

# **PEACE, TOWARDS WORLD PEACE AND WORLD PEACE**

Whether it is a recent case of gang rape of a young medical student in Delhi or the reported rape of a three year old by a father himself in Hyderabad, India or the gun trotting young man in US killing 28 people including 19 children, or the terrorist attack on November 26, 2008 and serial bomb blasts in 1993 in Mumbai or several terror attacks including that on US World Trade Centre, London Metro killing several people or countries waging war with other nations to prove supremacy including World War I and II, Cold war, Pearl Harbor attack or dropping of atom bomb on Japanese, Vietnam war, war on Iraq, Afghanistan, or China and Pakistan aggression over India, few countries carrying out cyber war, electronic warfare, proxy wars through insurgency, militant attacks killing innocent people on a daily basis — all these only show how the human mind, its thoughts and actions are so negative and destructive leading to violent, aggressive, revengeful, terror and warring behavior.

Leaders in the world keep talking all the time about peace at global level. However, with the evolution of crude to sophisticated weapons, they also actively encourage the destruction of humanity by actively promoting ‘regionalism’, ‘groupism’, ‘blockism’ etc. which is witnessed in several conflicts— at individual, family, state, country and global levels.

In the last century, after the World War I, the leaders wanted world Peace and formed League of Nations in 1920. But did not succeed as it was followed by World War II. Again the world leaders wanted peace and established the United Nations in 1945. The UN could not stop the Korean War or Vietnam War in the South China Sea region. The U.N. could not stop invasion in to Afghanistan by Russia and America in turn or the liquidation of an elected regime of Iraq or Egypt.

Two decades ago, on December 3, 1989, at an historic summit in Valletta, Malta, the erstwhile super powers’ leaders George Bush and Mikhail Gorbachev hailed a new relationship between their countries based on closer political and economic cooperation and thus ending cold war that was on for over four decades.

However, **the war in the mind at various levels never ended** as we have been witnessing everyday violence, gang rape, murders, killings, mini and maxi wars, cyber war, electronic warfare, proxy wars in different parts of the world.

Scientific analysis has shown that the cells of the brain called **neurons determine the state of mind and the state of mind is determined by the type of food taken by human beings**. Peace is attained by keeping the mind of each individual calm for which the mind of each cell in the human body has to be in tranquility.

It is an accepted fact that this can happen only when the human being consciously take **High Potassium, High Fibre diet and avoid High Calcium and High Cholesterol diet(animal fat)**.

High Potassium along with High Fibre diet and low calcium and Low Cholesterol diet will make the mind cool and calm and a man positive and also peaceful.

Whereas the High Calcium along with High Cholesterol diet will not make the mind peaceful. On the contrary, it will make the mind negative and destructive. In Vedic literature, it is mentioned that ‘what you eat, what you are’.

**In other words, the High Potassium and High Fibre diet constitute the ‘Sattvic’ food while the High Calcium and High Cholesterol food forms the ‘Tamsic’ food.**

Tamsic food makes a man’s mind violent and destructive and the degree could vary. It reflects in various actions of individuals at various levels——action as individual, action in groups, action as a leader of country, a group or society.

**However, even a person having high potassium and high fibre diet (sattvic) can be destructive if he does not have Correct Direction for all his actions.**

Therefore, human beings should also be taught ‘**Dharma**’ which gives correct direction to Karma (Action) to uplift body, mind and soul. In India, it is called ‘**Sanskar**’.

Hence one of the important reasons for such destructive thoughts and actions described earlier is due to lack of correct direction in the society.

In the language of physics, Karma with correct direction is a Vector quantity —that is Dharma gives direction to Karma. Karma without direction is Scalar quantity. **Hence world is not peaceful because of intake of incorrect food and lack of correct direction.**

A human being must have responsibility towards society in which he lives. He needs to cultivate the behavioral pattern from childhood which has to be inculcated at family, school and society levels.

Therefore the policy makers should give a serious thought to promote such foods that will keep mind of human being calm. They also should give importance to Dharma at policy and its implementation levels for their people so that they grow as peaceful citizens of the world and thus move towards World Peace.

**Correct food and Correct direction ➡ Towards World Peace**

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