

# Conscious Conflict Transformation



*By Amrita*

# Conscious Conflict Transformation

*By Amrita*

Thank you, I am honored to be part of your journey through this book. I am always grateful for my family and this amazing life.

© 2010 Amrita

For information, please contact:  
[www.spiritenergymovement.com](http://www.spiritenergymovement.com)  
[spiritenergymovement@gmail.com](mailto:spiritenergymovement@gmail.com)

**Your Journey**

**Introduction - i**

**Section 1 – I'm ready to change**

- Day 1 – 3 approaches to conflict – 1
- Day 2 – Conditioning and conflict – 8
- Day 3 – Rediscover yourself – 13

**Section 2 – Connection and flow**

- Day 4 – Relationship energy flow – 20
- Day 5 - Conscious energy flow – 23
- Day 6 – Separation and conflict – 26

**Section 3 – Fun and love**

- Day 7 – Spirit runs the show – 32
- Day 8 – Mmmm yummy – 36
- Day 9 – Dream your reality – 39

**Section 4 – Clear your obstacles**

- Day 10 – Clear your issues – 44
- Day 11 – Let go of the past – 52
- Day 12 – Trust – 57

**Section 5 – Clarity**

- Day 13 – I'm free – 63
- Day 14 – Boundaries – 65
- Day 15 – Same page talk – 69

**Section 6 – The positive approach**

- Day 16 – Conflict list – 74
- Day 17 – 3 questions: Conflict as teacher – 77
- Day 18 – 3 questions: Moving forward – 79

**Section 7 – The turning point**

- Day 19 – The conflict resolver – 81
- Day 20 – Open your heart – 85
- Day 21 – Apology – 87

**Section 8 – Dialogue and visioning**

- Day 22 – Ask questions and listen – 92
- Day 23 – Vision together – 96
- Day 24 – Plan for joy – 101

# Introduction



### Introduction

***“By working through your conflict list, you will purify your mind, relieve the suffering of all involved, and elevate your consciousness by clearing yourself, and not being tied to the past or anxious about the future.” Amrita***

I have long envisioned a world where people have freedom, power, passion, emotions, fun, and peace. A world where we are not free of conflict, but free of violence. A world where we connect in freedom, love, and peace. A world where we do not know the pain of separation from our spirit, each other, the Earth, and the source/God/Goddess/ oneness/universal energy (whatever you call it). A world of unbelievable possibility and plenty on every level you can imagine. And although it may not seem like it sometimes, I feel we are already making the transition. You are part of this transition.

Relationships are one of the most important parts of my life, and maybe your life also. In this self-coaching course, you are going to work to transform conflict by first transcending your ego, your conditioning, and connecting on the four levels: self/spirit, other people, the Earth, and the source/God/Goddess/oneness/universal energy. In doing so, you will view your life, and all life, from a higher vantage point. You will have changed yourself from the inside out. You will approach conflict from a different level.

Conflict is a part of life. Conflict is totally normal. And you should congratulate yourself, because by doing this work, you are now aware. You are aware that you want to make a change, and change how you approach conflict in your life. If you want to make a change, you have to be aware that you want to make a change. So that is great!

You are taking a big step to change your life. And by changing your life, you will also change the lives of those around you, and ultimately the world. You will become a Conscious Conflict Resolver, working to transform conflict: changing it into something that ultimately benefits all involved in the conflict and in the effects of the conflict. We are moving towards being more helpful, spiritual, and aware as people, and working towards transforming conflict is part of this change.

Being a Conscious Conflict Resolver means knowing that conflict many times starts from within ourselves, our reactions, our dark side we have not worked through, and our perceptions of situations, especially when perceiving from ego. You will start resolving conflicts with gratitude, clarity, love, trust, compassion, and any other values you hold near to your heart.

However, being a Conscious Conflict Resolver also means not putting up with situations or people who are dishonest, unethical, or not coming from integrity. Living a life from spirit comes with responsibility. You cannot overlook or tolerate that which is harmful on the four levels. Once aware, you are now connected, and you see that everything is connected, and some people, even ourselves, need to be told and taught or made aware of what they are doing.

This course is based on a combination of my own journey, my insights, my challenges, and also the training I received in conflict resolution and mediation.

## Introduction

So, if you've been feeling sad or angry about your conflicts, or you want to change your communication patterns, you definitely can. The most long-lasting way to do that is to change yourself first.

If I can do this, you can too. I used to dread conflict. I was an avoider, I would not talk about it. Ever. I was a people pleaser. I was shy. When I was 5, I would hide behind the Kindergarden door during recess, when the other kids would run out onto the playground. When someone would knock on our door at home, I would hide beneath the window. Like most families, we were not modeled effective conflict resolution. I married and divorced without effective communication skills. This kept me out of conflicts, being quiet, but until recently, I did not have deep relationships, or deep experiences in my life.

Have you stayed on the surface with people you know? It is safe, but it is not deep living.

When I got divorced, I wanted to make a change. I started analyzing the patterns of my life. I started looking into myself, since I never did any personal growth or introspection up until that point. I realized something had to change. But just wanting the change was not enough.

In the last few years I decided to learn conflict resolution, and apply it to my relationships. I wanted to see how far I could take conflict resolution, and I realized I needed to get a handle on my emotional issues. Again, the working from the inside out. I want to say that we will always have times we slip up and operate from touched suppressed issues or energy. Please do not be hard on yourself.

You can work at your own pace in this course. Be sure you have done the exercises and feel you are ready to go onto the next lesson. If at any time you would like support or clarification as you are working through the lessons, please email me. I am here to listen and assist you in your awakening if you want.

### **The lessons are:**

#### **Introduction**

#### **Section 1 – I'm ready to change**

#### **Section 2 – Connection and flow**

#### **Section 3 – Fun and love**

#### **Section 4 – Clear your obstacles**

#### **Section 5 – Clarity**

#### **Section 6 – The positive approach**

#### **Section 7 – The turning point**

#### **Section 8 – Dialogue and visioning**

The approach I use is very positive. Even when working on the obstacles, the goal is positive. I feel we already know what we want. Our intuition tries to tell us, but many times we do not listen, or do not want to listen, because we for some reason do not want to make a change. What we feel and want is always for our happiness ultimately, but it may not seem like it at the moment, because conflict can be very painful and confusing.

### Introduction

Conflict may result in changes in your life that you are not ready for, or seem painful at the moment. Allow yourself to feel these changes and emotions, and know that even as changes occur, in the long run, if you are aware and want to improve your life, you will see that those conflicts, painful situations, and your resistance to them have resulted in growth that is for your benefit and ultimately for those around you.

Doing this type of self-work, and other practices like spiritual practices, may cause your relationships to change. Please be alert for this and remember to stay in constant communication with those closest to you with whom relationships may be changing. You are changing, so it will seem these connections are changing. Feel free to seek outside help if you feel the methods in this course are not enough for what you may be going through with someone else or in yourself.

*If you cannot handle the emotions that arise during this course, or you feel you need help, take a break, and meet with a counseling professional.*

So, we are going on a journey together. It is going to be very productive, delightful, and you will be connecting as much and as deeply as you can handle in your relationships.

Everything you can accomplish in your life is fueled by your desire for change. Change may seem scary. You may want to start thinking now about how you deal with change. Change is how you grow and experience more of life. Trust yourself, and be open to the lessons and rewards that this change will ultimately give you.

I am going to ask you to make this course one of your top priorities. You probably don't have a lot of time, but you will learn, in Section 1, some ways to free up your time so that you can make yourself one of your top priorities. If you get busy and need a break from a lesson, back up and finish it before proceeding to the next one.

We are going to get more active in resolving conflict in the second half of this course. The first half is designed to challenge your beliefs, conditioning, and how you have been living, so that you can find yourself and center yourself to approach any conflict from a higher level, and with success.

I hope you enjoy this course as much as I did making it. I look forward to allowing these lessons to propel you on your journey of personal growth, transformation, awakening, and the new life you know you want.

***“Make every effort to reconcile and resolve all conflicts, however small.”***  
**Venerable Thich Nhat Hanh**

# Section 1 – I'm ready to change



## Section 1 – I'm ready to change Day 1 – 3 approaches to conflict

Awareness of how you approach conflict is where we will start this course. Today we are going to talk about the three approaches to conflict. It's time to embrace change, and not be afraid of it as so many people are. Being afraid of change can result in not growing, not experiencing more of life, and not taking a chance to elevate yourself on your path, career, relationships, and anything else that you want to keep moving along with. Today, you dedicate yourself to change, so that you can start to view conflict as an opportunity for transformation.

Don't you love conflict? No? Most of us do our best to avoid conflict. Many times, we work out a compromise to try to satisfy everyone, or we suppress conflicts until they blow up. Why do we have such negative feelings regarding our approach to conflict, and what conflict means?

Conflict is not necessarily negative, but our emotions and behaviors around conflict are many times negative, or even destructive. Can we shift our perception of conflict, and view it as a transformative tool, one that can accelerate our growth and personal evolution? How would that change your beliefs about conflict, your behavior during conflicts, or your goals of conflict?

You can see conflict as positive, and as a powerful force for change. I now see conflict as a signal that change for the better is coming around the corner.

Imagine this: You own a business and no one is telling you about the declining quality of the customer service your staff is giving. A customer calls for the second time and has the same negative experience with your staff. In her anger, she decides to go over everyone's head in the company and contact you directly. Now she is yelling at you, and you find yourself trying to resolve her original conflict, as well as the conflict you are having with her.

There are also two other conflicts to handle, the conflict between the customer service representative and this customer, and the overall structural or training problem in the customer service department that has caused this woman's, and many other customers', conflicts.

Would you view all of these conflict situations as negative, messy, or something to just get rid of, or as a transformative tool to accelerate the growth and evolution of your business, by changing or improving your customer service department or policy? It's all about perception. You can choose to perceive these conflicts as opportunities to grow personally and professionally, and also to better your company.

Same thing with personal conflicts. If you choose to see conflict as a signal that something is blocking your intimacy or energy flow with anyone you have a relationship with, you can thank the conflict for bringing that blockage to light, since no one was talking about it before the conflict arose. Then, you can communicate and discover where each of you would like to be in relating to each other, and deepen your relationship.

## Section 1 – I'm ready to change Day 1 – 3 approaches to conflict

Transforming and evolving is exciting to some, scary to others. If you are aware, conflict can provide a push into that process of growth. You can use conflict to your advantage, and learn from it. Go into conflict head on, and see what new heights you can go to as a result.

The 3 approaches to conflict are:

- Unaware
- Aware
- Transforming

You may be thinking, "You know in the last week, I've approached conflict in five, maybe ten different ways." And that's probably true, and you could group them all into those three basic categories.

When you are able to start approaching conflict from the aware and transforming level, you will have a mind set that you can use to approach conflict and talking with people every time and get the results that you want, because you are changing. You are resolving conflict from your heart, not from your ego.

When you do that, you connect with the other person from a higher place. When you connect from a higher place, you are leaving behind the way the conflict started, and moving to a higher perspective to solve the problem. This is much more conducive for dialogue and resolving conflict.

***"We can't solve problems by using the same kind of thinking we used when we created them." Albert Einstein***

Would you rather problem solve from a lower, destructive, needy ego level, or from a higher perspective of respect, trust, and compassion, while still being passionate and expressing your emotions?

Let's get into more detail about the three approaches.

### **Unaware**

The unaware level is where you are driven by your needs or emotions only. You may not even know what or why you are doing during conflict. People are arguing, fighting, avoiding, in conflict, confused, defensive, not talking, or possibly abusive or violent. People are not paying attention to each other's needs. These are people in emotional pain.

Perhaps you are aware most of the time when communicating or in conflict. Then, out of no where, during a conflict, you seem to be blinded by emotion. You move into a state of emotional flooding, and emotions take over. In this case, you move from aware to unaware, unaware of what has been touched in you, or why you reacted so strongly. These are things to investigate in yourself if you want to heal yourself and purify your mind, and there are plenty of books, people, and workshops that can assist you in healing your inner child, help you move energy through your body, and other methods that can help clear you beyond the scope of this course, if necessary.

## Section 1 – I'm ready to change Day 1 – 3 approaches to conflict

### Aware

When you move to the aware state, you are talking in a safe space. You use Stop/Focus/Connect, which is a technique where you stop what you are doing, you focus on the other person, and you connect with their eyes.

You listen. You ask questions, and then you listen and ask more questions, before you respond. You respond with I-statements, such as, *"I feel betrayed because after all this time you did not even tell me, like I didn't matter or count for all that time."*

There are some situations where emotions will take over and you will not be able to answer questions or react calmly. I feel it's important for people to know how you feel, and feel that energy in you. However, you can do this without being abusive. Being emotional or passionate, and being abusive, are different things. You can say what you feel, letting your energy and emotions fly, using I-statements, or other ways of communicating, without "losing it" on the other person and abusively raging. You will feel the difference.

You're listening, you're communicating (which may take hours, days, or longer), you want to know each other's needs so you can fulfill them, and eventually you're collaborating, making agreement space for everyone's needs.

### Transforming

Once you start living your life from your spirit, instead of from your mind or ego, which is basically the unaware state, you're transforming. You approach conflicts from your heart. You're approaching your dialogs with love, compassion, gratitude, clarity, trust, peace, and truth. And you are doing this because you are now those things inside, and you radiate them outward. You have way less or no hot buttons and you're not taking things personally.

You use conflict as a teacher. You learn your lessons, and you have gratitude for learning those lessons. Another thing I am noticing is that because you are operating from the heart, not the confused ego, you may see the truth more clearly than other people. You may want to say things that may hurt the other, but are really teachings. You will know what I mean when this happens, and you can choose to say the truth, or stay quiet and allow them to learn the lesson on their own. This is deep learning. You will spend this course getting into this mind set, because you will be reconnecting with who you really are and want to be.

Don't worry, when you are approaching conflict from the transforming approach, you will still make love and enjoy other pleasures. You will still have fun and enjoy life here on Earth, but you will be happier, more compassionate, and feel way less stress. You will sleep better because you will be rolling through your conflicts, resolving them, and not worrying about them, because they will be resolved. You will be purifying yourself, advancing spiritually, and progressing at more rapid rates as a result of not being tied to the past, worrying about the future, or having the weight of unresolved conflicts on your conscious.

## Section 1 – I'm ready to change Day 1 – 3 approaches to conflict

Your situations and your conflicts are teachers. They can be extremely harsh. When you work with them, work through them, and feel them, you will see that they may be just what you needed at that time, even though while the conflict or situation is going on it sure does not feel that way.

When you work with conflict on the transforming level, you approach conflict with the intention of understanding, and resolving and transforming at the root level of the conflict. You want to alleviate suffering, and change institutions, systems, ways of relating, and foundational issues in order to prevent conflict and have a system in place for dealing with conflict as it arises in the future.

You are clearing, and healing yourself. No longer spending your time and energy focused inward on yourself, you look and feel outside of yourself to others, and want them to be happy, clear, and have power. We become of service to those we contact. Our positive energy activates the same in them.

Before we end today's lesson, I want to talk about activating energy. Awareness of energy activation can take you from the unaware to the aware state, and then eventually to the transforming state, because your energy will become more pure as you purify your mind.

Our energy activates the same energy in others. Ever get comments that your children act like you do (whether you wanted to hear that comment or not)? Ever see families with similar energy from parents to children? Ever notice how workplaces have their own energy, whether confrontational, motivated, or calm?

Why do you think that is? What energy do you bring to others, and how does that energy activate the same energy in them? This is deeper than just being mindful not to "set someone off" with your unaware or deliberate negative behavior.

What is your energy? This is feeling into yourself to your core, and back out again. This is feeling what energy you are and what is your regular or positively affected state of being. Are you happy? Are you enthusiastic? Are you at peace with yourself? Are you strong, yet loving?

Are you drama? You will activate drama in others around you.

Are you fear? You will activate fear in others, and people may hurt you, out of their fear.

Are you love? You will activate love in others, and be in the flow with them.

When you clear yourself out, and love others, that is what you will activate in others in return.

If you want respect, be respect and activate that in others.

If you want trust, be trust and activate that in others.

**Section 1 – I'm ready to change  
Day 1 – 3 approaches to conflict**

If you want excitement, be excitement and activate that in others.

If you want motivation, be motivation and activate that in others.

You can create energy and motivation. When you are activated in the right direction, you will have health and positive energy. You will want to continue activating others, because you are motivated to keep feeling these great feelings.

Keep the three approaches in mind as you listen to conflict and have your own conflicts. Staying aware is the key to knowing how are you approaching conflict, before, during, and after.

**Section 1 – I'm ready to change  
Day 1 – 3 approaches to conflict**

**Exercises**

1. From what levels have I been approaching conflict (unaware, aware, transforming)?
2. What levels were my conflicts on, and why?
3. My intention to resolve conflict from the “transforming” level:
4. Why do I want to resolve conflicts from the transforming level?
5. If I don't know why now, what may be stopping me?
6. How will I feel when I change?



## Section 1 – I'm ready to change Day 2 – Conditioning and conflict

Today we are going to talk about conditioning and conflict. We'll look at what we have been conditioned to believe about conflict and how we were taught to behave during conflict. We'll also look at where this conditioning comes from. You'll see the grip that conditioning has on our beliefs and our behavior. When you are aware of this, you can make the choice to behave and belief as you wish during conflicts.

Your beliefs and conditioning about conflict can come from the below sources, and others:

- Personal values and style
- Family
- Friends
- Cultural background
- Community
- Work
- Country of origin
- Country you live in now
- Religion
- Institutions you are a part of
- Movies
- TV
- News
- Leaders
- Books

### Power

Many times our conditioning regarding conflict and conflict resolution has to do with power, and retaining power. In the past, conflicts had a winner and a loser. Also, many conflicts have power and self-esteem issues underlying them, so to lose a conflict can have implications about your power, your identity, your manhood or womanhood, how you would look to your people, etc.

Just look at how international and civil conflicts are handled. Why don't all the parties involved talk first? In a corporation, why do people hold onto their opinions and actions, even if it is not for the good of everyone? Why are people unable to admit they made a mistake, or be vulnerable?

Power. People are conditioned to not share power, and not to hurt their identity and seem weak. We are in a new age, however, and more and more people are turning to mediation, negotiation, dialogue, and conflict transformation rather than fighting. These interest-based methods of conflict resolution involve sharing power and collaborating to ensure that everyone's wants and needs are met.

### Victim - Villain - Hero Conflict Triangle

When you get into a conflict, do you automatically think, *"I can't be wrong, I'm right, I'm the Victim, they're the Villain, and maybe there is a Hero that is going to come and rescue me from the situation."* Or maybe you think, *"I was so bad, they were the Victim of me, and I wish someone or something would come rescue me. No, maybe I should be punished, since I am the Villain."*

## Section 1 – I'm ready to change Day 2 – Conditioning and conflict

This is the Victim - Villain - Hero Conflict Triangle, and it is commonly known in conflict resolution. It polarizes people in conflict. Instead of seeing the issues and the people compassionately, they are seen in terms of purity vs evil, right vs wrong, or innocent vs guilty. This is the either/or mentality. We want to move to a "both" mentality.

Let's look at the roles:

- **Victim** – Weak, has something done to them, wants to be cared for, gives up power or self-image so people will feel sorry for them, others are responsible not them, stuck in whatever they are stuck in
- **Villain** - Aggressive, forces others to do or feel a certain way, wants to feel power, blames and threatens
- **Hero** - Wants to save, wants to be liked, tries to rescue Victim but does not teach Victim how to rescue her/himself, puts themselves between the people in conflict (the Villain and the Victim) and may not be liked for many reasons, can become the Villain instead of the Hero

Once upon a time...choose any fairy tale. Who is the Victim, the Villain, and the Hero?

What we think should happen during conflict, or what we are used to seeing during conflict, is reinforced through fairy tales, movies, songs, TV shows, books, plays, and other sources because conflict is exciting isn't it? Many people do not know how to prevent conflict, or what to do when in conflict, and since we all have conflicts, it makes for an interesting plot. As we watch and listen to conflicts and how they are or are not resolved, we are conditioned further away from a pure state of wanting to help others, to relieve their suffering, no matter what the conflict is or how it started. We are conditioned to stay on the Victim - Villain - Hero Conflict Triangle. In this way, we become or stay weak.

There is a different way, and it is what I call the Conflict Resolver. The Conflict Resolver steps off the triangle and is able to observe him- or herself in the conflict. That way you stay off the triangle. You may have those feelings of being the Victim, Villain, or Hero, but you are able to feel through them, and then work from a different angle to resolve or transform the conflict. This is a position of strength. Those who have been conditioned to believe that conflict has a winner or loser may feel that the Conflict Resolver is weak for sharing power and not pushing to be the winner.

Here are some ways to break out of that conditioning, and start approaching conflict from another angle:

- Use your analysis skills and look at your conflict as if you were an outside observer
- Continue to want to feel and learn more during conflict
- See the other person as a partner, not an enemy, who may have the same goals as you, just a different way to get there (and when you talk and ask questions, you will find out)
- Ask questions before talking
- Own your reactions, emotions, and issues without blaming others for how you feel
- Listen to the other person without needing to determine who is right or wrong, or who is the Victim, Villain, or Hero in the story
- Listen with compassion and trust so that the other person feels safe with you
- Ask questions instead of blaming

**Section 1 – I'm ready to change**  
**Day 2 – Conditioning and conflict**

- Instead of feeling scared to talk, be enthusiastic about sharing your feelings with someone who may or may not attack you (this requires courage)
- Waiting endlessly for someone to give you something you need can be replaced with you feeling confident enough to ask them for help or for what you need
- Pay attention to your thoughts and words: are they yours, or what you were conditioned to think and say?

When you drop your conditioning and roles, you may feel that you are betraying their source, whether your family or wherever else you learned them. Know that you are progressing, and in the long run, you will be able to help yourself and others by being a Conflict Resolver.

**Section 1 – I'm ready to change**  
**Day 2 – Conditioning and conflict**

**Exercises**

1. What are my beliefs about conflict?
2. What have I been conditioned to believe I should feel, do, and be before, during, and after conflict?
3. Is this how my family acted?
4. Is this how my gender or culture is supposed to approach conflict?
5. Why do I act that way?
6. If I work for a company, is there a corporate conflict attitude?



## Section 1 – I'm ready to change Day 3 – Rediscover yourself

By now, you have made your intention to become a Conscious Conflict Resolver, and you are doing all the exercises, including your daily gratitudes. You have also looked at our personal, familial, and social conditioning surrounding conflict, and thought about when it is useful or not. All this will all take you closer to your heart and your feelings, rather than being so deeply in ego and thoughts.

Today we are going to talk about how to reconnect with yourself. How to rediscover yourself. How to find that internal navigation system, the one that comes from your heart and your intuition.

My girls have this internal navigation system. And not only because the oldest one could always find our car in the parking lot! They both are strong inside, and know how to proceed based on what they feel is right for them. They are in touch with themselves and they trust themselves and their inner guidance.

That is what we want to do here. You are going to disconnect from what does not serve you, and focus on the positive and on building yourself. There is a saying in coaching, "What you focus on expands." It is time to focus on the positive, the fun, and yourself!

It's like when you are on the airplane, and they say to put the oxygen mask on yourself before you help others with their mask. It is time for you to focus on yourself, not in a selfish or greedy way, but in a very self-loving way. When you do that, you can cultivate that garden of joy, happiness, passion, and peace inside. You will live in love and gratitude and radiate that outward when you are in conflict situations.

I believe we are all born pure, energetic, lovely baby selves. We are like a beautiful, blank slate, wanting to explore and connect. It helps us to see love in other people when they look at us, and we are able to stay as close to pure and energetic if possible. However, as time goes on, conditioning and life experiences start to create a tangle or shell around us. Then, we spend time, and do courses like this, to untangle, to find our way back to that pure, original spirit.

Let's talk about some ways to get you more into your spirit and how your heart expresses your spirit, which is getting to the transforming level, so you can stop spending so much time reacting from ego.

I am going to ask you to try to move away from what seems like reality, but may be the mainstream, and find your own true reality. The real real. As you clear even more, and if you decide to start doing spiritual or other practices, what you thought was real or important before may become non-issues. You may start detaching from what you thought was important before. You may start investigating the concept of maya, or illusion. As you become more centered and strong, you will have a higher vantage point in your life for everything, including conflict. You create your own reality.

Today, I am going to ask you to do a long list of things. At first, you may not want to, and you may wonder how life will be without some of these! As time goes on, you will see that clearing yourself through this list will allow your intuition and heart to be heard.

## Section 1 – I'm ready to change Day 3 – Rediscover yourself

Feel and observe what is happening. You may start wanting to do some things that are totally out of character for you, as your former self. Listen to that, and see how it resonates with your values and what you feel is your true self. You are going to sit with yourself, without distractions or negativity. You are going to find yourself.

Here is the list (you can do it, you have the will power):

1. **No TV.** Turn it off, do not watch it. Give it away if that helps.
2. **No news.** When you start again a few weeks or months later, feel your response.
3. **Get around positive people.** Surround yourself only with positive and supportive people. If you must be around negative people at work, change your reactions. You own your reactions.
4. **Slow down.** Drive slower. Walk slower. Eat slower. Slow your purchases. Look at people longer. Hug your loved ones longer.
5. **Simplify.** Detach from things that you do not need, or want, anymore. Sell them or give them away. In what other ways can you simplify your life?
6. **Live your values.** Make a list of your values. From that list, write your top values (such as health, security, freedom, love, whatever is important for you), and use those values to help you decide if what you are doing is coming from your heart/values, from someone else, your conditioning, or some other external source. You can use the values in decision making or to change your life, including how you approach conflict, relationships, your health, where you live, business, etc.
7. **Smile.** Smile to others, and keep a smile on your face when no one is around.
8. **Eye gaze.** Look in the eyes of your pet, and your loved ones. See how long you two can see beyond the ordinary, and into each other's spirit. This is a very intense experience, and you can talk about it when you are through.
9. **Intuition.** Trust the little messages you get. Keep an intuition journal. We all have intuition (gut feelings) and psychic abilities (different people have different strengths). Get in touch with them, and use them to your advantage. Keep track of all your intuitions and their accuracy; you will be pleasantly surprised at the results.
10. **Walk.** Take a short or long walk outside every day.
11. **Exercise.** Get on a schedule to feel better, move energy inside you, tone your body, and be inspired.
12. **Nature-nature place.** Find a place in nature you enjoy. Go there and spend time enjoying the spot, maybe laying down or sitting down, and feel the place with your senses including your hands and bare feet.

**Section 1 – I'm ready to change**  
**Day 3 – Rediscover yourself**

- 13. Go in water.** Spend regular time in a lake, pond, river, ocean, pool, bathtub, waterfall, shower, or hot tub. Many people get inspirations and insights in water. Immersing yourself in a body of water has such a healing effect and you will feel held and secure.
- 14. Stop addictive substances.** Stop stress, caffeine, smoking, drugs, sugar, soda, Internet, pornography, white flour, and alcohol, or get on a program to stop them. (I would recommend that you do not continue this course until you have worked through your addiction. When you do, you will most likely behave differently and approach life differently. Take the time to change, then with support, begin to work on other facets of you. This course is going to go into some deep places and you need to be as emotionally clear as possible to do so.) Addictive substances are suppressing your spirit whether you realize it or not, and effect your conflicts.
- 15. Eat natural.** Look at your food. Does it contain corn syrup, artificial flavors and colors, hydrogenated or partially-hydrogenated oils, MSG, etc? If so, get rid of it, and do not buy food with those ingredients any more. If you can, eat as organic and raw as possible. This will help energy move within you and keep your mind clear.
- 16. Stop putting chemicals on and in your body.** Look at your shampoo, toothpaste, hair products, shaving products, etc. Do you see ingredients such as parabens, Sodium Lauryl Sulfate (SLS) and Sodium Laureth Sulfate (SLES), Propylene Glycol (Antifreeze), 1, 4 Dioxane, Dioxin, Bentonite, Propylene glycol, Diethanolamine (DEA), Polyethylene glycol (PEG), Benzylphanone, Sodium benzoate, Glycerin, Collagen, and Talc in your personal products? Switch to all-natural products. Who cares about your health? You.
- 17. Women.** I want you to immediately throw away all your feminine products that are not 100% natural, organic, and unbleached. Only buy products that are not bleached and organic. Better yet, use cloth products. Look at other ways you can live your natural beauty from within and outside. Take charge of your own body. Live your full power as well as the feminine qualities we all need from you, including speaking up when you know something is not coming from love and unity. We need your voice and actions.
- 18. Men.** Take charge of your own health, your exercise, and your own beliefs about who you should be as a man. Examine how to best serve your body and soul in a way that works for you, not what conditioning says. Live from your truth, and find your amazing spiritual and protective container power. The planet and we all want and need you to be aware and awake, and not tolerant immature and harmful talk and actions.
- 19. Babies and children.** If you have a baby, same thing. You baby deserves only 100% natural and organic products on them and in them. Breast feed as long as possible. Use cloth diapers as much as you can, and cloth wipes. You do not need to put any products on your baby. Learn more about attachment parenting. Hold your children, look in their eyes, and tell them you love them, no matter what their age. Help them grow up with the self-love that they need.

## Section 1 – I'm ready to change Day 3 – Rediscover yourself

**20. Medicine and health.** If you are working with a health professional, continue doing so, because you want to feel secure knowing your health is in good hands. There are a lot of treatments and prevention you can try, with their advice, such as massage, acupuncture, natural remedies, chi gung, tai chi, yoga, etc.? If you do not have a health issue, continue to work on your health through prevention, and the methods above. Healing your emotional and mental health is a great way to stay healthy physically as well.

I used to not take care of my body like I do now. Many of the things in the list have to do with your body. As my self-love and energy increases, I do not want to do anything to my body to harm it. What are you saying about your self-love if you are addicted? If you don't go outside? If you don't exercise? If you don't take steps to be healthy?

I realized my body is here to experience this planet with all my senses. It is here to help me have fun in a physical way. If you have headaches, allergies, outbreaks, stomachaches, or your energy is not flowing, are you going to be able to fully enjoy whatever it is you want to enjoy – whether a walk in nature, cuddling, or being present for your children? The more you get healthy, and get your ego out of the way, you will not have inner chatter. It will be easier to fully enjoy what you are doing with your body.

Also, many spiritual paths believe that if you take care of your body and mind, you may be able to enjoy longevity and rejuvenation so that you have more time in this lifetime to purify yourself, possibly getting off the reincarnation wheel, or having more time to be of service to others. Whatever your beliefs may be, taking care of your body and mind is always desirable.

Before I starting working on my mind, body, spirit alignment, and when I was operating from the unaware approach, I would react from the ego level most strongly in a conflict. I was unaware of my hot buttons, and my childhood wound triggers, and reacted in nasty ways with my children and other people.

As I started doing personal development and work on myself, I began to react differently in conflict. I would look for lessons, or maybe indications of what the real nature of the relationship was. I learned how to use conflict resolution as a coping skill, and learned more about myself so I would stay away from certain people and situations as a way to avoid foundational conflicts, conflicts that occur when we get into relationships or situations based on ego need, rather than what would work and make us happy.

I started looking again at my patterns and my relationships. I started feeling whether I was happy or not. Whether I should continue being around these people, and in what way. I am more true to myself now. I can love anyone or everyone, but I choose how to interact with people. How about you? Are you true to yourself?

Then I started doing all the tips above that I am recommending you do. Every one of them has taken me away from society's conditioning, people making money off us with products that are harmful, away from conformity, and into my own self and my own freedom.

**Section 1 – I'm ready to change**  
**Day 3 – Rediscover yourself**

I am far more compassionate and empathetic now. I am better able to access situations now because I see things from a higher vantage point, rather than mixed in with the herd. In fact, as a child, our father always admonished us, "Why do you want to be like everyone else?"

I don't want to be like everyone else. Do you? We have a strong desire to conform, because in the past our survival depended on it. Now, we have to question what we conform to, and if it is healthy or serves us on a higher and deeper level.

I want you to try to do everything on the list I mentioned above. Dedicate yourself, and start today. The only way you are going to get in touch with your wonderful, true, beautiful spirit is by doing the work to reconnect. Please seek professional help if you are currently addicted. Work on releasing the addiction with their help, before you do anything else.

You are an amazing individual! This is your time to shine. We have the freedom to be who we truly are. Find yourself and you will be amazed. When you do, as you go through this course, you will see problems, conflicts, and events in your life as working in your favor. I know that probably sounds crazy right now. How can these crushing and painful situations really be working in your favor? You will see, by being in the moment and allowing yourself to feel through them, learn from them, and being grateful. But I am getting ahead of myself. For now, it is time to rediscover yourself, and build a foundation of self-love that will survive any emotional storm.

Start today, and make this part of your life, from here on out. In the next section, we get deep and start working on feeling the flow and how you are part of it.



**Section 1 – I'm ready to change**  
**Day 3 – Rediscover yourself**

**Exercises**

6. My new daily habits:

7. My new evening routine:

8. Make a regular date with myself. What will I do on my date with myself? When will I do my date with myself?

9. How will I feel when reconnecting with myself in these ways?

10. What did I learn from today's lesson?

11. What am I grateful for about today's lesson?

## Section 2 – Connection and flow



## Section 2 – Connection and flow

### Day 4 – Relationship energy flow

In this section, as you continue to work on rediscovering yourself, we are going to talk about Connection and Flow. We are going to talk about some general things to get you feeling how you are part of the planet, the universe, and part of the people you interact with, on a more energetic level than we are used to thinking about or feeling.

Besides becoming a Conscious Conflict Resolver, we are also really working on Conscious Relating. Interacting with your lovers (and yes, your husband or wife is your lover, you can even change your feelings about that to make your relationship more loving and sexy) in an aware way, from all the levels of who you are, mind, body, and spirit, will deepen your relationships.

Let's talk about relationship energy flow.

Think about each person you know. Think of how you feel around them. Feel how the energy flows. The energy you give out. The energy they give out. The interplay of your energy. Isn't it exciting to feel it? This goes beyond words, beyond actions. This is the essence of your energy fields or your energies merging in ways that are beyond words; it is a feeling.

Perhaps the feeling is friendship, flirting, warm and comforting, protective and bonded, soulmates, highly charged with polarized sexual energy, or any other type of energy play. Isn't it amazing how the energy interplay can feel just a little different with each person you enjoy being around? Focus on what an experience life is when you are grateful to know and interact with the people you love.

Feel this energy interplay as maybe a two-way exchange. Or maybe as something that goes into the air between you, and dances in you, and around you, as the air and light flowing around you.

Feel how it feels when you all are happy and intimate and having fun. How that energy just flows freely and draws you together, without feeling that there are blocks between you and this energy exchange.

Feel how this wonderful energy affects your attitude, your mood, the people around you. It's pretty good, isn't it?

Now, feel what happens when there is an energy block. The energy blockage can come from a conflict, or ignoring a conflict that is brewing. Or from stress, addiction, past trauma, grudges, assumptions that hurt feelings, misunderstandings, or people not talking to each other. You could be not operating from the transforming level. Perhaps there is deep incompatibility, or violence or abuse. What happens to that wonderful feeling of energy flow when a block gets thrown into the energy exchange?

It's not the conflict that bothers us, it is what is *not* happening that bothers us. This could be not communicating lovingly, not having fun, not being intimate, not being affectionate, not feeling loved, not feeling a part of each other's lives. This has to do with feeling separated, which we will go into more detail later on. We miss communication, we miss

**Section 2 – Connection and flow**  
**Day 4 – Relationship energy flow**

fun, we miss intimacy, we miss affection, we miss feeling loved, we miss being part of each other's lives. Conflict stands in the way of this, but is there to teach us, if we can be the observer of our conflicts like we talked about, if we can feel the emotions and help each other, and help each other learn from the conflict.

But just for now, feel how you want to feel with others. How you want to feel the energy flowing. How you are energy, and how you and the other people's, or your lover's, energy flows and dances with each other.

Our conditioning can dictate not only how we perceive conflict, but how we perceive what our role in our relationships should be. But is that what you truly want? Are you feeling what you want to be feeling?

Are you afraid to go deeper into relating with your loved one? Why? We are going to examine this in more detail later on, but for now, spend some time in your nature-nurture spot, or in the water, or just somewhere relaxing, and allow your mind to drift, and feel the energy and spirit of the people in your different relationships, whether spouses, lovers, your kids, your parents, friends, anyone else. How do you want to feel around them?

Can you feel that unblocked energy flow is possible? Picture a river with debris and logs blocking the water flowing, like it's blocking the good stuff trying to get moving behind the blockage. Then feel the blockages moving, and the river has been freed. The river is flowing. That flow is what we want to feel in our relationships.

Dream deep; relationships are the foundation of our lives besides our balance and self love.

Keep working on rediscovering yourself and detoxifying, while you do today's exercises. Enjoy the feelings!

**Section 2 – Connection and flow**  
**Day 4 – Relationship energy flow**

**Exercises**

1. Ask my loved ones: what do you experience when I communicate with you?
2. Ask my loved ones: what do you experience from my behavior around you?
3. Ask my loved ones: how intimate do I allow myself to be around you?
4. Ask my loved ones to describe how they feel the energy flow between you. Then describe it from my perception. Spend some time talking about and appreciating each other's presence in your lives.
5. Talk about how I want my energy flow to feel between me and the people in my various relationships if there are currently blocks. Not trying to resolve the conflict (unless we want to), but just visioning together.
6. What did I learn from today's lesson?
7. What am I grateful for about today's lesson?

## Section 2 – Connection and flow

### Day 5 – Conscious energy flow

How did you like the visualization and feeling of relationship energy flow in the last lesson? Let's talk more about connection and flow. We have various levels of interaction. The first is how we interact inside and with ourself. That affects our energy. Then we have the interactions we have in relationships with others. Like we talked about, we share, exchange, and activate energy with other people in our relationship energy flow.

But what about how you flow with the planet and all people on the planet? How are you impacting the flow of energy on the planet? The overall conscious energy flow?

Imagine a waterfall or a stream, flowing water leading to a bigger body of water. The water is flowing unblocked. Unblocked and flowing like the energy that people would emit if they were positive, happy, and free, living intentional lives.

Nature likes to keep things flowing. The wind blows, the water flows, even when something dies, something else comes along and eats it, and creatures are born, grow bigger, and get older. We have children who grow, grow up, and have their own children, keeping the flow of creation continuing.

Now think of something blocking the water. Like we talked about last time, like a river that gets blocked with debris and logs. What happens when the water is blocked, and it starts stagnating? Add some poison to the water, like repressed negative emotions, punishment, possession, or fear. Now what do you have in that water, in that relationship you may be having, or in the overall energy around us? How are you affecting everyone around you, who affect everyone around them, and so on, with our energy and what we are doing?

Even if you live alone and love it, you interact with other people at some point. What type of energy exchange do you have with people you come in contact with?

So much positive and conscious energy flow is restricted on this planet, because of people oppressing other people and social conditioning. People stop others from doing what they want to do, being who they want to be, and loving who they want to love even if it is respectful. Why do you allow that? Why do we allow this? How do we contribute to this? What can we do?

Don't you feel it? I can. I feel when people allow themselves to be controlled, and are controlling others. Think of a time you were around a parent or a lover who was acting from fear, or not from higher love. Doesn't it make you cringe a bit? I also feel when lovers honor each other, and radiate light that flows out to others.

There is a change happening. People and businesses are becoming people-friendly and earth-friendly. Instead of operating from greed and restricting energy flow, people and businesses are starting to operate from the heart, and contribute to positive energy flow going around the planet. Conflict resolution is becoming popular, as well as negotiation, mediation, workshops, books, and all kinds of ways to learn how to exist peacefully and lovingly with each other. There will always be conflict. But when you are conscious, you can affect how the conflict is played out.

## Section 2 – Connection and flow

### Day 5 – Conscious energy flow

Right now it seems that everything is being questioned. It is time to look at new ways of living, new ways of being, and new ways of relating. It's time to start sharing with each other in creative ways.

How do you express yourself? How do you put your energy out there? Are you open, not restrictive? We can keep the energy moving by loving and living how we want, in an ethical, passionate, respectful, and cherishing way.

How are you tapping into the flow of life, and also into the collective unconscious of human sexuality and experience? Sexuality is the planet's energy, as well as ours. How do you carry yourself? Are you ethical? Do you have integrity and do you live a life that inspires yourself and those around you to greatness?

Fear or love. You choose which to be. Your choice spreads into the overall energy flow.

Like a bee pollinates more than one flower, we touch many and all by communicating, by existing, by what energy we put out there, by making love, and by activating energy in others. How do you keep the conscious energy moving and flowing?

On a large scale, loving in those ways, and being open and sharing love is keeping that energy moving. Get around some lovers, and feel the energy that comes from them. Is it restrictive? Or is it radiating, adding to the conscious energy flow? When you love from your spirit and heart, you benefit, others benefit, your community benefits, and the planet benefits.

So for today's lesson, spend some relaxing time again outside. Go into nature. Just feel yourself as part of life on the planet. As part of a beautiful planet full of everything we could ever want and need, just waiting for you to get into the flow and enjoy and experience.

Feel how you fit in to that flow, the conscious energy flow, and how you fit into the lives of all the people you interact with.

If you still have the TV off, and the news off, and you are detoxifying, and learning about yourself, it will be easier to feel yourself in the energy flow. Distractions pull you away from your true self, and from the amazing other things you can experience, like what you are learning about in this course.

Get into the flow! We'll be back in the next lesson to tie this together and talk about connection and separation. Enjoy!

**Section 2 – Connection and flow**  
**Day 5 – Conscious energy flow**

**Exercises**

1. Find a quiet way or quiet place to feel part of nature. How does it feel?
2. Feel myself when in the company of a group of people I love, or feel closely associated with, like family, a religious institution, or a community I am part of. How does it feel?
3. Have I ever felt so in the moment either with a lover, a group or people, in nature, meditating, creating something, or doing an activity that I lost track of time, time stood still, or I was lost in the flow? It's then that we really become part of the flow.
4. Write a story about being connected to the planet energy flow, to life itself:
5. What did I learn from today's lesson?
6. What am I grateful for about today's lesson?

## Section 2 – Connection and flow

### Day 6 – Separation and conflict

Now that you are starting to feel your relationship energy flow and getting into the conscious energy flow, let's talk about separation and conflict.

For this lesson, feel what I am saying. Feel these concepts. Allow them to soak in, and allow yourself to feel what conflict is really about from a whole new perspective. One that is not from the ego level, where we have been operating from. Feel what conflict is about from a much higher level, the transforming level that you have been working to connect to. You have been detoxifying so that you are clear and clean inside to be able to get in touch with your higher self, your spirit.

When you are able to rise above the ego needs, you will be on the level of intuition and spirit. And you will see how conflict is a result of feeling separated.

I feel that we are composed of a spirit/soul, heart/feelings, ego/mind, and body/sex (plus other parts, or perhaps it is all one part). How do you use your intuition to integrate these parts?

I listen and trust my intuition because every intuition I have had came true. In the past, when operating from the unaware level, I would not listen to my intuition. This got me into some situations that were not good, although they were learning experiences. You can keep an intuition journal to track your own experiences.

Intuition plays a part in transcending conflict and separation. When we are not aware, we are conditioned, and we are putting unhealthy things in and on our bodies, we are not clear enough to listen to and trust our intuition.

I am going to tell you how I start feeling this concept of transcending conflict and separation.

I was at a Self-Love Workshop four months ago, and we did an emotional release exercise. This combined a certain way to move your body, and allowing words or feelings to surface, and then going deeper into them. With my eyes closed, towards the end of the exercise, I found myself in a pink and white dome or oval place, lit from outside. I saw a cord coming from this place I was in towards me. I realized I went back into the womb.

It was then that the teacher went around and gave us one of our pillows to hold. With my eyes still closed, and holding the pillow, a thought popped up: "Connecting in freedom, love, and peace". We are all already connected, but we don't realize it.

We are all still awakening, and we are all already connected. Many times we don't realize we are connected, and we feel separated. We are all part of, like we talked about, the conscious energy flow of the planet and part of our relationship energy flow.

Many times we don't feel it because we have been conditioned to be separate from each other. We were conditioned to fight, to have conflicts with a winner and a loser, that the homeless person or poor person is not like us because they are a loser, that the other political party is composed of people who are not people, and so on. In the past, we were conditioned to be separate from others.

## Section 2 – Connection and flow

### Day 6 – Separation and conflict

What happens when we do not feel connected, whether or not we are aware of this not connecting, this separation?

**I believe there are four levels of separation you can feel (when we are not aware that we are already connected):**

1. Separation from yourself, your spirit
2. Separation from other people (specific person, some people, or all people)
3. Separation from our Earth
4. Separation from the oneness/source/universal mind/universe/cosmos/Goddess/God

We long to feel connected in all these ways in our experience here on this amazing planet. When we do not, we feel the pain of separation. When we are unaware, and don't even realize we feel separated, our heart feels sad.

Remember when we talked about relationship energy flow? A conflict can block relationship energy from flowing. A conflict can make you feel separated.

However, if you allow your intuition and higher self/spirit to talk to you, you will see that the conflict actually started after you felt separated from your loved one in some way.

This is something to meditate on. It's like the question, which came first, the chicken or the egg?

In this lesson, we are going to say that the feeling of separation came first, and produced the conflict.

Conflict happens for many reasons, but let's focus on conflict that is a product of your heart feeling separated. Because what you will see is that all conflict arises from the feeling of separation. We feel separated, and then we make a conflict. But we only register the separation after the conflict starts, because we think it is the conflict that is separating us, when in reality, it was the feeling of separation that produced the conflict. The feeling of separation can produce an incredibly complicated drama because we were afraid to open our hearts and truly communicate with each other about our feelings of sadness, loss, and separation from each other.

In reality, if you listen to your spirit and intuition, you would know that we are always connected, but on the ego level, the feeling of separation has already started, but you did not address it. You did not listen to your intuition or heart's feelings about the feeling of separation that was already happening.

When your heart is sad, your ego wants to rescue your heart. Your ego does not want your heart to feel this sadness of separation. Again, you may not be aware of all this happening inside you, but this is your opportunity to start examining this in your conflicts and past conflicts.

Then your ego invents a conflict or a situation to call attention to the fact that your heart is sad from feeling the separation. As a Conscious Conflict Resolver, you want to instead use your intuition, heart, and energy-reading skills to register the feeling of separation from

## Section 2 – Connection and flow

### Day 6 – Separation and conflict

your love ones, the feeling of your relationship energy not flowing as freely, before you start a conflict.

Then, instead of your ego making a conflict, you will talk from your heart about the pain of separation you feel from your loved ones. We are going to talk more about this in other lessons. For now, I want you to just feel all this. Read this as many times as necessary.

In the lesson about relationship energy flow, we felt the energy flowing, and then we felt how the energy feels when it is blocked with a conflict. This lesson asks you to feel the relationship energy flowing, and then feel if the energy does not flow as well because of feeling separated, and only then does the ego invent a conflict, which puts an even greater block into the relationship energy flow.

Because if you and your loved ones are tuned into each other past the ego, if you have transcended operating from your ego, and you are operating from the spirit and heart level, you will talk to each other when you feel out of tune with each other. You will talk when you feel separated, instead of allowing those feelings to fester, and stagnate, and pollute your energy flow. You will not be afraid to talk to each other. Again, we will get more into the how of this communication later. Just for now, just feel these concepts, really feel them above the ego/mind level, from a higher spiritual and heart level.

So, conflict might arise because the relationship energy is not flowing because you are feeling separated. So, what is making the separation? Like we talked about, we are always connected, but for some reason you don't register the connection.

Perhaps you are getting separated from the other person because you do not feel loved, you do not feel appreciated, you have some other issue that is not making you intimate, perhaps you have had less time together, or any other issue that is making you feel separated, and not feeling amazing relationship energy flow. Perhaps you are outgrowing each other. Maybe the relationship suppresses your spirit. Perhaps you have both have changed your values or are going so far into personal or spiritual growth that you are not on the same page anymore. Perhaps you were not as connected as you thought, because your ego had needs, and you allowed those needs to cloud the reality of what your connection with this person is really about.

I know when I was extremely needy, I got with people to satisfy a need. I did not listen to my intuition that told me not to start a relationship, and I did anyway. Although everything is a learning experience, I feel at this point, I don't want more of that! I listen to my intuition, and I can still feel connected to everyone, but like I said, I now choose who and how to be around.

Even children long to feel connected. As children, we longed to feel connected, the give and take, to give love and have it received, so that we feel worthy and special, that our protectors and parents would take our gift of light to them. We come here to not only be children and learn, but to teach our parents.

## Section 2 – Connection and flow

### Day 6 – Separation and conflict

If you feel separated from your kids, a hot button from your childhood is being pressed. You are not feeling connected to your children, and when you look at your anger or frustration around the situation, and you will see a lesson being taught to you. You and your children long to feel connected. They have just got here on the Earth, and you have been here for a while. You all are unable to articulate your pain of feeling separated from them, because we have not been taught this up to now. I know all this first hand from raising my kids. Allow yourself to meditate on this also.

As adults, we may have to feel and work through our own pains of not feeling really supported or connected as a child, if that describes you. It's deeper than whatever behavior, abuse, or dysfunction was present. It is that you were not connected in the way you wanted to be. You were not involved in a beautiful exchange of energy and giving and receiving with the adults in your life. You were shut down and felt separated in some way. You can heal yourself. Use this course to help, use any Inner Child or other workshops to help you, anything that will help you to be here now, in this moment.

Do not repress your feelings of separation, on any of the levels. That will only make things worse. Allow yourself to open up and feel your connection on the four levels opening up and getting deeper. Feel and work through the feelings, so that they can leave. It will take a while. In the next sections we are going to get deeper into this.

Our challenge on Earth is to lose our conditioning, lose our issues, lose our past, so that we can live in the moment in gratitude and then we remember that we are already connected on all of the four levels. And you can do it! It is up to you, and you can start feeling this today.

I want to leave you on a positive note! Even though feeling the pain of separation is painful in itself, you must be aware of all this to not allow it to grip your life and keep you unaware. When you are aware of it, and you are feeling it and work through it, you will be left with an amazing feeling of lightness. You will understand that conflicts come not from hate or things like that, but conflicts come from love, just a way for you to feel connected and continue feeling love. To continue feeling the love that is the conscious energy flow of this planet.

Love is light. You are feeling the dark, but the light is just waiting to get out!

In the next section, we get into Fun and Love! But you have to understand what your ego is doing. What your heart is doing.

Read this again if you want, just like the other lessons, and open up to the feeling of the love that may be bottled up inside you, behind feeling the pain of separation. And get ready for the good stuff - next week you start planning fun!

**Section 2 – Connection and flow**  
**Day 6 – Separation and conflict**

**Exercises**

Please note that these exercises are NOT to make you depressed! They are to get you thinking with love and compassion. We can only truly heal by working through all that is not love and light inside. You will awaken a strong part of yourself, compassion for yourself and others, and space for more joy. You will never be able to go back. You are on the path of love.

1. What intuitions have I ignored?

2. What intuitions did I act on and it worked out?

3. What harm have I done to myself because of feeling separated from myself?

4. What harm have I done to my loved ones because of feeling separated?



## Section 3 – Fun and love



## Section 3 – Fun and love

### Day 7 – Spirit runs the show

You are doing a great job! You have been through six really deep and conscious shifting and conscious raising lessons. How do you feel? If you feel a little confused, or some strange energy moving through you as a result, feel through it, learn some lessons from it. Know that things are shifting, and it will all work out.

How is your intuition going? Are you feeling less mind “chatter” as the days go on?

The last two sections have been a lot of deep work, and you are doing great to be still here! This week is going to be a lot easier, and we are going to focus on fun and what you want from relationships and life.

So get ready, you are going to continue working on yourself from the inside out, so you can become a Conscious Conflict Resolver to have the fun and relationships that you want!

Spirit runs the show. What do I mean? Think of this visual. Think of smiling, happy spirit, or a dot on a piece of paper. Then draw or think of a bunch of crazy lines drawn all over and around the happy spirit. That is our past conditioning, our past trauma, our past in general, our fears and beliefs that make a tangled, hard shell around our spirit.

What we want to do in this course is to untangle that mess, and allow the spirit to shine. I use this visual, and it has allowed me to feel compassion for myself and others. I feel if people had a choice, if they could untangle and get out of ego, they would be happy, shining spirits underneath that would take over and run their show.

I see what my mind does to protect my heart, like we talked about in the last lesson. I also see how I have allowed my needs or my ego to run my life, rather than allow my intuition to run my life, to allow my spirit to run my life.

I learned my lesson that I need to have my spirit run the show here. At one point in my life, I had a desire to do something that did not align with what my spirit and heart wanted at that moment. It produced a physical effect in my body. I took it as a sign to examine what was going on. I examined also where I was feeling separated, on the four levels we talked about.

Probably this has happened to you. You get headaches, or an upset stomach, or feel a stress ball moving in your abdomen, a condition flares up, some kind of physical reaction takes place in your body because you are thinking, acting, or being out of alignment, you are not acting from integration of mind, body, spirit, and heart.

So, the next day, I went to a park, and in the park is water that leads to a canal. Before it goes into the canal, it makes a little waterfall, and it has a lovely little waterfall sound.

By the water I was thinking: my spirit runs the show, my spirit has earthy fun in my body, and my mind can be a downer or friend of the spirit, and help the spirit and body.

## Section 3 – Fun and love

### Day 7 – Spirit runs the show

It's like this sometimes:

- Spirit/soul – Fun, freedom
- Ego/mind – Negative or friend of spirit and body/thinks/reasons/plans
- Body – Just wants to have fun on Earth with spirit leading
- Heart – Feelings

Allow your spirit to run the show. Be integrated: have your mind, body, spirit, and heart integrated, all on the same page, running your life together. Have your ego/mind serve your spirit, so that it can make decisions and plans that make life fun, not to sabotage your life. Allow your spirit to experience life here on Earth through your body, and challenge your ego/mind to find delicious and ethical ways to make that happen.

Do you want to fully experience life, and be happy, successful, and free? Do you hold yourself back from this?

Start today, just start! Start doing all kinds of things, all day, that bring you pleasure. Then, you will want to do things for others to bring them pleasure.

Allow yourself to be “Yes”. If your spirit says, *“I want to have the experience of putting my feet in this freezing cold stream for a moment,”* does your body respond by putting your feet in? Or do you censor yourself, coming up with many reasons from the ego/mind, your past beliefs, your fears, your mind chatter, your conditioning to say “No” and deny yourself this experience?

Be optimistic! Be courageous! Be fun! Be all the amazing things you want to be, but you have to get your spirit running the show so that all that can happen!

**Section 3 – Fun and love  
Day 7 – Spirit runs the show**

**Exercises**

1. Am I acting in integration? Do I compromise or backslide on my integrity, on what my spirit wants, on my values? Why or why not?

2. What have I allowed my ego to deny me of?

3. What gives me joy, and I am doing those things?

4. Do I allow myself to have fun? Why or why not?

**Section 3 – Fun and love**  
**Day 7 – Spirit runs the show**

**Exercises**

5. How do I want to feel in my relationships?

6. Write a story about how my spirit and fun will run my life now:

7. What did I learn from today's lesson?

8. What am I grateful for about today's lesson?

## Section 3 – Fun and love

### Day 8 – Mmmm yummy

What is some of the most fun you can have in your life? Yes, luscious fun, whether with loved ones, eating something healthy and really enjoying it, experiencing nature in all its glory, non-sexual touching, eye gazing, having fun with children and family, meditating and moving energy, and any other thing you can do here on Earth using your senses.

Enjoying life is why you want to understand about energy flow, why you want to have your spirit run the show, why you want to have the ego/mind help your spirit and say “Yes” and make plans to have fun, or to just act spontaneously without that long waiting time of deciding whether or not to have fun or do something for someone else that would bring them pleasure.

This is why you want to be a Conscious Conflict Resolver, so that you can “do” relationships better, learn from them, and have fun! To get to the treats! The treats of:

- Loving your kids mutually
- Truthful and connected love and making love
- Sleeping better because you resolve the pain of separation as it arises
- Sleeping better because you have addressed all your conflicts
- Clearing mind, body, and spirit
- Being awake and living in the moment
- Being inspired and creating
- Anything else you want to do in your life

You have to give yourself permission. You deserve all of this. There is no lack of these treats. The only lack is the one that you create. In the next section we will work on more ways to work through personal issues and get deeper into self love. But try today. Even if you feel you don't deserve so much happiness, yes you do. Your family wants you to be happy. You want yourself to be happy. The planet wants you to be happy, and enjoying yourself. The universal source wants you to be happy. You are loved. Start acting like it, and doing what makes you and others happy!

Here are some basic ideas you can try at home to extend moments of pleasure, moments of enjoying your senses, and moments of opening to experience and love, having fun:

#### **Being in the moment**

All of what we are talking about, about being in a yummy frame of mind happens because you are in the moment. You are happy, free, and peaceful, and free of the mind chatter so that you can actually focus on what you are doing right in the moment.

Our lives present so many opportunities to open to love and experience, to choose between love and fear, between being tethered to the ground or to a prior belief to cutting that cord with fearlessness and flying without knowing what is coming next.

In that space, we must rely on faith in ourselves, in faith in that in the long run, nothing really matters or is real. We spend a blink of an eye on a planet speeding through the universe. If we pull back and look at the Earth, we are an invisible speck on the planet from that distance, and what dramas or beliefs or remnants from the past, or part in our current plays are we involved in? Or, are we willing to let go, and start from a point of love, from a point of opening our hearts and just willing to be, to enjoy the sun, the breeze,

## Section 3 – Fun and love

### Day 8 – Mmmm yummy

the water, and just be here now? Not in the past, not in the future, not in fear, not in the drama, but stop.

Stop and clear the mind, the chit chat, and know that in that moment, when you clear and stop, that is all there is. Nothing more. It is so easy. There is nothing more than that exact moment. If that feels ok, take that moment and try to make it how you feel all the time. Really, there is nothing more. All else is up to you - you create your own reality. You can extend that moment of love and peace, or you can get back into the illusion, the drama, the stress, the deadlines, with seriousness, or you can get back into that to some degree if you are in the mainstream like most of us, but knowing that you are creating or staying in the reality you are in.

#### **Feed each other and feel your food**

Cut up some fruit or anything else you enjoy and just feed each other. It's a really nice and loving thing. When you're done, you can lick each other's fingers. If you are alone, eat with your fingers instead of using utensils and see how that feels.

#### **Eye gazing**

How much time do you really spend looking at the important people in your life and looking in their eyes? Sit comfortably together, hold hands with each other, and just spend some time looking in each other's eyes. Or, sit in yab-yum, hug each other, and look in each other's eyes and breathe together while you eye gaze. You can close your eyes and breathe together to try to achieve higher states of consciousness. You will be able to get into each other's energy in a powerful way.

#### **Make sounds while making love**

Sound like you're enjoying yourself, especially because you probably are enjoying yourself. So instead of your lover hearing silence, sound up. Allow your throat and your voice to open up, and start expressing your heart and body pleasure. What is holding you back? Give feedback to your partner, and just enjoy without worrying what you sound like.

If you practice meditative making love, you may not make sounds, as you are focusing on your breathing and energy flow. Just enjoy. You and your partner, in this case, know you are aligned whether or not you hear anything more than inhaling and exhaling.

If you would like, there are many types of yoga, chi gung, reiki, massage, and other workshops and classes you can take to get more in touch with yourself and your senses, as well as clear out stored energy in your body that cause blockages that hold you back. Many people enjoy the benefits of a daily or regular personal practice.

Be good to yourself and keep up with the routines and other things you are doing. All of this will continue to open up your senses. You may start to feel more sensitive in general. It is just your body and your energy getting used to this new way of being. Imagine a world free of human noise pollution. If you are becoming more sensitive, be good to yourself, because it can be sometimes harsh to be open and in the world of noise.

You are getting into the frame of mind of the fun you deserve, and can have. This is the discovery phase. Enjoy the floaty feeling of being in this phase.

**Section 3 – Fun and love**  
**Day 8 – Mmmm yummy**

**Exercises**

1. Say something nice to everyone I know.
2. Do something loving for everyone I know.
3. Make a list of all the yummy things I want to experience soon (can be by myself and with others).
4. Ask a loved one to do something yummy with me from my list. What did we experience?
5. What did I learn from today's lesson?
6. What am I grateful for about today's lesson?

## Section 3 – Fun and love

### Day 9 – Dream your reality

We have talked about fun and love. You've had time to let your imagination go wild! Today you are going to continue visioning, fantasizing, and dreaming, and then make an action plan.

To start your vision, see yourself going above the ground. Higher. You are climbing the highest mountain. Look down. Everything seems small, but beautiful. Keep going, now fly off the mountain and keep going higher. See yourself as if in the Earth's atmosphere, looking down on the Earth. Look at the amazing planet, it's landscape, think of the animals, plants, and people down there. Look down as if your life was starting over. Feel your light, and feel what you want to do when you get back down to Earth and continue your life. What is really important? What are your interests? What do you want to focus on?

Allow yourself to feel what your best life would be like.

- What do you really want?
- What state of being do you long for?
- How much time do you want to spend happy?
- What would you rather be doing?
- What would your days be like?
- What would your overall life be like?
- How do you want to interact with your loved ones, acquaintances, and strangers?
- How do you want to handle conflict?
- How will you feel connected on the four levels in your life (to yourself, to others, to the Earth, and to your source)?
- How will you live life according to your top values?

Next, capture the feeling you want, and keep it in your body and mind. Then, you compare what is happening to the feeling you want to have, and if they are not the same, that thing is not in alignment with your vision of the reality you want.

You have the feeling, and you write this feeling and what you want your life to be like. As you start to work on your plan, and you feel this vision strongly, you may not have even have to write it out anymore, because everything you do will support your vision.

#### Resources

Part of your action plan is gathering your resources. You are embarking on the journey to creating your new life. You may need assistance. You deserve positive and supportive people in your life. Your resources can include personal support, self-improvement, leisure time, professionals, your loved ones' commitment to work through conflicts with you, etc.

Have fun with this! Dream big. This is your life. You deserve all the happiness and fun you can handle. Those closest to you will also be glad you are making a new life.



**Section 3 – Fun and love**  
**Day 9 – Dream your reality**

**Exercises**

4. Get a calendar. Monthly is best.
5. For each facet of my life I envision, I am going to make a strategy and mark the facet, goals, and date on the calendar:

**Facet 1** (For example, connecting to self through routines, classes, etc.)

Goals to achieve (for example, time of daily routines, class to take next):

Why do I want those goals?

Dates to start and continue each goal:

**Facet 2** (For example, connecting to others)

Goals to achieve:

Why do I want those goals?

Dates to start and continue each goal:

**Section 3 – Fun and love**  
**Day 9 – Dream your reality**

**Exercises**

**Facet 3** (For example, connecting with the planet)

Goals to achieve:

Why do I want those goals?

Dates to start and continue each goal:

**Facet 4** (For example, connecting to higher source)

Goals to achieve:

Why do I want those goals?

Dates to start and continue each goal:

**Section 3 – Fun and love**  
**Day 9 – Dream your reality**

**Exercises**

6. What and who is my resource list?

7. What did I learn from today's lesson?

8. What am I grateful for about today's lesson?

## Section 4 – Clear your obstacles



## Section 4 – Clear your obstacles Day 10 – Clear your issues

I hope you got that calendar and are busy scheduling some fun and nourishing things for you and those around you to do to live the life that will bring you happiness. By doing this, you see how you are better able to deal with conflict, and understand the source of conflict, which is the feeling of separation. Being positive goes a very long way to being a Conscious Conflict Resolver and staying connected.

Some of you are running like the wind with joy, and making that calendar and already doing things to bring you joy. You have felt your spirit wanting to run the show, and your ego/mind is serving your joy and spirit, and you are getting a feel for this new way of being. You give yourself full permission to live every day in happiness. Others of you may still have some hesitation, or question whether this is really possible, to have a life full of happiness and being positive.

I think we all have some issues, emotional baggage, pain buried in us, or obstacles here and there that we can work on. Each new conflict, each new relationship, each new goal, and each new experience gives us something to learn and work through, and emerge a more rich and clear person.

Today we are going to explore the emotional issues that can be obstacles. These issues can come from your ego/mind, past conditioning, past experiences, childhood or adulthood, outdated beliefs, doubts, and anything else that stands in the way of you and living in the moment and in a positive, loving mind set.

All of these issues keep you tied to the past, which we will get more into tomorrow. By being tied to the past, you take energy away from today. You are not fully present today, which is why you are not achieving what you want to achieve, in a most full sense. Back to today. Let's take a look at some issues and clearing them.

### **Energy flow blocks > to > Allowing energy to flow**

You are already living a new life and clearing issues because of your dedication to your goals from Day 3 of detoxifying and rediscovering yourself. By now, you should be feeling positive effects not only in your body, but in your energy levels, which in turn makes us more positive, enthusiastic, and optimistic, and more likely to see the bigger picture in communication and conflict. Keep up your work on clearing yourself.

### **Fixing other people > to > Assist but allow them to learn for themselves**

It is not up to you to fix your parents, or to fix people around you. You can coach or support them, you can be compassionate and lead them to water if you want, but you cannot make them drink the water. We can only fix ourselves. Work on fixing yourself, like we talked about, put that oxygen mask on you first. If someone is open to you helping them, then use your judgement. Some people do want you to help fix them, and it can be done, but as a general rule, just trying to fix people in most circumstances can be tricky.

There are a lot of conflict situations that occur because people get into a relationship with someone like their parent, then they try to fix their childhood by fixing the person or trying to have their ideal relationship. Be wary of this. When it backfires, conflicts occur and you do not even realize why unless you are very aware of who is involved and the correlation from childhood.

## Section 4 – Clear your obstacles Day 10 – Clear your issues

### **Living behind a hard shell/mask/wall > to > Live a life free of fear**

Living behind a hard shell, and protecting yourself, is preventing you from being open to all life has to offer, and from vast, deep intimacy with your loved ones and family. Examine yourself. Do you believe that you can live a new life, free of your shell, mask, or wall that you live behind, that your ego has created to protect your hurting heart from more pain?

### **Hot buttons > to > Understand yourself and stay aware**

Examine your “hot buttons”. What bothers you about other people and their behavior is what bothers you about yourself and your behavior, something that was done to you as a child, or something that is not allowing you to see them with compassion, but rather with annoyance. Awareness leads to feeling through and releasing the pain that causes the hot button. Hot buttons contribute to and create conflict.

### **Self-limiting beliefs > to > Expansive, positive beliefs**

Your beliefs you picked up through conditioning or your own past experiences can become obstacles, and create emotional issues. For instance, do you believe it is impossible to talk to your uncle without an argument? Do you believe that you are only allowed a small amount of joy in your life, so you create conflict in your relationships because you are separated from your spirit’s desire to be continuously happy? Do you believe that you are not allowed to disagree with someone older than you? Beliefs can affect every aspect of your life, your relationships, and even your success in life.

For instance, I had a belief that those who love me, hurt me. Imagine what this did, and I did not even know I had that belief until I started working on myself. In the past, this would either draw me to unhealthy relationships, or I would not trust people who actually had no intention of hurting me, but I would look for it or expect it. Recently, I realized that because I was protecting myself by having a shell around my heart, I was hurting others by not being as open and intimate as I would like with them, and acknowledging their feelings like I would like mine acknowledged. When we can be constantly aware of what we are doing, thinking, and saying, we see how much our beliefs can run our lives.

### **Negativity > to > Hope and optimism**

Changing yourself from the inside out will result in happier relationships and less conflict. What remaining negativity do you have? How does this affect your life? How do you talk to yourself? How do you talk to others? Is it positive, supportive, and optimistic? Do you curse or use words that deal with violence, war, or anything else harmful? I changed the way I talk to myself and others. I even try to reframe my thoughts. When you do this long enough, you change the way you think and talk. Use your visioning skills to vision the best.

### **Assuming the worst > to > Assuming the best**

Check to see if you are pessimistic or assume the worst in people and situations, rather than assume the best. You get what you expect. What do you expect? I look for the best now, trust that my intuition will tell me if something is harmful for me, and that I will listen.

### **Fear > to > Living in freedom**

Some of us have deep fears from childhood or past relationships. Fear is not love. If you are stuck in fear, there are workshops and other methods to bring up the fear for

## Section 4 – Clear your obstacles Day 10 – Clear your issues

examination and feeling through, and releasing it. Sit still for a moment. This is all you have, this moment. If you are still or truly in danger, even in this moment, you need to get help now. If it was in the past, and no longer happening, you have the power to work through this and live a free, happy life.

### **Weaknesses > to > Power and strengths**

We often berate ourselves over our perceived weaknesses. Many times our weaknesses, or what others complain about us, can be turned around and viewed as strengths. If someone complains you are bossy, or try to take charge, and that makes you feel bad, see how you can turn that around and view those perceived weaknesses as actual strengths. Then, you can use them in a way that is beneficial.

**Other issues (remember that most of our “issues” have to do with not feeling connected on the four levels, so continue making those connections, and see how many of the issues fall to the side):**

- Jealousy
- Arguing
- Anger and rage problems
- Arrogance
- Not giving people a chance or listening to them
- Concern about getting your point across at the expense of others
- Envy
- Poverty mentality, living from lack mentality
- Mistrust
- Possession
- Control
- Closed mind
- Not asking for, or receiving, help

The list can go on and on, and only you know your own issues. Or perhaps others tell you and you refuse to listen?

This lesson seems negative. It makes you look deeper, so that you can feel through and release. All you have is this exact moment. But when our minds/egos are holding onto issues, you are tied to the past, and the future seems uncertain and impossible to achieve.

In the next lesson, we are going to talk about being tied to the past. For today, do the exercises, and if you have issues you want to work through based on the exercises, start today! Any way you want, it is time to reprogram your mind. You can do it.

Some people like to know what happened in their past and why. Some people like to just reprogram and move ahead. Some people do rituals, or burn what they want to get rid of. There are energy release healers and rebirthing processes. It is up to you, but I will say that repressing pain and repressing feelings, like we talked about, can have negative effects.

You are not weak for doing this work on yourself. I find the most powerful, happy, and confident men and women I know are the ones who have gone through their own dark

**Section 4 – Clear your obstacles**  
**Day 10 – Clear your issues**

tunnel, or are bravely still involved in doing the work of tunneling out of their issues. I have met or coach these courageous warriors, and it is such an honor to watch them change.

I did this work. Towards the end of one process of digging very deep in myself, I felt a sensation that was new to me. I felt my head and body start to pop out of some kind of dirt or underground, and being in the light. I was still under the ground a bit, but it was like being a seedling just breaking ground, and then growing a little and uncurling in the light.

Another time, I wondered how to break the hard shell around me. I was driving when I thought this question, and I felt something cracking in me, like cracking open a nut shell. Inside, a little girl got up from her dark, dusty place, and stood up to the light coming in from outside. I started thinking to her, in this vision. I felt I found some lost part of me.

Sounds crazy maybe, but going through this week's exercises, with full intention to heal yourself, and doing any other work necessary, throughout your life, will make you feel things you never felt before. You will be healing yourself and feeling alive.

When you live in the moment, you are connected. You are in the flow. You are part of what is happening right now, and the amazing life on this planet that is full of treats and amazing delights for you to experience.

You are loved! You deserve all this! You are free! You are doing great, you are already living in love. Keep going!





**Section 4 – Clear your obstacles**  
**Day 10 – Clear your issues**

**Exercises**

7. Write my prominent negative thought and sayings I have on the left side of a sheet of paper. Now, stop saying them! If I must, I can reframe them on the right side of the paper into something positive. “*My sister is so annoying,*” can be reframed into, “*My sister wants to be heard. I am going to make a point of actively listening to her.*”
  
8. Write what I assume is the worst. Now, take steps today to eliminate those situations from my life, or to gather evidence of what is good in the situation, or talk to the person.
  
9. List my fears. Examine and feel through, and/or make a plan to overcome them, starting today, including any workshops or other help. I will start today. That is the best way to overcome fears. Just do it!
  
10. List my weaknesses. Then turn them around, and see how they are really strengths. This will also change my beliefs about myself, when I change how I view my traits.

**Section 4 – Clear your obstacles**  
**Day 10 – Clear your issues**

**Exercises**

11. Make a list of any other issues I have. On the right side of the paper, make a plan to overcome them, even if it is, “I will stop doing x, y, and z immediately.” Perhaps I want to go to a workshop or talk to a third party. Whatever I want. I have the power to reprogram myself. Start today. Vow to be happy.

12. Write a story about the new me, free of my issues, and living the life I planned last lesson.

13. What did I learn from today's lesson?

14. What am I grateful for about today's lesson?

## Section 4 – Clear your obstacles

### Day 11 – Let go of the past

As you are working on getting through and past your issues, you may see that you have ties to your past. At some point, we must let go of the past. Let it go! The past is over. By hanging onto it, you energetically tie yourself down. We stay tied to the past and we stagnate. We do not even realize we are doing this.

When you are released from the past, you allow yourself to fully live in the moment. You will know the feeling: like a rush of being thrown in the energy flow of everything, being in the flow of the moment, a whooshing energetic feeling, and ready to do what needs to be done today and in the future to achieve all those ways of being you desire.

Being attached to the past is like trying to fly, and then all the leashes of your past that are attached to you snap you back to the ground. It's like when my daughter was a toddler, and she would just run through the house with her head turned around, looking behind her. Sometimes she would run into the wall. That is what happens when you go through your life tied to the past. You are looking behind you energetically or emotionally, and you hit the wall, because you are looking behind to the past, not to where you were going.

It is time to turn around, look forward, and go right through any walls that are holding you back. You have nothing to lose and everything to gain.

All of the issues from your yesterdays are the past. It is so simple, yet so difficult for us. When you are tied to the past, there is something you still need to resolve. Or perhaps you are an adult, and waiting for someone to rescue you (being a victim). Although there is nothing wrong with getting comfort, but you are the most effective person who can work on your change.

You must release yourself from the past. However you can do it, do it. These exercises may take days, weeks, or months to fully filter into your heart and spirit, and for you to receive the full, integrated lesson, teaching, and release that will free you. That is OK. It may come when you least expect it. When it does, stop what you are doing, listen, and enjoy the experience.

The main thing you are doing here with every lesson, with every exercise, is stating your intentions to your higher self and the higher power, if you believe in any. You are changing yourself, and that is the most crucial aspect of your self-growth, because it is your self growth, and your past you need to transcend.

#### **What is still tying you to your past?**

- All the issues we looked at in the last lesson
- Grudges
- Not apologizing
- Not forgiving others
- Not forgiving yourself
- Not admitting you were wrong
- Not dropping your hard shell
- Keeping your heart closed
- Not allowing others to love, support, and appreciate you

## Section 4 – Clear your obstacles Day 11 – Let go of the past

- Not feeling grateful
- Not learning the lessons of the past
- Not understanding your parents' pain and their conditioning
- Past mistakes
- Hurt
- Anger
- Not feeling connected on the four levels
- Fear
- Any other thing that happened before, and is not happening still in this very moment

### **Conflict as ties to the past**

Conflict can keep you attached to the past. Conflict can be attachment. Conflict can separate you, or conflict can keep you and someone attached. As long as the conflict goes on, you are attached. Your energetic level/spirits are not in conflict. The egos are in conflict. The conflict can keep you attached at an ego level, so you are forced to maintaining some kind of interaction with the person.

I know a divorced couple who will not get help. They have so many conflicts, and years later exhibit anger, frustration, and a non-cooperative attitude. These conflicts seem to keep them attached, and definitely attached to the past.

Perhaps you are still attached through lingering conflicts because you have issues that you are still exploring through the person. Perhaps you both have not resolved your relationship issues, including any feelings of separation that are too painful to talk about yet. You both may have lessons to still learn from each other, and because you are not listening to your intuition or are still operating from a needy, pained, or ego level, you are staying at the unaware level, instead of going into your heart and spirit, and learning.

### **Moment-by-moment clearing**

If you would like a place to start to let go of the past and stay in the present, you can try the below.

### **Moment-by-moment forgiveness**

Instead of holding grudges, bottling emotion, being attached to being right, or belittling people, why not instead feel love toward them, compassion, and the realization that anyone could have done the same thing? We can realize that if someone had the skills or knew better, they would not have done what they did. Practice moment by moment forgiveness so that incidents do not collect inside you, but rather move through and out of you like fresh air in the cool, morning forest.

### **Moment-by-moment communication**

If we are able to communicate immediately what we feel, we will not hold thoughts and emotions inside. We can practice telling people how we feel from a deep level. By practicing moment by moment communication, we are able to keep our relationship energy moving like a refreshing fuel, instead of slowly becoming estranged from one another. This type of separation is a common yet deep pain, that when not acknowledged puts a shell around us that impacts every area of our lives.

## Section 4 – Clear your obstacles Day 11 – Let go of the past

### **Moment-by-moment gratitude**

When we live life from our heart and senses, rather than from expectations, the ego, attachments, and negative beliefs, we are able to get in a space of sheer gratitude for so much in our lives. The little things that used to bother us no longer do, because we feel part of the bigger flow and part of life itself, realizing that much of what happens in the day-to-day, busy-busy, chit-chatty life is surface and really does not matter. Moment by moment gratitude is like running clean water through our system.

### **Moment-by-moment courage**

When we act from integrity, ethics, and love, we do not have regrets, or guilt. We are doing what is best for us and everyone, constantly, without thinking. With moment by moment courage, we grow and radiate more and more because courage and action clears fear out of us. We are in our benevolent power, with a strength necessary to make the world a better place. We are like a sun or star, a power center of a solar system of people around us who are busy, maybe unaware, and we can be a center of balance and calm for them.

What other moment by moment ways of being can you think of or feel that are important in order to keep your heart and mind clear and clean? When we choose to examine our life, we choose to act in our highest power and for the greater good. Try living moment by moment and watch the benefits accumulate in your life!

Continue feeling through your issues, your past, and continue on the exercises that will change your perspective, your beliefs, and your own programming.

Again, this is not to make you depressed, but to work on your garden. You are digging deep and shoveling out the rocks that are in the way of planting your amazing garden, your amazing life. Some of you may find just a few rocks, and be on your way to planting. Others may find a lot of rocks. In any case, keep digging, keep clearing them out. The reward is fertile soil, a fertile integration to enjoy life, and all those treats we talked about.

I know you can do it. It is very possible. Take every step, do every exercise. Do not repress your feelings to breeze through the exercises on the surface. This will push the rocks further under the surface.

Get around happy and positive people. Allow them to mirror your wonderful self. Negative people cannot do this because of their own issues and their ties to their past.

Be nice to yourself as you do this work. Love yourself, and nourish yourself. Remember, this is not selfish. This is how it should be; we all should be nice to ourselves, and know that we deserve to live the most amazing and happy life possible, in the light.



**Section 4 – Clear your obstacles**  
**Day 11 – Let go of the past**

**Exercises**

5. Write a story, draw a picture, or make a video or audio, about this feeling of freedom from the past, just being in the present moment, as the new me.

6. What will I be able to do once I am free from my past?

7. What did I learn from today's lesson?

8. What am I grateful for about today's lesson?

## Section 4 – Clear your obstacles Day 12 – Trust

By today, you have done a lot of examination of yourself and are shining that flashlight into the parts of yourself that may have been hidden, suppressed, or unexamined. You have looked at your issues, and what is tying you to your past, instead of being here now in the present moment.

Today, you are going to allow yourself to really open, and really trust yourself and your intuition, and trust in the life and flow that you live in.

When you are coming from your heart and spirit, which you are into doing at this point, halfway through this course, you are not operating so much from your ego/mind, and its past issues and needs. You are coming from a more balanced, happy, and intuitive place.

At this point, you have done so much work on yourself. It is time to stop worrying, stop feeling anxious, and stop thinking about and living in the past. It is time to trust that all you are doing to be in the present, all the exercises you are doing, all the self growth you are experiencing, all the goals you put on your calendar, will work out.

You may be feeling afraid. You may have never allowed yourself to feel your own power, your own amazing self, your ability to create your own life in the present, and your light. The doubts, worry, past, and issues that your ego/mind has held onto for so long may still be trying to run your life. Be patient and allow your shell to fully fall away, knowing you are strong, and that your spirit and intuition will tell you what is best.

Remember what we did in Day 7? Your spirit runs your show. Not your ego anymore. So trust in your spirit. Trust in your intuition. Trust that good feelings and happiness and people helping you is how life is supposed to feel!

Let's talk about who you are trusting. You are trusting yourself first. You must first know yourself, and then be in touch with your intuition. Your intuition is your gut feeling, your instinct. It is your spiritual insight or the sixth sense.

It is the “yes” or “no” you feel or hear in yourself when you need to make a decision, when a challenge, situation, or a quandary presents itself. Listen to your intuition. You will get a yes or no, or you will “just know”. It will be a strong, very clear feeling.

This is a sureness, not a confusion. It is the clear answer, and you just know. This is another reason why you are detoxifying and doing this course, to uncover your intuition, your higher self.

Now, you may not like what your intuition is telling you. It may go against your conditioning, what other people want you to do, what you thought you wanted to do, and what your ego wants you to do.

Your ego may put up a fight! Your ego may try to turn your intuitive knowing into a maybe, into a backsliding on your integrity or values. Be strong.

## Section 4 – Clear your obstacles Day 12 – Trust

Trust your intuition. If you trust your intuition, and trust yourself, then you don't have to constantly wonder about who to trust. You already know how your relationship energy really is. You already know if you want the job or not. You already know everything. But you have to clear away the ego, like you are doing, so you believe your intuition and trust yourself.

Then, you will move forward in the way that best serves you. Not that best serves your ego, or what other people or your conditioning want you to do. You move forward, with your answer. Then, you can let go and trust, in the situations you go into, and open yourself up. You are now free to fully trust the relationships and situations you now enter, because you can feel the positive energy they radiate for you to join with. You can trust because you know you made the right decision.

Fear is not intuition. I have confused these in the past. You have to start listening to and noting your feelings and intuitions. Then, you will start tracking what is going on inside you, and how you can tell the difference. The way you differentiate between fear and intuition may be different than my way.

Intuition is clear. You just know. It is yes or no. There is no debate, no wondering, no what ifs, or *"I'm afraid"*. Intuition comes in a flash, and if you track your intuitions, you will see they will be correct. Fear is confusion. Fear is not clarity. Fear comes from your ego trying to override your intuition.

For instance, you meet a man. You have a flash of, *"No, do not proceed with relationship."* But if you ignore that, and allow your ego to take over, *"Oh, but he is the look you like, look how smart he is, etc."* and you continue moving in the direction of dating, but you feel a bit afraid, thinking you don't know if you should be with him or not, that is the ego. The intuition already happened right in the beginning, the "no".

Perhaps you meet someone and the intuition says, "Yes." After that, you start feeling fear. What is going on? Which do you believe? This is what you need to keep track of in yourself. Perhaps the fear is that this is deep love, and your ego knows that something it has been holding onto will become dislodged. That part of your ego identity will go away if you proceed, like the shell you put around your heart. Your ego is comfortable with the shell and it is going to have to fall away to deeply relate with the person. The intuition, the first yes or no you get, is what you want to tune into, and see how accurate you are.

What about intuition and psychic abilities, mystical experiences, or other experiences? They are not the same. Remember that intuition is a feeling, a knowing, a yes or no or answer you clearly get from yourself.

We all have psychic abilities. Again, because of conditioning and our ego, we tend to ignore our psychic abilities. I am sure you have had at least one time you thought something and it happened, you chose the numbers because you had a flash of what would win, you had a dream that came true, you heard or saw something out of the ordinary, or heard or saw something no one around you did.

## Section 4 – Clear your obstacles Day 12 – Trust

These abilities and experiences are not helping you make a decision. You may have a vision, and then you have to decide through intuition if you trust it will happen.

I mention these abilities and experiences, and the issue of fear, to differentiate, in my opinion, that they are not intuition.

When you trust yourself and your intuition, you don't have to worry about who to trust. You already know the nature of the other people.

I now trust in the process of conflicts, and pain of relationships, I allow myself to get deep and fully feel, and learn. By trusting and opening to the conflicts and their lessons, my life has changed dramatically. Although you may still feel your ego/mind making plans to rescue your hurting heart, you choose what reactions you give. You choose how to respond in conflict. I choose not to repress my emotions. I choose to approach conflicts the best way I can, and I forgive myself and the other person because we all are still learning. This is being aware, and striving to approach conflict from the transforming level, from the conscious level. Try to get as close as you can to this goal.

Now, I want to go on a different path here for a minute about trust. If you are aware now, and if you have worked through your issues, and you are in a clear, very clear place, and you are willing to listen to your intuition, you may be seeing the reality about certain people in your life. You may feel and think back and remember these people, their interactions with you, and the intuition you ignored then, or you are having now, that you do not want to be around these people.

As a centered and emotionally healthy Conscious Conflict Resolver, you need to know who is healthy to be around. Just because you now know how to trust, does not mean that you trust everyone, or continue in a situation you do not want to be in.

You need to work on yourself if you want to continue being with people who do not have your best interests in mind, who do not treat you well, who are not conscious or aware, who do not communicate, who are controlling, and any other trait of a person who you cannot trust and have a healthy relationship with.

You may be feeling confused. In the past you trusted these people. Now your intuition and higher self is getting more vocal, and telling you to change or leave these situations. You feel torn. You are confused; do you stay tied to the past and your old ego ways, and stay, or change it or leave so that you can get what you deserve, live a life you deserve, and be with people who have integrity that you can really consciously relate with?

You are changing. Whatever level you are at, you will attract people on the same level. Need attracts need. Healthy attracts healthy. Fun attracts fun.

What if you are not trustworthy? Still lying? Still betraying people? Still not treating people right, or expecting people to like you or be or do for you, intolerant, or any other issue that makes people not trust you? Time to do more work on yourself, whether by yourself, through workshops, therapy, or anything else that will assist you through owning your dark places and find your self love and peace.

## Section 4 – Clear your obstacles Day 12 – Trust

When you are in a healthy situation, one that is worthy of you, you can run free and crazy and trust.

Now I can trust myself to do what is best for me. I can do this because I live from my intuition and ever-clearing myself out. I have a more emotionally healthy internal navigation system. I am appreciating and with people with integrity who have my best interests in mind. I stay aware and learn from what comes up in my life. I am working on my alignment, and I do a daily practice that helps me, I eat properly, I remember to be grateful and fun, and I help others.

You will have your own unique changes happening in your life. Isn't it exciting?

Conscious conflict transformation. Aware conflict resolution. You are aware now. You are on alert for joy and the lessons that come with the pain, without judging them and becoming attached to them. You can trust that everything will work out, that events work in your favor, and trusting that everything will be better and brighter on the other side.

I am honored you are here in this course. In the next section we will examine and celebrate your increasing clarity as a result of everything you are doing. Keep up the good work.

**Section 4 – Clear your obstacles**  
**Day 12 – Trust**

**Exercises**

1. When did I have an intuition, a gut feeling, a clear yes or no? Did I act on it, or did I ignore it, and what happened either way?
2. What other times did I have intuitions, and I trusted them to my benefit?
3. Am I a person people can trust? Do I lie? Do I cheat? Do I betray people? What am I going to do about that?
4. Allow my shell or past to drop in one part of my life that I know will work. How does it feel to trust?



## Section 5 – Clarity



## Section 5 – Clarity Day 13 – I'm free

You are halfway through this course already. You are doing a great job! The first half of this course was designed for you to really get in touch with yourself. Your life is so much smoother now that you are getting a good idea of who you are, what you want from your life, and what is important.

You are able now to not only harness your mind to work with your spirit to achieve what you want in life, you are able to use your intuition and ability to feel and read energy to lead you to situations that are healthy for you or not.

You have visioned and felt all the joy and treats you can handle, and are giving them to yourself already. And if you have a partner, family, or friends, you are sharing your overflowing joy at discovering yourself with them.

You examined your issues and your past, and you are working on them, and you are able to distinguish, again, what is healthy for you, and trust it and go with it. If you need, you are using your resources, your positive and other grounded people to support you. You are learning some lessons from your conflicts.

Today is an easy day. Today is a day of celebrating all you have done up until now. I know this type of deep work takes a while, and you will be always expanding your consciousness your entire life, so today, just look back where you started from, and where you are now, in working yourself from the inside out.

Realize that what you have done so far is cutting the ties to your past, to your conflict conditioning, your social conditioning, and by doing that – you are free to FLY! You have the freedom to create anything you want. When something ends in my life, I feel through my emotions so I am not repressing, and a feeling of freedom washes through me, freedom from the past, and excitement to the future. Change is good, and you are changing! Enjoy this!

In this section, we will start working on the conflict situations. The first four sections have grounded you in yourself, and has worked in expanding your compassion, so you will ease into the last four sections with confidence. You will see what I mean as the lessons go on.

For now, just feel the weight of your past off your shoulders. Feel yourself emerging into the fun, the light. Feel your increased clarity and intention as you go through your daily life. Feel the greater understanding and compassion you have for yourself, and your loved ones, as you watch your life and their life from the ego/mind perspective, and then from the spirit perspective, of love, peace, freedom, compassion, and all those attributes of the transforming and Conscious Conflict Resolver. This ability will continue to increase as you go through the rest of this course, and then you throughout your life.

Remember, there are some situations and confrontations that require quick and drastic action. Those are situations where someone is coming from ego, and you or others are in danger. But we are talking about conflicts, where you have a bit of time to determine what is going on, and do the exercises you will learn in the rest of this course.

Take today to bask in your magnificence. Share your overflowing light and self with others!



## Section 5 – Clarity Day 14 – Boundaries

How did you enjoy relaxing and allowing some time to just feel good? To celebrate your growing awareness and clarity? Well, we are back to it today! Today we talk about boundaries. *“What, limitations? After we’ve been getting free, feeling the flow, getting into the moment?”*

If you don't like the word boundary or limit, you can use the word guideline, intention, self love, wisdom, or integrity. Or any other word that resonates with you and an understanding of what you allow in your life, and what you will not allow in your life.

Boundaries may seem limiting at first, but boundaries can actually be one of the most freeing things you can do for yourself. You make boundaries for yourself from love, not from fear. You make boundaries because you are aware and you love yourself. You have dignity and you have integrity, and you choose how to run your life.

You make boundaries to care about yourself, protect yourself, and free yourself to live a happy life, and ultimately be more conscious. You put the oxygen mask on yourself, and then you have more time for yourself and to help others, because you are centered. You make your boundaries, you must be strong, and you must defend and enforce them. The longer you stick to your boundaries, the more they become part of your personality and your new way of being. Then it will not feel like you have boundaries, but a strength and self-respect you don't even have to consciously work at anymore.

With boundaries, you will no longer second guess your decisions and actions. Conflicts can be prevented, the conflicts that originate from ourselves, or from not respecting ourselves and having no rule about what we allow others to do to us, because we can live a life according to our boundaries. You will have less drama, less conflict situations, and more clarity than the people with no boundaries who live life from their moment-by-moment needs, and unresolved issues.

So, you want to say “Yes” to life, “Yes” to joy, “Yes” to resolving conflicts, and “Yes” to living in the moment, but to fully do this, with trust and vast love, you have to say “No”. “No” to burdens you do not need, “No” to trying to change and fix other people, “No” to unhealthy things, “No” to emotionally unhealthy situations, “No” to the drags of the past, “No” to jobs or anything that does not serve the new you, and “No” to anything that does not align with your values or your intuition.

You need to take a stand, and stop compromising on your core values, your core being, and on your spirit. You have to stop backsliding and breaking your integrity and self love. It's one thing to address all the conflicts on your list, which you will do by the time you are done with this course, but it's another thing to continually violate your own boundaries, backslide on yourself, weaken what you stand for, and in the process create conflict because ultimately you are separating from the four levels we talked about: yourself, other people, the Earth, and the source.

When you have boundaries, and you enter situations where you can trust, where you know you can proceed and open up, whether with a job, your loved ones, your children, your in-laws, you will be free to run wild with the healthy situations you do allow. You will know what the situation is that you are entering, because you run your life from the inside

## Section 5 – Clarity Day 14 – Boundaries

out. You have integrity, you have your intuition, you have your wisdom, and you have your boundaries.

For instance, you will now know what kind of relationship is possible or what energy is there with people you know. Are they really just friends, or lovers, or business associates, or clients, or? You can now feel compassion and love others, you know you can connect with anyone, and that we are all connected anyway, but you are free to choose the type of relationship you want with people, because you have already talked to yourself about your boundaries.

Make your boundaries with the new you in mind, from what you feel.

Boundaries. What are your boundaries? What will you not allow in your life anymore? What do you want to take action on? If you could draw a line of compassion around you, what would you allow into yourself, and what would you keep outside? For instance, are you going to allow yourself to continue to insult someone you work with, or are you going to make a boundary of not letting them push your buttons, and instead talk to resolve conflicts? Are you going to allow yourself to give in to everyone else's desires at the holidays, or are you going to make a boundary to choose who you want to visit, which will eliminate your own stress and conflict?

It's up to you to decide. You don't have to be harsh, but you have to start thinking about what you want, and some self-enforcement.

When you make your boundaries, ensure that you are not simply listing what you were taught as rules to live your life by, or what you were conditioned to believe. If your boundary is only to marry someone rich, is that what your spirit wants, or what you were taught to want, or is that what your ego needs right now because you have a fear that will soothe? There are some people who have such tight boundaries or lists about, for instance, who they want to marry, that they might want to analyze if this is coming from ego or from spirit.

You can do the Attention Players, Team (Your Name) exercise. This is a way to write out boundaries. The boundaries can be about your actions, your family, your career, your leisure time, or any facet of your life, and what you will and will not allow. It's like making declarations. For instance, *"My children's needs come first,"* or *"No matter what, I spend two hours every Sunday on my 'Date With Myself',"* or *"No one talks down to me because I engage in conscious conversation."* Whatever works for you. These are a little different from affirmations, which allow you to reprogram your mind through words and new beliefs that you start to believe and live. Boundaries work more with controlling your actions, so that you can prevent stress, drama, and conflict.

Another boundary exercise is to make a list of "My People". These are the top 5-10 people who you are closest too. You can use any criteria for allowing them to be your closest people, but they need to be positive and mutually supportive. If they are not, why would you allow them to be your closest influences?

**Section 5 – Clarity**  
**Day 14 – Boundaries**

Only you can know. If you make your boundaries, and then break them, don't be too hard on yourself. You had something to learn or experience. Experiences are not to be judged, but to be either learned from or enjoyed, or both sometimes at that time. Only you will know when you are ready to move on from certain types of situations, or jobs, or careers, or people, and move forward with renewed enthusiasm, and new boundaries.

Boundaries, beliefs, and values will change over time. You can review them and make new plans. When you are continually changing, you will see that it's like an animal who changes its fur color depending on the season, or an animal that sheds skin throughout the year. Same animal, different in a little way though.

You will constantly be growing. You may find even now that some relationships or people feel like they are not keeping up with you. People may drop from your life, and you will not fear this, because you know that your life is okay and you will know different people soon. You will no longer put up with clients who don't pay on time, because you will not be afraid of never getting another client. If you choose, you can renegotiate your relationships into what you all want now.

As time goes on, you will be living such an integrated life that you will not need to write out boundaries or be so aware of them, because you will just be living them, and trusting yourself in every situation to do what is healthiest for you.

As you learn more lessons through your future conflicts, experiences, challenges, and relationships, you will always be learning more about yourself, and what you do and do not want as part of your life. Enjoy the feeling of you running your life with respect and boundaries, and we'll be back next time.

**Section 5 – Clarity**  
**Day 14 – Boundaries**

**Exercises**

1. Team (write my name).

Attention members of my support team, and my life. Team (my name) has changed hands, and my higher self/spirit now runs the show. The boundaries have been changed. Here are the new guidelines:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

2. My People

Write the top 5-10 people in my life. Are they positive and mutually supportive?

Write the top 5-10 people I want to be the closest to me. Make plans to get them there.

3. What did I learn from today's lesson?

4. What am I grateful for about today's lesson?

## Section 5 – Clarity

### Day 15 – Same page talk

By now you have made your boundaries and are already enforcing them. You are already changing your life to work within your boundaries. Continue working on this change. You working on clarity.

Today we are going to discuss what I call the “same page talk”. The same page talk is a way to prevent conflict, drama, and have more happiness.

Basically the same page talk is a conversation you have with someone, whether a business partner, an associate, a professional, a family member, or a lover to find out where you both stand and how you feel about your relationship and future together. It is a process of learning about each other, so that you can see if your connection is going to go the way you want.

Think about your conflicts and relationships. What did your intuition (gut feeling) tell you about the conflicts or relationships? Now that you are getting clearer, did you already know what you should have done, but ignored it? Do you hear your intuition about your current situations, but you stayed anyway?

If you do not know where you stand with someone, you might be deluding yourself and proceeding one way, when your relationship is really something else. You may not be in the same relationship. I am sure you have done this; I know I have. Many times I have gone into relationships unaware, ignoring intuition, and not stopping to feel through or think about what I was doing. Then the conflicts and foundational issues arise, because you might be only precariously connected by ego desires, or you may be really more deeply connected on higher levels, but feeling separated for one or any of the reasons we talked about in Day 6.

I had to ask myself during and after, “Why did I do this?” Sometimes we are unaware, needy, sometimes it really is a great connection but we don't see that, or we need to learn some lesson that interacting with the person provided.

In many relationships, the bigger problem is that you may have been operating under assumptions. That is where talking about what you want and knowing who you are is helpful. You can always negotiate or be flexible, but months and years of relating based on unspoken assumptions is living in fantasy, no matter how nice it may feel.

Try to move away from assumptions, and move to dialogue. Talk to people, so you all know, from each other, what is really going on. Not what people fantasize or wish is going on, but the situation realistically. Not to end any fun, but again, to have clarity, so you can prevent conflicts and move forward, whether together or separately.

By now, you may be getting a feeling of the reality of your relationship with every person you know, and the nature of your business relationships and other relationships. Perhaps you can now read the energy, or read the obvious writing on the wall as to the true nature of the relating, or perhaps you want to talk to the person and find out if you are on the same page.

**Section 5 – Clarity**  
**Day 15 – Same page talk**

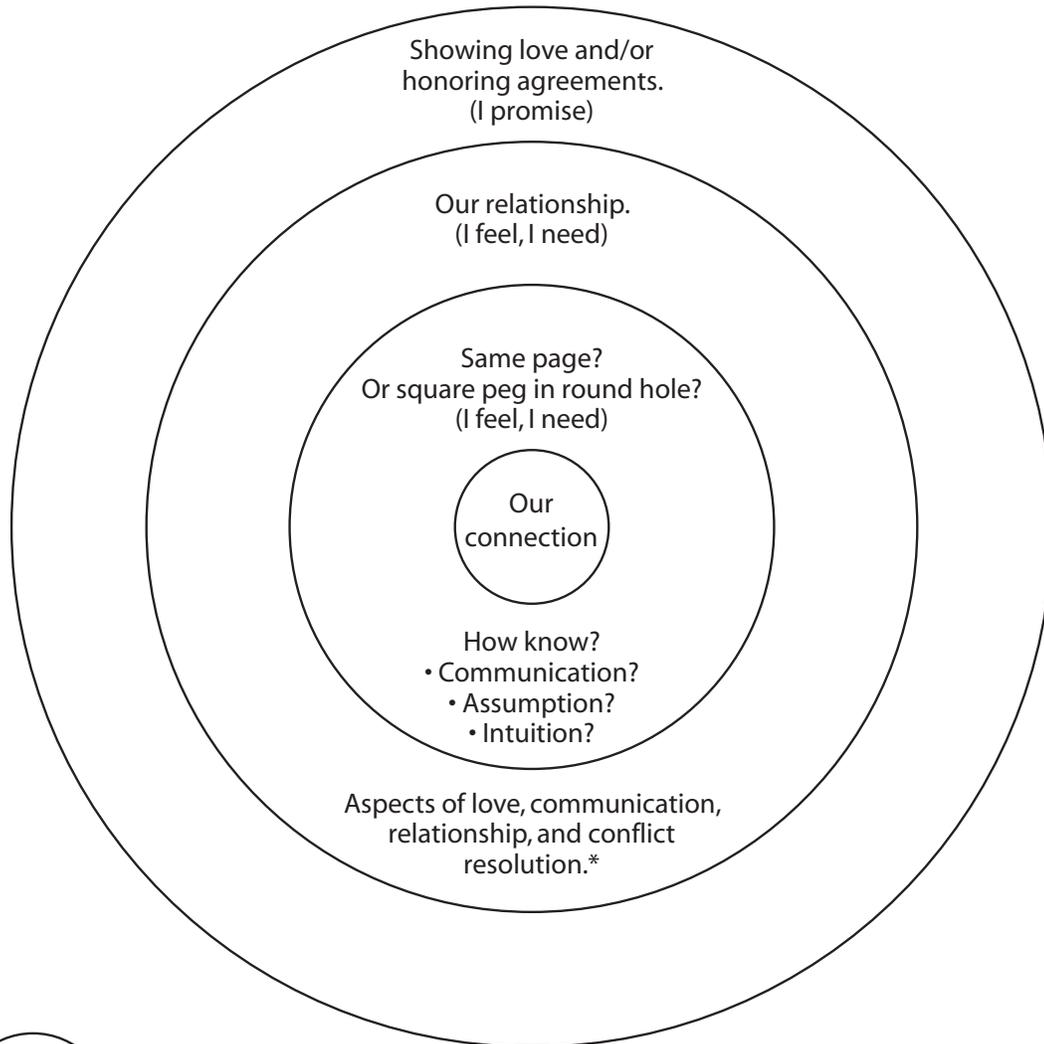
It is not necessary to be on the same page to have a relationship. But you do need to communicate about all this, so you understand each other better, and how a relationship is possible. There are many questions to ask when negotiating a same page talk. Follow your intuition as always. Many times the talking is just to tell each other what your intuition said already.

A same page talk can be very enlightening, and a way to be rooted in reality, live in the moment, cut ties to relationships and the past that are not working, or co-design relationships so they do work.

The same page talk, as well as boundaries, having a vision and action plan, clearing your issues and past, and taking care of yourself are all methods to becoming a Conscious Conflict Resolver.

It will enable you to run in a direction that works, rather than try to go in a direction that does not work, and is snapping you back to the ground, unable to move forward and stagnating or in conflict.

## Section 5 – Clarity Day 15 – Same page talk



The conflict out here

Aspects of love, communication, relationship, and conflict resolution - whatever works for your union:

- Interdependence
- Metacommunication
  - Appreciation
  - Respect
  - Trust
- Communication
  - Courage
  - Intimacy
- Understanding
  - Compassion
    - Joy
  - Freedom
- Assistance
- Forgiveness
- Conflict Resolution



**Section 5 – Clarity**  
**Day 15 – Same page talk**

**Exercises**

4. Which relationships do I want to continue but differently, and how will I talk to the person about our situation and renegotiating it?

5. What did I learn from today's lesson?

6. What am I grateful for about today's lesson?

## Section 6 – The positive approach



## Section 6 – The positive approach Day 16 – Conflict list

You are doing great, don't you think? Look how far you have come. Now that you have a handle on conflicts that may have arisen from your own boundaries or lack of, and from not being on the same page, it is time to look at your list of past and current conflicts from Day 2. How has your perception of these conflicts changed?

Why do you want to make a new conflict list and resolve or transform all your conflicts? If you have ever done this, you will know right away why. If you have not, imagine the light emotional load. You won't have a load. Imagine going to sleep with nothing on your mind. Imagine going on your walk, and just being in the moment, looking around or hearing nature. You will be ready for the next conflict, the next challenge, free of the past.

I say, don't be a turtle: address conflicts. I was on a walk, and I saw turtles in the water. When you walk up to the water, you see their shell and their neck and head above the surface of the water. As soon as you approach the water, they submerge their shells, then their necks, and finally their heads. When you get too close, they pop down far under the water, and all you see are bubbles coming up from under the water.

I was wondering how long they could stay under the water, hiding. Avoiding coming up, hiding from you, until they have to come up for air. I left so they could come up for air at some point. This got me thinking about conflict, and what are you doing with your conflicts? (The five conflict styles are avoiding, accommodation, aggression, compromise, and collaboration.)

Do you retreat into your shell, or do you submerge under the water and go away? What is happening, and how long do you think this can go on in your relationships before the damage starts running deep? How long can you stay under the surface while your relationship energy just gets more and more blocked with these unspoken problems and issues?

So, it's time to work on the conflicts, and get in the mood of resolving conflict. You have the intention to be a Conscious Conflict Resolver.

What if you are still afraid to face conflict? You are not alone. So many people (including me in the past, why I love to help people with conflict resolution) do not know how to work through conflicts.

That is why you are changing from the inside out. When you do this, you will use your question and answer skills, compassion, visioning, and love to work through conflicts. Trust in this process. Continue to do the exercises, and hang in there.

Think of your conflicts and feelings as lines on an Etch-a-Sketch, or crazy lines drawn all over each other on a sheet of paper. Now, shake the Etch-a-Sketch until it is blank, or turn the paper over to the other clean side. Make a dot in the middle. That is the feeling you have as you dialogue through and resolve your conflicts: calm and not confused.

So make your list, do the exercises, and we'll be back to go deeper into these conflicts. Talk to you then.

**Section 6 – The positive approach**  
**Day 16 – Conflict list**

**Exercises**

1. Why do I want to make a list and resolve all my conflicts?

2. Make a new list of my past and current conflicts.

- Which conflicts are a misunderstanding?
- Which conflicts are from assumptions?
- Which conflicts are a fight over a scarce resource (an item, an aspect of the job, an emotion like attention, etc.)
- Which conflicts are a result of feeling separated?
- Which conflicts are a result of my boundary issues?
- Which conflicts are a result of me not living from my truth and higher self/spirit, and backsliding on my values?
- Which conflicts are a result of my personal issues playing out as a conflict?
- Which conflicts are a result of my aggressive or passive nature?
- Which conflicts are a result of not having the same page talk?
- Which conflicts are a result of relationship issues between us?
- Which conflicts are a fight over not agreeing on a value (political, religious, how children should be raised, any other should or ought to reason)?
- Which conflicts am I not sure of the reason?

**Section 6 – The positive approach**  
**Day 16 – Conflict list**

**Exercises**

3. What other events in my life have occurred because of feeling separated?

4. What other events in my life have occurred because of my conflicts?

5. What did I learn from today's lesson?

6. What am I grateful for about today's lesson?

**Section 6 – The positive approach**  
**Day 17 – 3 questions: Conflict as teacher**

What is your perception on your conflicts now that you have gone through the questions in the last lesson? Do you see how some conflicts have issues you can work to transform, others maybe just need some dialogue to better understand each other, or where you were in your personal growth process at that time?

Today you are going to have a short, yet very deep lesson. This week is designed for you to continue to see conflict as something you can resolve or transform with a positive approach.

There are six questions I ask to deepen understanding and get more positive about the conflicts on your list. You can do this by yourself, and also ask the other people in the same conflict to do it also. Then, you can discuss together. You will answer three questions today, and three in the next lesson.

**Today's questions are designed to see conflict as a teacher.**

1. How am I responsible for the conflict?
2. What lessons did I learn from the conflict?
3. What positive results came from the conflict?

I want to go back to Day 6 – Separation and conflict. We talked about how you might have the feeling of separation. Your heart feels sad. Your ego wants to rescue your hurting heart's sadness. The ego can do this in three basic ways.

1. The ego can make you leave the source of the sadness. With or without drama, you get away from the person and hence think you are getting away from the source of the separation. In reality, you still have not resolved your situation, and as you become more aware, you can go back and dialogue, or use these questions to analyze the situation.
2. The ego can lash out. Anger, punishment, revenge, passive-aggressive behavior, self-harm, addiction, ruining the environment, wars, killing animals, conflict, or violence are all unaware reactions to a hurting heart. Even jealousy. Is jealousy really because a person is insecure, or if you dig deep enough using our concepts, is the person really feeling the pain of separation from the loved one, and does not know how to express that feeling?
3. The ego can realize that you feel the separation, and ask for dialogue. You can make your own decisions to stay with someone or not. When you are aware, you can describe what you are feeling when you talk to the person. This way you feel like the team, like in the diagram from Day 15, where you have your relating and then the conflict is outside of you, and you handle it together.

Take your time with the questions for today. This is a learning and purification process for all involved in the conflict.

**Section 6 – The positive approach**  
**Day 17 – 3 questions: Conflict as teacher**

**Exercises**

1. Answer these three questions with as many conflicts as I can from my list:

1. How am I responsible for the conflict?

2. What lessons did I learn from the conflict?

3. What positive results came from the conflict?

3. What did I learn from today's lesson?

4. What am I grateful for about today's lesson?

## Section 6 – The positive approach

### Day 18 – 3 questions: Moving forward

We are going to continue digging into the conflict list with more questions today. Before we start that, I want to talk about a conflict resolution concept. One thing to think about when doing these exercises this week is the frequency of your conflicts.

There are three levels of conflict frequency:

- Event
- Pattern
- Foundation

A one-time conflict is an event. A number of conflicts that have the same theme is a pattern of conflicts. A pattern of conflicts or deep, very ego-based or emotional conflicts indicate a foundation problem, which can also be thought of as an issue of feeling disconnected, or separated.

You can use today's questions on past and current conflicts. You can also apply these questions when you have conflicts start in the future.

Some conflicts are easy, like the ones from a misunderstanding or assumption, and with some discussion you all will have understanding and be able to move forward. Other conflicts are more complicated. The complicated ones may take more time to resolve, so you all can take it slower, and look into the source of the conflict. You can even apply these questions to the conflict, which will help you see a positive, different, or conscious perspective.

Today's lesson is short, but powerful again.

**Today's questions are designed to see conflict from the perspective of finding more positive aspects of the conflict, and moving forward.**

1. What am I grateful for about the other person?
2. What strengths do we each possess?
3. What can we say to each other?

You will answer these using the conflicts on your list. Take your time and really feel the answers to all the questions this week.

If you want, continue or start talking to the other people in your conflicts. Again, you can start with the easiest ones, like the misunderstandings and assumptions, after you answer these questions. By now, you may be doing your same page talks, and enforcing your boundaries. You can start to keep only in your life what is healthy, moving forward, according to your vision and plan, goals, and values, thus preventing some conflict.

These questions are designed to put you in a positive, and higher place. You approach conflict from a higher level, as the Conscious Conflict Resolver. You bring up people who are unaware to a higher place when you approach conflict from a higher place.

**Section 6 – The positive approach**  
**Day 18 – 3 questions: Moving forward**

**Exercises**

1. Answer these three questions with as many conflicts as I can from my list:

1. What am I grateful for about the other person?

2. What strengths do we each possess?

3. What can we say to each other?

3. What did I learn from today's lesson?

4. What am I grateful for about today's lesson?

## Section 7 – The turning point



## Section 7 – The turning point Day 19 – The conflict resolver

Today, I want to talk about the turning point, and the Conflict Resolver. The point where you understand more about how conflict dialogues flow (typical: “I feel, I need, I promise”, and conscious), and two resolution processes, negotiation and visioning. You are ready to learn about this, and you are ready to embody the four traits of Conflict Resolvers: courage, accountability, respect, and compassion.

### **Collaborative negotiation: “I feel, I need, I promise”**

Let’s start with the flow of conflict dialogues. The typical, aware, and effective conflict dialogue, what I call “I feel, I need, I promise”, is used in negotiation. This is a collaboration process, which is a high level of conflict resolution methods besides visioning.

In collaborative negotiation, you begin the dialogue by saying your feelings, using I-statements, such as, *“I feel ignored because I was told I would be in the meeting with this client and have input into the project. I was told this, yet not told about the meeting even after you told me you would call me about it.”* (This is AFTER you verify that you were not contacted! If you overlooked their meeting invitation, then you have a misunderstanding.) You each talk about your feelings. When you understand your feelings, you agree on what the problems(s) are that you want to resolved. Then you talk about what you want and need. You can write what everyone wants or needs on a sheet of paper, and then come up with ways to satisfy all those needs. Then, you come up with an agreement of who will do what to satisfy the needs, and you promise or sign that you will do your part. This is an highly way of resolving conflicts. If you can determine ways to avoid this in the future, or you can adhere to your negotiation agreement so that something foundational changes so this will not happen in the future, you have transformed this conflict into something else: changed policy about meetings, ways to communicate and resolve conflicts so corporate culture is more open and happy, etc.

What we are going to be doing in the rest of this course is approach conflict resolution with this in mind, but expand it into a more conscious or mindful realm, and use visioning (in addition to negotiating if need be). We will get more into this in other lessons. This collaborative negotiation with the conflict dialogue flow of “I feel, I need, I promise”, (as well as the visioning method) is effective for business conflicts; local, national, and global conflicts; as well as personal and family conflicts. Both methods can be used in negotiation and in mediation. For now, if you have any conflicts you would like to talk about now using negotiation, it is a great method.

### **Other methods**

We will talk about other ways to begin conflict dialogues on a conscious level that are even more powerful on a heart and spirit level, more effective in moving past ego and needs, and more into a pure place of transcending typical conflict dialogue. Then, in the last section we will talk about visioning, and combine that with everything you will have experienced up to that point.

### **Courage, accountability, respect, and compassion**

There are four traits of Conflict Resolvers that you can use in your negotiations and in your visioning to transform conflicts: courage, accountability, respect, and compassion. These traits are in addition to approaching conflicts from the transforming level of love, compassion, peace, open mind, and curious mind.

## Section 7 – The turning point Day 19 – The conflict resolver

### **Courage**

A Conflict Resolver does not avoid conflict. A Conflict Resolver has courage. A Conflict Resolver goes right into the conflict, with intention and bravery, and asks the other person how they feel, and what they need.

You need to do some emotional cleansing at some point here. It helped me to work through and dump emotional baggage, so that I could feel like the eagle, soaring above with a different perspective on everything, including my conflicts.

Do not be afraid of the outcome of approaching your conflict; do not be afraid of the outcome of your conflict dialogue. You need to be strong, and not be afraid to approach the other person in the conflict, and ask for their help, to ask forgiveness if necessary. You need to be strong, and reach deep inside yourself, and apologize deeply and fully to the other person. *“This is going to be difficult, but I want to talk about our conflict, and I need your help. I am sorry that I...”*

### **Accountability**

Are you part of your conflicts? Even up to recently, there were some conflicts that I took so personally, that I did not see my role in the conflict. But when I did, I felt a rush of not only shame, but also compassion and a need to apologize immediately, take accountability for my role in the conflict, and ask the other person immediately what they thought about it all. And you know what? It worked out great, much better than I ever thought it would.

Take accountability of your role in your conflicts. It takes two or more to have a conflict. If you are in a conflict, you are a part of it! It takes two or more to have a conflict and guess what? We are one of those people.

Conflict Resolvers take responsibility for their actions. Conflict Resolvers are aware of their actions, have felt and thought about the effect of their actions on the other person, apologize, and take accountability.

When you truly feel your part in the conflict, and realize you are part of the conflict, it is life changing. It is humbling.

You will move past the Victim - Villain - Hero characters that we typically take on during conflict. When you stop being a Victim, Villain, or Hero in conflict, then you are truly a Conflict Resolver.

You are now accountable. You are not blaming the other person for most or all of your problem. You are ready to start talking in the flow of the conflict dialogue: I feel, I need, I promise. *“I am so sorry about how I handled our conflict. I love you and did not mean to do anything except know more about how we can approach our relationship. Can we talk again about the issue, and this time I will listen to you and your needs?”*

### **Respect**

While you dig deep together into your conflict, revealing your feelings, fears and needs, you are going to get emotional. You are going to get angry, livid, sad, remorseful, and more. And that is OK. You all need to see and work through your emotions.

## Section 7 – The turning point Day 19 – The conflict resolver

But you can do all this with respect. Conscious Conflict Resolvers speak with respect no matter how emotional they become. They realize that their ego is trying to rescue their heart. They know about the illusion of separation and the desire for people to feel connected. They know that conflict arises from feeling separated on any of the four levels. *"I feel so angry, hurt, let down."* This is emotional, yet informational, not hurtful.

### **Compassion**

Now that you have the courage to approach your conflict, you are accountable for your part in the conflict, and you are respecting the other person and what they are feeling and saying, and not taking it personally, you can practice your compassion.

In conflict, we can try to feel through the exterior of a person, their life experiences that have made them who they are, and see them when they were a small child, or as an adult that has a pure core, that you can feel.

You can listen to them with respect, and with compassion, feeling their side of the conflict, feeling their perspective of what happened.

When you are a Conflict Resolver, you and the other person make a sacred space of courage, accountability, dialogue, respect, and compassion. You touch each other's spirit on a deeper level than any other way of resolving conflicts you may have done before. *"I did not know you felt that way. I can understand now what has been going on with us and this conflict. I love you so much, I want us to be able to work out a way of being together."*

You will start to fly higher during your conflicts, and in your life. You will see things not from your baggage, your hurts, from taking things personally, but you will see things from the other person's perspective. You will be clear to see to their soul, to be able to feel compassion for others. You will be living from a place of love, but also from a place of courage.

You will not be stepped on. You will not allow others to be stepped on. Collaboration is not weak, but up until lately, we have been taught that. But the tide is changing, and when you are a Conflict Resolver, you get not only your needs met, but the other person's.

It is not weak at all, it is strong, to be a Conflict Resolver. We are all Conflict Resolvers inside; we just need practice.



## Section 7 – The turning point Day 20 – Open your heart

We are picking up momentum here on the path to resolving all those conflicts on your list. You've done work with clearing your mind, you have mentally prepared for transformative dialogues, and now it is time to approach conflict from the transforming level.

It is time to get in the mind set, or actually the heart set, of knowing that when you start the dialogues of your trickiest conflicts, you are going to have to become vulnerable. You have to dig deep to your deepest truth, your deepest pain, your deepest longings, to what you really want and desire from your spirit and your life, and tell the other person. You are going to have to find that center you have been working on, know who you are, and get as open as you can.

Are you ready to drop your guard, be real and present, be vulnerable, and have the courage to say what you really want, and live in integration of your mind, body, spirit, and heart?

The other dialogues in the easier conflicts may not require you to show your heart. But if you want truly dynamic and vast relationships in your personal and business life, at some point you have to show who you really are inside, pain and joy both. Courage and trusting yourself will allow you to open your heart and say what you feel.

You will be expressing your heart during conflict, regardless of the outcome of the conflict. You will know it is not weak to do this, but rather a strength.

Do you have thoughts and feelings, that if let out of the bottle, could monumentally change your relationships in some way? Even if something feels good on one level, when you open your heart it may end or be altered, because you are ready to live in your truth.

Conflict allows bottled up feelings to emerge, get examined, and better ways of living to result, because you are moving forward. Whatever the result of opening your heart, you are moving forward. You are not tied to the past, you are making change, and you can move on with your life no matter what happens.

Personally, I think conflict can be positive, and change is positive. Conflict is a signal that change is around the corner. To me, whatever that change may be is better than living repressed, not saying how you feel, or not doing that you really want with your life.

Sometimes you want to just talk, and there is no conflict at that point, but you are feeling separated somehow. You are not feeling your energy flow as connected as you used to, or would like to feel it. You open your heart and talk about what you wish for.

Opening your heart does not have to result in conflict, but many people are afraid it will, so they keep quiet. Even if a conflict follows, you know you are ready to talk. You are not afraid.

This may be the first time you ever opened your heart and said what you feel. Stay with it, even though it may be scary or unfamiliar. I know you can open your heart and say what you feel. Feel your way into this, and we'll be back in the next lesson to start the conflict dialogue.

**Section 7 – The turning point**  
**Day 20 – Open your heart**

**Exercises**

1. Which of my conflicts are going to involve deeper dialogue and opening my heart than the others?
2. What is the worst that can happen when I open my heart and say what I feel?
3. What is the best that can happen when I open my heart and say what I feel?
4. Using the exercise from Day 18, or new ideas, what are my deepest emotions I want to tell people in some of my conflicts?
5. What did I learn from today's lesson?
6. What am I grateful for about today's lesson?

**Section 7 – The turning point  
Day 21 – Apology**

***“Forgiveness means giving up all hope for a better past.” -Lily Tomlin***

Are you ready to start talking? We talked about how an aware way to start a dialogue is with “I feel” using I-statements. This is an advanced way to dialogue in a discussion, negotiation, or mediation. Today we talk about how to start a conflict dialogue from the transforming level, as a Conscious Conflict Resolver.

Remember the traits to approach conflict: courage, accountability, respect, compassion, love, peace, open mind, and curious mind? These traits, combined with your new understanding of yourself and your conflicts, your readiness to open your heart and say what you feel, and all the self work you have done has prepared you to now start resolving the remaining conflicts and situations on your list.

You have been writing gratitudes in your exercises. How has your overall mind set changed? Do you find you are more loving, appreciative, and positive, by taking time to focus on what you appreciate in your life? This will help you with today's lesson, and with every day of your life.

Know that in the perfect world, you and those in your conflicts would have done more or not hurt each other if you had the skills or experience, so most likely what happened in the conflict was not intentional on a spiritual level. And you can remember this about your parents or the adults who raised you. You can have compassion for them, and forgive them. In fact, what you are learning today can free you from your past by being able to understand your past, and release you all from your past so you all can move on energetically and emotionally.

So, today's lesson is about beginning your conflict dialogue from a heart level, to bypass the typical conflict dialogue and get you into a more conscious place in discussion. The dialogue will start with an apology, and move into expressing regrets, asking forgiveness or giving forgiveness, and gratitudes.

You are going to be emotional, because you just bypassed all the typical unaware conflict talk, and got right into the heart level. You are touching the love spot, you are touching the energy flow, the source of your pain, which is the feeling of separation.

By talking like this, you are going right into the deepest pain, because you realize that you are sad that you feel separated. Not angry, not another emotion, but sad.

All of what you are learning today frees you and the other person to connect to each other, and move on from the past. Even if you are not able to yet transform or resolve your conflict, the first step is to come to your conflict partner with open palms and a sincere heart. You can dialogue first, and decide later. You can just work on restoring your connection and relationship energy flow by being with each other, and allowing the words to filter through both of you. Take your time. This is very emotional, very powerful, and very conscious work. You will open yourself to even deeper intimacy and vast love by being this vulnerable with each other.

## Section 7 – The turning point Day 21 – Apology

This is really deep. Even mediation and negotiation can begin at a heart level by everyone apologizing or expressing regrets if they are able to. But with your conflicts, you must be able to. This is why you are taking this course, to resolve and transform your conflicts, and approach future conflicts from a higher level.

To have a deep conversation, on a transforming level, you open your conversation, and continue discussing, with apology, regrets, forgiveness, gratitude, and saying who you are.

### Apology

The apology is so basic, but so difficult. To start your dialogue, you find something to apologize about, and you say it. If you cannot find something, you may not be digging deep enough. You can go back to Day 17, and do the question “How am I responsible for the conflict?” You will find something, even if it was not being aware, not something, some way you may be responsible.

Apologies must be sincere. If they are forced, or not felt, the recipient will feel that, and reject your apology. Apologize only when you feel it in your heart, and are ready to say it while looking in their eyes and with compassion.

It is a massive effort for some people to apologize. Apologizing can bring up hidden issues and pains from childhood or the distant past. Not apologizing, or apologizing but then repeating behavior, will clog your relationship energy flow.

Sometimes a sincere apology is not accepted or they do not forgive you or trust you. Perhaps the problem is the content of the apology. Everyone has their own way that they want to be apologized to. You read “*The Five Languages of Apology*” by Dr. Gary Chapman and Dr. Jennifer Thomas, which is an apology handbook. In this book, they explain apologies and forgiveness in detail.

### The five “languages” of apology in their book are:

- **Accepting regret** – “*I am sorry.*”
- **Accepting responsibility** – “*I was wrong.*”
- **Making restitution** – “*What can I do to make it right?*”
- **Genuinely repenting** – “*I’ll try not to do that again.*”
- **Requesting forgiveness** – “*Will you please forgive me?*”

How you apologize depends on the other person. You can use all five languages, starting with accepting regret, and working your way to the bottom until they feel your apology. Some people just need to hear “*I am sorry,*” while others require any combination of the other languages.

Make sure you all do what you promise to do. The bigger the offense, the longer it has been going on, the more trust has been broken, and the number of repeat offenses, you may have to use all five languages.

### Regrets

Do you regret your behavior? Your words? You must be able to see your role in the conflict, be accountable, and express regrets. Dig deep.

## Section 7 – The turning point Day 21 – Apology

It is not enough for you all to express your regrets to each other. You will circle back to apologizing. You will be allowing a lot of pent up emotion to work through and release. Make sure you are giving the emotional safety for this to happen, and you help each other. This type of conscious conflict dialogue is very emotional, but comes from love. You will learn what everyone needs for your relationship to continue.

### **Forgiveness**

You can forgive to release anger and other emotions, but it does not mean that you necessarily forget or trust. Forgiveness allows energy to leave you, and frees you to live in the present, not tied to the past. You have compassion for the other person and know even you could have done the same thing. Perhaps this conflict is touching you because you have done this same thing to someone. We are all connected, and have the same potential to do and be what anyone else does or is. That is one reason why we do the six conflict questions, to deeper our compassion because we know that we are not perfect either.

You all have to work on a process and agreement for rebuilding trust. No one can be forced to do this. This can be talked about, but only agreed on when the intention is absolutely sincere and you all help each other correct past behavior.

### **Gratitude**

You can go back to your conflict question lists for your gratitudes. You can also look the person in the eyes and tell them what you are grateful for about them in that moment, which will be very authentic.

You will have gratitude because your spirit and heart has been waiting for this moment of true discussion, one where you allow the ego to stand aside; you drop the ego and its protective measures. You will instead feel love and understanding, no matter what happens to the relationship when the dialogue is over.

### **Saying who you are**

Perhaps these other dialogue openers are not resonating with you. Go back and try again to find something to say for each of them. If you still cannot, perhaps you want to wait until you are listening to each other to say your apology, regrets, forgiveness, and gratitudes. The danger in waiting until later in the conversation, is that you may not start the conversation off in a heart-based manner.

Another way to start the conversation is to say who you are. This is great for the same page talks, or for situations with a lot of conflict because the people in conflict are not maturing emotionally at the same rate, or situations where one of you may have changed since the conflict started.

You can approach your dialogue by telling the other person who you are now, your new boundaries, and what you ideally would like in your relationship. You are not accusing, not being defensive, just telling the other person who you are and how you might have changed. Then, they can tell you the same thing. You then can make any apologies, regrets, forgiveness, and gratitudes. You can continue the conversation to see what can be done with the relationship.

## Section 7 – The turning point Day 21 – Apology

If you want the relationship to continue, you will feel your heart open, you will feel relationship energy flow, and you will be much more willing to listen to each other and transform your conflict into an improved relationship.

Not talking, not apologizing, being defensive, repeating behavior harmful to the relationship, breaking agreements, not feeling regrets, not forgiving or asking for forgiveness, and not expressing gratitude will not allow your relationship to grow, deepen, or move forward in any way. There is no way around this truth. In the past, you and other unaware people pretended things were OK and continued a relationship. This is living a lie. You know it. I know it. In the past when I was unaware, I allowed this to happen to feed an ego need. It is not emotionally healthy.

If you find resistance in your conflict partners after you do the things we talked about in this lesson, you can use the techniques we will talk about in the next section. If your conflict partners are able to open their heart and speak without resistance, you are on easy street!

A warning: although you are on an easy street of open communication lines, you are all going to get quite emotional. There is going to be a lot of sorrow, regrets, anger, and other strong emotions expressed all around. Your heart is open, and everyone will see everyone's deep feelings. Hold space and help each other. Allow the feelings to release. Be love for each other. After coming this far on your personal journey and changing from the inside out, your conflict partners will sense your sincerity and heart-based approach to dialogue. You will be radiating that energy. You will be able to keep talking and use the techniques from the next section to resolve and transform your conflicts.

This is the moment you have been waiting for. You are ready to contact people to start dialogue. You want to go right to the heart and spirit level. You will talk about apologies, regrets, forgiving, and gratitude.

When you do this, you will feel a rush of gratitude at some point. When you least expect it, it will come. Enjoy it and any other feelings you experience. You are transforming.

When you work through your conflicts, you and your conflict partners can talk about how you want to communicate. The below are wonderful ways you can communicate and keep your relationships alive and in the moment.

### **I feel that ideally in relationships you can strive for:**

- Moment-by-moment gratitude
- Moment-by-moment communication (not repressing feelings, but addressing them)
- Moment-by-moment apologies
- Moment-by-moment forgiveness
- Moment-by-moment joy

In the next lesson, we will talk about what happens after that: the questions and answers. Get ready for a surprise: it will be easier than you think, because you will feel more connected, less separated, and feel that you care about each other, no matter the outcome. The best is yet to come! You are doing great!

**Section 7 – The turning point  
Day 21 – Apology**

**Exercises**

1. What is left of my conflict list to resolve?
2. What discussions or conflicts have I started, but would like to continue?
3. Start contacting the people in my remaining conflicts and situations from my list to schedule a time to talk.
4. From each conflict on my list, list my apologies, my regrets, forgiveness, asking for forgiveness, and gratitudes. I know when I am actually talking to them, we will say what comes at that moment, but this exercise is to practice and vision the discussion.
5. What did I learn from today's lesson?
6. What am I grateful for about today's lesson?

## Section 8 – Dialogue and visioning



## Section 8 – Dialogue and visioning Day 22 – Ask questions and listen

How did your talks go? How did it feel to start the conversation from the heart, rather than the typical way conflict dialogues start? I hope it was more real and loving that way.

In this section, you are going to address the rest of the conflicts on your list. You are now in the heart space, your hearts are open, and you are ready to listen and talk. You have done your personal growth up to now, and you are operating less from ego, more from heart and spirit.

When you are moving into asking questions and listening, I don't want you to repress your feelings. Help each other make a safe space to allow feelings to be expressed and explored. Tell each other how you feel. Tell each other if their behavior hurt you. People need to know.

What if your conversation from the last lesson hit a wall? What if you opened your heart, and they did not want to talk to you? There are benefits, even if it did not go further:

- You made the effort
- You felt through some of your emotion
- You know that they are not ready to talk right now
- You can tell them what you are about now and see if they want to talk
- You can ask if they want to move right to visioning, rather than talking, and talk as you vision

### **Dialogue now, decide later**

When you have a conflict, particularly with a family member or someone that you want to maintain a relationship with, you do not need to feel pressured to make a decision about your conflict. You do not need to rush into problem solving or making an agreement.

Take some time to talk to each other about your relationship in general, what you visualize the relationship to be. Talk about how you feel. Question deeply, respect, and allow trust to develop so you can go deep about how you feel about each other and what is going on.

You will learn a lot from each other, and feel more bonded and feel better emotionally when you do start talking about your needs. You will want to honor each other's needs, because you have a better understand and trust of each other.

You can ask the other person if they want to talk by phone or in person. I do not recommend email unless you all understand that email has a higher potential to be misunderstood, because there are no verbal cues or body language, which is how we mostly communicate. The actual words are less than 10% of the way we receive a message. Only use email with a high level of understanding, and the moment it becomes misunderstood, meet in person or talk by phone. Also, at some point, I recommend you follow up the conversation by phone or in person, and restate everything that was said, to check for understanding, and clarify any agreement that was made.

### **Be patient**

You do not have to rush through this questioning and listening portion of your conflict dialogue. Take as long as you need to understand each other.

## Section 8 – Dialogue and visioning Day 22 – Ask questions and listen

### Tell the other person what you are about

I find it helpful to tell the other person who you are now, what you are about, what you want from the situation or relationship, or your boundaries. Basically you are giving them information, rather than going in and attacking.

### Be curious, ask questions

At this point, they may want to talk to you and ask questions, or they may be quiet. Now you can ask them some questions.

### Stop - Focus - Connect and listen

There is a saying: *"We have two ears and one mouth"*. Most people need to be listened to before they will work with you to resolve the conflict.

What is Stop - Focus - Connect? It is a three-step process to begin the conflict dialogue:

- 1. Stop** - Stop whatever else you are doing.
- 2. Focus** - Look at the person in the eyes, only focus on them.
- 3. Connect** - Listen to their words and feelings, listen in the moment (mindfully) and put yourself in their shoes and in their world (compassionately).

Listen as long as they are talking. Allow them to speak their heart fully. This is an excellent way to continue the safe space. Some people just need to be heard and half the conflict is over.

### Thank them

I always thank the other person after they speak. We don't know how difficult it may have been for them to talk to us, and they are revealing themselves. I like to thank them for that.

### Active listening

The 3 things to actively listen for are:

- Words
- Feelings
- Needs

When you are listening, you are going to use three active listening techniques:

- 1. Neutral feedback** - You say this when listening without interrupting, so the other person knows you are listening, and they will keep talking (*"ok"*, *"uh-huh"*, *"ummm-hmmm"*).
- 2. Summarizing** - You repeat their words back to them in a condensed version so the other person knows you heard and understand the basics of their story (*"Correct me if I'm wrong. I think I heard you say that you were late because there was an accident on the highway you were on?"*).
- 3. Reflecting** - You say what you think they felt and needed (this can be tricky because you do not want to project what you would have felt or needed, but what you think you hear them saying) (*"It sounds like you still feel insulted and need to talk, is that correct?"*).

You know how sometimes people repeat their story over and over? It may be because you did not use active listening. Use active listening every time you have a conversation or conflict dialogue, and see if the other person feels understood.

## Section 8 – Dialogue and visioning Day 22 – Ask questions and listen

### Listen from your heart

When I listen from my mind, I am analyzing words, trying to solve problems, trying to discover meanings, thinking what in the past could relate to what they are saying, and many other things happen that is my busy mind thinking instead of feeling. So, to feel, I can listen from my heart.

To listen from my heart, I feel my heart area in my body. I stay there while the person talks to me. I listen and feel for their energy, emotions, concerns, and other feelings around what they are saying. I can feel my own energy reactions in my body as I listen, so that I am not in my busy mind, but instead energetically and emotionally connecting to them and their story.

In this way, I will ask questions and feel compassion. Tears may come to my eyes, I may cry, or I will feel their happiness or any other emotion they are feeling. We share a human and conscious moment that is not possible when I listen from my mind.

Many people are not used to, or comfortable with, listening from their heart, because when you open your heart, you open yourself to your own issues being triggered by what you feel from listening. Many people would rather not go there, because they do not know how to handle the intense emotions that arise. It takes practice to recognize an emotion, own it as your own, feel it, and allow it to pass through you and away.

### Some very basic steps to listening from your heart are:

1. Listen without talking. Do not speak. Listen to their words.
2. As you listen quietly, bring your attention to your heart area.
3. Allow yourself to open your heart, and be ready for the emotions you will feel when listening with your heart open.
4. If you ask questions or speak, allow those words to be rich with emotion and observations, "I feel such sadness when you tell me that. Thank you so much for sharing what must be difficult for you to express."
5. Hug, speak, or do whatever feels right as you continue listening from your heart.

### Everyone continues listening and asking questions until there is understanding

Continue to ask questions, thank each other, use Stop – Focus – Connect, listen, and actively listen until everyone has had a chance to be heard, express their emotions, and understand. That's it. There is no pressure to solve a problem, no pressure to resolve the conflict in this moment, no pressure to do anything but understand each other.

Remember, you do not need to stay calm. You need to express your emotions, not in an abusive way, but you need to express, tell people if they are out of alignment in their actions and hurting people, and allow each other to feel and understand each other. Listen and ask questions.

At this point, you can move into traditional negotiation agreement methods, where you write everyone's needs, brainstorm options to fulfill the needs, and make an agreement outlining who will do what, when, where, and how. You want to brainstorm options as creative and deep as possible so that the conflict will be transformed at the root level.



## Section 8 – Dialogue and visioning

### Day 23 – Vision together

In this course, you have practiced communicating to transform your conflicts with the “I feel, I need, I promise” method, including:

- Day 15 – Same page talk
- Day 20 – Open your heart
- Day 21 – Apology
- Day 22 – Ask questions and listen and negotiate an agreement

At this point, you understand each other. You may or may not like what you heard. When the heavy-duty talking and expressing emotions is over, the conversation hit a wall, traditional negotiation brainstorming methods are not working, or if you have a conflict where the other person does not want to talk using the “I feel, I need, I promise” method above, it is time to do some visioning instead.

Visioning is inventive, optimistic, non-judgemental, and practical. When we vision, we allow ourselves to dream together, and assist each other in making the dream a reality. Visioning is a way to get off the Victim - Villain - Hero triangle, and gives all involved in the conflict a chance to contribute.

Visioning is, for most people, more pleasant than communicating about deep feelings first when in conflict. You are in your heart when you vision, and can still talk about feelings as you dream together. It is important that people allow time during conflict talks to express their feelings and allow energy to move through them. Try not to use visioning as another way to avoid talking, to suppress or stuff energy and feelings. As you know, those feelings and the energy will escape at some point, so it's better to talk about the feelings sooner than later if possible. While you vision, it's likely talk about feelings will arise naturally.

#### **If you woke up tomorrow... (free-form)**

This is a creative way to start your visioning process. *“If you woke up tomorrow, and you could have anything you want (or have the relationship you want, resolve this conflict any way you want, or change this conflict into something else for the better), what would this be?”*

What would this be? Say what you are thinking and feeling without worrying about how it sounds. Imagine this new thing, this new way of being, this new relationship, in living color and in every way possible. Remember to include who, what, when, where, and why.

#### **What does everyone else see as their vision? (free-form)**

Allow each person to describe their vision of what would resolve the conflict, and how the future looks to them. At this point, you all are describing what you would like to happen or be, and it is not yet time to see how practical the visions are. As each person speaks, the others actively listen so that everyone feels that they have been heard and understood.

It's best if people feel safe to say what they really want. Conscious relating, true change, and transforming conflict into something else can happen most effectively when people are not afraid to say what they feel. Make the others feel safe to speak. You can support those who do not feel like they have much power in opening up without fear of ridicule, other shaming behavior, or fear of the other people in the conflict.

## Section 8 – Dialogue and visioning Day 23 – Vision together

### How to merge the visions? (free-form)

How can you take all these visions and merge them, co-creating a shared vision for everyone? One way is to list them all so no one is left out, and then start brainstorming ways to merge the visions and make them reality.

If you cannot merge the visions, how can everyone achieve the facets of their vision that do not agree, while also having a vision that everyone co-creates and agrees on? You may find that no part of your visions overlap. In that case, how can you all live your own vision, while maintaining the relationship, changing it, or whatever you agree on?

### Beware of people “agreeing” but not agreeing

Hopefully by this point, everyone is being honest and feels they can continue to open their heart and say what they really feel. People should say they agree only if they really do. Also, no one should feel forced to agree. That will backfire, and result in passive aggressive behavior, lying, dishonesty, betrayal, not being happy, or mistrust.

### Appreciative Inquiry (structured methodology)

Appreciative Inquiry is a methodology to create change, started by David L. Cooperrider and Diana Whitney, which I use as a framework for coaching (when not using my more typical free-form coaching) and visioning. We have already loosely used Appreciative Inquiry in this course. Appreciative Inquiry uses the “Discovery, Dream, Design, Destiny” cycle as an optimistic way to approach challenges in any part of life, on any level, from personal, to corporate, to international.

Appreciative Inquiry can be used as a methodology to follow for interventions, conflict dialogues, transforming conflict, changing organizations at the core, or bringing long-term conflict to change. It can be used in any situation where the people feel safe, will be supported, and the change that is agreed upon will actually happen.

The Appreciative Inquiry approach to visioning would be:

- **Discovery** – This phase is used to find the “positive core” of those in conflict. What makes the people in your conflict strong, what is positive about you all and your relationship, what other positive things can you use to bond together and to start dialog with?
- **Dream** – Vision, be creative, dream big, be expansive and positive on what can be the new reality, and think “out of the box” towards the best outcome. This is the time to be optimistic.
- **Design** – Brainstorm options and come up with a plan.
- **Destiny** – Now that you have a plan everyone agrees on, do it: make it happen.

If you are interested in learning more, you can visit [appreciativeinquiry.case.edu](http://appreciativeinquiry.case.edu). To deepen your self-coaching, and if you are interested in coaching yourself from the Appreciative model, you can read, “*Appreciative Coaching*” by Sara L. Orem, Jacqueline Binkert and Ann L. Clancy.

You have learned about yourself and are continually working on purifying yourself. You have learned ways to analyze conflicts and to turn them into something positive. Now that you have some methods to approach and transform conflict, you will be a much more effective and compassionate Conflict Resolver. Start your visioning!

**Section 8 – Dialogue and visioning**  
**Day 23 – Vision together**

**Exercises**

1. Continue my conflict dialogues, now with the visioning process.
2. If I am in a relationship, these questions can prepare us for visioning:
  1. What brings us joy and life?
  2. What brings joy and life to our relationship?
  3. Our core values (what is most important to each of us):
  4. Our strengths/talents (what we're good at):
  5. Strengths of our relationship:
  6. Our passions/interests (what we do that brings the most joy - our FUEL):
  7. Gifts we bring to our relationship:
  8. What nourishes us the most individually?
  9. How does our relationship nourish us?
  10. Our happiest moment(s) in our relationship:
  11. Our peak/most successful moment(s) in our relationship:
3. Some general questions to help the visioning process if stuck (choose what is relevant in this conflict):
  1. How will I feel?
  2. What is my career?
  3. How do I help others?
  4. Where do I live?
  5. With whom do I live?
  6. How do I spend my days, weeks, months?
  7. How is my health?
  8. How happy am I?
  9. How much love do I have?

**Section 8 – Dialogue and visioning  
Day 23 – Vision together**

**Exercises**

- 10. How are my relationships?
- 11. What is my income?
- 12. What do I do for fun?
- 13. How do I stay connected spiritually?
- 14. How do others regard me?
- 15. When will I have this?

4. If in a relationship, these are some ideas to use for visioning (please use what is relevant to your type of relationship, no matter what style):

**General**

How will I feel?

Where do we live?

With whom do we live?

How happy am I?

Do we have children?

What are our careers?

What is our income?

How do we handle finances?

Other:

**Our relationship**

How do we support each other?

How do we nourish our relationship?

What do we do for fun?

How do we define what makes our relationship successful?

Do we have time each week, month, year, that is ours alone?

Other:

**Section 8 – Dialogue and visioning**  
**Day 23 – Vision together**

**Exercises**

***Non-traditional relationships***

How out are we?

Do we tell other people that our partner is polyamorous/gay/other?

What do we tell our friends and family?

What is off limits (in any sense)?

Other:

***Communication and conflict resolution***

How do we communicate?

Do we have ground rules for communication?

How do we resolve conflicts?

How do we discuss any negative or scary emotions that arise?

Do we discuss our problems with others?

Other:

***Time management***

How do we schedule our time together?

What will we use to keep track of our calendar?

How do we balance time and other needs of everyone in our lives?

Other:

5. Write a story about how visioning differs from what you are used to in resolving conflicts:

6. What did I learn from today's lesson?

7. What am I grateful for about today's lesson?

## Section 8 – Dialogue and visioning

### Day 24 – Plan for joy

Here we are, on the final day. Look how far you have come! You have experienced eight great sections of rediscovering yourself and learning about conflict. You are on the final day now, and we are going to talk about your action plan for joy and reconciliation.

#### **Action plan for joy**

Your action plan for joy is a plan for living the vision or negotiation agreement you co-created. You are going to make a Vision Action Plan. You all may even want to give it a name, such as “Family Finance Vision”, “Vacation Plan”, or “Holiday Fun”.

Your action plan is going to include the vision or visions that you came up with, and how you are going to carry out the vision: names, who, what, when, where, and why. You want to be quite specific with all this, so that everyone knows what they are doing. Then, everyone starts to put the plan in motion.

You want to build in some kind of evaluation and review into the action plan. How will you know if the vision is being carried out? How will everyone ensure their accountability? How often do you want to review the vision and plan, and make any adjustments?

In any relationship, it may be a good idea to set aside some time to review your visions, plans, and relationship, perhaps every 6 or 12 months. Then you can make changes that are relevant to the moment (staying in the moment), and continue to move forward.

#### **Reconciliation**

How do you truly end your conflict or celebrate the transformation that has taken place? A mutual agreement or shared vision attending to everyone's needs is certainly a milestone. Is this enough to restore friendly relations? Many times it feels like you all who are in conflict, if you are in a relationship that will continue, need something more to solidify the agreement or vision. This is where reconciliation can be used.

Reconciliation is the phase of a relationship renewal that occurs after agreement and forgiveness. Even after dialogue, and coming up with a vision or solution, there may still be emotions and other issues to work through and come to terms with. Perhaps you want a formal completion ritual. You mark the end of your conflict and the beginning of your new life with reconciliation.

Reconciliation is a way that you and your workgroup, family, or loved ones can completely move forward and reconnect. The most common methods of reconciliation are hugs, kisses, shaking hands, celebration, apologies, forgiveness, payments, gift giving, sharing a meal or going out, public announcement, party, telling the new story to interested people, giving a note, story in company newsletter or website, doing something for the family, sharing deepened intimacy, or anything else that people want to do to signify that the issue has been resolved.

#### **Assessing relationship energy flow**

Now that you have resolved your conflicts, be alert for the feeling of separation on the four levels, and also for the feeling that your relationship energy flow is getting blocked. When you start feeling some separation, talk to the person. Since you are a Conscious

**Section 8 – Dialogue and visioning**  
**Day 24 – Plan for joy**

Conflict Resolver, you will communicate moment-by-moment, rather than allow that blockage in energy to continue to grow into a conflict. This is part of conscious relating, to communicate easily, and not hide feelings from each other.

You are off and running now! You have completed all eight sections, a major accomplishment. You should be very proud of yourself. By now, you have shifted and expanded your consciousness and are running your life in a different way than when you started this course.

You have approached your conflicts on your list with open hands and open heart. You and the others have shared some moments that you thought may not have been possible before. You have experienced conflict and what it can teach in a new way.

You are at a higher vantage point. You have more optimism. You see life differently now. You see conflict differently. You are a Conscious Conflict Resolver. You are living your own life now.

You are free! Enjoy feeling connected on the four levels. Enjoy your life and everyone and everything in it. Thank you for being here with Conscious Conflict Transformation. It has been an honor to be part of your journey. Namaste.

**Section 8 – Dialogue and visioning  
Day 24 – Plan for joy**

**Exercises**

1. For each conflict, write how I experienced the dialogue, questions, answers, listening, visioning, plan, and reconciliation.

**Section 8 – Dialogue and visioning**  
**Day 24 – Plan for joy**

**Exercises**

2. Write how my life and conflicts have changed since beginning this course:

3. What did I learn from today's lesson?

4. What am I grateful for about today's lesson?

**I**n this self-coaching manual, you will go on a journey of conflict self-coaching, working to purify yourself to a higher level, so that you can turn conflict into a transformational experience.

In the first half of the course, you will work to purify your mind, clear yourself, and find yourself so that you can prevent conflict as well as transform the conflicts on your conflict list.

In the second half of the course, you will analyze conflict to find its positive messages, and then dialogue with those on your conflict list to relieve the suffering of all involved, elevate your consciousness, and not being tied to the past or anxious about the future.

Learn ways to open dialogue from the heart, bypassing the typical conflict talk, using “I feel, I need, I promise”, or start visioning together. Start approaching conflict from a higher level: through conscious conflict transformation.



Amrita wishes to help people resolve and transform their conflicts and stressful situations so that they can let go, get into the flow of life untethered, and go to sleep with nothing on their mind.

The author of self-help books/workbooks, Amrita has learned from numerous conflicts, holds an MPA with a Graduate certificate in Conflict Resolution, parent of two aware adult children, and has been teacher assisting and practicing chi gung, tai chi, yoga, and pranayama since 2010 under the guidance of Goswami Sunyata Saraswati.