Peace can be defined as, not only the absense of war, but also the cessation of the underlying causes for war and conflict.

The quote from General Peter Cosgrove, accurately interprets the emotional view of an individual towards Peace.

In response to this, The Islamic religious tradition is based upon peaceful teachings, and is an essentially an extremely peaceful religion. However, underlying causes have created a stereotypical view towards the Islamic religion.

Many people stereotype the Islamic religion as being a violent religion causing conflict between other religious traditions. When infact they are an extremely ~~religious~~ peaceful tradition.

It is known that one cannot not be at inner peace when world peace has not been achieved and vise versa, as the concept of inner peace is the elimination of all negative feelings and emotions, accepting everyother belief with no disatisfaction and no intention to hurt or harm.

This is also seen through the teaching of Christianity. Coming from the 10 commandments, the commandant quoting "love thy neighbour" portrays a sense of peacefulness.

Through the sacred writings within the Christian teachings, there are guidlines that can aid an individual to achieving inner peace.

Writings such as the 10 commondments, the beattitudes and writings from Mathew and Mark all portray aspects to achieve inner peace.

However, although both traditions set out example of how to achieve inner and world peace, neither of the to Religions have actually achieved this.

The issue of underlying causes, which in many cases are caused by conflict between religious beliefs, causing war creates a barrier within all traditions that allows them to achieve inner and worldly peace.

Although, in both traditions there are organisation that are striving to eliminate the underlying

causes of war and to ~~help~~ aid in the achievement of world peace.

It is now seen that the issues of inner and world peace is caused by the actions and beliefs creating war. Even though both traditions have sacred texts saying that they are peaceful religions, neither can claim the concept of inner peace or world peace, as their is no absense of war, or no absense of the underlying causes of war in todays society.