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<center>Peace by Giving</center>

Peace is the ultimate source of a good life. Peace has infinite definitions such as mental tranquility, ultimate happiness, or when violence ends. It is essential for life because it helps make life valuable and successful. Without peace, the whole world will be filled with hate, and no one will respect each other. There are many ways to create peace such as looking for it or by giving; however, looking for peace can take months or years to come. Giving is important because not only it creates a feeling of self satisfaction, but it also makes a difference in other peoples' lives even if it is small.

One way to give is to provide necessities to others, such as money or food. Giving money is important because everyone needs money to make a basic living or for funding an emergency. Money is often donated to charity or is given to homeless people on the streets. Even if the amount of money given is small, it still makes a difference in another person's life. On the other hand, food is also important because people need it to be healthy and to have energy to do work. By giving food, someone is selfless by helping another person live a healthy life, causing peace.

Peace can also be achieved through having good friends and family and spending time with them. Having friends is important because it increases honesty and fun among the friends, which leads to peace. For example, one could go to a party with a friend or could go to the movies with them. Most importantly, it is best to spend quality time with family, because they are closest to a person. Having a strong bond with family helps maintain peace and success throughout life. One way of demonstrating love to family is to help them with their household work to make things easier. Another way to spread peace within the family is to show appreciation for them on certain holidays. Without companions, a person would be sad and lonely.

The smallest form of promoting peace by giving is to perform acts of kindness for anyone. This type of kindness makes a big difference in any person's life even if the difference is small. One method of doing this is to help someone carry a heavy load of objects, which can relieve the pain of carrying such items. By holding the door for old people, one is reducing the risk of injury associated with aging. Another way to spread happiness and peace is to smile at someone, especially if they are sad to make them happy for some time. Remember, kindness is beneficial for peace, regardless of how much of a difference it makes.

A really big form of creating peace is to volunteer for a good cause, and for a whole community. One example of volunteering is to participate in a park cleanup, which helps keep our environment clean. Another way to volunteer is to tutor a student who needs help, so he/she can succeed in school. When going shopping, one can donate to charity for every purchase they make. To put social media for a good use, a person can raise awareness for a favorite cause, such

as spreading world peace. For sick people in the hospital, anyone can make an activity kit for the people to use for fun. Volunteering is a larger way to spread peace throughout the community.

Outside making peace within others, it is also important to be emotionally available to loved ones. Being emotionally available means to have an emotional connection within family members or a partner. It also includes opening up and trusting each other and communicating effectively. One example of this is when someone you love is depressed or is crying, try to support them by hugging them. Emotional support is essential because the people who one adores enjoy precious memories. Anyone and their family or spouse should seek emotional availability between themselves to create a happier and healthier relationship.

To motivate others in a positive way, people should tell their own story. One example of a motivational story a person will tell might be about how a person used to be broke, but started a non-profit organization to help others thrive. This type of story can be told through a blog, social media, or in front of a huge audience. This offers inspiration to people who are struggling in life (unemployment, divorce, etc.). Motivating other people creates self-satisfaction for doing something impactful and creates peace between one another. Also, if motivation is taken around the world, more and more people will show respect.

Peace is important to ensure everyone's happiness and success. Showing peace by giving is the most important type of peace because it comes from within you. Looking for peace takes time, which is not always effective. Ways one can give are by giving important resources such as food or money. Other ways in which people can give are by spending time with others, volunteering, being kind to others, being emotionally supportive, and motivating others. Therefore, everyone should spread peace by giving to one another.

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