Nonviolent Means for Conflict Resolution

"If there is righteousness in the heart, there will be beauty in character."

"If there is beauty in the character, there will be harmony in the home."

"When there is harmony in the home, there will be order in the nation."

"When there is order in the nation, there will be peace in the world." – Unknown

The equilibrium of inner and outer peace is a grand goal that every individual hopes and wishes for. The tranquility that peace is generally associated with, yet vibrant activity that the prospect of peace is capable of motivates all beings to strive for this blissful state. Mahatma Gandhi preached that in order to achieve peace, we must first internalize the spirit of nonviolence within ourselves, and then proceed to inspiring the world with the same value. In a modern world where innovation and injustice seem to be the only breaking news, a proposal of nonviolent means to solve our conflicts may seem too idealistic or traditional. However, living in a generation that welcomes and appreciates new forms of thought, I believe the world must embrace nonviolence as the primary approach to solve mental dissonance internally and extinguish the insanity that has become so common in our political, economic, and technological world.

It is said that the source of everything is one's own self (Ramana Maharshi). Our minds are constantly mediating the battle between our internal interests and the pressure of societal norms. I have come to believe that our actions are mirror personifications of our inner thoughts, and in order to eliminate the stresses of this conflict, we must practice nonviolence in every form in our daily lives. The desire for cordiality must be bred from within us through lifestyle choices and family upbringing, then only are we able to extinguish the insanity that inhabits our planet on a big scale.
Looking at the status of the human race today, we can easily conclude that we live in a maniacal world. The insanity is characterized by the oh-so miraculous nuclear weapons that can destroy an entire population in one strike, or India as one of the most militarily adept countries in the world unable to support the basic needs of its citizens, or perfectly innocent human beings unknowingly walking into a round of shooting practice at a local movie theater. All of this insanity that we hear about and experience today can only be extinguished by a stronger force. A force that we all know exists, but must be catalyzed. The sanity of nonviolence must counteract and eliminate the insanity of violence (Mairead Maguire).

Over fifty years have passed since India's independence, and today, we as humanity are faced with the same choice Gandhi Ji made that eventually instigated a revolution of spirit, trust, and creativity. We have the power to do the same. We must grasp the parallel teachings of Jesus Christ, Buddha, Allah, and the great Acharyas-Sankara, Ramanuja, and Madhva- to find unity in diversity and join together to vanquish the useless, inefficient, and damaging effects of violent thought and action. The first step: practice what is preached. Our generation is so fortunate to have the technology and physical capacity to bring about drastic change, but it is the unconditional drive and leadership that we must generate. We must not revert back to animalistic behavior, but use the intellect God has given us to create a noble world fit for the human race. We must spring forward in our evolution and progress through these chaotic times to fully reach our capacity as human beings. We have done it before, and we can do it again. Now is our time.