

The Consciousness Column ... on PEACE by Michael J. Roads

I really do not have much media contact these days, but on the occasions that I do it seems that one of the most repeated themes is fear. People who are interviewed by the local newspaper about current issues invariably mention their fear of terrorism, bombings, and other such atrocities. The Bali bombing has given Australian people the idea that we are now easy targets, hence more fear and anxiety. I think there was some complacency in Oz after the 11/9 New York terrorism, a certain smugness that such things could not happen here. Although Bali is a long way from here, it has, nevertheless, shattered that smug illusion. People have decided that we can be targeted. So, we now have a resurgence of fear, and talk of needing world peace. Even New Year's Eve celebrations had considerably less people.

Unfortunately, when people talk of world peace they mean just that, peace in the world. In some strange way this seems to have no relationship with personal peace. The view is, it's okay for me to be angry and aggressive, so long as the world is at peace. It seems startlingly obvious to me that the world and its hope for peace is entirely in the hands of humanity. Peaceful people mean a world full of peace. Fearful people mean a world full of fear. People who live fearfully are negative, reactive, anxious and afraid. Not exactly the ingredients of peace. When I read these interviews in the local weekend newspaper, I am continually amazed that all the talk of world peace is always about other people. Not one person took any responsibility for their own lack of personal peace. Not one of them realized that if they are angry about the state of the world - and they are - then they are contributing to world anger and aggression . . . a far cry from world peace. It is obvious that our world leaders are not going to set an example. When our world leaders have a Peace Summit to discuss world peace, all they discuss is the cessation of war. This is not a peace discussion, but a 'cease conflict' discussion. The world today is in the leadership hands of aggression, not peace. How can aggression possibly discuss peace? And if we elect people of aggression to lead us, why then would we expect to have world peace? If six billion plus people live and are peaceful, we have world peace. Nothing to discuss. If six billion plus people have inner anger and conflict, then the world's nations will reflect anger and conflict. And angry discussion will not change it! Aggressive threats and demands from one group of angry world leaders to other angry leaders will only escalate anger and hatred, the very substance of war. The reality is, we have no world leaders today. We have people in positions of power who are busy recycling the same old anger, hatred, and aggression. They have not learned even the most basic of lessons; violence begets violence. Among other things, leadership is also about newness. And for humanity, real peace would certainly be refreshingly new. Okay, you know all this, any intelligent person knows all this.

So, how about you? What part do you play in world peace? It's not about other people, it is about you and me, the 'us' of the world. Peace is a state of consciousness. You cannot negotiate for peace, you cannot sue for it, nor can you manipulate it, or demand it. You are a world citizen, one of the six billion plus. In consciousness, you are a part of the whole, the whole in a part. How you live is important. Your inner state of

consciousness is important. Your relationship with yourself is of world importance. Truly! If each person had a loving relationship with self, we would have world peace. What is your relationship with yourself? Is it loving? Is it tolerant? Is it based in self-respect? Do you approve of yourself? Do you accept yourself? Could your relationship with self be improved? This is where it is at! The world human relationship is a reflection of each person's personal relationship with self.

This is a New Year. In fact, every moment is new, but let's play the New Year game. In this New Year can you commit yourself to improving your relationship with yourself? If you can, do it. You will be making a major contribution to world peace. Instead of praying for world peace, live at peace with yourself. That's it! That's all! There is nothing outside of Self. Peace within self is world peace. It takes only a few minutes to pray for peace; it takes your every moment to live peacefully. In consciousness, can you imagine the difference? The difference is immense. A prayer for peace has its place, it is a focus, but if the focus is not lived, the focus is scattered, a non-event. To live at peace with yourself affects all life on this planet, continuously and positively. This is powerful! You are delivering a message of power into the human consciousness; a message of peace, of love, of acceptance. Don't look to the media for any results of your message, the media has a conflict focus. Look for it in your own heart, in the heart and eyes of the very young, the very old, the harmless, and in nature. Live at peace when life is giving you an excuse to be angry. Live at peace when the car breaks down during rush hour. Live at peace when your children have hit the 'anger' button. Live at peace when your business is overwhelming you, and the pressure is on. Just . . . live in peace; be peace. What the world is doing really does not matter. It's an illusion designed to lure you in. When YOU are in peace, and love, and truth, so is the 'real' world.