

Applying Teachings in Buddhism to Achieve Reconciliation and World Peace

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Introduction

Buddhism is a doctrine which was realized by Siddhartha Gauthama (Lord Buddha) around late 6th century B.C.E. The nature of universality in Buddhism is the main reason to consider it as a doctrine. It can be applied to all three time period; past, present and future. That's really why one can also apply Buddhist theologies to the concept of 'reconciliation and world peace'. The two terms came out as a result of one of the major issues today; Extremism. Though reconciliation and world peace are widely discussed today, it has been there in Buddhism for a long period.

The term 'reconciliation' reflects the meaning of restoration of friendly relationships. To talk about the concept of reconciliation, there should be a post-conflict situation. It is because the need of reconciliation came with the emergence of conflicts around the world. With that sense, reconciliation can be understood as a situation in which two (or more) people or groups of people become friendly again after they have argued or fought. At the same time it can be the process of making two opposite beliefs, ideas or situations agree to agree.

The need of continuing world peace has become an essential factor today. Basically, it is to confirm freedom and happiness everywhere in the world. On one hand, reconciliation and world peace are interconnected because both of them have the same goal at last. Even in the historical part there were wars and conflicts. The root cause for these disagreements can be identified as the 'diversity'. The differences in nationality, culture, ethnicity, religion, language and beliefs make people apart. In Buddhism, there are many paths to practice reconciliation and world peace, as Buddhism perceives the world through a third eye.

Purpose

The purpose of the research is to prove that basic teachings in Buddhism create ways to reconciliation and world peace.

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Methodology

The method that is used to complete the discussion is providing the relevant instances related to the topic and illustrating how to internalize the teachings in Buddhism to reach a better process of reconciliation and world peace.

Findings

The core of Buddhist teachings has the embedded idea for peace. It does not only pave the way for peace in human mind but also for the global peace.

Discussion

The human world is always complex due to the diversity. Comparing with the past, many parts of the world have now become unsuitable places for peaceful life as it is always in turmoil. It is clear that people around the world are different in their nationality, religion, culture, language and beliefs. But the point is to realize whether diversity can cause conflicts among people. Diversity alone does not create conflicts but extremism can misguide people towards there. For instance, the two world wars was a result of nationalist issues. The conflict which happened between Sinhalese and Tamils (LTTE) in Sri Lanka, Muslims and Hindus in India were due to greed and ethnic disagreements. And the conflict in Myanmar between Buddhists and Rohingya people (Muslim) was a result of religious matters. This provides evidences to prove that how extreme attachment and inability to value others cause wars and conflicts at the end. These situations give birth to insatiable desire, hatred, greed, conceit and ignorance. As a result of this fear, anxiety and mistrust the world today has embarked on a path of destruction.

In the processes of reconciliation and achieving world peace, Buddhist theories can be applied to get successful outcomes. The basic concepts in Buddhism such as four noble truths, five precepts, brahma viharas and personal traits of restraint, forgiveness and re-ordering can be followed to achieve success in reconciliation and world peace. In four noble truths, Buddha discussed that: 1. There is suffering (dukkha) 2. There is a cause of suffering (dukkha samudhaya) 3. There is the cessation of suffering (dukkha-nirodha) and 4. There is a path leading to the cessation of suffering (dukkha-nirodha marga). If reconciliation can be achieved under these steps it will not be a hard option. By understanding the conflict, causes for the conflict, to cease the conflict or to spread reconciliation and taking necessary steps for reconciliation will provide a better way for the process. In addition, the ideas of restraint, forgiveness and re-ordering priorities also play important roles in both reconciliation and world peace. Controversies just go from worse to worse when arguing or punishing.

If reconciliation is really needed, it is better to let the wounds heal with time, but scratching should not be done. According to Buddhism, Metta is the best

way to be healed. Forgiveness is absolutely essential. Revenge is not the proper justice as Buddha preached. As in Buddhism, the Law of Karma settles the matter of justice. Specially, during a conflict many people get hurt. But by forgiving, people can keep them in past, so they would not cripple the future. In re-ordering priorities, Buddha said that blood is more valuable which confirms that peace is really important than killing. Therefore, reconciliation is more important than proving right. It is because reconciliation results in peace, harmony and prosperity. Moreover, Buddhist teaching of four Brahma Viharas are significant in continuing world peace. The four Brahma Viharas are intended to trigger the internalizing of four feelings of maithri-loving kindness, karuna-compassion, muditha-symphathetic joy and upeksha-equanimity. Further, five precepts or Pancha Sila play as the basic foundation which enables a person to live in good behavior. They include killing, stealing, lying, adultery and intoxication. These build the foundation to develop love, kindness and compassion within diverse communities and nations.

Conclusion

In Buddhism, peace is the essential teaching. And there is no doubt that every human being desired peace. Even after a conflict, people look for an immediate reconciliation to prevent themselves from further animosities. Therefore, applying and following these concepts and ideas in Buddhism paves the best way for both reconciliation within oneself and advising world peace.

Keywords: Reconciliation, World Peace, Diversity, Conflict, Buddhist Teachings