

Inner Peace vs. World Peace - Which One Comes First?

Peace is an emotion which transcends borders and countries. It is a state of mind which every human being aims to achieve. It is the foundation which allows society to grow and flourish and evolve. Peace is the ultimate goal, whether it be for a country or an individual. In a world troubled by conflict, war, crime, inequality and fear, peace is a word which invokes a sense of hope in all beings. But a major issue in today's topic of debate in the present world is whether inner peace is more important or is world peace. **Inner peace** is a state of mind in which an individual crosses the threshold of the mortal realm and into the world of cosmic energy. All religions in the world, Islam, Hinduism, Christianity and Buddhism or others all preach the way to achieve this penultimate enlightenment. The method, ideology, rituals or path may appear to be different, but at the core they all lead to the same destination. Only when a person is at peace with themselves can he or she preach the message of peace and harmony to the world. Awareness and knowledge are the key factors which lead to inner peace. Inner peace can only be achieved when a person has knowledge of all social ills and issues and can look beyond that to understand that all the imperfections in our society is what makes it truly unique.

Achieving a state of social utopia in which every individual is at peace with themselves is next to impossible. But, the way to achieve world peace is only when each individual recognizes and accepts the faults and failures of society as a whole and vow to improve and work upon these faults. Only then can we achieve **world peace**. True world peace is nothing but a reflection of millions of peaceful hearts working together in tandem, each being loyal to its own individuality while working together to progress at a global scale.

Inner peace and world peace go hand in hand. One cannot exist without the other. Only if a majority of individuals have inner peace can the whole world be considered peaceful and only if there is world peace can individuals be said to have inner peace. World peace can be achieved when the world is rid of war, crime, atrocities and all kinds of human-made issues. If we tackle all the issues which are man-made, all natural disasters will automatically reduce. Human issues can only be ended if everyone is at peace with themselves which will give them no reason to cause disruptions in society. This scenario is very impractical and a nearly impossible goal, but humans are a species which when told that something is nearly impossible to achieve, linger to every thread and will do everything in their power to reach that impossible goal.

By Ananya Sharma 10 Sync