

Throughout the world and in times of war populations around the world are arguably against the notion of war and would want peace as its replacement. These populations are often involved with a religious tradition in support for these people in times of war. War is the ultimate negative force of peace, it disrupts peace and is the definition of anti-peace. These religious traditions such as Buddhism and Christianity often ~~take the source for~~ ^{are the source for} protection and guidance in times of crisis. Buddhists and Christians all are in search for peace whether it is peace within themselves to take away fear or global peace to end wars and create ~~into~~ unity amongst the world.

Buddhists ~~offer~~ in Buddhism, ~~in the form of~~ ^{Buddhist's} war to create peace within themselves often take upon the action of meditation. ~~Whether~~ ^{There are} different types of meditation in which Buddhists take upon such as vacana and metta bhavana. ~~Each~~ ^{Each} type of meditation is able to ~~overcome~~ ^{take} away the dark void within Buddhist adherents. Buddhists ~~in times of meditation~~ ^{in times of meditation} are in a state of relaxation and their minds are in a state where they are directed towards love and compassion. Meditation creates ~~adherents to~~ ^{adherents to} reflect

can then lift and dispense away negative forces.

In Christianity, Christians turn towards the action of prayer to create inner peace or confess their sins. Christians use prayer as a means to either ~~ask~~ ~~for~~ peace ~~to~~ request from God, praise and thank God or in times of struggle; Christians use God for help and for moral support. Through prayer Christians believe that they are being assisted by God. ~~and~~ whether it is personal prayer or, preaching and acclaiming the scriptures through bible study groups; ~~adverts~~ ~~are~~ able to feel a sense of love from God through prayer and ~~drive~~ ~~away~~ negative forces. Christians also use go through the sacrament of confession. Christians believe that through confession they are able to ~~be~~ confront God and have already been humble enough to confess their sins. Through confession Christians reveal their sins and ask for forgiveness from God and repent. This ~~same~~ ~~process~~ ^{helps} ~~drives~~ away negative thoughts from ~~the~~ Christians, and Christians believe that they are now able to wave towards heaven. Through confession, Christians. ~~can~~ create inner peace within themselves and within society.

Inner peace is the start of global peace without individuals ~~feeling~~ ~~as~~ ~~being~~ ~~being~~ peace within themselves and ~~then~~ ~~finding~~ a life of purity and ~~having~~ ~~away~~ from ~~hell~~ they are unable to ~~live~~ ~~at~~ a life of peace within

the global community. Peace starts ~~from~~ from the individuals.

Both Buddhists and Christians take steps in order to create ~~the~~ world peace. These are ~~create~~ implemented through differing organisations from both traditions. These organisations are a basis for both traditions in creating, maintaining world peace.

In Buddhism, organisations such as the Buddhist Peace Fellowship and the Dalai Lama Foundation work towards building a better world. The ~~Dalai~~ Buddhist Peace Fellowship is about ~~the~~ creating peace, especially in accordance to Buddhist teaching and beliefs. ~~Buddhists~~ ~~are able to~~ The BFP ~~is~~ is involved in maintaining order and helping in times of war such as the Palestinian war. They are able to negotiate and influence ~~their~~ people in ~~create~~ their actions.

The Dalai Lama Foundation is all about creating peace. The Dalai Lama foundation ~~are~~ provide food, shelter for refugees, they help those in need and provide education for those areas that are socially unstable. The Dalai Lama foundation is about ~~by~~ doing the basic things in order to create and maintain peace within society.

In Christianity organisations and groups such as Pax Christi are all about ~~just~~ keeping order, justifying ~~cross~~ ^{war} and influencing the decisions in which political leaders are

to take action in times of crisis. The National Combined Christians in Australia, are about to spreading peace and unity amongst Christian Churches and also are also involved in interfaith dialogue. The NCCA are able to ~~the~~ create conferences in which different religious traditions work together in order to bring ~~of~~ social justice and peace. Through the unity of churches and religions, ~~admirably~~ ~~are~~ ~~able~~ are shown to follow the direction that high order institutions are taking upon and influence an action such as world crisis within the world.

Through practices such as meditation, prayer and confession, ~~that~~ Buddhists and Christians are able to create a sense of inner peace which is ~~at the start~~ where peace must be firstly created. Through individual peace, individual mindsets are not about evil, sin or hatred to more rather in maintaining peace ~~within~~ within the community. Through innerpeace, world peace is created and ~~they are~~ organisations such as the Buddhist Peace Fellowship, Dalai Lama Foundation, Pax Christi and The National Combined Christian Churches such are able to promote peace, maintain peace and influence decisions in times of crisis.