



LIFE - A WAR FOR PEACE

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ABSTRACT:

Human life is full of pulls and pushes. Constant ups and downs during the journey of life are inevitable. These fluctuations are mostly dreaded by us and we eagerly wait for equilibrium and stability. On peeping carefully through the prism of life, one cannot deny that all these turbulences add spice to life there by teaching many exemplary lessons for leading life gracefully. Current world scenario is entirely different from what it was 50 years ago. Never were so many incidents of crime, hatred, war, terrorism, barbarism and other heart-rending casualties heard and talked about openly in the public. Shockingly even the unborn babies and the dead bodies on the pyres are not spared by the evil designs of unrest soul of modern era. In spite of the fact that today man is leading more comfortable and luxurious life in comparison to his ancestors, he is still under pressure and stress. His ever increasing hunger for grabbing more and more has left him now where. Distraught and bewildered, people hoping to have some respite, become victims of 'Godmen' who loot and befool them on pretext of making their life blissful. But peace remains an illusion for them. It is worldwide phenomenon and across the globe nowadays people are sincerely making efforts to make life simple, healthy and peaceful. By adopting some simple rules, mechanical life can be transformed into a life full of peace and tranquility. Life has come full circle where one is once again found to be going back to one's roots and searching for peace which is the greatest treasure. There is a need to repose faith in the doctrines- love thy neighbour, live and let live, back to nature. The present paper is an attempt to search the causes of unrest along with the strategies to be at peace with one self and others there by achieving peace at global level.



KEYWORDS: Human life, equilibrium and stability, achieving peace.

INTRODUCTION

Life is a curious combination of chaos, calmness, ebbs and tides. Fleeting nature of mortal things keeps all the inhabitants on this planet alert and always on their toes. Changes occurring during the journey of life right from birth till death are sometimes welcomed and other times dreaded. Though man always wishes his life to be full of happiness and tranquility, he cannot escape from the unexpected turns and turmoils that life creates for him. Everyone has to face, accept and move on the road which is sometimes smooth and other times bumpy with tons of potholes. Resistance to change proves to be a causal factor adding to anxiety and worries. Life has always been like this! Nevertheless today on a global level, things are changing very fast. Socio- economics changes have reduced the distance between

people, states and nations. Science and Technology has brought people closer. In fact the world seems to have converted into a global community where multilingualism and multiculturalism prevail. Apparently such a community appears to be peaceful and happy group of people contributing in the formation of an idyllic society. Always trying to make life more comfortable, luxurious and stress free, modern man is trapped in the whirlpool of mirage that ends in an unquenched thirst for materialistic pursuits. The vicious circle of desires, goals, new desires and so on continues.

Peace seems to be a distant dream these days. No more we find a life full of joy and ecstasy, a life free from unnecessary worries and anxieties. Even children seem to have forgotten to play freely. If word peace is interpreted in terms opposite to 'unrest' the causes of absence of peace seem to reside in the following words. At different stages of life different types of situations lead to conflicts. A famous psychologist Eric Ericsson has divided human life into 8 stages. Following discussion is based on the division as advocated by Ericsson.

First stage : Infancy(0-3years)

The most appealing age infancy is synonymous with innocence and purity in thoughts and expressions. Mind of child is believed to be 'Tabula Rasa'. Considered to be the most impressionistic stage, these formative years act as propellers for the ship of our life to help it to move on the ocean of time. But hardly we find this generation to enjoy carefree life. Not having the privilege of being in the company of grandparents and other members of a joint family, these children grow up either at creches, play school under the supervision of maids. The concept of nuclear family seems to have destroyed the entire structure of society resulting in erosion of the values system. The impact of stories and tales told by grandparents, behaviour of parents with their parents, bonding with the members of family shape the first stage. Busy schedules of modern parents force the children to stay at creches till late hours until parents return home. Such children develop into confused selfish individuals with little respect for family ties. Unsupervised children develop bad eating habits and may fall prey to adulteration and infection. A single child in a family may develop into a snob personality who is over protected. A little later, such children get less time to play outdoors. Gradually children get hooked on electronic gadgets.

Second stage :school age child (4-14 years)

After having entered the next stage, the child now finds himself overburdened because of studies. Not only studies, even dance, music, painting, sports can be causes of stress if a child does not get counsellors and timely care by his parents. The advent of mobile phones, laptops eat up the prime time leaving the child irritated and completely exhausted. A less interactive environment at home makes the child aggressive. Not having peace of mind, they may land in bad company thereby worsening the situation. Poor conditions at home may force them to take up tasks they never liked. These conditions shatter the entire personality. Even teachers at school and the system of education does not seem to be much concerned about these difficulties. It is not uncommon to find children bagging the top position in studies while being completely devoid of moral values. Societies too fail to provide role models for the child to follow. In absence of Ideal personalities, chances of a child dwindling on the wrong path increase.

3rd stage : Adolescence(14 to 19 years)

Considered to be a very fragile and sensitive period of life, adolescence is a period of storm and strife. He easily gets lured by drugs and intoxicants and other stimulators. Dismal scenario offering very low job opportunities, teachers not having sufficient experience of dealing with such children aggravate the existing situation. The task of parents teachers and counsellors become challenging. Not fully matured, the children at this stage get manipulated and used at the hands of people with polluted mind. In wake of having insufficient orientation regarding the changes occurring in their bodies, the child feels perplexed and confused. Choosing suitable streams, subjects, Institute requires him to seek the opinion of experts who are not accessible to him. Mounting pressure from all the areas dampens the spirit of half bloomed flowers. Children at this stage are found to be shunting between schools and coaching

centres. Despite all their efforts, not many children achieve their targets they aim for. They remain completely cut off from nature and seldom take physical exercise or practice yoga and meditation.

4th Stage: Young Adult (20 to 45 years)

The most constructive, fertile and prime stage of life shapes the following stages of life. People possessing required skills and the right type of education face fewer problems in finding suitable jobs, suitable Institute of Higher Education, and timely promotions in their careers. Finding a suitable life partner for marriage is another major challenge. Performing family responsibility, maintaining a balance between work and home, and having a good social network at the same time can at times be annoying and unnerving.

Fifth Stage: Middle Age Adult(45 to 65 years)

Unexpected things keep appearing in this stage too. Health issues, marriage of children owning a house and other basic amenities of life can drain the energy of people with low self esteem. After retiring from their workplace, loneliness may be a problem at this juncture.

6th Stage: Old age (65 on words)

Left with reduced energy and deteriorating health, the person at the stage keeps waging the war with life in search of peace. Financial dependence on others can wreak havoc on the psyche of individuals and thereby leading to a slow end of life. Losses of different types in forms of members of family and in material form prove devastating

Threats of terrorism ,proliferation of nuclear weapons, poverty ,discrimination ,communalism and socio - economic upheavals have plagued all the countries across the globe. Therefore it requires global attention and quick solutions. We need to make people aware of the values of establishing peace related to self, society, nation or the universe.

- Lead a simple life with high thinking
- be in regular company of nature
- be role model for your children
- be in company of people you love
- read good literature
- inculcate strong value system
- practice yoga and meditation
- involve yourself in physical activities
- work with selfless people
- serve society and people
- listen to your inner voice
- accept changes gracefully
- prepare children with strong characters
- Widen your mental Horizon
- Learn to say no to things you don't like
- recognise the difference between needs and Desires
- need of quality education
- peace education needs to be part of education system
- focus on harmonious development of child through education
- eradication of poverty
- structure against culprit involved in violence
- Creation of conflict free environment at individual and global level
- combined efforts of All the Nations for putting an end to this problem
- eradication of a pressure discrimination and injustice
- promoting operation rather than competition
- equality between sexes

- Demonstrate empathy, tolerance, brotherhood in dealing with children as parents teachers and stakeholders of society
- Nurture the values of compaction and Goodwill in society

CONCLUSION

Peace is not just absence of war and violence. It is a condition of mind that has to be experienced for oneself. Peace is not to be preached but has to be practiced as a way of life. Peace will remain a distant dream unless it is realised from within. Sincere efforts must be made to bring about desired changes in the hearts of young ones and also people at large. This will surely put an end to the ongoing war within one self. This surely will put an end to the ongoing war within one self. Peaceful minds give rise to a culture of peace and blissful existence.

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