

Essay on Non-Violence

“Non-Violent means of Conflict Resolution”

Since the fourth grade, I have been an advocate for Anti-Bullying due to my having been bullied and physically harmed. Up until my freshman year I had always thought that Non-Violence and Anti-Bullying went hand in hand, and thus many terrible things evaded my sight and my outreach to others. I never realized the severe onslaught of other types of violence other than just physical violence from one person to another. Listening to stories of fellow classmates at my first Breaking Down the Walls assembly in the ninth grade, I lost my innocence of what I thought was the “violent world” to an even darker world where bad things weren’t so black and white anymore. Stories of self-harm, self-defamation, verbal abuse, substance abuse, were all shared with me; the list went on. I realized that violence in itself did not refer to the act of physical oppression, but that violence was something more, something worse. When my first year of Safe-School-Ambassador training came during my sophomore year, those stories that had festered in the back of my mind came back to focus. I made the connection that the reason violence was worse than just physical oppression was that violence wasn’t just an act, but a desperate solution. The thought haunted me. I had always thought that violence was just an after effect of some kind of character flaw or insecurity within a person, but this was not so. The use of violence stems from its nature in that it is destructive; when faced with a question to which there is no apparent answer, the next easiest thing to do is to get rid of the question, or the one asking it which is done by means of destruction and violence. I hear it said on occasion that our world is “violent”, but I don’t believe that these people really know how grave the problem is. Shootings, Rape, Murders, Wars, Genocides form most peoples view of the violent world we live in. But, what about Suicide, Cutting, Overdosing, Abuse, Defamation, etc.? If we as individuals or a society are to achieve any kinds of civil resolutions for anything then we cannot do so by simply laying down our weapons. We will always remain at war with ourselves chugging toxins of hate. Since conflicts that involve violence are not

necessarily physical acts, then non-violent solutions can't simply be physical solutions either. Although teaching pacifism and peace mindedness are great and should always be taught, praised and followed, those are not necessarily the answer to shifting from violence to non-violence. The real solution to both ending violence and attaining a substantial resolution to any conflict whether internal or external is education. If violence comes as a corrupt, easy answer to the unknown, then instead of focusing on taking that desperate answer away, education and wisdom should be sought after, for it provides answers to questions which will replace violence. Through enlightenment or the search of wisdom, one will find that any method of harm to oneself or another is never the answer and that through proper education, any problem can be solved. Education is at the core of peace and harmony, and through it, anything can be overcome. By practicing religion or expanding on philosophy and challenging the mind and soul, we can all find solutions to any kinds of conflicts that we have with others or within ourselves. The reason education is so crucial is that there is no one specific method to solving problems except by using your brain to figure out the answer which is different for every problem.