# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>ABSTRACT</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACKNOWLEDGEMENT</td>
<td>ii</td>
</tr>
<tr>
<td>ABBREVIATIONS</td>
<td>iv</td>
</tr>
<tr>
<td>TABLE OF CONTENTS</td>
<td>vi</td>
</tr>
</tbody>
</table>

**CHAPTER ONE: INTRODUCTION**

1.1 Importance of the study 3
1.2 The objectives of the study 8
1.3 The status of problem of the study 8
1.4 The hypothesis of the study 9
1.5 The benefits of the study 9
1.6 Review of literature 9
1.7 The methodology of the study 17
1.8 Division of the chapters of the study 18

**CHAPTER TWO: CONCEPT OF PEACE**

2.1 Meanings of peace 20
2.2 Types of peace 25
2.3 A brief history of peacemaking and peace movements 29
2.4 Peace concepts and peace theories
   2.4.1 Peace concepts 41
      2.4.1.1 Concept of human rights for peace 41
      2.4.1.2 Concept of justice for peace 43
      2.4.1.3 Concept of non-violence for peace 46
      2.4.1.4 Concept of peace education 49
      2.4.1.5 Concept of peace culture 51
      2.4.1.6 Concept of peace gender 53
      2.4.1.7 Concept of peace media 55
      2.4.1.8 Concept of peace environment 57
   2.4.2 Peace theories 60
      2.4.2.1 The democratic peace theory 61
      2.4.2.2 Johan Galtung’s peace theory 67
2.5 The United Nations and peace 72
### 2.6 Religions and peace
- 2.6.1 Hinduism and peace
- 2.6.2 Christianity and peace
- 2.6.3 Islam and peace

**CHAPTER THREE: CONCEPT OF PEACE IN BUDDHIST PHILOSOPHY**

- 3.1 Meanings of peace
- 3.2 Types of peace
- 3.3 Levels of peace
- 3.4 The teaching on the Four Noble Truths and the problem of peace
- 3.5 Buddhism and the causes of having no peace
  - 3.5.1 War
  - 3.5.2 *Kilesa* (Defilement)
- 3.6 The fundamental concepts as the factors to generate peace
  - 3.6.1 Concept of *Metta* (Loving kindness)
  - 3.6.2 Concept of *Ahimsa* (Nonviolence)
  - 3.6.3 Concept of Kamma (Action)
  - 3.6.4 Concept of tolerance
  - 3.6.5 Concept of forgiveness
  - 3.6.6 Concept of *Dhamma* practice
- 3.7 The way to peace
  - 3.7.1 The ways to external or social peace
    - 3.7.1.1 Buddhist politics to peace
    - 3.7.1.2 Buddhist economics to peace
  - 3.7.2 The way to peace of mind
  - 3.7.3 The way to supreme peace (*Nibbana*)

**CHAPTER FOUR: THICH NHAT HANH’S CONCEPT OF PEACE**

- 4.1 Thich Nhat Hanh: Life
- 4.2 Thich Nhat Hanh: Background
  - 4.2.1 Social background
1) The French Indochina War 218
2) The Vietnam War 219
3) Religious oppression 222

4.2.2 Thought background 227
   1) Mahayana Buddhism 227
   2) Yogacara 232
   3) Zen Buddhism 239
   4) Engaged Buddhism 246

4.3 Thich Nhat Hanh’s viewpoint on meaning of peace 252
4.4 Thich Nhat Hanh’s viewpoint on kinds of peace 255
4.5 Thich Nhat Hanh’s peace activities 257
4.6 Thich Nhat Hanh’s approaches to peace 303
   4.6.1 Practicing mindful living 303
   4.6.2 Practicing Deep Relaxation 305
   4.6.3 Living in the Sangha 310
   4.6.4 Practicing Beginning Anew 314
   4.6.5 Practicing Peace treaty 316
   4.6.6 Preserving the Five Mindfulness Trainings 319

CHAPTER FIVE: CONCLUSION 323

BIBLIOGRAPHY 334