

Reflections

Messages of joy and peace

ACCORDING to Police UK, there were 36 reported cases of crime in and around Okehampton in October 2016.

This is comparatively lower to September (42) and August (59) this year and it is slightly comforting to know that these are nowhere close to the 182 cases of crime reported in the previous month at Medlock Vale, Manchester. However, it is worrying to know that 90% of the crimes are classified under anti-social behaviour, violence and sexual offences.

These statistics question our fundamental values of democracy, individual liberty, rule of law, mutual respect and tolerance. One of the main reasons that the media has influenced us to air is lack of police presence due to budget cuts. In fact there are more multiple and complex reasons than that.

Individuals who struggle with emotional management issues end up committing crimes of those sort mentioned above. Mostly those traits are either genetically inherited or shaped by unhealthy environmental conditions. Police presence could only deter them for the time being but would not solve the actual problem.

It is scientifically



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more difficult to deal with genetic inheritance but it is practically possible to deal with environmental conditions. Altering those conditions positively can change the bad behaviour into a good one effectively. Motivation by oneself and others is proved to bear far better results than punishments, not only in crime reductions, but also for happy and healthy living.

Joy and peace are the virtues that we associate with the celebration of Christmas. During this Christmas let us make sure we enjoy really well and also take a moment for ourselves on how we could be a channel of peace to those individuals and communities that struggle with emotional management due to unhealthy environments. 'Let us therefore make every effort to do what leads to peace and to do mutual edification'. Romans 14:19.