

## UNIT-III

### D)International Peace:

The United Nations came into being in 1945, following the devastation of the Second World War, with one central mission: the maintenance of international peace and security. The UN does this by working to prevent conflict; helping parties in conflict make peace; peacekeeping; and creating the conditions to allow peace to hold and flourish. These activities often overlap and should reinforce one another, to be effective. The UN Security Council has the primary responsibility for international peace and security. The General Assembly and the Secretary-General play major, important, and complementary roles, along with other UN offices and bodies.

#### *Security Council*

The Security Council takes the lead in determining the existence of a threat to the peace or an act of aggression. It calls upon the parties to a dispute to settle it by peaceful means and recommends methods of adjustment or terms of settlement. The Security Council can take enforcement measures to maintain or restore international peace and security. Such measures range from economic sanctions to international military action. The Council also establishes UN Peacekeeping Operations and Special Political Missions.

#### *General Assembly*

The General Assembly is the main deliberative, policymaking and representative organ of the UN. Through regular meetings, the General Assembly provides a forum for Member States to express their views to the entire membership and find consensus on difficult issues. It makes recommendations in the form of General Assembly Resolutions. Decisions on important questions, such as those on peace and security, admission of new members and budgetary matters, require a two-thirds majority, but other questions are decided by simple majority.

How does the UN maintain international peace and security?

#### *Preventive Diplomacy and Mediation*

The most effective way to diminish human suffering and the massive economic costs of conflicts and their aftermath is to prevent conflicts in the first place. The United Nations plays an important role in conflict prevention, using diplomacy, good offices and mediation. Among the tools the Organization uses to bring peace are special envoys and political missions in the field.

#### *Peacekeeping*

Peacekeeping has proven to be one of the most effective tools available to the UN to assist host countries navigate the difficult path from conflict to peace. Today's multidimensional peacekeeping operations are called upon not only to maintain peace and security, but also to facilitate political processes, protect civilians, assist in the disarmament, demobilization and reintegration of former combatants; support constitutional processes and the organization of elections, protect and promote human rights and assist in restoring the rule of law and extending legitimate state authority. Peacekeeping operations get their mandates from the UN Security Council; their troops and police are contributed by Member States; and they are managed by the Department of Peace Operations and supported by the Department of Operational Support at the UN Headquarters in New York. There are 14 UN peacekeeping operations currently deployed and there have been a total of 71 deployed since 1948. In 2019, the Secretary-General launched the Action for Peacekeeping Initiative (A4P) to renew mutual political commitment to peacekeeping operations.

#### *Peacebuilding*

United Nations peacebuilding activities are aimed at assisting countries emerging from conflict, reducing the risk of relapsing into conflict and at laying the foundation for sustainable peace and development. The UN peacebuilding architecture comprises the Peacebuilding Commission, the Peacebuilding Fund and the Peacebuilding Support Office. The Peacebuilding Support Office assists and supports the Peacebuilding Commission with strategic advice and policy guidance, administers the Peacebuilding Fund and serves the Secretary-General in coordinating United Nations agencies in their peacebuilding efforts.

#### *Countering Terrorism*

The United Nations is being increasingly called upon to coordinate the global fight against terrorism. Eighteen universal instruments against international terrorism have been elaborated within the framework of the United Nations system relating to specific terrorist activities. In September 2006, UN Member States adopted the

United Nations Global Counter-Terrorism Strategy. This was the first time that Member States agreed to a common strategic and operational framework against terrorism.

### ***Disarmament***

The General Assembly and other bodies of the United Nations, supported by the Office for Disarmament Affairs, work to advance international peace and security through the pursuit of the elimination of nuclear weapons and other weapons of mass destruction and the regulation of conventional arms.

A tenet is a principle or belief honored by a person or, more often, a group of people. "Seek pleasure and avoid **pain**" is a basic tenet of Hedonism. "**God** exists" is a tenet of most major religions.

## **II) Tenets and Religion:**

Agnosticism



Agnosticism is the view that the truth of metaphysical claims regarding, in particular, the existence of a god or gods, or even ultimate reality, is unknown and may be impossible to know. One can be an agnostic as well as an atheist or religious believer.

Atheism



Atheism describes a state of having no theistic beliefs; that is, no beliefs in gods or supernatural beings.

Baha'i



The Baha'i Faith began in Persia in 1844 with the declaration of a new religion, distinctive from the Shi'a Islam found there. Key beliefs include belief in one God; the unity of mankind; equality of opportunity for men and women; and elimination of prejudice.

Buddhism



A way of living based on the teachings of Siddhartha Gautama. The Five Precepts are the basic rules of living for lay Buddhists – refrain from harming living beings; taking what is not given; sexual misconduct; harmful speech; and drink or drugs which cloud the mind.

## Christianity



Based on the teaching of Jesus Christ. Christian groups differ in their interpretation of his teaching, life, death and resurrection, but these matters are at the heart of the way of life of all of them. [What Christians believe...](#)

## Humanism



Humanism is the belief that we can live good lives without religious or superstitious beliefs. Humanists make sense of the world using reason, experience and shared human values and aim to make the best of the life we have by creating meaning and purpose for ourselves. Humanists work with others for the common good. [symbol © British Humanist Association].

## Hinduism



An ancient tradition of related beliefs and practices that developed in the Indian subcontinent. Core ideals and values shared by most Hindus would include respect for elders; reverence for teachers; regard for guests and tolerance of all races and religions. [What Hindus believe...](#)

## Islam



Revealed in its final form by the Prophet Muhammad (peace be upon him). The essentials of Muslim practice are summarised in the five pillars of Islam – declaration of faith; ritual prayer; welfare; a month of fasting during [Ramadan](#); and pilgrimage. [What Muslims believe...](#)

## Jainism



An ancient philosophy and ethical teaching that originated in India. The main principle is ahimsa – the avoidance, where possible, of physical or mental harm to any living being. Jainism is a religion without a belief in a creator god.

## Judaism



Based around the Jewish people's covenant relationship with God. Jews believe they are challenged and blessed by God. Love of one's neighbour is the great principle of social life and the founding inspiration of the Jewish community.

## Sikhism



The religion founded by Guru Nanak in India in the 15th Century CE. There is one God, people should serve by leading a life of prayer and obedience. Sikhs believe their soul then passes through various existences and will become one with God.

## Zoroastrianism



Zoroastrianism is a religion founded in ancient times by the prophet Zarathushtra, who taught that Ahura Mazda (Lord of Wisdom), the all powerful and perfect creator, grants humans Vohu Manah – a clear rational mind with which to dispel ignorance.

## III) Fearlessness:

The more I work with people who are struggling with habits or life problems, the more I see how fears are holding us back.

Fears stop us from building healthy and productive habits. Fears cause us to procrastinate, keep us from finding work that is meaningful (or doing that work if we've found it). Fears keep us from finding friends or connecting with people on a deeper level. Fears keep us from being happy in each moment.

### **Underlying all of those fears are a few key fears:**

- Fear of failure or being unprepared
- Fear of uncertainty
- Fear of being inadequate or being rejected

The two key fears are the fears of uncertainty and not being good enough, and in my experience, they're both the same thing. We're afraid of the uncertain future (and uncertain situations) because we don't think we're good enough to handle whatever might come out of the chaos.

These two fears (uncertainty and inadequacy) affect our lives in so many ways, and yet we rarely face them. *We don't want to feel these fears, so we run.* We distract ourselves. We keep busy instead of being still to feel them. We find comfort in food and smoking and alcohol and TV. In the end, the running doesn't work, but only makes things worse.

There's an alternative: the Path of Fearlessness.

### **Three Keys to Developing Fearlessness**

What would our lives be like if we didn't have fear holding us back?

We might find the freedom and joy that comes in being present with each moment.

We might find the underlying goodness that's always there in each of us.

We might be able to finally live the lives we've always wanted to live.

So how do we walk this Path of Fearlessness?

#### **Three practices to work with:**

1. Facing the fear mindfully. The truth is, we rarely allow ourselves to feel our fears. We run from them, pretend they aren't there, distract ourselves, lash out at others, trying to find control. But we don't even admit we have these fears, most of the time, let alone actually allow ourselves to feel them. So the practice is to just sit there when you notice yourself feeling any fear, and see if you can stay with it for awhile. Don't stay with the story about the fear in your head, but rather how it feels in your body. See that it is stressful or painful or uncomfortable. Notice the particular physical feeling of this fear, this time. See if it changes. See what you can learn about it. See if you can be compassionate with it.
2. Seeing your underlying goodness. As we sit in meditation, we can see that this moment is actually pretty wonderful. And this moment includes ourselves. We are part of the unconditional goodness of every single moment, and if we sit still we can start to feel that. There is goodness in our hearts, all the time, if we allow ourselves to feel it. There is the ability to appreciate and wonder, to feel and to love, to be present and to be grateful. Start to appreciate this, and you'll start to develop confidence that you'll be OK, even in uncertainty, even if you're being judged, even if you put yourself out there with vulnerability.
3. Embracing the joy of groundlessness. Uncertainty is scary because we don't like the feeling of not having stable ground under our feet. We want certainty, control, stability, permanence ... but life is filled with uncertainty, impermanence, shakiness, chaos. This causes the fear. Instead, we can start to embrace this uncertainty, see the beauty in impermanence, see the positivity of groundlessness. This uncertainty means we don't know what will happen, which means we can be surprised by every moment! We can be filled with curiosity about what will emerge. We can reinvent ourselves each moment, because nothing is set, nothing is determined. There is joy in this groundlessness, if we embrace it.

No, these are not easy practices. But you can practice with them right now, and set aside a few minutes each morning to practice. You'll see your confidence emerge, your fears dissipate a bit, your ability to appreciate each moment and yourself grow.

The Path of Fearlessness is one of mindfulness, of daily practice, and of finding the courage to face and push past the fears into joy.

### **The Path of Fearlessness**

I highly encourage you to join me in my [Sea Change Program](#) for one of the most important courses I've ever offered: The Path of Fearlessness.

It's a six-week video course that's a part of my regular [Sea Change Program](#) (free for 7 days, \$15/month after that), and consists of:

1. 2 video lessons per week
2. A Fearless Challenge: Do daily 5-10-minute Fearless sessions
3. A live video webinar with me
4. Daily challenges on the forum (optional but recommended)
5. Questions about the course can be asked on the forum

### **IV)Intoxicants and their Impact:**

#### **Amphetamines (speed or whiz)**

Amphetamine is a synthetic stimulant. It comes in powder form and is usually white, yellowish, grey or a pinky colour. It is snorted or ingested and it takes effect after about half an hour. It has varied effects including:

- feelings of wakefulness
- alertness
- increased confidence
- sociability
- physical or mental activity

But as the body's energy levels reduce the user is prone to feelings of anxiety, irritability, restlessness and dizziness.

Users can develop tolerance to amphetamines with increased use, withdrawal is primarily emotional, but users may experience a mild physical withdrawal including feelings of depression, lethargy and extreme hunger.

Amphetamine is illegal and is currently a class B drug in Jersey.

## **Benzodiazepines**

Benzodiazepines are prescription only medicines under the Medicines Act. They can be abused and bought illegally on the black market.

They are usually prescribed for short term treatment of anxiety and sleep problems. When taken at low doses tolerance does not develop to a great extent, but when people use large amounts their tolerance can develop rapidly and there is a danger of dosage increase.

Withdrawal symptoms can last from several days to several weeks, and in some extreme cases, months.

These withdrawal symptoms include:

- anxiety
- insomnia
- panic
- hallucinations
- depersonalisation
- heightened sensory awareness
- depression
- a risk of seizures with abrupt withdrawal

Benzodiazepines are illegal unless they are prescribed by a GP and they are currently a class C drug in Jersey.

## **Cannabis (marijuana, grass, dope, pot, puff, weed)**

Cannabis is usually smoked with tobacco. It is available in the form of resin, dried and chopped leaves and - less commonly - oil. The main active compound in cannabis is THC.

The effects of the drug are varied and include:

- euphoria
- laughter
- vivid sensations
- imagery and hallucinations
- persistent ideas
- paranoia

These effects will vary depending on the person, the environment and the potency and amount of the drug used.

Cannabis is illegal and is currently a class B drug in Jersey.

## **Cocaine (Charlie, coke, snow)**

Cocaine is most commonly found as a white crystalline powder, and is usually snorted but is occasionally made into a solution and injected.

The effects of cocaine are similar to amphetamines and crack in that they create physical and mental arousal. When cocaine is snorted the effect is almost immediate and then peaks and fades within 15 - 30 minutes. This often results in users repeating their use almost every 20 minutes or so in order to maintain the desired effect.

The snorting of cocaine can lead to mucosal constriction and eventually perforation of the nasal septum.

Cocaine is illegal and is currently a class A drug in Jersey.

### **Crack (base, rocks, crystal)**

Crack is similar to cocaine although the effects are even more extreme. They take effect immediately and last for about 10 minutes.

Crack is usually smoked and this can produce particularly aggressive and paranoid behaviours. Crack is highly addictive, although reports that crack is instantly addictive are false.

People experience feelings of:

- wellbeing
- exhilaration
- increased confidence
- loss of appetite
- indifference to pain and fatigue
- hallucinations
- paranoia

In rare cases users have died from overdose. Heavy and regular use can cause feelings of nausea, restlessness, insomnia, over-excitability and weight loss.

Crack is illegal and is currently a class A drug in Jersey.

### **Ecstasy (xtc, Adam & Eve, doves, pills)**

Ecstasy mainly comes in tablet form but can come in capsules or powder. The tablets can come in a number of different colours and often display a logo. It is usually swallowed but is sometimes snorted; its effects are experienced after 20 - 60 minutes and can last for 3 - 6 hours. The chemical name for pure ecstasy is MDMA.

Ecstasy acts on the central nervous system and increases brain activity. The pupils become dilated, the jaw tightens and there is often brief nausea, sweating, dry mouth and throat. The blood pressure and heart rate increases and sweating is common.

Users report a mild euphoric and hallucinogenic effect, loss of anger, empathy with other people and an enhanced sense of communication.

Ecstasy affects the body's temperature regulation, with excessive dancing this can lead to overheating and dehydration - and in some cases death. It is recommended that users take small, regular sips of water but no more than a pint of water an hour as deaths have also been related to users taking in too much water, which is very dangerous to the body.

Ecstasy is illegal and is currently a class A drug in Jersey.

### **Heroin (scag, smack, gear)**

Heroin is one of a group of drugs called opiates that are derived from the opium poppy. It usually comes as an off white or brown powder. A number of synthetic opiates are also manufactured for medical use and are open to abuse due to their similar effects to heroin, these include:

- dihydrocodeine (Df118)
- codeine



- tramadol
- pethedine
- diconal

Methadone and Subutex are prescribed as substitute drugs in the treatment of heroin addiction.

Heroin is usually smoked ('chasing the dragon'), snorted or prepared for injection. Heroin is a powerful pain killer and has euphoric qualities. The combined effects make heroin a very effective escapist drug.

Effects include:

- sense of wellbeing
- feeling warm and content
- drowsy and untroubled
- sense of calm
- feeling of pleasure
- absence of worry, anxiety or pain

At higher doses, the user may become heavily sedated, be sleepy, unable to talk, and appear to fall asleep for a few minutes at a time. This is referred to as 'gauching' or 'nodding.'

There is an unpleasant period of withdrawal (often called "cold turkey"). These symptoms may begin within 6 to 24 hours of discontinuation and last for weeks, or even months after.

Symptoms include:

- sweating
- malaise
- anxiety
- depression
- general feeling of heaviness
- excessive yawning or sneezing
- insomnia
- cold sweats
- chills
- severe muscle and bone aches
- nausea and vomiting
- diarrhoea
- cramps
- fever

Heroin remains one of the most problematic illicit substances in the UK.

All opiates unless prescribed are illegal and are currently Class A drugs in Jersey.

## **Solvents**

Solvents are rapidly absorbed through the lungs into the bloodstream and quickly distributed to the brain and other organs. Within minutes users experience intoxication, with symptoms similar to those produced by drinking alcohol. Intoxication lasts only a few minutes, so some users prolong the “high” by continuing to inhale repeatedly.

The users initially feel slightly stimulated and after successive inhalations feel less inhibited and less in control. Hallucinations may occur and loss of consciousness. Sudden death syndrome is a risk, although rare it more commonly occurs amongst young people when using air conditioning coolants, butane, propane and some aerosols. These cause the heart to beat rapidly and erratically resulting in cardiac arrest.

Long term users can suffer from:

- weight loss
- muscle weakness
- disorientation
- in-attentiveness
- lack of coordination
- irritability
- depression

Regular abuse of them can result in serious harm to vital organs. Serious, but potentially reversible effects include liver and kidney damage. Harmful irreversible effects include: hearing loss, limb spasms, bone marrow and central nervous system (including brain) damage.

### **Mephedrone (meow, M-CAT, magic, plant food)**

Mephedrone is a stimulant drug similar to ecstasy or speed. It comes in capsules, tablets or more commonly in powder form. The capsules or tablets are swallowed whilst the powder is usually snorted.

Users report a feeling of 'coming up' or of rushes as the drug takes effect. The main effects include:

- feeling alert
- a sense of calm wellbeing
- excitement
- stimulation
- elevated mood
- chattiness
- dry mouth
- loss of appetite
- poor concentration
- increased heart rate
- raised body temperature
- racing heart
- panic
- sweating
- distinct fishy smell coming from sweat

The effects occurs within 10 to 20 minutes and on average last for 40 to 60 minutes. According to users there is a highly addictive quality to the substance.

Mephedrone is illegal and is currently a class B drug in Jersey.

### **NRG-1**

Naphyrone (NRG-1; Energy1) is a stimulant drug that is closely related to mephedrone with similar effects to amphetamines, cocaine and ecstasy. It is considered 5-10 times more potent than mephedrone or ecstasy.

Naphyrone usually comes in the form of a white crystalline powder and is normally snorted or swallowed in wraps of paper. It is sold on the internet as plant food or pond cleaner for £12 - £15 per gram.

Users report feelings of euphoria, empathy, talkativeness and alertness.

As with other stimulant drugs, harmful effects include:

- adverse effects on the heart and blood vessels
- hyperthermia (overheating of body temperature)
- increased body temperature
- likelihood to become dependent
- psychiatric effects including psychosis and anxiety

In extreme cases, amphetamine-like drugs like NRG1 can cause death due to cardiovascular collapse or heart shock.

Naphyrone is illegal and is currently a class B drug in Jersey.