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## Being is Peace

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### Abstract

*The water stabilizes in Sea, Fruit stabilizes on Earth, Hunger stabilizes with food, and Person stabilizes in Peace. Every effort of human being is for Peace alone. Let us generalize this statement and put it in a stronger form that effort shall continue till equilibrium or till peace is achieved if at all it is to be achieved. In peace there is no effort required otherwise it cannot be considered as peace. The search so, to say for peace, must comprise two parts or so, to say two facets, one is the cause because of which peace is not appeared to be within reach and the other technique to achieve peace. One fundamental thing which cannot be ignored is that human being knows what peace is, otherwise what could be the basis for its search? How it realizes that it is not in peace despite the numerous trials. Also one must understand that failure of attempts in gaining peace, should be considered seriously as these failures represent our misjudgments regarding nature of peace. In this article, subtle reasons which obstruct peace, and so to say technique of being as peace and hence nature of peace is discussed. Peace is not discussed as goal or object of study. It is considered as your very existence. As a result, it means that peace cannot be achieved externally or internally, it presents always as You.*

### Introduction

Peace the ultimate thing to be gained. Every effort, discussion, action, decision etc are actually for one thing, and that is peace or real happiness. Let us first define this concept Peace. It may be defined as a state of mind where thoughts are not experienced. It may be defined as leaving in harmony with surrounding nature and also the nature of person itself. It may be defined as stillness experienced within mind. Since Mind itself is bundle of thoughts, it may also be defined as absence of mind, and presence of consciousness alone. It may be defined as absence of any type of conflicts. It may be defined as something which is pure so much that no definitions are actually possible for it. It may be defined as a state where there is not a single stress of want of any kind, and so on.

Now let us consider the present status of so many around us, students, teachers, businesspersons, politicians, workers and others. We observe that people are having fear of loss, uncertainties of all kinds, tensions, misery, anxiety, confusions, memories of hurt, phobia, etc. It is true that a person did not see all the above possibilities at one time, but normally the state of mind is some combinations of such possibilities.

Most dangerous thing is that it is considered to be normal, practical, unavoidable, and sometimes even useful. It is considered to be inseparable part of life. Life which is supposed to be most important thing is also considered very superficially as a series of events experienced by partially aware mind. This

article will discuss the cause of disturbance, its nature, possible solutions for abiding in perpetual peace, possible difficulties projected by mind in remaining at peace.

### **Cause of No Peace**

As soon as a person gets some sort of freedom of doing things or forced by conditions to do things for oneself, it sets goals, different kinds of goals, with different time limits. These goals are derived from some imaginations, observations on fellow persons, some readings, and observations of immediate surroundings. Well what is current status, the imagined goals are yet to accomplish, and naturally the person is restless physically, emotionally, etc. The person immediately focuses its attention on attributes of nature and set goals, the possible problems to be overcome and so on. These accomplishments by very nature depends on other persons, living beings, type of society, personal, intellectual, financial abilities of a person and so on. This process brings so many changes in the surroundings, beneficial for some persons and harmful and disturbing for many others. Decision making often becomes very important facet at this juncture, that is to say achieving the goals at what cost? The process itself becomes very disturbing and brings fatigue to a person. But at the end, it definitely enjoys the fruit of its action if the person succeeds in achieving goals, the person experiences joy, the joy of achievement.

Is this the end? Or is just the beginning of something new to be achieved. Of course now something still missing and the person again starts digging new goals. Is there any end of the cycles of finding new goals, efforts in their fulfillment and at the end experiencing partial and temporary joy?

The possible process may be like this, firstly a person comes in contact with society, friends, literature, or some successful people in some area of his/her interest. After successive impulses the desire to achieve similar or preferably even higher arose in him or her. The present status naturally is different so the person feels the force of changing the present scenario, and in a course experiences inertia form surrounding. The disturbance slowly creeps in one's life and considers itself to be the need of life. The entire attention gets focused on the troubles coming in the way of achieving goals. By this time the person already lost his/her natural state of peace. Most of energy gets utilized in analyzing and changing the chain of events and awaiting the favorable results.

The results gained are found to be affected by time. There's always a great change in all types of conditions like social, political, financial etc..and in this context, the achieved goals are found to be insufficient, and sometimes, irrelevant also. The person is forced to design his/her life newly with modified techniques and objectives and again the same process begins, with more complications.

Is it possible that the person finds something after which there is no more finding, searching? Is it really necessary that joy, peace, fulfillment is based on gaining something new?

### **Possible Solution**

It is important to decide first the purpose of life, and at the same time, life should be distinguished separately from the life situations or chain of events in life. After careful analysis, one can conclude that actions of any kind, in any type of events, are actually made for happiness which is peace itself.

In real peace of stillness, there are no thought patterns present. So effort may be made in stopping thought patterns which are sensed by mind, or our consciousness regularly without any control. But how is it possible? Physical signals like sound, light, temperature can be controlled or even stopped by closing relevant sensory organs. But thought patterns cannot be controlled in similar fashion.

Perceptions of thoughts can be controlled by giving complete attention on perceiver. Since entire attention is on oneself, thoughts cannot be perceived and the utter calmness can be experienced. But even this perceived calmness also should not analyze as it again triggers the chain of thoughts pattern.

However, after such temporary spell of calmness, inner uneasiness and uncontrolled chain of thoughts continues to remain with the person, and as a result, the person gets forced to take suitable actions in that direction. Thus, it is important to analyze the reason of thoughts.

Desires are the root cause of all thought patterns and related actions. More desires leads to more and more complicated thought pattern and hence related actions.

Desires flourish in mind because of the belief that by satisfying these desires only, one can gain peace. But the observation is that the pleasure experienced is only temporarily, and gets fed up with time. Whatever is the nature of achievements, it lasts only for some time. Sense of pleasure also is not continuous, in fact nothing is continuous. Thoughts of pleasure or sensations of pleasure are all discrete. One wave after the other, and there is definite gap between any two thoughts or wave of pleasure or even pain. There is deep stillness or peace between any two thoughts or sensations, in fact this stillness is always present even during the thoughts. If one focuses its attention on it totally, peace regains. It takes possession of your consciousness. In this stillness there is clarity, easiness, in fact it is not possible to describe it as descriptions are no longer required. The state (so to say) is so complete by itself.

Peace is not state of mind, it's always present, in fact it is oneself, its real nature, which is always aware of itself. This concludes that the elimination of desires alone establishes peace in oneself.

### **Difficulties in following Peace**

If we consider desires to be the root cause of absence of peace, and it is essential to put an end to desire, then many questions arise regarding living of worldly life. Without desires, how one is to lead

the worldly life? Present practical life demands so many complications from the person like money, status, suitable relations, home, job or business etc. whole energy and attention is required in fulfilling the basic requirements; then how one can go on eliminating desires and focusing attention on one self. Will not a person become looser in life? The threat of this feeling is so much that a person is ready to compromise Peace. Person is ready to do all activities which lead to chaos, and claims that these activities will lead to peace in distant future. Jumping for complete peace is, hence, considered to be fatal and impractical.

All these difficulties are projected by mind with many beliefs, experiences. But if we break these chains of thoughts by giving the total attention on one self, the entity which sees those thoughts, and not on thoughts, then peace creeps in and felt not as something external new thing, but as ever present existence which was there always, and still found to be ever fresh and new. In this stillness, the need of starting thoughts or urge to gain something ends. There is no need to aspire anything new, as a reason, for happiness is found in our – self, in our existence itself. Irrespective of nature of achievements, sense of completeness and clarity can be felt and soon it becomes our very nature.

Is it then we lose life, so to say worldly life? Is it that we then cannot perform any action? Is it then we could not be able to take any decisions?

In fact the events, changing situations are more visible in its natural form and not in mind- projected form. Person is not governed by prejudices and past experiences of hurt or pleasure, but could be able to analyze the situations as they are.

Decisions and actions are governed in harmony with what is, and not with mind- projected situations or persons from past and future. Due to lack of desires, the person is no longer attached to output of every action, but at the same time performing every action with precision and care, as there are no distracting thoughts of self-pride or self-pity or imaginary hurdles or even so called real hurdles. Since the person is in pure awareness, his/her actions are most accurate and purposeful.

Most important part is, that life is no longer appears to be made of parts. The depth of stillness that is remaining as one self, that is remaining at peace, reaches to such an extent that the person remain at Peace. Such one considers oneself not as human being but only being with no more attachments and findings.

### **Conclusions**

One needs to root out all desires as they are claimed by unaware mind, or partially aware mind. Peace or bliss is always present without any gaining or loosing of objects or relations or status. Objects of desire or goal to be fulfilled change with time, and found to be irrelevant with course of time, but the

peace, joy experienced in introversion is the same always, as it is experienced only when you found yourself as never changing existence, always present, not in distant future as this or that, but as our self without any second thought.

One needs to focus attention on one self on the perceiver of thoughts and not on thoughts. If there is any type of stress, it simply indicates that attention is there on something else, and not one self, for, existence is always there and not to be gained separately. Our being itself is peace, ever present!

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