

# A Journey From Inner Peace To Global Peace

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The concept of "PEACE" is an integral part of human existence. It originated from the ethos and rhythm of Mother Nature. It has always been among the highest virtues of humanity. The importance of peace for this planet could be understood from the fact that all religions and religious scriptures are committed to the cause of peace. Peace is a multidimensional and multilayer concept, starting from the very basic but most critical, micro concept of an internal state or inner peace of an individual, a family, a society or within a nation, to the highest, macro concept of external relations among various people, communities or countries of the world at large, the global peace

However, peace has different meaning and relevance to different people. For some, peace is a concept of freedom from hostile aggression and violence. For others, it signifies absence of war, conflict and enmity between individuals, groups, communities or nations. Sometimes it is also expressed as a state of goodness, balance of powers and prevalence of justice. Occasionally, it can also be expressed as 'nirvana' which may mean cessation or death, or at least a state of calm-ness, tranquillity, peace of mind or serenity. It may be seen as a dichotomy (either present or not) positive or negative, passive or active, empirical or abstract, descriptive or normative. Peace, therefore, being an eternal concept is very difficult to explain. But irrespective of the way it is being described and understood, one thing is very clear that the life is not worth living in the absence of peace, be it inner peace or external peace extending to global peace.

## Inner Peace

Inner peace refers to a deliberate state of calmness, happiness and contentment in everyday life. It is a state of comfort with yourself and with the things or situations around you, accepting yourself and world, the way it is, without any expectation, judgement, resistance or complaint. It is an eternal feeling, an internalized state of mental, emotional and spiritual ease. It allows you to see inside your minds. The tangled thoughts, negative emotions, irritation, random actions, furious behaviour start settling down. And the person gets into a state of silence in his head and ease in his heart. You start oscillating with the rhythm of nature. However, it is not a state of passivity, and would certainly not make your life dull. On the contrary, it would make you more alive, blissful, conscious, contented and full of positive emotions. You would prefer mindfully responding to situations rather than inadvertently reacting. Your relations with yourself, your family, friends and people around you would start improving. All of this lead to better health, more happiness, greater well-being, improved relations and peaceful long life.

So it is very clear that if you want to live a blissful life, inner peace is a precondition. Yet to achieve this state of ease and experience inner peace, it is important to practice the following:

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**Refrain from Overthinking:** Unnecessary overthinking or exaggeration of past, unpleasant situations, conversations, or mistakes would lead to guilt turbulence and regrets. Instead, it is better to learn from the past mistakes and proceed further.

**Live in the Present:** Just try to live every moment, each single day, in the best possible way, without wasting your time, efforts and energy dwelling on past or worrying about the future.

**Practice Acceptance:** Accepting yourself and the world around you the way it is without any resistance or judgement, accepting and appreciating the differences among masses would make life easy resulting into a peaceful self.

**Pursue Forgiveness:** We all commit mistakes, 'to err is human', no one is perfect but forgiving yourself and others for the imperfections and mistakes would benefit you more than anyone else!

**Experience Freedom:** Freedom from the guilt, worries, regrets and stressors. It is precious but we forgo it for various petty things in life. Nonetheless it is a must for inner peace.

**Have Faith:** Have faith that you would be able to move forward despite the difficulties that you may face and your life would turn out to be reasonably good. Faith makes you feel stronger and keeps you at ease.

**Self-Confidence:** Self-confidence is the key to success in life. It gives you the courage to face the world and find your way. This confidence brings calmness and peace.

**Be Resilient:** Resilience is the ability to pull yourselves back together and "bounce back" in the face of disappointment, rejection, distress or failure. Such individual has an internal locus of control and sees the world more objectively. He doesn't blame the world for what's gone wrong in his life but instead takes the responsibility for whatever happens and has faith that he can do better next time. The resilient people are more often in a state of tranquillity and inner peace.

## Global Peace

Although inner peace is very important but equally important is the concept of Global Peace, the peace at macro level, the world at large. Once you are at peace with yourself, you can think about peace at higher level. If more and more people of the world experience inner peace, the personal relations at home, in offices, in communities, in the nation and across borders will improve because all types of restlessness, pain and the wars begin in minds of the individuals before manifesting in the world. So it is all the more important to have peace within ourselves. Furthermore, inner peace will enkindle better understanding, empathy, acceptance, patience, forgiveness, compassionate hearts and brotherhood among people, communities and leaders of the world. Hence would certainly lay the foundation for the peace in the broader spectrum of the universe!!

Global Peace is, in fact, the result of the collaborative efforts of many people within their own capacities. Various global leaders and people are working for the cause of global peace by systematically resolving the issues like global unrest, communal

conflicts, ethnic, political or religious clashes, terrorism, international crimes, cross-border tensions and wars.

The need is to cultivate a culture of love, acceptance, tolerance, social peace, co-existence and international harmony. In our country, the philosophy of "वसुधैव कुटुम्बकम्" mentioned in Maha Upanishad and Hitopadesha, is considered to be an integral part of the Hindu philosophy. It is a sanskrit phrase that means the whole world is one single tightly knit family, with brotherhood, peace and harmony among masses. So by contemplating this philosophy of "वसुधैव कुटुम्बकम्" and harnessing the power of positivity, tolerance and acceptance we could make this world a peaceful and better place to live.

Furthermore it is important to initiate global peace debates, organize interactive sessions, peace camps, and peace talks with the stakeholders of society, diplomats, ambassadors, influential community groups, religious scholars and community based organization across the globe. This will not only create awareness about the importance of global peace but also empower these Global Peace Ambassadors to find practical and implementable solutions to global challenges and promote resilience, inclusivity, interfaith harmony and Global Peace. Along with this it is important to derive and implement a scientifically validated approach which can be applied on a global scale to create and maintain world peace. So that the world may witness defused religious, political and ethnic tensions, reduced terrorism, crime, cross border wars hence increased international cooperation and oneness resulting into a peaceful world community and Global Peace!!



### Reviewer's Comment

Throughout the history, seers, philosophers, poets and people of goodwill from countless generations have expressed their vision and idea of peace through their teaching and writing. A common message from these learned individuals is that everyone should try and attain inner peace which is the first and foremost prerequisite for peaceful coexistence in society. It can be stated that peace is the greatest and highest goal that one should strive to achieve personally, in society and in the world. In this context, history of human beings can be viewed as the history of searching for peace. It is unfortunate that it is not the peace but the violence and wars that have dominated the human history and divided the humans into fractions without any sound reason. Perhaps, it is the quest of peace from thinkers and people of high moral standing that has stood in the way of total anarchy. In this article Dr. Rita Nagpal invites our attention to the concept of peace and shares her insight on the topic. Given the current world affairs, it is more urgent to reflect and talk about peace now than any other time in our lives.

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