

Be at Peace with Yourself:

English poet John Milton : Peace hath her victories no less rewarded than war. The victories of war leave untold suffering, pain and agony behind. Wars bring about death, destruction, devastation, disease and disaster. They dehumanise humanity and leave a trail of misery, sorrow and grief behind. The constructive side of humanity gets jeopardised and obnoxious mentality haunts the victor. On the other hand, the victories of peace are noble, constructive and uplift humanity to a higher plane. All arts and sciences, literature and philosophy, all knowledge, wisdom and sagacity flourish in an environment of peace and tranquillity. But war and peace both originate in the minds of men. Greed, avarice, jealousy, pride and arrogance, and thirst for power and self generate propensity to wage war. On the other hand, generosity, charity, truth and righteousness, fellow-feeling, an urge for creating heaven on the earth and a passion for service of humanity also originate in the minds of men. What is required is to cultivate these positive traits in ourselves and to learn to be at peace with ourselves. We should abjure all negative traits of character and nurture positive attributes so as to be meaningful not only to ourselves and our family but all for mankind, if we really wish to bring peace to the world and a heaven of freedom for the entire humanity.

“How wars start?” The child asked his parents. “The reason is economic.”, said the mother, “No, political differences cause wars,” the father reported. Mother felt slighted and said more emphatically, “No, you are wrong, the reason behind war is always economic.” The difference of opinions did not stop here. It acquired the form of almost a quarrel. The boy intervened and said, “Please stop here, now I understand how wars begin.”

A man came home with some purchases which he had made in the market. On opening the bundle, he found that some of the articles were not up to the mark. He felt enraged, and went back fully determined to teach a lesson to the shopkeeper. On the way, he continuing finding pungent answers to all the arguments which the shopkeeper might put forward not to take back or change the article under reference. But, the young customer was surprised to see the shopkeeper feeling sorry for the inconvenience caused to the purchaser and apologetically made the necessary amends.

So, the quarrels and wars begin in the minds of men, and turn into outside wars. The founders of the United Nations Organisations, Mr. Winston Churchill, the Prime Minister of England and Mr. Roosevelt, the President of United States of America, had uttered these words of wisdom at the inauguration ceremony that U.N.O. will end wars in the minds of men and hence the future generations will not have to live under the pangs of destruction and suffering which the world had to go through during the last two world wars within a span of 25 years only.

Disturbed mental state of a man does not only harm him, but also affects adversely his neighbourhood and makes the whole environment unhealthy. Thoughts of avarice jealousy, enmity etc. Create their unhealthy vibrations, which in their turn pollute the whole atmosphere, nay the whole universe. In short, the state of strife and want of peaceful conditions is due to the conflicts which continuously go in our minds. Since we like to quarrel with our ourselves, we inadvertently create conditions for wars to begin in the outside world.

Our young man and woman would do well to take a lesson from facts of life and avoid quarrelling with themselves. When you preparing for an examination, a series of conflicts arise within you, such as, how I shall fare at the examination, what would happen if I do not succeed, what other examinees are doing, whether I am selected or not, but Mr. X should not be one of the successful candidates etc. So, the thought of uncertainty, avarice, jealousy etc. Continue to hunt your minds, with the result that your studies are disturbed and you are not able to devote as much time to your chosen work, as you ought to or what you can. Do you think this inner conflict does any good to you and helps you in achieving your aim? If not, then stop this war within you and take to your assignment seriously. Once for all, be at peace with your ownself and devote your full time and energy to your preparations for the aim you have decided to achieve. Try this, you will be surprised to see that your grasping power and capacity of understanding have tremendously improved, and enhanced. You will be much more efficient in other walks of life as well. The cease-fire state in mind will save much of your time from going waste, and you will feel like a different man when you see huge credit balance in the ledger of your time.

History tells us that all the works of arts and science were made during the days of peace. Had there been no times of peace, humanity would not have made any progress in the realms of civilisation and culture. We know that war brings about miseries and destruction, while peace brings out of opportunities for construction and invention. The great English poet John Milton has rightly remarked that peace hath her victories no less renowned than war.

Who does not want to be at peace with himself and his neighbour? The peace loving person must know that to be at peace with the neighbour, it is essential to be at peace with one's ownself.