Peace - key concepts to unpack

Peace has a range of meanings, from silence to the ending of a war.

Peace is something most people long for - an end to hatred, hurting and even harmful noise.

But why is peace so hard to find? Are we frightened of silence? Are we incapable of living peacefully with each other, especially with those who are different from us?

Finding and making peace is hard work and once it is found, it needs to be guarded very carefully.