

## Key Vocabulary

|                      |   |
|----------------------|---|
| <b>peace</b>         | A state or period in which there is no war or war has ended. Freedom from disturbance; tranquillity.  |
| <b>acts of peace</b> | Actions that bring people closer to creating <b>peace</b> . These can be big actions that involve lots of people and organisations or small ones that a single person can do. |
| <b>conflict</b>      | Fights or wars.   |
| <b>non-violence</b>  | A commitment to resolving things peacefully.  |
| <b>pacifist</b>      | A person who does not believe in war or violence.   |

## Peace

**Peace** can mean two different things. It could be a time period without any **conflict** or it could mean an amount of time where you are in a state of calm or quiet with no disturbances. **Peace** is something that all governments and organisations aim for. **Acts of peace** are ways that this can be done – both as communities or as individuals.



**Peace** is a central theme in all religions and while there has been **conflict** in the name of religion, they are all committed to teaching **peace** as an important message.



## Religious Views About Peace

One of the important messages of Christianity is '**Peace** on earth'. This was the message from the angels to the Shepherds when Jesus was born.

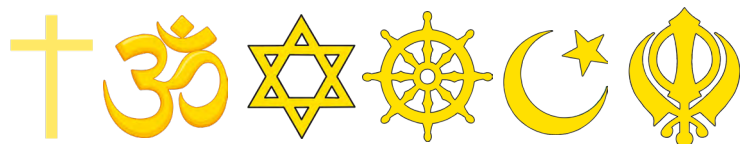
**Peace** in Judaism also focuses on ideas like prosperity (for all, not just the rich), fertility of crops, harmony and general well-being.

The word Islam means submission to God. This has been important in creating **peace** between individuals and nations. While most Muslims are not **pacifists**, Muslims do not believe in starting wars.

**Peace** is central to Hinduism. A key teaching in Hinduism is **non-violence** (ahimsa). This has been used to protest against oppression in India.

Buddhism teaches that through meditation, you can let go of being self-centred and live peacefully and generously with each other.

The founder of Sikhism was committed to **non-violence**. Sikhs promote human rights and harmony and have been involved in charitable work for the poor and needy.



## Key Vocabulary

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|---------------------------|---|
| <b>inner peace</b>        | Being able to feel <b>peace</b> in yourself. Being in a state of <b>inner peace</b> is healthy and relaxing.  |
| <b>mindfulness</b>        | Used to help mental wellbeing and focuses on being present in the moment.   |
| <b>symbols of peace</b>   | Images that are linked to <b>peace</b> .  |
| <b>community cohesion</b> | A group of people (for example a school, town or country) where everyone has a sense of belonging and positive relationships are encouraged between everyone, regardless of their background. |
| <b>fair trade</b>         | A system that focuses on people being paid fairly for their work. It is often linked to food like chocolate and bananas.  |

## Community Cohesion

Lots of western religions work alongside charities within the community to promote cohesion (a sense of togetherness). One way that this is done is through promoting **fair trade**. **Symbols of peace** are used worldwide to promote **peace**. Some are linked with religions and others aren't but they share a powerful message of **community cohesion** for **peace**.

Western religions (Christianity, Judaism and Islam) focus on **peace** within their community. Eastern religions (Sikhism, Buddhism and Hinduism) all have a focus on **inner peace**.

## Inner Peace Techniques

**Mindfulness** is similar to Buddhist meditation. It involves being aware of the present moment and clearing your mind of distractions. It can be used to help mental health and find **inner peace**.

Meditation involves focusing your mind for a period of time. It can be done in silence or with chanting and can be for religious or spiritual reasons or as a method of relaxation.

Prayer is often used to say sorry, thank you or please. It helps people focus and gain **inner peace**.

Tai Chi is a Chinese martial art. It concentrates on controlled body movements and breathing which helps bring **inner peace**.

Yoga is a Hindu practice and involves controlled breathing, specific body positions and meditation.

