many a times is the result of deliberate effort to create trouble. Many parties and organizations spread casteism and generate communal disturbances for voting politics. The current example of communal violence is in West Bengal where Hindus and Muslims are in violence. On the occasion of Hindu festival Vijaydashmi, Mamta Banerjee's government ordered that Hindus should end their Murti Visarjan Procession by 4:00 P.M. as the Moharram Procession is likely to proceed after that. Hon'ble Supreme Court of India quash the order of the West Bengal government and today as per the report of the daily news paper Indian Express nearly 15 cities are burning with communal violence in West Bengal. Communalization is a kind of dangerous poison which pollutes and corrupts the society towards the negativity. No political leader of political party suffers, only common citizen of the country suffers to disaster, physically, mentally, financially, morally and spiritually. This is what is needed to realize by the common men. Why should we be the bread of other's appetite ? Similarly if militancy has come to an end in some of the states, yet on 6..... it is still very powerful in some other states. Consequently innocent lives are lost, properties destroyed and ill will prevails.

This type of situation within the country cannot allow political stability and economic betterment, if there is an atmosphere of suspicion, distrust, fear and aggressiveness ; it is all the way impossible to think of constructive progress.

Till everyone gets the fair deal, people cannot be prosperous and get powerful. By fair deal we mean that weaker and the backward should get special help and others should be able to lead a very stable life.

Peace and harmony. is sometimes disturbed in India because of scarcities of commodities.

Sometimes the prices of essential things are so high and abnormal that it is not possible for the people to remain satisfied. Green revolution has been able to increase the production of food grains to a great extent and so people are not worried about food. Similarly government

is making every possible effort to increase the supply of those commodities which are likely to be scarce or short in market.

Sometimes peace becomes the victim of political motivation.

Opposition parties start obstructing rather than helping in progress process. Correctly speaking the task of opposition should be to build itself and not always to oppose. So the government has the great responsibility to allow the opposition to function properly. They start exploiting the situation and creating the problems for the government. Instead of fishing in the troubled

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waters they should try to come out with constructive suggestions. If the opposition parties do not approve some of the policies of the ruling party, they should bring it before the people particularly at the time of elections.

This is the democratic and constitutional method.

Peace and harmony demands that we should meet the challenges. There is need for unity and commitment not to a party, not to a particular person but to the nation as a whole. At this time, it is necessary that we should cultivate national attitude towards India as a united country.

India is suffering from the problem of poverty. In the recent report, in the list of poor countries, India stands at 97 number among the list of 110 countries so shocking and painful to know. Apart from poverty, India is suffering from the problem of unemployment. Both poverty and unemployment is curse for a developing nation and it may at any point may threaten our precious democratic system. Unless there is peace and harmony in the country, it is not possible to make India politically strong, economically better and socially united. There should be peace within the country as well as outside the country. So if we want peace and harmony in the country, we need to see that there is a peace and harmony in the world as well.

Thong Tianyu - On September, 2015 explained, what it means when we talk about peace in the country. It was stated, "Peace is, say for example two cultures existing without clashing with each other. Harmony covers the meaning of peace, but also includes working with each

other to create better future."

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While - Justin Govak - On November 22, 2015 explained, "Peace is, when you are peaceful, like you will not kill anyone that does not harm you but you will be killed to protect self or others."

Harmony is when not killing but not necessarily at full peace (hence the phrase peace and harmony may sometimes lead to pieces too).

AIMEE WALTERS - 21 February, 2015 said - 'I think 'peace' as the ability to agree to disagree" or "live and let live." I think of harmony as the end result of that, just my thoughts."

Different thinkers have their different views on peace and harmony. But the question arises why peace is so precious and essential for the nation ? It works as the pillar and helping in achieving economic prosperity and economic stability. Raises self confidence among the citizens of the country. Economic development explains and elaborates the standard of the citizens living in the country. When citizens are economically sound, naturally the financial standard of the country is always high. And financial potentials create the environment of development in the field of education, science, technology, agriculture, communication, research and development in the country. Because peace and harmony brings financial stability and financial ability and stability brings the standard and level of the nation on high platform.

peace and harmony also increases, social, intellectual, moral and cultural level of the citizens. They have time to think, analyse and act positively without any extra stress over their minds and hearts. Just relax and cool down like the smooth waves of the river.

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It (Peace and harmony) also creates good relationship among the nations, Puts our nation on high platform among the world community. As India is always known for its cultural, social and moral values. Rightly called 'Big Brother' ; absolutely fit title likely to be called up very soon as 'Vishwa Guru ' known for its peaceful attitude with all the nations far or near. Pakistan, China many a times create the situation when India is tested for Her Patience, tolerance and goodwill gesture. India's foreign policy, nuclear policy and even defence policy teaches the doctrine of peace, harmony, friendship and fraternity inspite of damages done by its neighbouring nations.

Peace and harmony in the country enlarges, develops and promotes the value of the country, when citizens from other nations find it safe and comfortable to visit, stay and enjoy

their quality time. Therefore peace in the country develops tourism, cultural, educational and military exchanges.

Here I would like to suggest five simple ways to bring and maintain peace and harmony in the country because when we exchange our thoughts, we change our lives. The fastest way to achieve peace and harmony is to change our thinking. In order to change our outer world, we must change our inner world. Our thoughts dictate our behaviour, and when we change our thought patterns, we change our behavioural pattern as well. Altering our behaviour will change the course of our life.

Five ways to bring peace and harmony 1- We should observe our internal chatter. That means, start thinking Contd. on 10

positive instead of negative. If country starts following the path of meditation, it will assist a lot to turn the thought process from negative, violent and revengeful to positive, loving and caring.

2- Say what you mean and mean what you say. Healthy communication among the citizens of the country is a key element in keeping peace and harmony in our lives. Good communication, eliminates being misunderstood and prevents stressful situations.

3- Focus on the positive not the negative - Turn negative situations into positive ones. Everything happens for a purpose and a reason. Instead of complaining and feeling wounded after negative situation, stop and think about how we can change a negative situation into positive one. It should always be remembered, we attract, what we dwell on. Positive attracts positive, negative attracts negative. If our thoughts are negative and victimizing we will attract exactly the same because thought process vibrates. 4- Practice for Guided Visualization - This technique involves sitting comfortable and listening to some audio tape or an instructor who guides us through a relaxing scenario. The sitting is calm, tranquil and peaceful allowing our mind and body to connect. We have the inner power to create what we visualize with our sub-conscious mind ; see, the possibilities are unlimited.

5- The ultimate is, get organized - Organize our surroundings and managing our time wisely. It helps and gives us a clear head for making wise choices. Our choices are based on our thoughts, that precede it. How can we

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make a wise decision if our thoughts are cluttered and unorganized ? The time is to organize and start towards positive direction, which may change the life of citizens of the country.

Thoughts are very powerful. It is proven many a times in Indian history as well. India met four wars with Pakistan and one with China after independence. It is all the result of outrageous thought process. Long struggle for freedom from Britishers, role of Ahinsa, to send English people back to their nation exhibits the strong will power i.e. thought process of Mahatma Gandhi. Britishers were astonished, what kind of brain Bapu had ? They wanted to keep his brain in their safe custody for research, for the strength of Mahatma Gandhi 's mind.

Why Mahatma Gandhi selected the path of 'non-violence' i.e. peace and harmony. He knew this is the ultimate thought to keep peace within and outside. No aggressive temperament, no violence, bloodshed. Only calm and quite revolution, which enabled us to view the sun of freedom and independence. That's why all the great men are simple. Simplicity itself is the mark of greatness. Everything ever created in the history started with a thought process. We can build our tomorrow with peaceful thought process. Taking control of our thoughts we can give a sense of stability and with stability we enjoy, celebrate and enhance peace and harmony in the country.

Recently on 15th, 16th October, 2016 in Goa we witnessed BRICS summit in which we saw all the five member countries focused upon the need of peace and harmony among the countries instead of terror and

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violence. Member countries laid emphasis upon the need of peace, reform, reason and purposeful action instead of destruction, violence, bloodshed and evil actions between the countries. Prime Minister Narendra Modi stressed upon a modern term 'tough terrorism' need tough actions. He wanted collective efforts of the BRICS nations to get rid from the so called monsters called terrorists. He focused upon the need of the development and progress among the countries instead of terror and disturbance.

We can sum up the whole idea with the following quotations on peace and harmony -
"Peace is not the absence of conflict, but the presence of
God, no matter what the conflict is."

So, yesterday turned into ashes, tomorrow into wood, only today does the fire burn brightly. Live today with peace, love and harmony because peace is not merely a distant goal that we seek but a means by, which we arrive at a goal. (Martin Luther King Jr.)