



LITERATURE IN PURSUIT OF INNER PEACE

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Abstract

*Peace in mind, peace in art
Peace in nature, peace in heart.*



The soul is the supreme commander of peace which is known inner peace and the final destination of the life. The selfish world is in search of inner peace but to reach up to the inner peace there is need of Tapasya. Rishis and Maha rishis, pursuit inner peace. People wear different mask at different times. Some good and some bad in sake of satisfaction or peace. I don't want you to stop wearing any one. I know it is too risky to expose your vulnerable self at times but I would definitely want you to unmask yourself. Why not for a short span get back to your origin strip, your emotions, feelings, thoughts and actions. And all could be possible through literature. There is need to discover and follow the inner peace. My question is how literature could be a part of inner peace. We know literature is the mirror of society. Literature could reach in the paradise, on the earth and in hell. Lord shiva got inner peace in the heaven, Ravana in the hell while lord Rama in the Prithvilok. All these stories highlighted through the literature. So literature plays very important role in search of inner peace.



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Gautam Buddha said “ peace comes from within; do not seek it without”.

Literature has the museum of enchanted thoughts, deep feelings, heart touching music, magic melody and the wonderful mystery. These are sources of inner peace. I really believe that Peace is the beautiful ornament you can wear. Peace makes your heart beautiful and it makes you look beautiful too. You want to have perfect physical posture when you stand, sit and walk. Peace is the perfect posture of the soul. Try perfect posture outside as well as inside in search of inner peace. Peace creates the grace and grace gives peace.

Art is the beauty of heart while Literature is the soul of a writer. When these two comes together, it searches heavenly peace to the readers. History witnessed that literature and art

always walk hand in hand & reflect the beauty and cruelty of the society. The remarkable piercing colourful pen remains mightier than the glittering sword.

The cry of a child symbolizes by the music, motion, emotions and gesture of peace which is a part of literature. The child revolt towards the mother's milk for his inner peace. I mean there is no limit and age of literature. Literature is the oldest mean of expression of love and peace in society.

In deadly desert the shadow of a small tree embrace and comfort to the fatigue person. In the same way literature provides inner peace when the person is in great tension and frustration. The great writers such as William Wordsworth and Kalidas finished there literature in the lap of hills, dales and nature. William Wordsworth said "poetry is spontaneous of overflow powerful feelings recollected in tranquility". And again he wrote "for oft when on my couch I lie in vacant or in pensive mood, they flash upon that inward eye which is the bless of solitude".

The world needs peace and inner peace for the humanity and mankind. Some great philosophers and social workers fought for the peace while some saints and yoga gurus fought for the inner peace.

Objectives of Inner peace:



1. The main objective of inner peace is to peep within and create sound environment for the new world.
2. Another objective of literature In pursuit of inner peace is to aware the people about the reality of life. There is need to generate love and integrity which could be possible through the teaching and preaching about the inner peace.
3. Literature is the part of life. It teaches us history and mystery of inner peace.

Methodology of Inner Peace:



In search of inner peace I realized and noticed some important points:

1. Yog Vidya and meditation play pivotal role in search of inner peace.
2. Location, position and isolation help us in discovery of inner peace. The writers write poems in peace only. Disturbance must be avoided.
3. This is not one day practice. It needs perfect concentration.
4. Psychological method to be utilized. I mean the candidate must be prepared mentally for the discovery of inner peace.
5. Inner peace is more about being than doing. It's about leaning toward rather than struggling against. It's about being fully present and focused on the task at hand. The rewards of inner peace are numerous. They include mental and physical health and well-being, self-confidence & better relationships.

Review of Literature:

In pursuit of inner peace many books and epics are written. Peace of mind, love, spirituality, love of God and truth etc., are the basic theme of the books. The Tao of Inner Peace; The Holy Bible and the Indian epics teaches us how to maintain and restore the inner peace. Even plays, dramas, poems, fiction, art and craft, painting and cartoons insist us towards the discovery of inner peace. In Divine path, the learners are taught to observe, study and experience life by keeping the self aside. Divine path only speaks about silence, concentration, seclusion, unfoldment and finally salvation, all through the art of meditation. Some great philosophers, leaders such as Mahatma Gandhi, Socrates, Swami Vivekananda, Nelson Mandela, Mother Teresa and many others leave their last breath in pursuit of inner peace. From Ved Puran to till the date literature is in pursuit of inner peace. Pleasure is always derived from something outside, whereas joy arises from within which could be seen frequently in the literature.

Conclusion

In most cultural traditions, peace is the natural state of the universe and throughout history one of the most universal endeavors of human kind has been the quest to end strife and to restore a beneficial order and tranquility. A spiritual notion of peace represents inner calm, wholeness, contentment, and selflessness. It is my suggestion to everyone to read and write literature in pursuit of INNER PEACE for yourself and for the mankind.

Bibliography

Google.com. inner peace - pictures