

Presented by

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An article written by

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Peace...

what does it mean to you?

Introduction:

A couple of years ago I attended a course in Denmark to become trained and qualified as an African Development Instructor for an organisation called Humana people to people. By the will of The All-Mighty I did not last six weeks on the course before I was, on the grounds of my religion, asked to leave. However, before I began the course I was asked by Humana to write a few words about myself which; would serve as my introduction to my fellow students and teachers. I prefer not to speak about myself as I fear it can lead to arrogance or show and if the truth be told I have more faults than merits and who wants to broadcast their faults? In place of said introduction I chose to write on this subject with the intention of broadening our understanding on a little understood part of our lives – our anxieties.

Peace... what does it mean to you?

If you ask a scientist how to make an object cold he will tell you that you need to remove the heat from the object. If you ask a scientist how you make an object hot he will tell you that you need to apply heat to the object.

The opposite of peace is anxiety. In like manner that the method of removing heat cools an object removing anxiety brings about peace. Heat equals anxiety equals stress. Coolness equals peace equals tranquillity.

If world peace were to be achieved then the manner of this achievement would be fulfilled by removing world anxiety. Whenever global issues are mentioned the mind is cast amongst a vastness that appears unconquerable. The statistics of disharmony are staggering! Poverty is in the billions. Disease is in the billions. The ravages of war are in the billions. We are encapsulated in factors that fuel anxiety and the results are telling:

- In the United States the number of people that make suicide attempts is greater than those who die as a result of the top five diseases.
- In the United Kingdom the greatest killer is heart disease.

What is it that drives a person into such a state of despair that they take their own life? Anxiety! What is it that causes the heart to suffer? Anxiety! Some may say that it is the smoking and the drinking and the consumption of impure foodstuffs; which is true, but what drives a person to neglect? Depression! Stress! Anger! Each of these states of being is the result of an anxious disposition.

Whilst we are engaged in seeking to eradicate and alleviate the plight of the impoverished in the third world there are those who live in the first world that are suffering the harrowing effects of anxiety in no less measure albeit in ways and means that are different. Whilst we call upon you, to sacrifice your time and your wealth to help those in the less fortunate realms of the world become improved, your parents and your brothers and your sisters are suffering from the effects of modern depression.

Why then should you seek to leave behind one difficult situation for another?

In our modern world, by way of the media, we are exposed to many things that people in the third world are not even aware of. We are aware of our own situation and we are aware of theirs. They are aware of their own situation and 99 times out of 100 they are oblivious to ours. We have double the anxiety in that respect. Our air is polluted with fuel emissions, noise intrusion and impure particles that we unwillingly breathe in and that our bodies struggle to cope with. Their air is clean and unpolluted. Our water is recycled and chemically sanitised only God knows what the long-term effects of drinking our water will have upon us; scientists do little but guess. Their water is located deep in the ground or high in the sky, it may be difficult to come by, but when it comes it is clean and pure. We consume many processed foods that contain bad fats and sugars that

destabilise our immune systems. The food they do have to eat is little, but it is not toxic to their bodies like our food very often is. Our society is plagued by many new and old cancers and other diseases, but we mask the effects of those diseases by consuming copious quantities of drugs. They suffer diseases like malaria and diphtheria and tuberculosis and HIV, but they do not have access to, or the means to acquire, the prescribed drugs. Our society is being broken apart because of the socio-religious differences amongst us which are broadcast incessantly by the media machine. Their society is being broken apart because of the socio-religious differences that were installed amongst them during the colonial years.

On the one hand...

We in the modern world need to separate ourselves from the source of our anxieties. Turn off the television and don't read the newspaper for a few days. If you can do it I recommend that you isolate yourself for a little while and take some time to reflect and ponder over your own situation. You may discover that you need to break free from the toxic effects of modern society for when analysed one realises that there are few benefits to be had in our way of life. Those who have achieved world fame and riches will tell you that there is no happiness there. Those who are in positions of power and influence seldom enjoy a peaceful nights rest. That which is promoted to us to be the height of culture and achievement is in reality a pit of sadness, loneliness and despair. Do we really want that for ourselves? Can all the money and fame bring you contentment and happiness? In truth this is not the life for us. We are social creatures. We thrive in being needed and in following our natural talents and expanding upon them for the practical benefit of others around us. Verily our happiness and tranquillity lies in sharing ourselves with others.

On the other hand...

There are people in the disadvantaged portion of the world who lack access to the fundamental needs for life. Their anxieties are lack of water, food, medicine and the resources and tools needed for

education and development. For centuries their physical and natural resources have been capitalised upon by the colonialists in return for which they have received very little of use or benefit except that our vices have been advertised as virtues and thus they remain in poverty and ignorance and they harbour a desire for that which we seek to separate ourselves from. Quite often their leaders fall prey to the whims and desires of our world and the trappings of fame and wealth overcomes natural compassion. The average third world person remains in an abject state of poverty whilst their leaders wallow in luxury and we enjoy the benefits of their countries' labours and resources.

The situation is quite unfair and impossible to comprehend completely unless one has actually experienced both situations first hand.

Logically speaking our knowledge and money and time is the solution to their worries and their environment and simplicity is the solution to ours. If we step outside of our environment and extend a hand to those in need we will invariably remove ourselves from the source of our anxieties and at the same time we will be addressing the source of theirs. It is a symbiotic solution. Both parties benefit.

Let me tell you a secret, if you don't already know it:

Happiness is in simplicity.

I would like to bring your attention to the following piece from a book that I read:

"Of all the things in the world air is the most important. No human can survive without air for longer than a few minutes. The Creator did not give control of this vital requirement of life to anyone. He kept it under his control and made it freely available. No one has to work for it or pay for it. The most important

requirement of life needs the least possible effort to acquire.

Water is next in importance to air. Water is also extremely important but the importance of water is somewhat less than air. Human beings can survive for a few days without water. Because the importance of water is less than air there is a little effort required to obtain water. This effort can be for example to dig a well or obtain the supplies from a lake or a river. Water is less important than air but the effort required to obtain water is greater than air.

Food comes as the next requirement. Although food is very important humans can survive for days without food. Because the importance of food is less than water even greater effort is required to fulfil ones requirements of food.

It is thus clear that the less the true requirement, the greater the effort. Indeed the greatest effort is required for material items that are not necessary to acquire. When a great deal of work is put into acquiring a thing, the love of that thing is greater even if the person does not even need that thing."

Extracted from In the Path of Allah by Ibrahim Hassam Okhai

I ask you a sincere question... Why do we pay so little attention to those things that are most vital to us yet we squander vast quantities of our time and energy seeking out that which has no lasting benefit?

I extend to you an invitation...

The solution to our worries and theirs...

Come bring yourself and your time and your energy and your knowledge and some of your wealth and let us escape to a place where the air is clean and pure. Let us set forth and seek out the hidden water and share it with the new people who we will meet on our journey. Let us eat and drink of the pure things that are provided for us in nature. Let us share our minds and our talents and learn how to be sincere human beings.

As it now stands the majority of us have a maladjusted opinion on the world. How many books will convey the taste of chocolate to you? You have to taste it! Come! Taste the world with your own tongue. Broaden your horizons. Make a positive difference. See the world with your own eyes. Sacrifice your time and your wealth and let us embark on a journey to attempt to make right some of the world's wrongs.

I leave you with this final statement:

**"Anything beyond AIR, WATER and FOOD is
want and desire"**

I ask you a final question...

**"What right do we have to fulfill our
desires when there are people who have
not had their needs fulfilled?"**

Peace be upon you.