

Communion

the *I* of the Storm of

Separation

We are born knowing only One-ness. As children, when something uncomfortable or scary happens, we often mistakenly blame ourselves. As a result, we make negative decisions about our self-worth. Important: It is not what happened that lingers. It is the *negative decisions* we made about ourselves *because* of what happened that gets in our way.

We feel separated from our own wholeness. Then, we subconsciously try to hide those “unacceptable” parts of our self from the world, which causes us to feel separated from others. We experience Conflict whenever something happens that threatens to expose those parts of our self we have hidden.

The solution is to remember our own wholeness – our “common union” with Spirit.

- **Take a calming breath and become centered.**
- **Bring into your mind and heart a time you have judged yourself harshly.**
- **Look at the words on the cards next to the small bowls of colored sand. These words represent qualities you may have felt were missing from you that led to that judgment.**
- **Identify some qualities that, if you really *believed* you had them, would help you to know your own wholeness.**
- **Take a scoop of sand from the bowl beside each of those qualities and add it to the large bowl in the center. As you do this, affirm you have all you could ever need of this quality. You are whole. You are One with Infinite Oneness.**
- **When you feel complete, take a releasing breath and move on to another station.**

Purpose

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Competition

It's easy to see that in any relationship there is a mixture of needs, wants and priorities. When what we want or value gets in the way of what someone else wants or values, conflict occurs. If the conflict escalates, we become competitive. The need to win becomes paramount. Conflict rooted in competition happens when people have forgotten their purpose.

The solution is to reconnect with our Purpose – with who we have come here to be.

- **Take a calming breath and become centered.**
- **Bring into your mind and heart a situation in which you felt your needs were in competition with someone else's needs and this resulted in conflict in your relationship.**
- **Fill in the worksheet titled “Who Have I Come Here to Be?”**
- **Knowing who you have come here to be, how might you have approached the situation / relationship differently?**
- **When you feel complete, take a releasing breath and move on to another station.**

Principle the *I* of the Storm of **Misperception**

We all see life through the influence of our own personal sets of judgments and perceptions. Without even realizing it, we make up stories about what events mean. We assume we know other people's motives. Then we react to our stories, forgetting that we made them up.

There was a man who was driving along a winding mountain road. Another car suddenly came around the bend and the man who was driving it stuck his head out of the window and yelled "PIG!" as he passed the first car. The first man was taken aback and became very angry at this extreme rudeness. As he shouted back, "JERK!" he rounded the bend and saw a pig in the middle of the road.

The solution to the conflict created by our misperceptions is to change how we see the situation, to change the story we tell. We do this by remembering Spiritual Principle.

- **Take a calming breath and become centered.**
- **Look at the pictures on the table. Choose one to which you have a negative reaction.**
- **Now, hold in your heart the thought, "There is only One Presence and One Power in my life and in the Universe – God the Good, Omnipotent. Nothing and No One is Against Me."**
- **Now make up a new story about the photo which assumes a positive scenario or motive.**
- **When you feel complete, take a releasing breath and move on to another station.**

Love - Bless - Do Good - Pray

Jesus taught this four-step practice for being present to situations and people who seem to be “against us”.

- **Bring into your mind and heart a situation or person that you feel is against you. For a moment, allow yourself to feel the frustration or anger you are carrying.**
- **Love - Take a calming breath and become centered. Allow the feeling of Love to well up in your heart and fill your mind. Imagine sending Love at the situation or person. Stay with this feeling for several breaths.**
- **Bless – Hold the following words in your heart and mind about the situation or person. “I bless you. I wish for you your highest good.” Imagine for a moment what that highest good might be.**
- **Do Good – Choose one authentic action you can take to lessen the conflict in this situation or relationship.**
- **Pray – Create a positive affirmation for yourself about the situation or person. Write it on a Prayer Flag. Take the Prayer Flag home with you and hang it outdoors. Every time you see it, imagine the prayer energy releasing into the breeze and being carried to where it can heal and bless.**
- **When you feel complete, take a releasing breath and move on to another station.**

Nonresistance the *I* of the Storm of **Defensiveness**

One of the ways we try to cope with conflict is by becoming defensive. This often out-pictures as a need to be in control, or as avoidance, or as resistance. When we become defensive, we broadcast it to everyone around us, which in turn brings out their defensiveness. Instead of resolving the conflict, our defensiveness actually makes it worse.

The solution is stop resisting. When we let go of resistance, we open our mind and heart to the infinite possibilities for good that are available to us.

- **Spiral Dance – a Moving Meditation**