

Peace is an important aspect in both Christianity and Buddhism, in terms of achieving a state of inner peace, whilst also contributing ~~to~~ to a sense of world peace. Through significant practices, leaders, ways of thinking and sacred texts, both Christianity and Buddhism strive to achieve peace.

Inner peace is a difficult term to define and can cover a wide range of concepts. ~~It~~ For some it may simply be the avoidance of suffering in day to day life whilst others may view it as a state of immense happiness. Both Christianity and Buddhism see peace as more than just the absence of war, but more so to social justice and a sense of equality.

Two sacred texts in Buddhism, that offer an insight into both world and inner peace are the Sutta Pitaka and the Dhammapadam. The Sutta Pitaka is the second part of the three part Tripitaka and has many significant and helpful references to peace, dealing mainly with the concept of inner peace and how to achieve it. The Sutta Pitaka contains over 10,000 sutras or sayings of the Buddha, and demonstrate how to achieve peace. The text states that to achieve inner peace,

an adherent must undertake in correct regular meditation, and most importantly to attempt to follow in the example of the Buddha himself. The Sutta Pitaka also offers other views. "Whoever sees pleasure a stress, sees pain an arrow, he/she is a monk. At peace". This passage highlights the 'middle path' which is popular amongst many Buddhists. This 'middle path' reveals that pleasure nor suffering is the way to achieve inner peace.

The Dhammapadam is a second Buddhist sacred text consisting of 423 verses in 26 separate categories, dealing primarily with ethical issues. The Dhammapadam relates to concepts of both inner and world peace. It again emphasises the importance of correct meditation and basing one's self on the example set by Buddha. "He who is calm of mind, calm in speech, calm in action, is totally free, perfectly at peace". Yet the Dhammapadam also provides insight into concepts of world peace. With relation to the quote "populations caught up in war naturally want it to stop, they want to live in peace, governed by themselves, safe, secure and with the prospects of a better future"; the Dhammapadam stresses how a lack of violence and hatred is essential to achieving a state of world peace. "All tremble at violence, life is dear to all".

Correspondingly, Christianity provides guidance and teaching on how to achieve inner and world peace. Through the processes of prayer, Christians can spiritually connect with themselves and with God to achieve a sense of inner peace. Through mental, verbal and continuous prayers such as the rosary, Christians will focus their minds and fully become fully open to the concept of inner peace. Also, through monastic life, or through pilgrimages, Christian adherents can also achieve this sense of inner peace.

The Christian sacred text of the Bible, also provides insight into the concept of achieving inner peace. "Blessed are the peacemakers, for they are children of God." (John) highlight how peaceful behaviour contributes to ones wellbeing. "I give you peace, my peace I give you" (Mark) emphasise Jesus' life example and the importance of achieving a sense of peace. These Bible passages, ways of praying and living, are all Christian ways of addressing the concept of achieving a state of inner peace.

Christianity also accounts for the issue of achieving world peace, by holding a specific view on peace. Christians were traditionally known as pacifists, and tried to avoid war and violence where possible. Some Christian groups continue to do so,

such as the Christian variant of the Quakers, who are completely opposed to all wars and violence.

Christians also attempt to employ the Just War Theory which was developed by St. Augustine. This entails that they will not go to war unless it is the last and only possible option. This again contributes to world peace as wars are trying to be avoided, and other alternatives sorted out. Similarly, Christians also follow the Liberation Theology whereby specific emphasis is placed on reducing the oppression and poverty of others. Christians are encouraged to give and help the poor and needy, which ~~will~~ will hence contribute to a heightened state of world peace.

In both Christianity and Buddhism, significant world leaders make valuable contributions to world peace. For Buddhism, the Tibetan Buddhist, the Dalai Lama has made a monumental impact to world peace in so many areas. By reviving the Tibetan Buddhists and putting their religion back on the right track, and by spreading his wisdom all over the world, meeting with many other significant leaders and discussing how peace can be improved. The Dalai Lama has become an international symbol for peace - even winning the Nobel Peace Prize.

Similarly, in Christianity world leader such as Pope John Paul the ~~second~~, and his successor Pope Benedict 16th, have been international ambassadors for world peace and have both made invaluable contributions by spreading good news, wisdom and ~~peace~~ inspiring many people regardless of their Religious background.

To conclude, both Christianity and Buddhism have made significant contributions regarding issues of inner and world peace through practices, ways of thinking, sacred texts and inspiring world leaders.