



*"Do you get it?"*

### **Conflict**

Do you ever feel that you are the only one who really understands you? Do you sometimes feel as though you are the only one making efforts for peaceful living? Do you sometimes wonder, why me?

Lately, I have asked myself all of these questions. I discovered recently that not everyone welcomes positive universal change. Who knew? What I believed to be universally accepted is not. Recent events in my life have caused me to spend a lot of time reflecting on who I am and what is it that I am here to do. I have spent many hours in quiet reflection (meditation) looking for guidance on how I could answer to the "nay Sayers", and still continue on with my mission. Often times when we are met with resistance we are forced into a position of defending our beliefs and standing up for what we innately know is right. What is right for me may not be right for you. The challenge for each of us is to respect our differences. I am not now nor have I ever said that my way is the only way, but I offer my way as a different way. Some of you may like it immediately, some of you may learn to like it and some may disagree with all of it. There is no right way or wrong way but there are supportive and non-supportive ways. During the course of the last few weeks I reaffirmed what I already knew to be true and that is that some people don't know how to be neutral let alone positive. They have over a lifetime been conditioned to fight the fight. They feel as though any offering of positive insight is an attempt to magnify their weaknesses. When we feel challenged our conditioned mind takes over and so begins the fight. The problem with having a "fight the fight" mentality is that not everyone wants to fight. The problem with fighting is that negative energy equals negative results. I once read that in order for us to make significant changes towards a positive life we must learn how to discuss without becoming disgusted. It saddens me to think that for some people the fear of change is stronger than the desire to learn. You have heard me say, "If we always do what we have always done, we will always get what we have always got". Well this statement is true of everything in our lives. Our relationships with family and friends, our performance at work and our training are all affected by how we "do" them. Even preparing a meatloaf for Sunday dinner falls under this statement. When we use the same ingredients we get the same meatloaf. If we change one or two of the ingredients the taste changes slightly, the look remains the same. However, if we turn up the heat, we usually ruin the taste and the meatloaf. Are you turning up the heat in your life with negative energy or are you adding a more ingredients to sweeten your success?

When conflict enters our lives it is important that we are able to find solitude in our thoughts. When reflecting on a current situation it is important that we do not get caught up in the "reel to reel" playing in your head. You know, those imaginary conversations you rehearse just in case you happen to run into the person you are in conflict with. Don't do it. Find peace of mind. Quiet your mind. Silence your jury and defend your character. Throughout the past few weeks I have maintained a neutral or positive attitude. I have stayed true to my mission and myself. Though I have been hurt by recent events I am stronger because of them. No one likes to be challenged. When our beliefs are challenged we are forced to defend them or changed them based on the presentation of new evidence. If you defend them then you are left with a stronger belief system. On the other hand if you can remain objective about new evidence your belief system may change or be improved. When we are in conflict our ability to remain neutral enhances our ability to remain objective.

Conflict is an inevitable part of our life. How we respond to conflict holds a mirror to our life. When you are faced with challenging situations or people, remain neutral. Notice your anger and then let it go. Remind yourself that reacting to conflict drains your life of valuable energy and quickly change any non-supportive thoughts to supportive ones.  
insight

As a mother, one of my goals is to offer my kids the insight I have learned over the past 5 years. By doing this, my wish is they have a better understanding of how their input into a situation will affect the output. I have had the privilege of working with many amazing teachers, mentors, Monks, Shaman and Elders over these last 5 years and they all speak to the current inability of the human race to support all of the people living in our communities. By building fences around our homes we portray an element of exclusivity which cause our communities to become smaller. When I grew up we would borrow things from our neighbours and happily look after each others gardens. This has all changed. On one of our Sunday runs, my friends Dave and Nicole spoke to the fact that the drug addicts on the street have stronger communities than we do in our suburban neighbourhoods. This is not the solitude I am speaking to. I am speaking to the solitude that empowers you to do things on your own inspite of what others are doing. Change your input so that you can change your output. Nurture your circle of family and friends easing their stress or burdens. Having said that, something I have learned over the past few weeks is that not everyone wants help, so please be sure to ask permission before offering insight to others unless you have an understanding. When I am working with my Insight Meditation Coach, she does not need to ask for my permission when offering me insight because she understands that I am seeking guidance. Without permission from friends or family what you are intending to offer as insight may be interpreted as finger pointing their weaknesses.

With running, solitude is present and yet if we want the company of others, they are near by. I encourage you to find comfort in your solitude. Finding and experiencing

peace of mind is your right. You are entitled to that. When we can quiet our mind we can quiet our heart. When we quiet our heart, ease and comfort take over. This allows us the opportunity to run struggle free. Remember struggle is optional.

Maybe you have someone at work that I always complaining and seem to struggle with staying neutral or positive. Fighting with them or against them is only going to give them what they want, not what they need. Challenge yourself to find the good quality in them and then share it. It's hard to fight against a positive compliment. Maybe it is a difficult family member that seems to always want to fight the fight. Same thing, challenge your self by bringing up an old story about one of their successes. We all now how fun it is to talk about our accomplishments. If you can't remember one ask them to tell you one. When you are around difficult people, talk about them. They will feel great and you will feel neutral. Friends can be especially challenging because most friends bring many rules to the relationship. First they have the rules they expect their kids to play by, then they have rules for their spouses to play by and then there are the rules you must play by.

Your challenge is to understand the difference in their rules. For me, I play by my rules. Stay neutral and positive. I support positive healthy attitudes and stay neutral to anything else. When my friends are struggling with their lives and I feel that my positive attitude is being met with resistance I simply take comfort in the solitude of my mind and focus on everything going right in my world. I can change their world but I can inspire them to change theirs. Until those around us understand that in order to change what they have always got, they need to change what they have always done, all we can do is wait.

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