

Nektarios Kasamias

The Quest for Peace and Justice

What is Dr. Martin Luther Junior's "Quest for Peace and Justice?" Is it just an idea made up in someone's head? I definitely don't think so. The Quest for Peace and Justice is so real, and it is a struggle we all have to deal with, every day. It is, in a sense, never ending. Our goal at the end of this quest is ultimately to be in a peaceful, justified state of mind. Our Journey must start with our first dilemma; the lack of peace in our world.

Peace is within everyone's reach. This is a statement that so many people have trouble accepting. You see, they're waiting for someone to just bring them peace. But they don't realize that they should get up and find peace, scratch that, make peace. It's so easy to go find peace, but it's much harder to make it. They are the ones that are supposed to bring themselves peace. In the words of our President Barack Obama, "We are the ones we've been waiting for." We keep on waiting for people to help us, to save us, but we don't understand. We are the ones that should help ourselves. If we wanted, we could be the next Martin Luther King Jr. We could be the next big peacemaker!

To spread the message of peace to others, we need to be peaceful ourselves. This is called Inner peace. We need to be calm and most of all, we need to be, like Martin Luther King Jr. always stressed, non-violent. If we know how to be calm and peaceful on the inside, we can easily spread peacefulness to others. First we need to calm down and think positive. Positive thoughts lead to positive actions, which eventually lead to a positive life. You also need to always have the best

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thoughts about people. Then people will think the best of you and the positive and peacefulness will flow. I believe that our thoughts, indeed, determine our lives.

How do we spread the word? With non-violent tactics, that's how. We use our words not our strength. Because violence, is never the answer and just ends up creating a worse problem than we had before. How can I spread the word? It could be by doing many different things. I could stop a fight and try to reason out the problem. It could be something as simple as that. Or, I could peacefully protest something I find wrong. What do I mean by peacefully protest? Well, let's say I don't like the way that a fast food company treats their animals. I could simply and peacefully stop going there. I could boycott. And if I had enough people that felt the same way that I did, and did the same things that I did, I could probably make a difference.

Why do we need Justice? Well as humans we need some basic principles. Included in those are justice and freedom. But every human deserves justice. But so many different problems dealing with injustice come about that we don't know how to control all of them, an especially with the issues that affect us. A major problem Dr. King dealt with was racial injustice. Why do we feel the need to put one race below or above another? It's beyond me. But we need to fight for those rights, because we all deserve them. But we have to remember to fight for these rights with peaceful tactics.

Another issue the Dr. King handled was economic injustice, more commonly known as poverty. Why can't we help the poor? Why do we need to save money, and more than often hoard it? Money does no use

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to anyone unless it is in some way helping someone. When I pass my local shelter I can donate to their food drive. I can give my extra change to that poor woman on the street. Most of all I can volunteer. And I do. Once a month I go to my city's rescue mission and help serve food to the less fortunate. But this search for justice will never end unless we all do something about it. Don't just sit there, do something.

As David Sanborn says, "It's all about finding the right note at the right place and knowing when to leave well enough alone. And that's a lifelong quest." We need to find that spot where we can help and stay and do something. And that is indeed a lifelong quest.

I can't emphasize this enough; Peace and Justice are within everyone's reach. You just need to get it. Get up, do something. Make a difference. You could be the next big figure. But if we don't do this all with non-violence the results will come out worse, and more impacting. Remember, Violence is never the answer, and it never will be. So get up in your community and you could make a difference in someone else's life. And remember this saying from Stevie Wonder, "We all have ability. The difference is how we use it."