

## Keys to Peace

By Janna Cheung

If life was a hallway, and peace was at the end of the hallway behind a locked door, it would take a lot of work to open that door. However, this door has two locks and two keys. We can all use these keys to help unlock this door. Of course, not every key is the same and there is always more than one way to do the same thing, but today I'll be telling you about two keys that I've discovered so far; kindness and service.

When people hear the word "kindness" they often think of saints and world changing deeds, but what if I told you that kindness doesn't have to be big; it could just be a kind gesture, a smile or an encouraging word. You can implement kindness every day in your life.

Here is an example of kindness from my own life. There is a new girl at my school who is new to Canada and is learning English. She lives on my street and the two of us walk the same path every day to get to school. She's very shy and seems really scared in general. I could 1) ignore her and continue walking to school in awkward silence, or 2) say hi to her and try to make her feel better. As you can tell from this example, kindness doesn't have to take much time and/or effort. After all, it would take me the same amount of time to walk to school regardless of whether or not I talk to her.

On the flip side, kindness can be received not just given. This example can be shown by the many generous donors who have funded so many projects over the years. Be it a Toronto blind tennis event or braille refreshable displays, we can all relate to at least one example of receiving and giving kindness.

The second key to this door is service. Serving others doesn't just brighten up someone else's day, it can brighten up yours as well and add that ray of sunshine that's been missing. I helped to organize the blind tennis event that was mentioned above and that proved to be very

successful. Though perhaps it did not provide for a foundation of peace, it helped to sow the seeds of happiness and bring the visually impaired community together.

So the next time you see someone in need, try to use these keys to help unlock that door. Just remember, you're bringing us one step closer to a peaceful world and you're bringing yourself one step closer to inner peace. We can all try to help each other out when we're in need and help to unlock this door. After all, every single one of us can dare to dream.