

In a world filled with a vast multitude of unique, complex beings, peace appears far from reality. This complexity benefits us in the form of ingenuity and creativity that sparks innovation. On the other hand, the same complexity leaves room for misunderstandings that can lead to conflict. Racism, sexism, and inequality have served as catalysts for conflicts that undermine peace and prosperity; however, the solutions to these global issues lies in ensuing strong connections between people on a communal and global level. The key to ensuring peace within communities and across the globe is instilling trust through mutual understanding, random acts of kindness, and cooperatively addressing global crises.

The foundation of peace, on a face-to-face and communal level, is built upon a mutual understanding between people exempt from discriminatory, judgmental pre-conceptual beliefs and ideas. The ability to step into another individual's shoes with a more broad point of view, unrestricted by limiting beliefs and ideas, is vital for sustaining peace in all portions of the public sphere. A lack of understanding causes people to judge others based on unrealistic stereotypes or beliefs; therefore, the input of understanding through effective communication can replace judgement with sympathy and compassion, which serve as components for the trust that glues communities together. A false misconception some carry is that individuals of a particular race differ greatly from other racial groups, thus leading to racial profiling. However, on a biological standing there isn't any truly significant differences between people with contrasting skin colors. Embracement of the diversity of people on the planet is necessary to overcome divisiveness caused by perceived, irrelevant physical characteristics that fail to define any human being. Tools of empathy can dissipate social barriers in order to spur the propagation of amicable interactions between people on all levels of the community.

The reinforcement of cooperative community and global activities to address global issues can ensure a peaceful future. Despite the comfortable lifestyles of many developed countries', poverty, famine, and disease are still rampant in many countries around the world. These life-threatening conditions that many people endure inevitably sparks conflict that has been dealt with in unhealthy ways in the past such as war. War, as have been proven by history, fails to solve the root cause of these global crises in addition to wreaking destruction on oftentimes innocent bystanders and the surrounding environment. In order to properly deal with these global dilemmas, world-wide participation in raising funds through various organizations is necessary to end world hunger and disease. One such global organization that's led the way in saving lives from the consequences of poverty is the United Nations Children's Fund, otherwise known as UNICEF, which has managed to rescue countless numbers of children's lives by delivering immunizations, providing health care, and ensuring the availability of sanitary water. Spreading awareness about the profound, life changing effects that global humanitarian organizations can have is vital for successfully overcoming global crises. On a communal level, these global issues present themselves in less dire forms that are much less difficult to deal with. The act of simply partaking in community service activities, such as donating to the food bank, makes a positive impact by contributing to a peaceful, altruistic atmosphere that unifies people. Cooperation on a communal and global front can enable impoverished people to rise above the fear and limitations placed on by global crises.

Random acts of kindness ignite love, compassion, and unity that form the foundation of trust that's necessary to collectively cultivate peace. In this day and age people are oftentimes too self-possessed or trapped in their own thoughts to consider other people. For example, the homeless person holding up a sign asking for a small contribution from others can easily be

dismissed by someone eager to go home from work. Kindness, unlike many common daily challenges people face, is about putting others before oneself. An intention to help others who may be struggling without any expectation of something in return embodies what kindness stands for. Coming from a place of kindness, the same man in a hurry to arrive home would acknowledge the homeless individual's state and give a portion of what he has freely. The positively influential potential of kindness is immense as any act of kindness can affect the course of one's life completely. On a large scale, random acts of kindness can solve many of the day to day challenges people face along with forming trusting relationships between people.