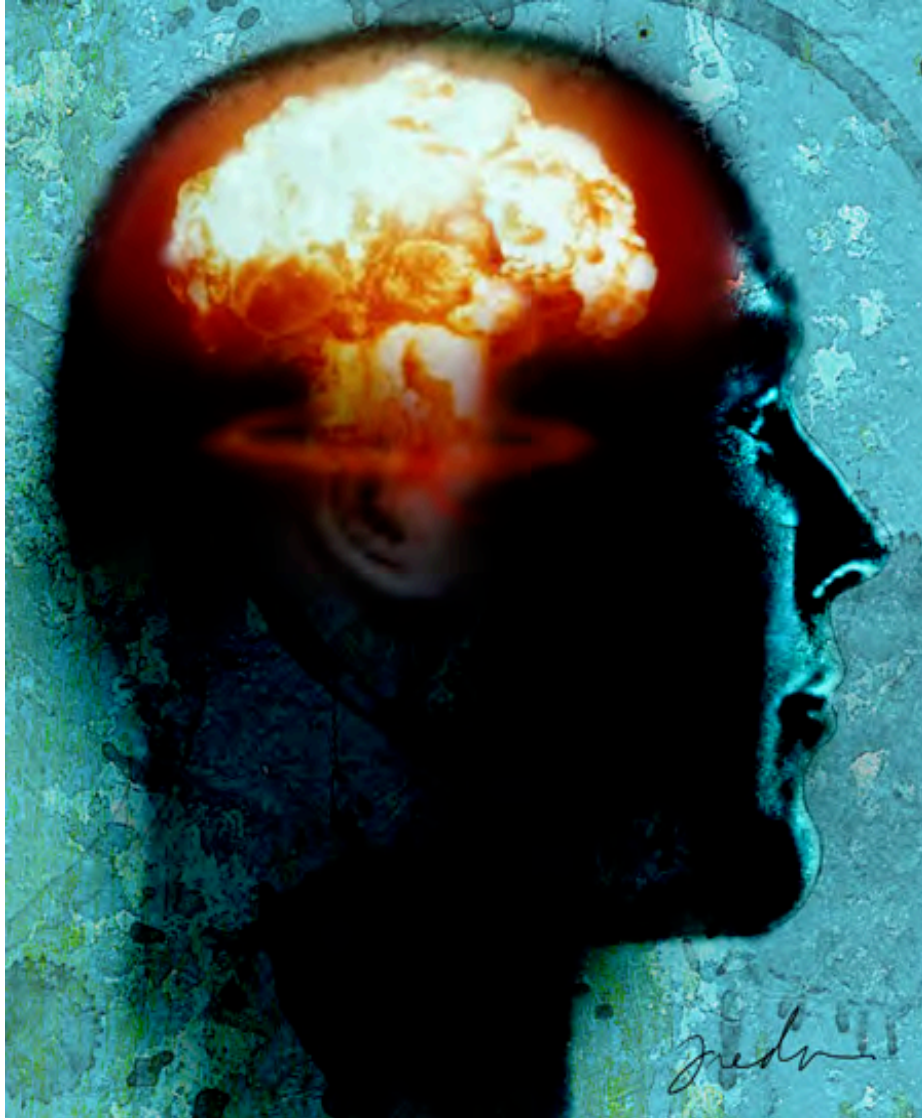


Peace – What Prevents It?

Understanding the Conditioned Mind



**The future of humanity depends on understanding
what creates conflict – what prevents peace.**

PART 1: ARE WE BORN TO BULLY?

Understanding human conflict is conventionally addressed in a remedial, reactive way, at the secondary level of “resolution,” through therapeutic or moralistic means, as in the case of individual conflict, or through diplomatic or political intervention, as in the case of social conflict. Or, it is addressed at the tertiary level of managing conflict through judicial or military intervention.

These remedial, reactive approaches do not address conflict at the primary prevention level in understanding and avoiding the fundamental biological and hence psychological factors that create conflict in the conditioned way we think and act. They are therefore essentially ineffective because they do not prevent conflict from happening in the first place.

In order to understand what creates conflict and what prevents peace, we have to look at the origins of conflict at the primary prevention level in the way we have been conditioned to think and act and how this creates war — from the playground to the battlefield. That is what this exploration is going to reveal.

What are the first questions we need to ask to begin this exploration of the origins of human conflict?

Are we genetically born to bully?

Are we biologically hardwired for war?

Is war encoded in our DNA?

“Most honest combat vets will tell you, in their own way, the same thing – essentially that combat is in our human DNA and demands to be exercised. The question is, can we humans evolve peacefully, or will we succumb to instincts in our DNA that we can’t transcend?”

– Quote from a former Marine Corp helicopter pilot in Vietnam



Look at above drawing of cave creatures depicting how they likely fought thousands of years ago. They believed they had to fight to maintain control over their access to food, and what they considered their own territory.

Is this biologically built in their genetic structure?

Is it survival of the fittest?

Are they and we programmed to defend against who and what we consider our enemies?



Look at this photo of soldiers fighting recently. They wear uniforms and use advanced weaponry, but otherwise they don't look much different from the cave creatures.

We humans are still fighting over territory and beliefs, using weapons that kill. Our ancient ancestors left us a chain of war-like behavior that we have inherited. Is this still our biological bully brain being in control?



Look at how our weapons have developed over centuries. They all are capable of killing and maiming, but today we can send a weapon through the air, to a location thousands of miles away – just by pushing a button.



Those who are required to push the buttons go home at night after work and never see the reality of the war ignited.

Do we want to continue passing our war-like footprints down in time to the people who follow us in the years to come?

Or do we want to break the chains of the ancient warriors who preceded us?



We cannot separate ourselves from our footprints or shadows, and we cannot run away from violent feelings that are part of who we are. But we can learn how to understand conflict. Once we understand it, it changes – in our selves.

**The source of war is in our selves,
in each and every moment,
in the way we have been conditioned to think and act.**

IT ALL BEGINS IN OUR BRAIN!



My Brain



Planet Earth

**There are days when there's a war in my brain.
Could that be the reason we have war on Planet Earth?**

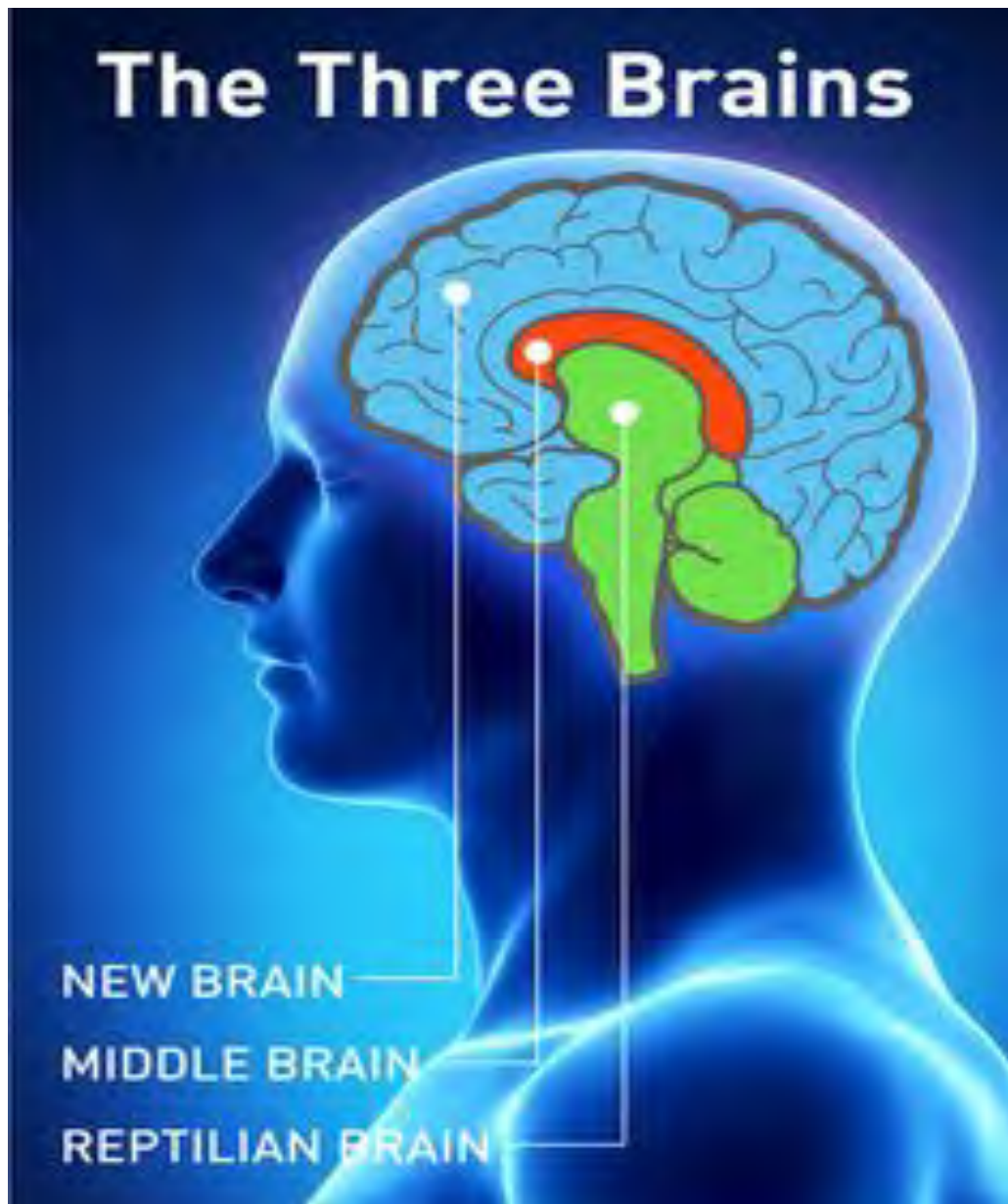
**The war in my brain is like having an ancient cave creature
or a real "live" bully in my brain.**

**If I can stop the bully in my brain from starting a war inside me,
will I no longer need to fight any war outside me – on the planet?**



**The human brain has evolved over time. Our brain today can do
much more than it could in the heads of our ancient ancestors.**

THREE PARTS OF OUR BRAIN



There are three parts to the human brain:

- 1) Reptilian (old, habitual)
- 2) Mammalian (emotional, middle)
- 3) Neocortex (new, thinking)

1. Our Reptilian Brain



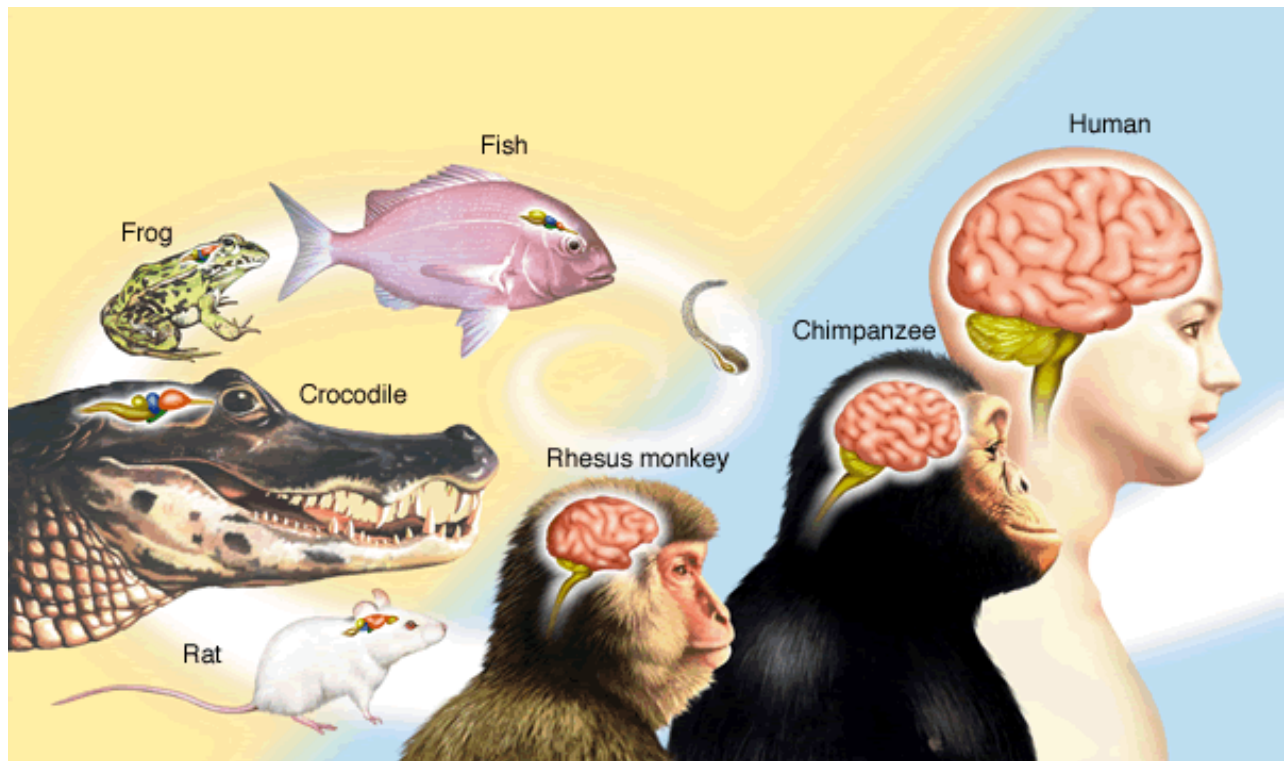
Our Reptilian brain is the oldest. It controls our breathing, heart rate and instinct – also our primitive sense of territory. It helps explain why anger is difficult to control, because it's often the result of feeling threatened, or of someone trying to take away something we think is ours.

Our Reptilian brain knows that we need to eat, drink and sleep – and when to practice helpful habits in order to survive.

So, we need our Reptilian brain.

We actually would not survive without it!

2. Our Mammalian Brain



Our Mammalian brain developed after the Reptilian brain. It regulates all of our bodily activities and transmits information to our muscles and organs. It's the center of thought, memory and emotion, responsible for development of human language, abstract thought, imagination and consciousness.

It makes value judgments: "That's good!" "That's not good!"

Our Mammalian brain strongly recognizes danger, based on past experience.

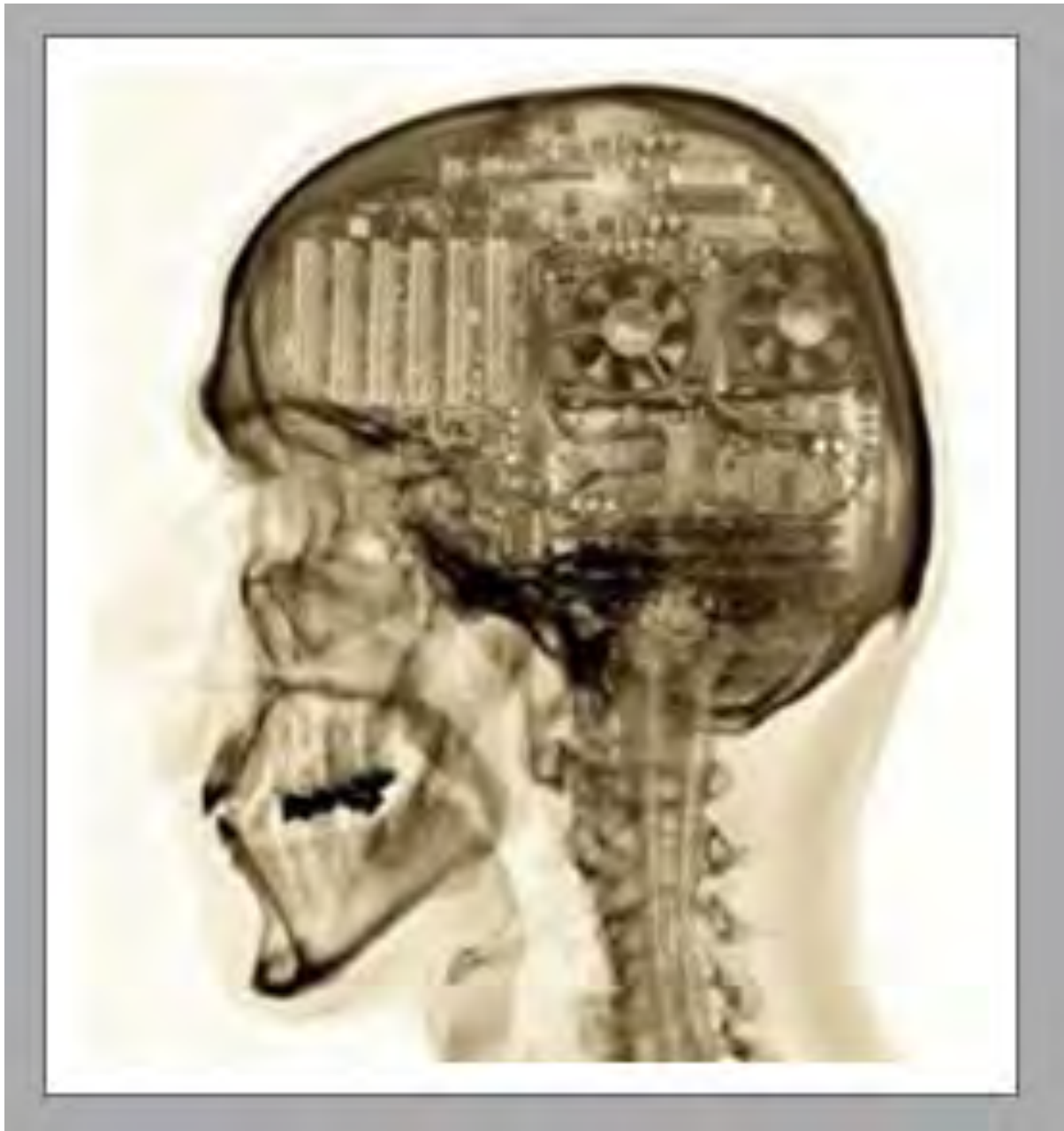
It makes us consciously aware of of our self in relation to everything around us.

3. Our Neocortex



Our Neocortex is the upper part of our brain that has grown a lot since we humans were cave creatures. It takes up two-thirds of our total brain mass! Our Neocortex allows us to invent and create! It has the capability to control Mammalian emotions and Reptilian desires. It is the rational part of our brain, and the one that distinguishes us from animals.

You would think that our Neocortex would overpower our Reptilian and Mammalian brains' *instinctual impulses*, but it doesn't always!



Our Three Brains operate like interconnected biological computers.

When the three parts of our brain work together perfectly, we have a sense of balance, and are at peace.

Problems arise when our Reptilian biological brain takes over the others, which it sometimes does.

EVOLUTION OF THE HUMAN BULLY



Hunting for food, cave-creature style.



Shopping for food today.

Early mankind used sticks and clubs to hunt for food. Today we don't have to do that. We head to a grocery store.

Today we still have bullying and war, but people fight about things other than having enough food to eat or a safe place to dwell.



Today people still fight when they get angry, feel disrespected or hurt or have an opinion that's different from someone else's. Bullies are people who became bullies because they themselves were bullied.

But what is now known is that we are all born bullies. Bullying is built into our brains and, when left untended, we can become adult bullies who fight in wars.



Human beings go to war when they become fearful of others. Bullies are people who become warlike because they are afraid – of another group of bullies who might take over their territory or impose conflicting beliefs on them.



**In today's world, the fighters have gotten younger and younger.
Children are fighting our wars.**

Physical skills are not enough to stop a bully or prevent a fight.

How do we NOT fight so everyone wins?

THE IMPORTANCE OF DIRECT OBSERVATION

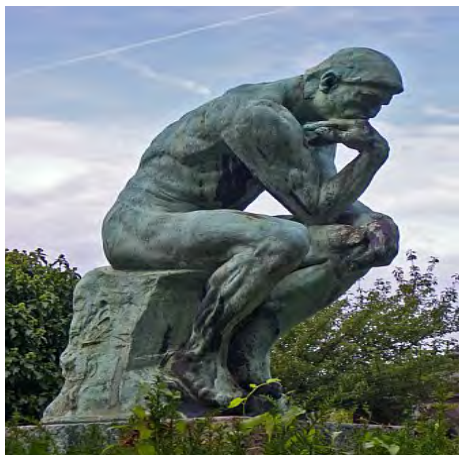
There are lots of opinions in the world today – on TV, in social media, in newspapers, magazines – everywhere you look. We especially are aware of them during political campaigns.



Our **Reptilian Brain** focuses on our primary needs. “Food!” “Drink!” “Sleep!”



Our **Mammalian Brain** provides conscious awareness and emotional response. “That food is good!” “I want it!”



Our **Neocortex** gives us the ability to think things through. This is the artist Rodin’s sculpture “The Thinker,” which represents human beings as thinkers. “I think I can make a difference in the world.”



Direct Observation allows us to see things – right here, right now – in the moment – without relying on any older information provided by our three-part brain. In other words, it allows us to think for ourselves!



Our brain is a machine with lots of conditioned cogs and wheels! Instead of operating from Direct Observation, most of the time we react with programmed conditioned ideas and emotions that are not always based on the truth.

**We have all felt threatened by something or someone –
and we often discover that the threat we've imagined
turned out to be NOT REAL!**

**That's because of the conditioned cogs and wheels
in our mechanical brain!**



**Are our brains just machines that are programmed for war?
Is it possible to actually be aware of this?
Can we see that conflict is not a problem to be solved –
that conflict is a reality to observe?
Once we observe it, conflict can stop in that very moment!**



**In that split second when you are in that “Oh!” observation mode,
you are no longer in conflict!**

THE POWER OF A PAUSE



When we ride our bike, or travel in a car, we often need to stop at a stop sign or traffic light – to look and listen. This stop creates a pause. It's a pause in which we become extra alert – our senses seem to heighten as we look for pedestrians or oncoming traffic.

In the same way, when a conflict arises inside us, this is a good time to take a pause – for Direct Observation!

1. Think! How do I STOP this conflict inside me?
2. Can I STOP this conflict from growing?
3. Can I observe and understand what the conflict is about?
4. If my conflict is with another person, do I understand that person's perspective?
5. Can I remember to STOP anytime I get upset or angry and remember to directly observe the situation?

TWELVE WAYS TO WALK AWAY WITH CONFIDENCE

No matter how a conflict starts, we CAN stop it before it starts. There are 12 basic ways to do this – and be able to walk away with confidence if and when you are approached or harassed by a bully.



MAKE FRIENDS. Treat the person with whom you are in conflict as a friend instead of an enemy. Do something different!



USE HUMOR. Have fun, if you can, rather than making fun of the bully.



USE CREATIVE IMAGINATION. Pretend you are sick, you have poison ivy, you have an infection.



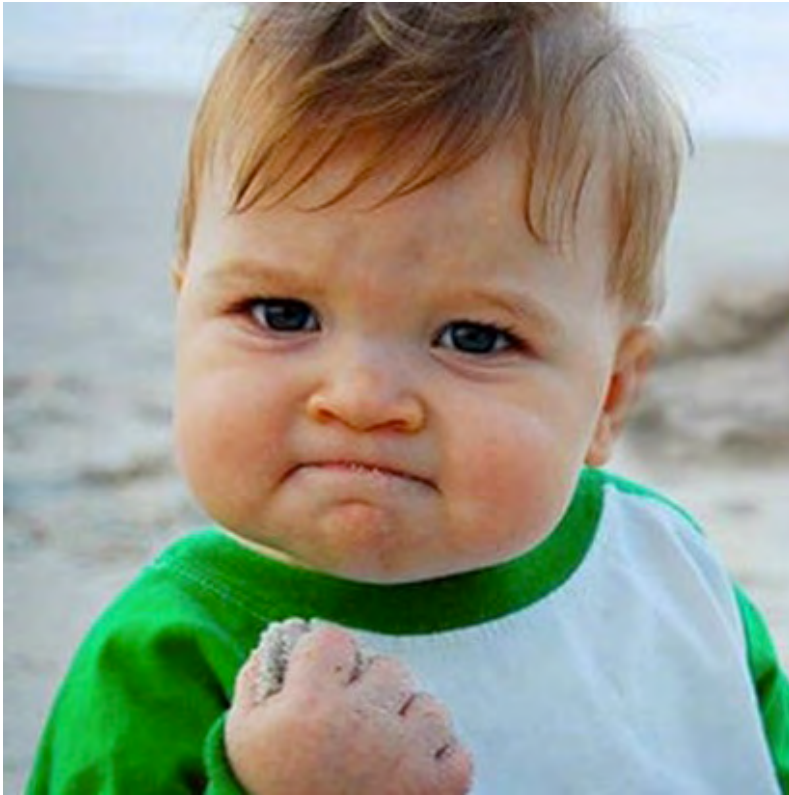
WALK AWAY. Don't get into it. Walk away.



AGREE WITH THE BULLY. If a bully insults you, agree with him/her. Observe and let it go.



REFUSE TO FIGHT. One way to stop a fight is to NOT fight, no matter what happens.



STAND UP TO THE BULLY. Follow your instincts. But prepare to move away.



SCREAM/YELL. A good shout or yell can shock and distract a bully, giving you time to get away.



IGNORE THE THREATS. Like walking away, you stay calm and move away.



USE AUTHORITY. Call a teacher, a police officer, a parent. This is not being a coward; it is stopping violence before it begins.



REASON WITH THE BULLY. If you're a good talker, talk it out. If you stay calm and act friendly, you might convince the bully to not hurt you. But be ready to get away.



PREPARE TO FIGHT. This is a last resort. The bully may feel threatened by your willingness to protect yourself.

CONFLICT COMES FROM CONDITIONING



Gaining knowledge is a good thing.



Understanding is also a good thing. It comes from direct observation of not only yourself, but also another person.



These two people are arguing over who's right and who's wrong. Their heads are full of the knowledge they have about what they believe is "right." But their heads are too full to see or understand one another's point of view. These two people may be intelligent, but they do not know how to solve their differences!

**We humans are conditioned to believe
that knowledge can solve all of our problems.
In fact, knowledge can do the opposite.
It can divide us and create conflict!**

Our Neocortex can create images we *believe* are true.



"Hello, I'm a happy image."



"Hello, I'm a scary image."

These images convince our old Reptilian brain that they are real! But they're not! WE created them! Our Reptilian brain does not check up on the Neocortex's images – it just accepts them as real!

It's ultra important to empty our mind of information that keeps us from seeing what's really real!



**“You are right about me being a nerd. It’s what I do best!
So, would you like some help with math homework?”**

**When a bully calls you an ugly name, or threatens you,
UNDERSTAND that the bully feels powerful calling you a “nerd.”**

**Once you understand, you can use your mental strength
to not hurt back, run away, or fight.**

**You can STOP! LOOK! LISTEN! to your feelings –
and NOT act on them! And come up with something different!**

SEEING THE WHOLE PICTURE



If you've ever looked through a piece of carved crystal glass, you know it's like looking through colored glasses. If you look at one angle, things look blue. If you look at another angle, the very same thing can look red.

This is often how people sometimes reach different conclusions although they are looking at the very same thing.



There are "experts" in the world today – or simply any people with differing opinions – who can all look at the same person, or the same situation, and see someone or something different. It's because we look through different-colored points of view.

THE IMAGE OF ENEMY

What is “an enemy”?

We have conditioned images in our minds of “the enemy.”



Is it a “friend” with whom we’ve had an argument?



Is it a football team from another school?



Is it people from another country?







Is it people who practice a different belief system?

These images usually consist of strangers as well as people we know who think differently than we do.

**Long ago, cave creatures lived in tribes.
Here are flags of the tribes of the modern world.**



Are any of these “tribes” our enemy?



If we light up our Direct Observation abilities, we might be smart enough to notice that WE are the ones who create our enemies.

**This conditioning inside us
causes us to think of “others” as enemies,
which creates conflict.**

This separates us from other people instead of bringing us together.



Ancient Cave Creatures



Modern People

**We are conditioned to believe that our own independent groups –
community, countries, nations, civilizations –
will provide us with physical and psychological security.**

**But we are all in competition for the same thing:
our own group's survival!**

THE FIGHT INSIDE IS THE ONE TO STOP!



**Just as clouds sometimes block the sun, sometimes we need to clear
the clouds in our personal lives in order to see things more clearly.**

GETTING TO THE ROOT OF OUR FEAR



Most fights start when someone feels afraid – of something, or someone, of looking silly, stupid, being wrong or being expected to do something we don't want to do.



Some people get into a fight with a person perceived as “different” in some way.



We need to perceive people “different” from us in a new way – we need to observe how we are the same.

FIND YOUR EMPTY SELF. When fear exists, it's important to find your "empty" self – the self you find when you sit and "clear the clouds" from your mind – so you do not react to someone or something who is trying to trigger a fight in you.



MAKE YOUR MIND LIKE THE MOON. The moon, especially when it's full, shines its light equally on everything below it. When we shine our mind on everything around us, we can develop an **UNDERSTANDING** of our thoughts and feelings, and then the fight inside us tends to disappear!

PEACE CALLS FOR NEW INSIGHT



CHANGING DIFFERENT TO THE SAME.

Think of someone you know who you think is very different from you. Name three things you have in common with that person.



TUG OF PEACE. You've probably played a game called "Tug of War" sometime in your life. Have you ever played "Tug of Peace"? Kids sit in a circle and make a circle with a rope lying in front of everyone. Then everyone picks up the rope and pulls – everyone at the same time – so you all stand up together. There's no loser in this game. Everyone wins.



“ACT FROM” VS. “REACT TO.”

When we react to someone else’s words or actions rather than act from what we understand inside us – we aren’t thinking for ourselves.



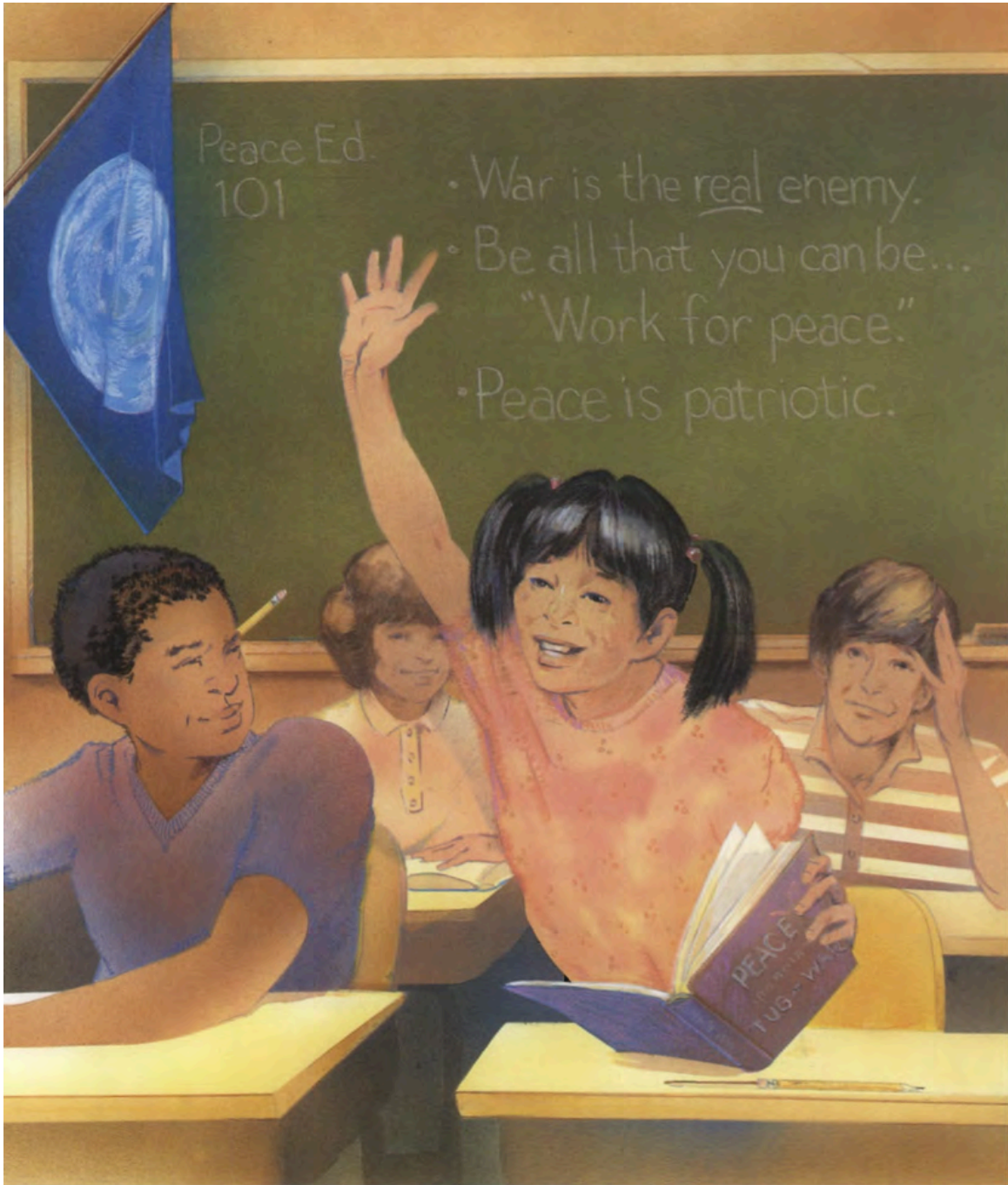
When we can take ourselves out of a deeply ingrained, single-minded way of doing something – exactly the same way it has always been done – we are thinking for ourselves.



Understanding and recognizing another person’s thoughts and feelings is a sign of respect.

Respect is the act that conquers fear.

**Power is the ability to understand my self
and demonstrate respect for others in the world.**



WHAT WE NEED TO OVERCOME FEAR

To overcome fear, we need to recognize how we've been conditioned!
There are three kinds of conditioning:



One form of conditioning is **biological**. We are driven to eat, drink and sleep — our bodies crave these things to ensure our survival. We don't have to think about them! They're habits! **"I'm hungry!"**



Another form of conditioning is **physical**. We have to work to keep our bodies in shape via stretching, bending, working out. We "condition" our muscles to get used to our exercises. **"My legs are killing me from the treadmill run!"**



The third form of conditioning is **psychological**. This is training of the mind — behavior we've been taught, over and over, until it becomes a habit. We think about this behavior when we first learn it; later, hardly at all. **"I stop for a red light — anywhere!"**



Our psychological conditioning – the way we’ve been trained to think – can create conflict in our lives. Maybe we have chores to do and don’t want to do them. Maybe we’re angry about something and can’t seem to get rid of the anger.



If we can learn how to stop the little “wars” inside us....



...perhaps we can learn to stop the bigger ones outside us – and even greater ones all over the world. Remember, we are the world, and the world is us.



If you are **AWARE** of your own past conditioned thinking, right when it arises, it can be undone by **NOT** acting on it!



KNOWLEDGE comes from our collective past. It can trigger an automatic programmed reaction, based on our conditioning.



INSIGHT is immediate! It can dissipate any conflict that comes from this automatic programmed reaction. It allows you to “act from” your own experience – right in the moment!

THE THREE WAYS WE COMMUNICATE:
We explain, we offer examples, we experience in the moment.



EXPLANATION:

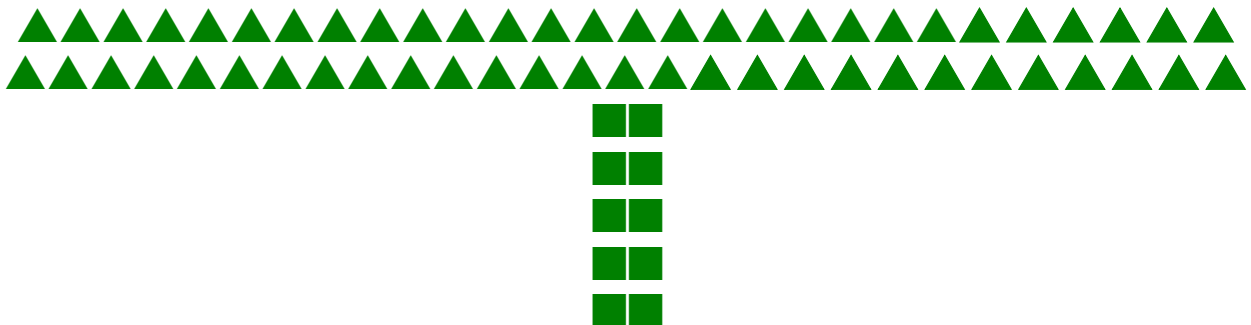
I explain what I'm doing.
Using thought, I have foresight!
But I cannot end conflict by explaining,
because I am caught in thought.
Explanation is enhanced by foresight —
knowledge is gained by looking *forward*.

EXAMPLE:

I offer an example of what I'm doing.
Knowledge based on looking backward.
I possess hindsight! But I cannot end conflict,
because I am caught in thought.
Example comes from hindsight —
knowledge gained by looking *backward*.

EXPERIENCING

I am experiencing what's happening right here, right now.
Something's happening, and I'm in the moment.
Since I'm not caught in thought, there is insight!
Insight comes from looking *inward* — inside yourself.



EXPLANATION is necessary in life,
to describe what we need in order to communicate.

Being able to provide **EXAMPLES** is also helpful,
to recall what we've done in the past,
and use it to further our knowledge.

But in the moment,
when we need to act rather than re-act to our conditioned selves –
insight, which comes from **EXPERIENCING** is what helps us survive!



Some knowledge is useful; other knowledge prevents us from seeing
WHAT IS – in other words: the truth.

Staying in the moment, being aware of everything and everyone
around you, makes you safer than relying on old thoughts that might
not be true.

What creates conflict is fear!

49

Being aware that this is true helps stop a new conflict from arising!



Our old (Reptilian) brain cannot tell the difference between a real threat and a supposed threat. So these groups are ready to fight with each other based on ideas that are NO REAL DANGER!



The danger exists only in their minds.

SOME THREATS ARE ONLY FALSE IMAGES!



**It appears that our brains are “hardwired” for war.
We’ve likely inherited this tendency from our cave ancestors.**



**As a result, we fear people who are “different” because we believe
that this will somehow help us, and our group, survive. But does it?**



In today's world, isn't the opposite true? The more we think of "different" people as enemies, the less safe we become?

**When we can see through differences that separate us,
and understand them —
it becomes instantly possible to be free of those differences —
right there, right in the moment!
It's as quick as that!**

**If you refuse to fight, no matter what —
there will be no fight!**

ETHNOCENTRISM: Overcoming Tribal Thinking



Think of a group you belong to.

Does your group have qualities that make it different from other groups?

Do you see any kind of “conditioned” thinking in your group?

Does your group tend to see people outside the group as “different,” “wrong” or unacceptable in any way?

What happens in your mind as soon as you apply a label to any individual or group of people? Do they suddenly appear “different” to you, instantly separating you from them – perhaps making them a kind of enemy?

**Conflict is a war that starts in our mind
and then heads out into the world —
from the playground to the battlefield.**

From the playground...



...to the battlefield.



In today's world,
it appears that war will always exist
because we humans give in to ancient instincts
that we cannot seem to transcend.

But a journey of a thousand miles begins with a single step...



in understanding what prevents peace.

What is your first step?

HOW TO STOP A FIGHT: In One Easy Lesson



“Oh, my gosh! I’ve been conditioned to think that kid is stupid. Was I ever wrong about that!”

**The way to stop a fight
is to become AWARE of your conditioned thinking.
It’s that simple!**



“What you said reminded me of something my father once said, and it made me angry. Didn’t mean to get upset.”

The second you SEE your conditioned thinking,

the fight inside you stops.

GENETICS



Here is a daughter, who has clearly inherited a lot of her mother's looks.

Genetics is the science of heredity and variation in living organisms – like human beings! We inherit traits from the genes of our parents, and other ancestors.

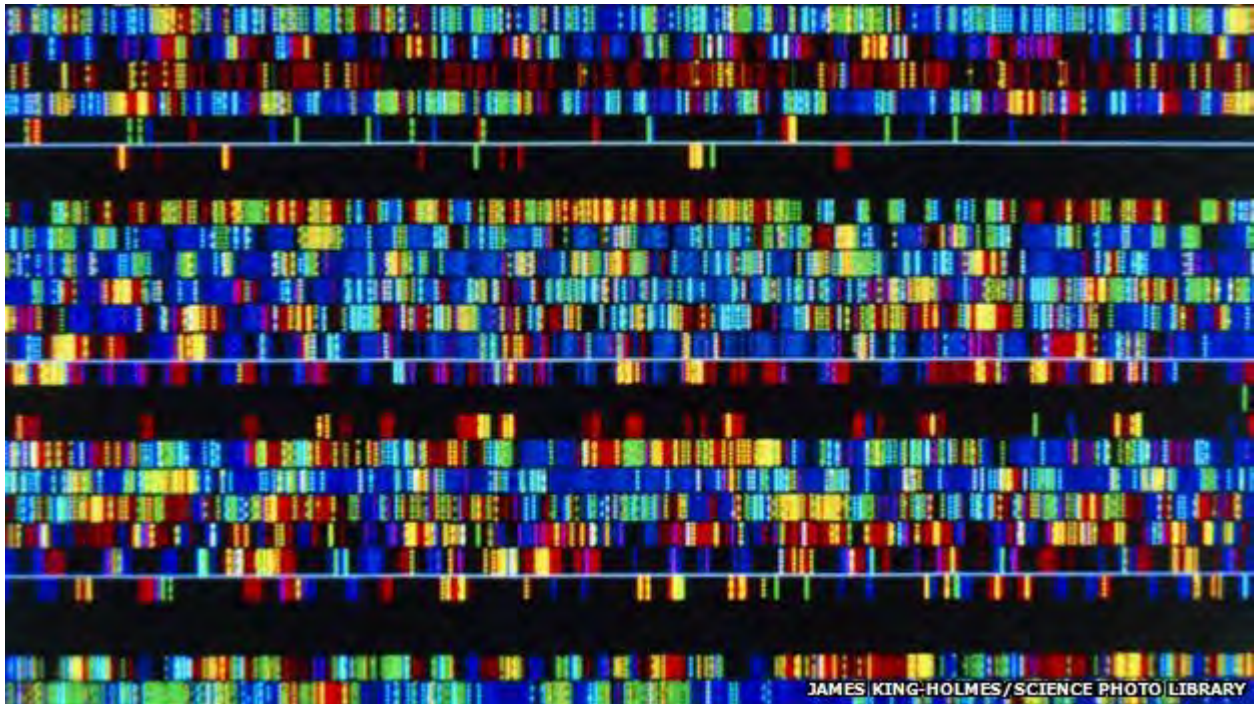
EPIGENETICS



Epigenetics is the science of changes in our genes – these are changes that do not involve our genetic code, but happen anyway. For example, lifestyle choices such as smoking or eating too much can change epigenetic marks on our DNA that cause genes for obesity to express themselves strongly and genes for longevity to express themselves weakly.



Good news: Current thinking is that if you remove harmful environmental pressures, stop smoking and/or eating too much, those epigenetic marks will eventually fade, and your DNA code will, over time, begin to revert to its original programming.



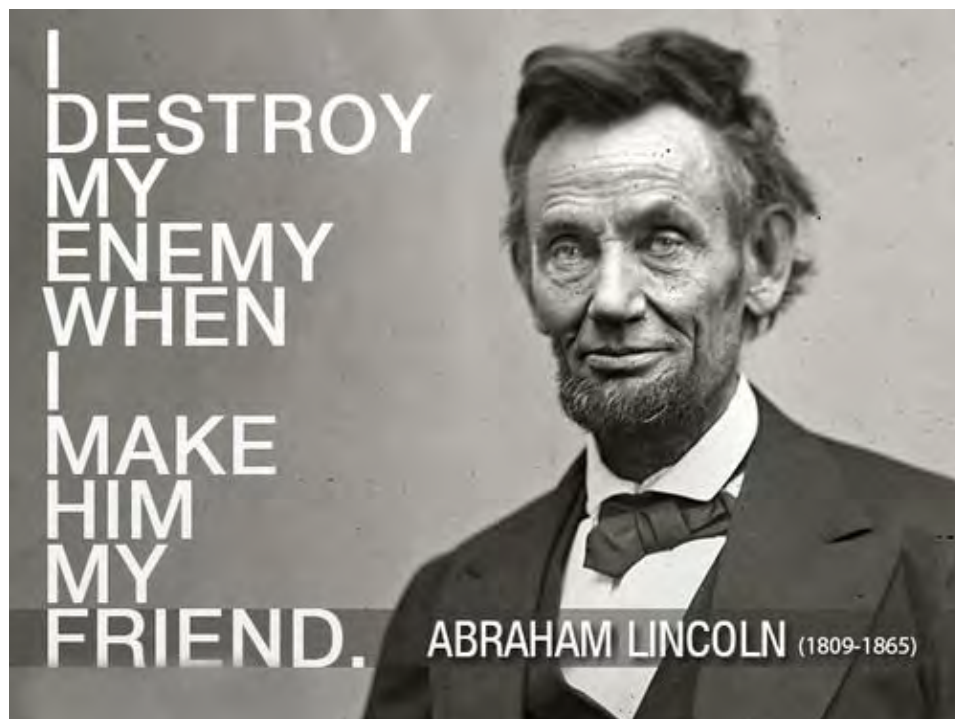
Every cell in our body contains a set of about 24,000 genes. Life experiences — from toxin exposure to physical affection — can alter gene expression in powerful and sometimes reversible ways.

BULLYING SOMEONE can alter that person's genes. It can change the structure surrounding the victim's genes and hinder his ability to handle stress later in life.

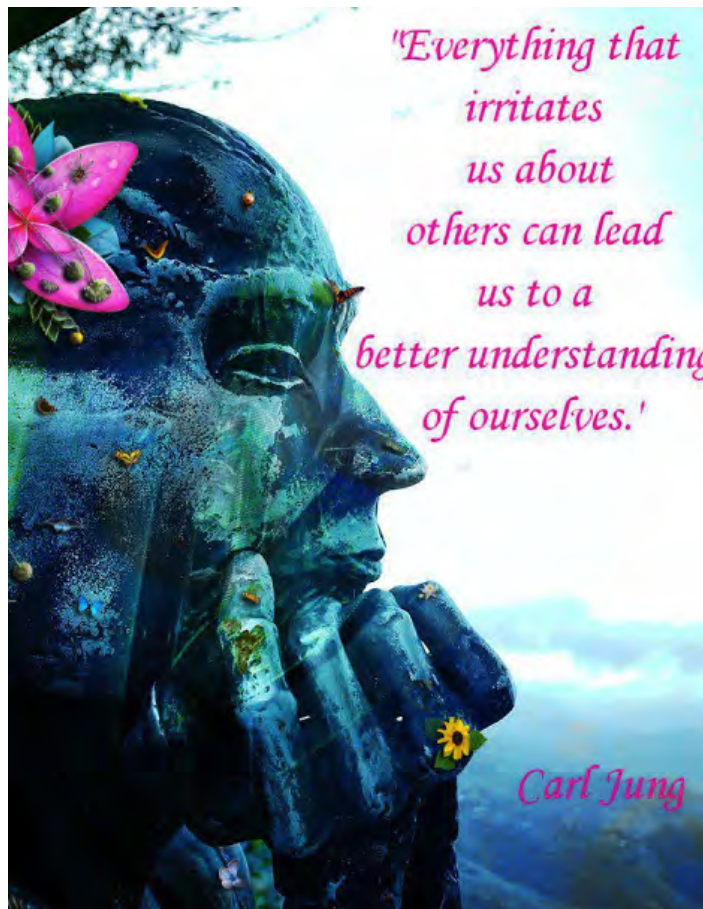


Knowing that epigenomes can change the expression of our genes, it's possible that a person, prejudiced by ancestors and history, could be altered to a more productive outlook by living in an environment of intelligence and new thinking.

This means that a destructive view can be changed to a intelligent view – an “enemy” turned into a friend – and years of prejudice against a particular group can end – within one generation!



Turning Destructive Thinking Into Intelligent Action



By changing our mental, physical and psychological environment – through intelligent exploration – we can affect our genetic structure in a constructive way.

Some scientists say:

- 1) The ways we think and respond to our environment – what we learn and what we pay attention to – shape our brains and alter how we think.
- 2) Whenever our brains are activated by violent images, our thought cells start to change. They take in more chemical energy and re-do our nerve endings and receptors.
- 3) How we live, what we see, what movies and television we watch – all of these have an effect on our genetic structure.



**Conflict is a struggle that grows out of opposing forces.
If two or more groups, organizations or forces are not in
conflict, there is no battle!**

**Respecting your own thoughts and feelings,
as well as the thoughts and feelings of others,
by stopping to think before you act —
conquers your fears!**

ENEMIES AND HEROES: DO WE NEED THEM?



Is this boy a hero or an enemy? How can you tell?
He's likely a "hero" to some and an "enemy" to others.



George Washington, the first President of the United States of America, was a national hero to Americans, but also the greatest military enemy to the British.

**"The enemy" is an illusion.
It's a figment of our imagination – a creation in our own mind!**

THE NIGHTMARE OF A REAL VIDEO GAME

There are soldiers based in Las Vegas, Nevada, in the U.S., who man armed drones – unmanned combat air vehicles. In other words, they fly without pilots. These vehicles can be used in helpful missions — for example, to search for people who may be lost in the wilderness. But the U.S. Air Force uses such drones to fly 7,500 miles to and over Afghanistan to kill people they don't know who are called “the enemy.”

They do this on what look like video game monitors, except the situation is real. The drones can strike with precision with no cost to American lives. Planes can survey from up to nine miles above their target. The Pentagon is clamoring for more of these drones — smaller ones that are more difficult to detect.



Soldiers are told that their country relies on them to do this. When the soldiers start playing this real video game, they are IN the fight. But all they see is the bomb exploding on a screen. They do NOT see the results of the button they have pushed, because they are not there – where the bomb has exploded — they are thousands of miles away. And after “work,” they go home to their families and act as if what they did was just another day at the “office.”

One such predator pilot has said, “I pray. Everything else falls into place.” But nearly half of post-911 veterans have said these deployments — killing people they don't know thousands of miles away whom they call “the bad guys” — have strained their relationships with their spouses, and a similar group reports problems with their children as well. Many suffer what's called “post traumatic syndrome,” meaning they suffer from the real effects of being in combat even though it's only like a video game.

Sixty percent of these soldiers use such words as “lousy,” “eye opening” and “nightmare” to describe their experience. Can you imagine killing people you don't know thousands of miles away, because you were told they are “bad guys”?



Winning war video games can help you imagine that you can become a hero by joining the Armed Services. But isn't working out differences easier than fighting a war?

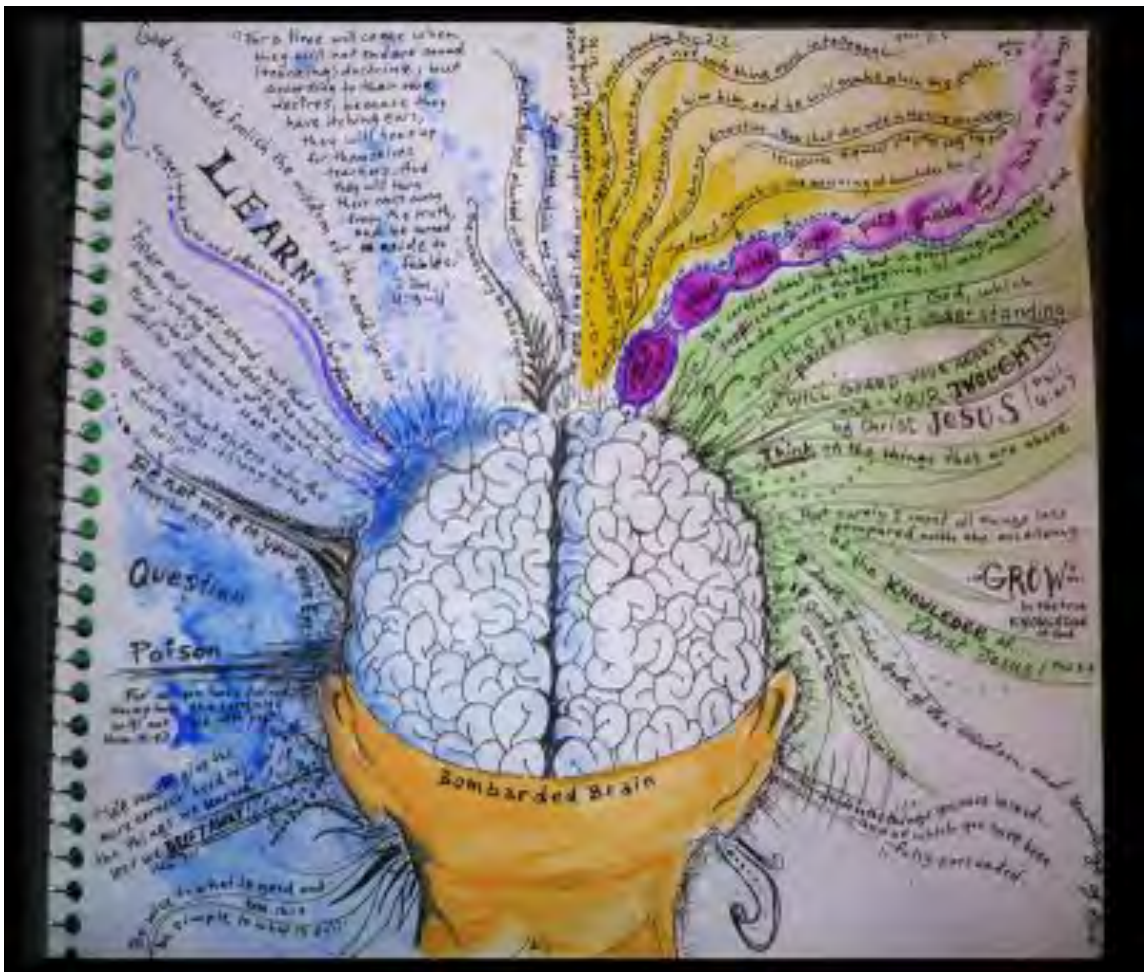
**When confronted by what we perceive as a threat,
our Reptilian brain awakens, ready for battle!**

**It kicks into gear, ready to fight a person or group
it perceives as a danger to its survival.**



**"I am ready for combat," says the Reptilian brain.
"Let's fight!"**

Our brain, on automatic pilot, stuffed with old information,
heads off to war — just as it's always done,
since before we were born —
with fears and beliefs inherited from generations of people
who were conditioned that way.



“Too much conditioned information!”

This old, outdated, conditioned information
continually re-loads into our brain,
even though it no longer works to ensure our survival.
It continues to activate our biologically hardwired brain
to protect us — even though it's not protecting us anymore.

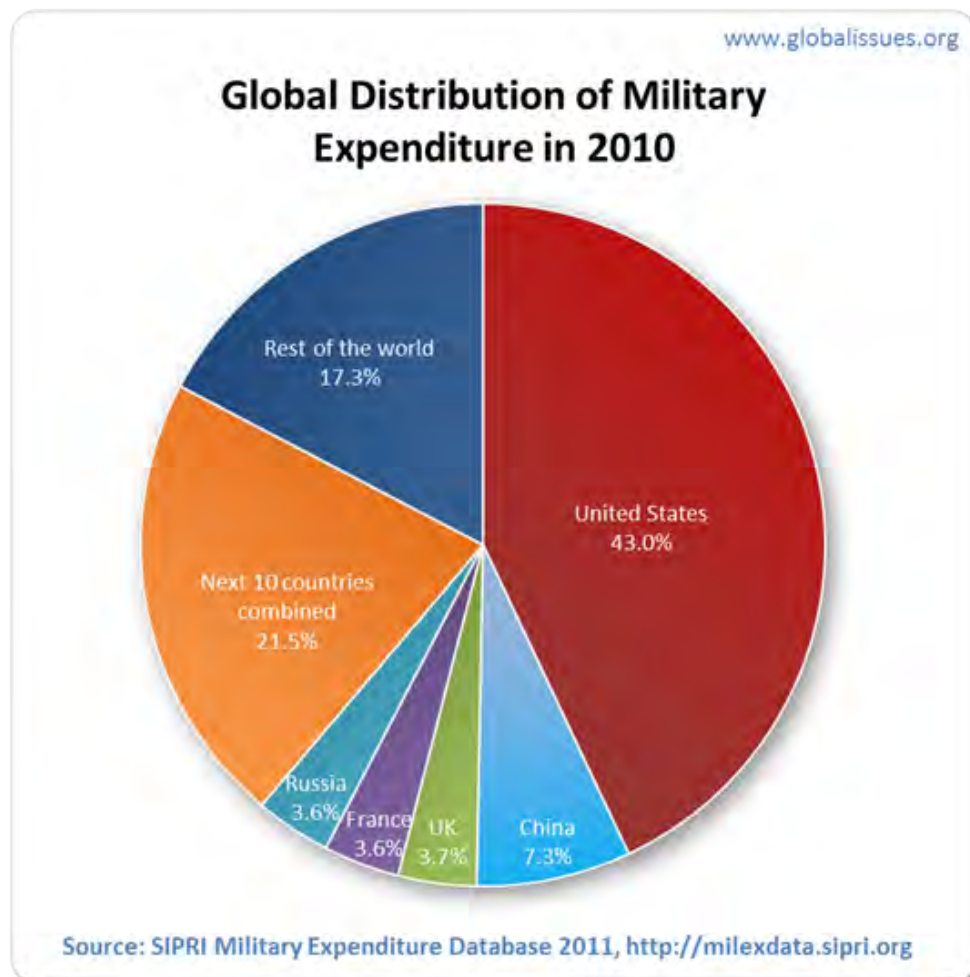
What prevents peace is this hardwired conditioning.
What creates peace is understanding.

WHAT WE SPEND ON WAR

In 2010, total dollars the world spent on the military was:

U.S., 43%
China, 7.3%
The United Kingdom, 3.7%
France 3.6%

The next 10 countries combined paid 21.5%,
and the rest of the world, 17.3%





**When we become AWARE
of how easily we are enticed
into siding with a group we belong to —
rather than think independently and globally —
we begin to improve our chances of learning
how to understand what prevents peace.**



Many people in the Middle East have a different concept of peace than people in the Western world.

People everywhere talk about how they *want* peace, but people don't seem to understand how it's being *prevented*.

ARE OUR BRAINS HARDWIRED FOR WAR?



“Am I born a biological bully?”

In war-torn countries, young boys pack sawed-off shotguns. They sleep with their guns as their older brothers fight on the front lines. They have friends whom their families consider “the enemy” because these friends fight on opposite sides.

When asked what these young children would do if they met their friend on the front line, they say, “I would kill him.”

People ask: How do friends become enemies?

**But the better question to ask is:
How can enemies become friends?**



- **A challenge for all of us is to not try to bring about peace, but to understand what prevents it!**
- **Work on understanding others whose perspectives and beliefs are different.**
- **Learn to see things as they are – without judging – just seeing what is, without judgment.**

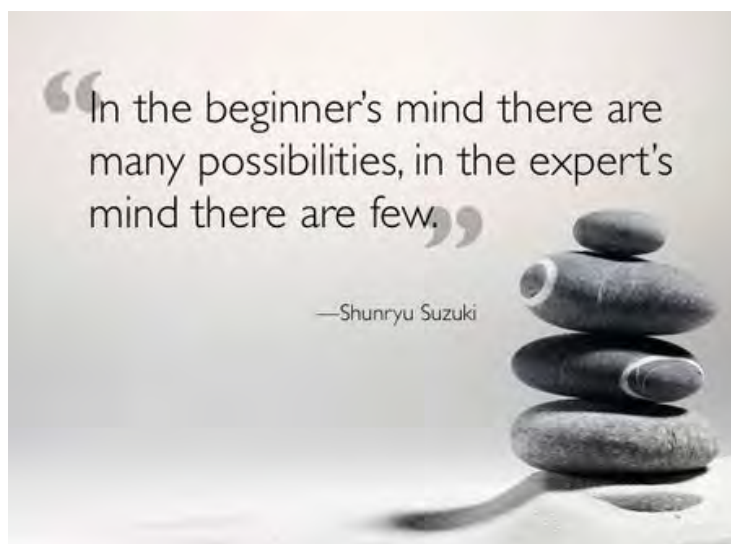
LOOK AT THE WORLD THROUGH THE EYES OF PEACE



Being able to **STOP** and **THINK** in the face of a conflict requires a strong mind — a mind that can think outside the box of conditioning.

Can you **STOP** and **THINK** anytime you catch yourself judging something or someone adversely?

We grow up listening to parents, grandparents, guardians, relatives, teachers, leaders, so-called experts and others who profess to have knowledge and wisdom. As a result, we aren't always encouraged to think for ourselves – independently.



Look at the world – everything and everyone in it – with a beginner's mind – a mind that thinks on its own.

Proprioception: Seeing What IS Without Judgment

**No matter who you are or where you live,
be sure to remember that
your real source of power is YOU —
your mind, your thoughts,
and your understanding of your own strength.**



**Because, in reality, we all have the same address:
Planet Earth**



**From this perspective,
there are no countries, no borders, no tribes, no groups,
no differences.**

YOU are in charge of ending conflict in your mind.

YOU are in control of stopping a conflict

that starts inside you.

COMMUNICATING WITHOUT FIGHTING



“My mind is open to new thoughts and ideas.”



**Sometimes there is way too much information “out there” –
and we get confused by it all.**

The Media



TELEVISION. There are “talk” shows and news broadcasts that attempt to bully us into thinking one way or another, as well as comedies, action adventures, soap operas and reality shows that can influence how we think and feel.



COMMERCIALS. There are commercials, magazine ads and billboards telling us to buy this or that in order to feel better, look better or be a better person.



SOCIAL NETWORKS. There are social networks where people post notices on home pages proposing thoughts and actions they believe we should take on.



VIDEO GAMES. There are video games that engage us in war games — some so real, you can feel your blood race through you as you play. Play? Is this really playing? It feels more like warring.



People. While we don't consider people in our lives as media, people at home, at school and in our community often can have a strong effect on how we think, feel and act.

**Minds are like parachutes.
They function only when they are open.**





The world is one village. This is the tribe I belong to.

- **In today's world, there have been many new changes — on the Internet, in technology, in the way people communicate.**
- **As a result, there are new opportunities for learning how to handle situations that put us into conflict, so we don't have to keep doing what we've always done – which doesn't seem to work.**

**We are a global village,
but we need to pay attention to our inner voice.**

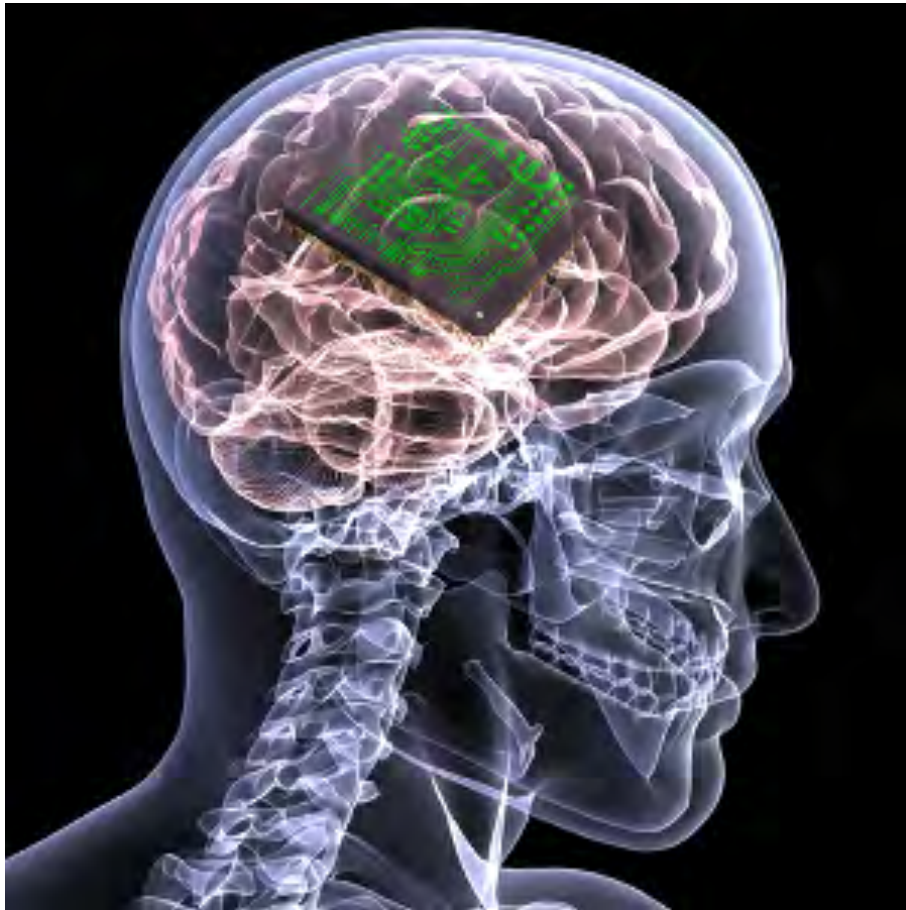
- **Keep dialogue a high priority at home, at school and in your community.**
- **Take that STOP moment when you find yourself in conflict! Free yourself from old conditioning!**
- **ACT based on your in-the-moment insight – rather than RE-ACT to someone else’s conditioned action.**
- **Action moves you forward; reaction takes you back to old conditioning!**
- **Be open to understanding your own conditioning as well as the conditioning of others.**
- **Get off the Sameness Train! Seek a new destination!**
- **Take the time to UNDERSTAND who and what is around you.**



**“I am aware of a new light
being turned on in my brain,
and I understand now that I don’t have to bully,
and that peace can happen in an instant — through insight!”**

PEACE – What Prevents It?

Understanding The Conditioned Mind



**ARE WE BORN HARDWIRED FOR WAR?
IS WAR IN OUR DNA?**

Part 2: We Are Living In A Dream

Most people believe that war is unavoidable and unresolvable – that war is “out there” in the world – somewhere outside us. We have been unaware that we may be born with bullies inside us – that the source of war is in ourselves – in each and every moment – in the way we’ve been conditioned to think and act.

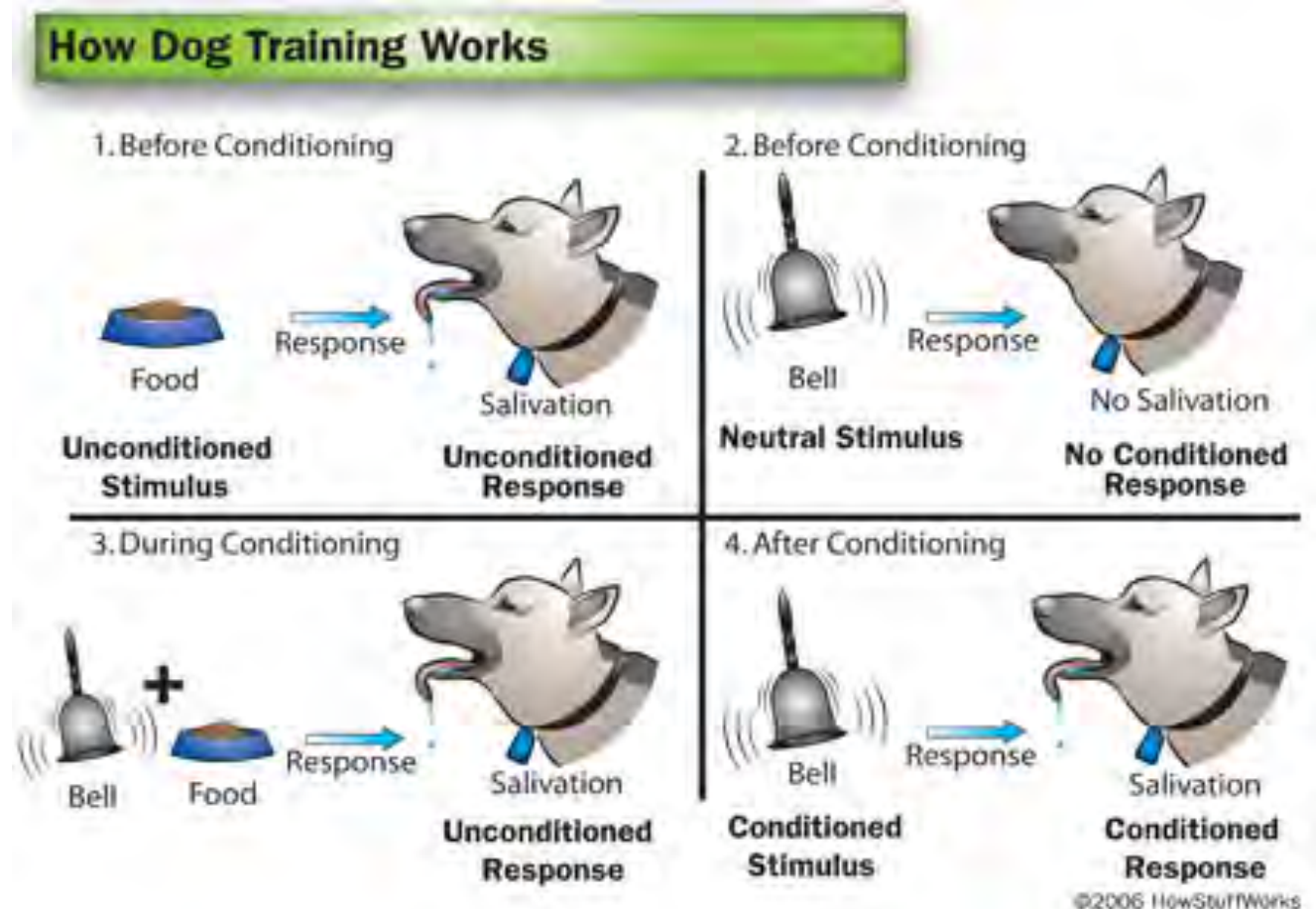
**Could it be the reason we have war on Planet Earth?
Is that where wars begin – in our brain?**



**If we can stop the war in our brain,
will we no longer need to fight any war on the planet?**

PAVLOV's DOGS

Have you heard of Pavlov's dogs? They were conditioned to salivate every time Pavlov rang a bell, which signaled to them that food was on the way.



**“The bell is ringing! That means food is coming!
I am conditioned to drool! Woof!”**

We are like Pavlov's dogs. When we fear certain actions by other people, it's like they are ringing a bell to activate the fear inside us. When we feel that fear, we either want to fight or run away.

Just as we've been "conditioned" to run away or fight, we may also be conditioned to believe that war is good for us – that we need to go to war, that we need to fight people we perceive as "the enemy."



This is a dream – a bad one – and we need to wake up.



When humans were cave creatures, this was true. Our primary instinct was to survive. Life was full of physical threats. If human creatures didn't protect themselves against each other, they themselves could be attacked. This was because they all needed to have enough to live, while there was little to share.

Today, we have fewer physical threats, but we still react to a threat as if it were physical.



Finding ourselves in a conflict situation in today's world we need to:

- **Think on our feet, and not get physical.**
- **Realize that if a conflict has developed, somebody is scared of something or someone.**
- **Recognize the fear, understand why it's there.**
- **Figure out an intelligent way of dealing with the fear.**

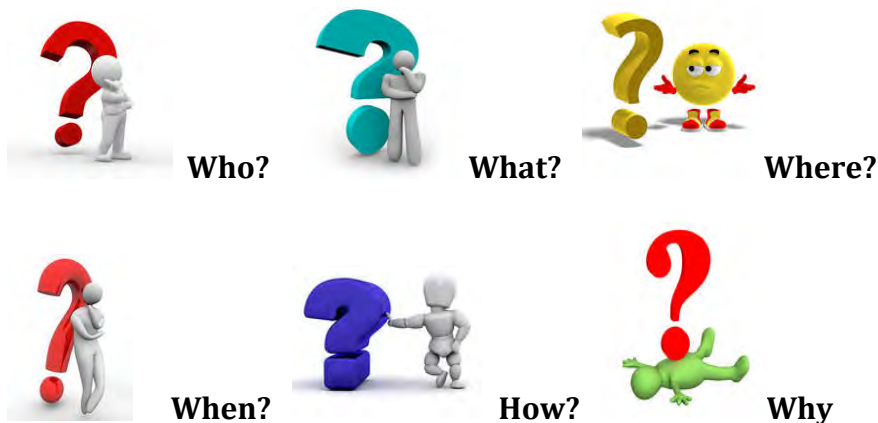
**We humans are hypnotized into believing
war is the right thing to do,
but the truth is that war is a nightmarish trance
that it's time for us to wake up from.**

SILENCE IS A WEAPON

The best way to understand a situation, or other people, or even our selves, is to think for **our selves**, and ask questions.



Not asking questions, we can wind up not understanding someone or something, and a misunderstanding can sometimes lead to a disagreement – or a fight. That's how silence can become a weapon.



MY CONFLICT EXAMINATION TREE



SYMPTOM(S):



POSSIBLE CAUSE(S):



WHAT I UNDERSTAND IS THIS:



MY PLAN FOR PREVENTION OF THIS CONFLICT IS:



Ask yourself:

SYMPTOMS: There's a fight inside me. What are the symptoms?

CAUSES: What are the possible causes of the conflict inside me?

UNDERSTANDING: What is my understanding about this conflict?

PLAN: What can I do about this fight to prevent it from going on?

GROUPS ARE GOOD!

There's nothing wrong with belonging to a group!

**There's a problem only when we believe
our group is better than another!
That creates a struggle.**

**Anytime there is a struggle between two opposing forces,
there is conflict.**



A Small Conflict



A Large Conflict

Being Aware of the Truth

Our five senses give us messages about the world around us.

By seeing, smelling, tasting, hearing and touching, we learn about people, places and things. Our five senses are our body's Input Center.



**But there is a sixth sense!
That sense is INSIGHT.
It's an "in the moment" awareness of your thoughts.**

After taking in information from our five senses, our sixth sense can tell us if what we're thinking is prejudiced by what we've been told before.



If I learn to understand that my survival depends on “insight” — on being aware of what thoughts may cause me to want to fight – I will see this before I fight, and then maybe *not* fight.

Our brain is our Command Center. It stores information and, based on the information we gather, we make decisions and take actions.



Our brain sometimes cannot tell whether we are living in a dream or living in reality. We have to check!

**(Five Senses + Sixth Sense Insight)
INPUT CENTER**



**(Brain)
COMMAND CENTER**



**(Thoughts and Actions)
OUTPUT CENTER**



YOUR BRAIN

Your brain can independently come up with new ideas! It is capable of imagination – and insight!

Your brain's insight helps you determine what you truly need to do to survive.

It helps you UNDERSTAND the wars in your head so you can figure out why they are there.

It helps you look at any group you belong to and THINK about how this group affects your survival.



The most intelligent group in the world is the one we all belong to: the human race on Planet Earth.

The Only Thing To Fear



**“If I put my head in the sand,
I won’t have to see what I’m afraid of.”**

**What is fear?
We know when we feel it, but where does it come from?**

**U.S. President Franklin Delano Roosevelt said,
“The only thing to fear is fear itself.”**



The only way to learn how to handle fear is to really look at it in order to understand what it does to you – inside your brain, to your senses, to your body, and your powers of observation.



When you are in conflict, or feel a fight coming on inside you, it's a sure sign that you're afraid of something – a thought, a feeling, an old memory, a person.

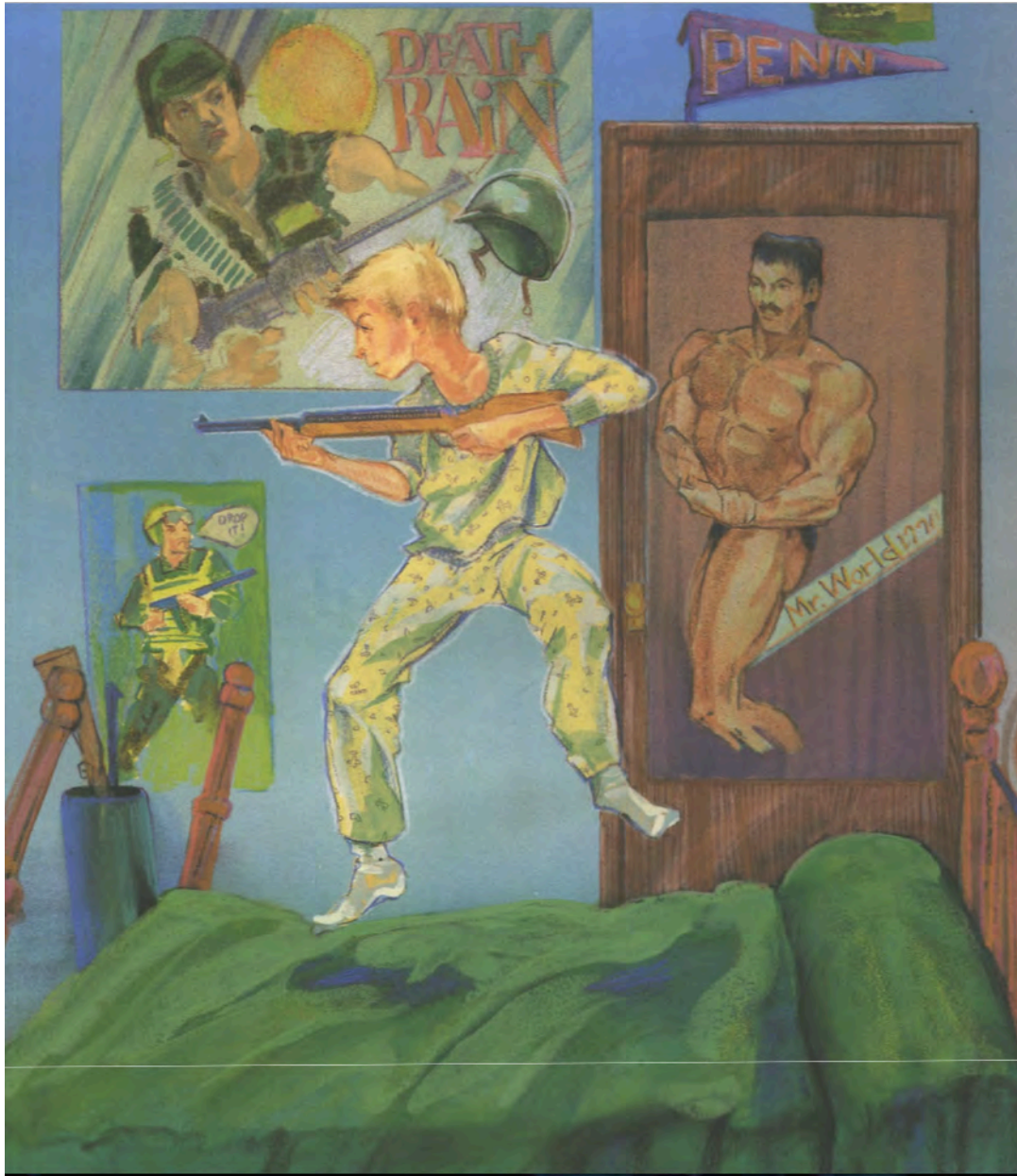


Face your fear! Look at what might be causing it.

**Most of our conditioning is based on fear –
fear of losing something,
or not surviving in some way.**



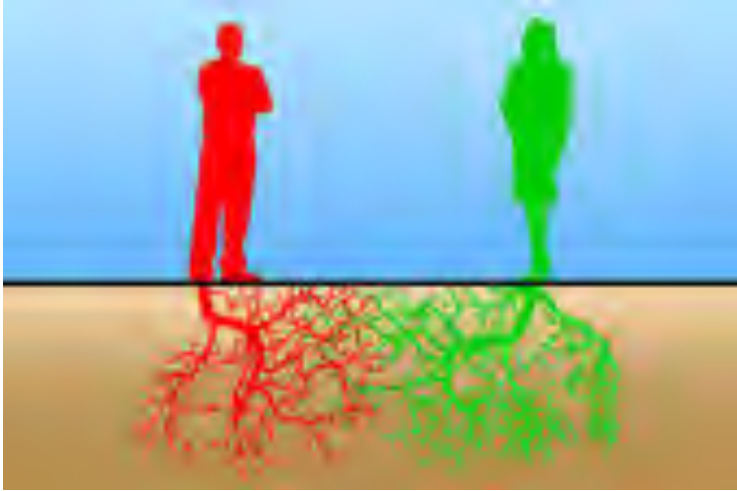
This is how conflicts begin.



This is how wars begin!

**How we communicate
depends on how we think.**

How Do We Create “An Enemy”?



We sometimes tag people an “enemy” when they are rooted in thoughts and actions that are different from ours.



Sometimes we can become our own “enemy” when we are torn between two rooted thoughts.

**In fact, the concept “enemy”
is a dream — a complete falsehood,
based on our confused view of what it means to survive.**

**The only enemies are the ones we humans create –
in our own minds, and in the world.**



What enemy did you create today?

OUR DRIVE TO SURVIVE

- **CONDITIONING** is psychological training to think and act in certain ways.
- It's something we've inherited from our ancestors, over millions of years.
- Conditioning is what we've been told to do – by parents, teachers, and so-called experts.



Some conditioning is helpful – like learning to eat and drink – brush our teeth and stop for a red light. This conditioning creates no conflict.



Some conditioning is harmful – like being taught to believe that some people are better than others. This conditioning creates conflict.

There are three forms of conditioning:



Biological. We are biologically conditioned to need food, water and sleep. This is helpful conditioning we do not have to think about. We are born with it.



Physical. Getting our bodies in shape takes work. We have to condition our bodies by exercising. Once our muscles are conditioned, exercises get easier, sometimes even effortless.



Psychological. This is conditioning of the mind – behavior taught over and over until it becomes a habit. We think about it when we first learn it; then hardly at all — like stopping for a red light.

Zombie Zone vs. Enlightened Zone



We all have a **Zombie Zone** – a mindless, habitual place we go to sometimes when we're afraid of something – it's almost as if we are sleepwalking and aren't really our selves.

We also all have an **Enlightened Zone** – a place in our brain that is open to everything and everyone around us, and tends to see similarities rather than differences.

For those of us who sometimes practice ethnocentrism – believing that one ethnic group is superior to any other – that's a time we are in our **Zombie Zone**.

Since we have not experienced everything there is to experience in the world, we are **ALL** ethnocentric!

This could be the reason for our lack of understanding of cultures different from our own.



Understanding Requires Awareness



It's helpful to question everything!

The battles you fight – with yourself as well as with others – don't need to happen if you ask questions and learn more about your thoughts, feelings and actions — as they happen!

The key is to be aware of destructive conditioned thinking — as it arises – right in the moment.



“Act on it!”

“Don't act on it!”

**And when it does arise,
it can be undone by NOT acting on it!**

EXPERIENCE!

Experience is based on what's happening to you right here, right now, in the moment. It can be an exciting moment, or a scary one. When something happens in the moment, you gain insight, by looking inside yourself – like this:



“I see what my brain is doing! It’s making me want to fight. The not wanting to fight can stop it by not acting on it!”

In the moment, when we need to act, rather than re-act, INSIGHT is what helps us survive.

**Insight is immediate!
It can help disperse any conflict-ridden situation
that comes from a conditioned reaction!**



**It can come up with intelligent action – in the moment!
“I see why that person is angry. I understand it,
but I will not fight back.”**



Challenge. Every day we get the opportunity to face a challenge — an invitation to the mystery of doing something new. This dares us to face what lies before us and to participate in a new adventure.



Discovery. Once new and different possibilities fill our minds, we begin to make discoveries — sometimes surprising ones — that come simply from looking closely at the world around us.



Awareness. Our discoveries lead us to new awareness — things we've not been aware of before. Our sharpened minds fill with new questions — sometimes questions that have no immediate answers. Some of the most exciting questions are not always answerable — they give us the opportunity to explore what they are pointing to.

**In a nanosecond (one-billionth of a second!)
we can find ourselves in the middle
of an in-the-moment experience.**



**Understanding what makes us react instead of act
is what AWARENESS is all about.**



**“Acting based on awareness
is going to be better than re-acting based on someone else’s thoughts!”**

**I need ONGOING AWARENESS
of how my thoughts have created or sustained a conflict.**

So, I have to keep on BEING AWARE!

Awareness Right Now vs. Living in the Past



**Living in the past is like living inside a still life painting.
Everything may look beautiful or comfortable,
but everything is stagnant.**

**Every day there are news reports of people who continue to fight,
sometimes for years, over something that happened in the past.
Why do we humans do that?**



**People of a certain group would say this is the work of freedom
fighters. People of the U.S. would say that this is the work of
terrorists. What do YOU say?**

Both “freedom fighters” and “terrorists” are afraid of something.



We, in our own lives, are like them – we feel threatened in some way and believe that we have to fight to survive – just as cave creatures felt when they would encounter a saber-toothed tiger.

Their fight was physical!
In today’s world, our fights tend to be psychological.

What we all want is a bully-free zone, where there is no conflict, no fighting, no war.



**Actually, that bully-free place does exist – or can exist.
That place is inside your mind.**



We need to:

Look at conflict as soon as it arises!

Pay attention to it in the moment!

Do not react out of it.



“ I see it!”

I SEE WHAT HAPPENED!



“He thought I meant something else!”

“She was actually right! I wasn’t listening.”



What we may perceive as “wrong” in our culture may be perceived as “right” in another culture.

**When we look at people through the eyes of peace —
eyes free of conditioning —
we all look the same.**

- We are biologically programmed to survive. It is an instinct.
- We join groups we believe will protect us and ensure our survival – clubs, community groups.
- We create enemies because we think doing so protects us.

**But creating an enemy
is an evolutionary error in the way our brain
has been hardwired for survival!**

Our brain did this a long, long time ago, because it thought that it needed to do this for its continued existence. There was just so much foodstuff for one group, so anyone from another group would take what the other group needed for its survival.



So “they” — the other group — became a competitor and therefore an enemy for what “we” — our group — needed to have in order to survive.

The need to create “an enemy” has been conditioned into our brain for so long that our brain still thinks it IS necessary.

**Enemies exist only when they keep being created
for what we mistakenly think is necessary for our survival!**

In today’s world, creating enemies THREATENS our survival!

**We can change this!
This can change if we become aware of it in our selves!**

**Utilizing our “insight” — we look within —
and we see the conditioned thinking
that keeps our mind-set locked in place.**



**When we stop creating enemies,
bridges will have a chance to naturally form.**

EPIGENETICS

**If we were born to bully and have been hardwired for war –
with combat actually in our genes –
how can we change this?**



Genes are units of heredity in our bodies that normally reside on a stretch of DNA. They create a code of who and what we are.



Genes in our DNA

Epigenetics is the study of changes in gene activity that do not involve alterations to our genetic code, but still get passed down to at least one successive generation.

What this means is that what's encoded in your genes can change due to certain things that go on in your life.

Every organism, including humans, has a genome that contains all the biological information needed to build and maintain a living example of that organism.



Human DNA Strand

The biological information contained in a genome is encoded in its DNA, and divided into units called genes.

An “epigenome” sits on top of each genome in the body, and these epigenetic marks tell our genes to switch on or off.

**So, the question is:
Is it possible that an epigenetic mark
can switch off the “combat” gene?**



Human Genome Strands

- **If environmental factors such as diet, stress and prenatal nutrition can leave marks on our genes that are passed from one generation to the next – can fear of “the enemy” be passed from one generation to another?**
- **Is it possible that an intelligent education — one that questions our conditioning, both biologically and psychologically — can be created that stimulates a genetic change in our deeply held pattern for violence and war?**
- **Can the brain heal itself through awareness of its deep-seated fears?**
- **Could this mean that because of epigenetics, people’s memory could be improved – from one generation to the next?**

Could our brain light up with insight as a more intelligent environment is created in the world that would alter our deeply engrained pattern for violence and war?



My brain – lighting up with insight!

UNDERSTANDING CAN CREATE FREEDOM



**From the time we are born,
our brain is in a continual state of learning –
about ourselves, people and things around us, and the world.**

**As amazing as our brain is,
it isn't always good at adapting to present-day circumstances,
because it gets stuck in old patterns.**



“No! Cannot accept these new ideas!”

Our old brain demands that we stay secure and survive, and our new brain is influenced by our old brain to provide that security.

One of the ways our old brain convinces our new brain of this is to make sure we belong to a group. For example, people who live in one country are in a group and call themselves by a special name to signify who they are, as opposed to other groups that call themselves by other names that they identify with.

These people see themselves as “us” and other countries as “them.” This creates instant conflict!



“Yes, I belong to the Longbeards!”



“You Longbeards better stay off Baldhead property!”

When one group puts itself into competition with another – which was true of cavemen and is still true of modern-day businesses bent on getting the most for themselves and their group — the result is conflict.



“Yes, I’m the CEO of the Lancelot Company!”

“You Lancelots better stay out of our Bazooka territory!”

Understanding of other groups’ thoughts, feelings and beliefs can put an end to conflict before it begins.

Seeing similarities makes a difference.



“Those kids on that other continent look just like me!”



“That French company’s philosophy is very much like ours.”

**Peace can come about
only when we understand what prevents it.**



“Understanding is the key to peace.”

**You can unlock the door to your understanding,
starting right now!**

**We humans have a common motivation –
to survive.**

**The problem is that all of us who live on Planet Earth
have different ideas about how to survive,
and some of those ideas don't help us survive at all.**



**There are many ways we strive to survive –
within our family, among students and staff at school,
in sports competitions, participating in artistic endeavors,
as citizens of our country, and all of our hopes and dreams.**

**What we have yet to understand
is that stopping the conflict inside us –
which takes intelligence to survive –
only takes a moment!**



QUESTIONS TO ASK YOURSELF:

What are some factors that sustain conflict – keep it going, year after year, decade after decade?

What kind of conditioning do you think creates conflict between groups?



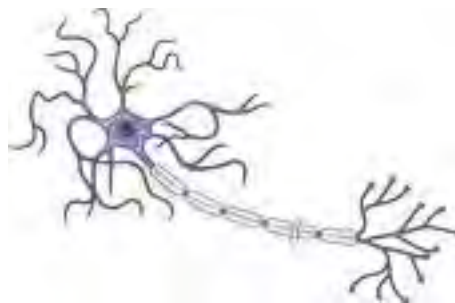
What kind of awareness do you need to deal with conflict situations in your life?

When we are exposed to so much violence in the world, do you think we're setting up an environment that physically changes our brain – by making it “good” at thinking violently?

Are we increasing the possibility that the next generation of children will inherit a brain that's physically adapted to warlike thinking?



The nerve cells in our brain get input and then create “dendritic” branches (extensions that conduct impulses) that spread through the brain.



Are we living in an environment that is conducive to creating dendritic branching for violent thinking?

Is it possible to realize this and to provide a more intelligent environment for creating dendritic branching for understanding?

PROPRIOCEPTIVE LEARNING!

**Proprioceptive learning has nothing to do
with knowledge or optimistic affirmations!**

**It cannot start in our brain, which is already wired.
It has to start in another way — more creatively!**

**Here's an example:
Proprioceptive learning came the moment
that the astronauts saw Planet Earth
for the first time from outer space.**

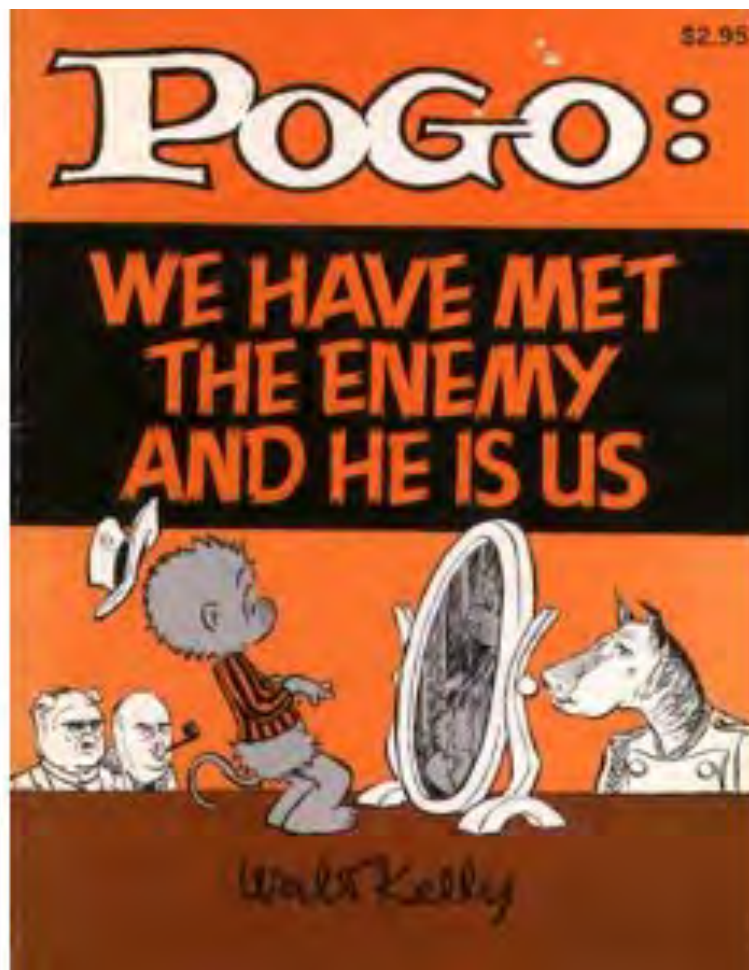
**Can you imagine that moment?
Nobody had seen it that way before!**



**They saw no boundaries, no fighting, no wars.
From a distance, there was nothing but peace and quiet.**

Proprioception is like a sixth sense. We use it when learning any new skill, like a new sport or art – or learning what creates conflict. Attention is required.

Proprioception helps us be attentive to the difference between our primitive old brain's misguided instinct for survival and our "in the moment" internal insightful sensitivity. They're both there!



Cartoonist Walt Kelly

Most people look at a conflict situation as a problem that needs a solution.

Looking for a solution requires us to rely on knowledge we already have.



“I have knowledge, but not about my current situation!”

But any knowledge we already have postpones immediate awareness! Deactivating our biologically programmed knowledge pattern, opens our brain to immediate awareness.



“I see what’s creating conflict – right now!”

**We need to pay attention to
in-the-moment proprioceptive instincts —
and not react to ancient ones.**

That is what survival today is all about!

Dialoguing!

We can email someone thousands of miles away
and get an instant response.

We can post a notice on social network sites
and reach thousands of people at once, inside of a few seconds.

Surely we can also reach a level of understanding
in a few seconds, too!

Dialogue allows us to look at, and understand,
what gets in the way of “real” communication —
conditioned thinking — between you and me,
between different organizations,
and between nations of the world.



Let's keep dialoguing!

**Dialogue is different from discussion.
It allows us to look at, and understand,
what gets in the way of “real” communication.**



In our everyday culture, we can sing, dance and play together with no problem, but when it comes to talking with one another about things that matter to us deeply, we often get into a fight — sometimes with violence. The bully inside takes over.



**It's important to understand:
A bully is a bully because,
he or she is born to bully and also
at some time in his or her life,
he or she was bullied by someone else.**



Some ways we are all bullied:

**People
Television & Other Media
Commercials
Social networks
Videogames**



Some research by brain scientists has shown that this could be true — that we have become a more violent society, due to our daily exposure to violence — in our neighborhoods, in video games, online and in the news.

But we have also been learning that looking at conflict as something that's bad — and looking at peace as something that's good — also causes conflict.

The reason is that this kind of thinking causes a division between opposing forces — the good always trying to overcome the bad.



**What we need to see
is that trying to change our behavior
by telling us “such-and-such is right,”
“such-and-such is wrong,”
or something is good, or someone is bad,
just doesn’t work.**

**We need to think for ourselves!
When we unconditionally accept information
that so-called “experts” feed us —
without checking on the truth ourselves —
we surrender to authority.**

**Shouldn’t we, like detectives,
always question authority,
and check the facts in any situation?**

Every day the media bombard us with information — some of it is intelligent, helpful, and fun. The media can give voice to helpful organizations and to people who need help. We can know instantly what's happening halfway around the world, which can be exciting or devastating, and remarkable.

Unfortunately, the media can also misinform us.

That's why we need to learn how to tell the difference!



**Conflict is a reality to be seen in our brain every moment.
If we do not SEE it happening to us,
there is no way we can understand it.**

**Become AWARE of any interface situations on the Internet
that trigger a conflict inside you!**





Some research has shown that when kids “swim” online with whales, they believe that they have swum with them – for real.

If so, can it also be true that when you play war video games, they feel so real that you believe you’ve actually fought in real, live battle? If this is the case, could playing war video games inspire you to want to fight in a real war – without understanding the consequences?



A \$13 million dollar war experience center was built that featured videos and war games for kids age 13 and above to play. Unidentified recruiters were posted at this Center to “answer questions” and hopefully intrigue young people to join the military.

Protesters uncovered these intentions and shut down the Center. They claimed that kids playing war games were tricked into believing that they were unbeatable and could become heroes by joining up and serving.

ENEMIES AND HEROES ARE ILLUSIONS

The Dictionary defines “hero” as a person of distinguished courage or ability, admired for brave deeds and noble qualities.

A “hero” often arises from a conflict situation where there is some kind of “enemy.” We humans create warriors, tribes, battalions and armies to protect ourselves. And so we create heroes and enemies, believing we need them to survive.



Ancient Warriors



Modern Warriors

Once we SEE and UNDERSTAND what we do that creates conflict, we can free ourselves of our conditioned thinking.

**Free of our conditioned thinking,
we would not have enemies.**

And without enemies, perhaps we also won't need heroes.

**It's time for people all over the world to be willing to
UNDERSTAND and ACCEPT all of our differences –
and SEE how we humans have been divided by organized beliefs –
by our patterns of conflict and war.**

PATTERN OF CONFLICT

- **Something has scared me.**
- **I want to survive!**
- **To survive, I must join a group (physically and psychologically).**
- **The group is my hero, and will protect me from harm.**
- **All people outside this group are a threat – an enemy.**
- **Result: Conflict!**



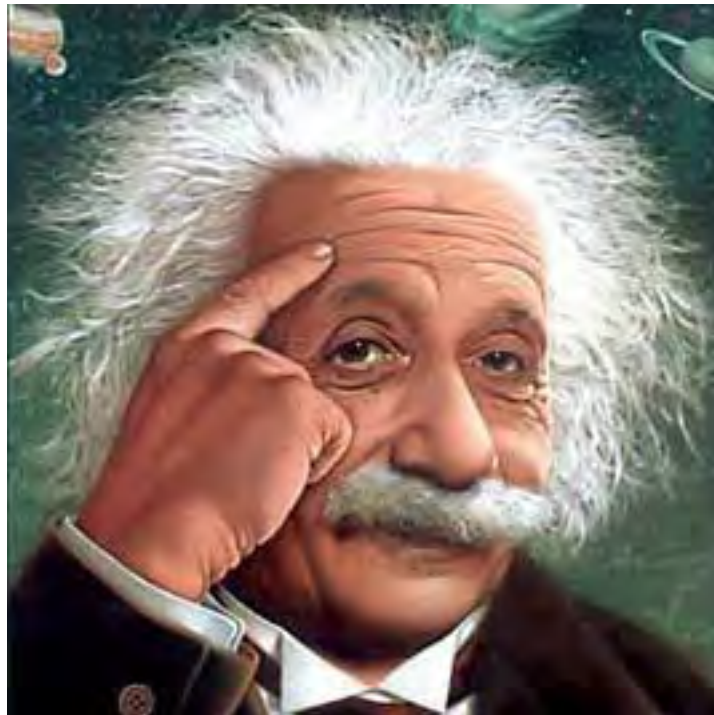
PATTERN OF WAR

- **People of one country feel threatened by those from another country.**
- **They are afraid of that country.**
- **They think “the other” country is “bad” or “wrong.”**
- **The “other” country becomes an enemy in their minds.**
- **They feel they must defend/protect themselves against this enemy.**
- **They decide they need warriors.**
- **Result: No choice but to go to war!**
- **But people from all countries are doing the same thing.**

How Do These Patterns Get Started?

They begin with fear!
The fear triggers our survival instinct.
Our survival instinct inspires us to join a group.
The group, physical and psychological, becomes our hero.
Anyone not in our group becomes the enemy.
Conflict!

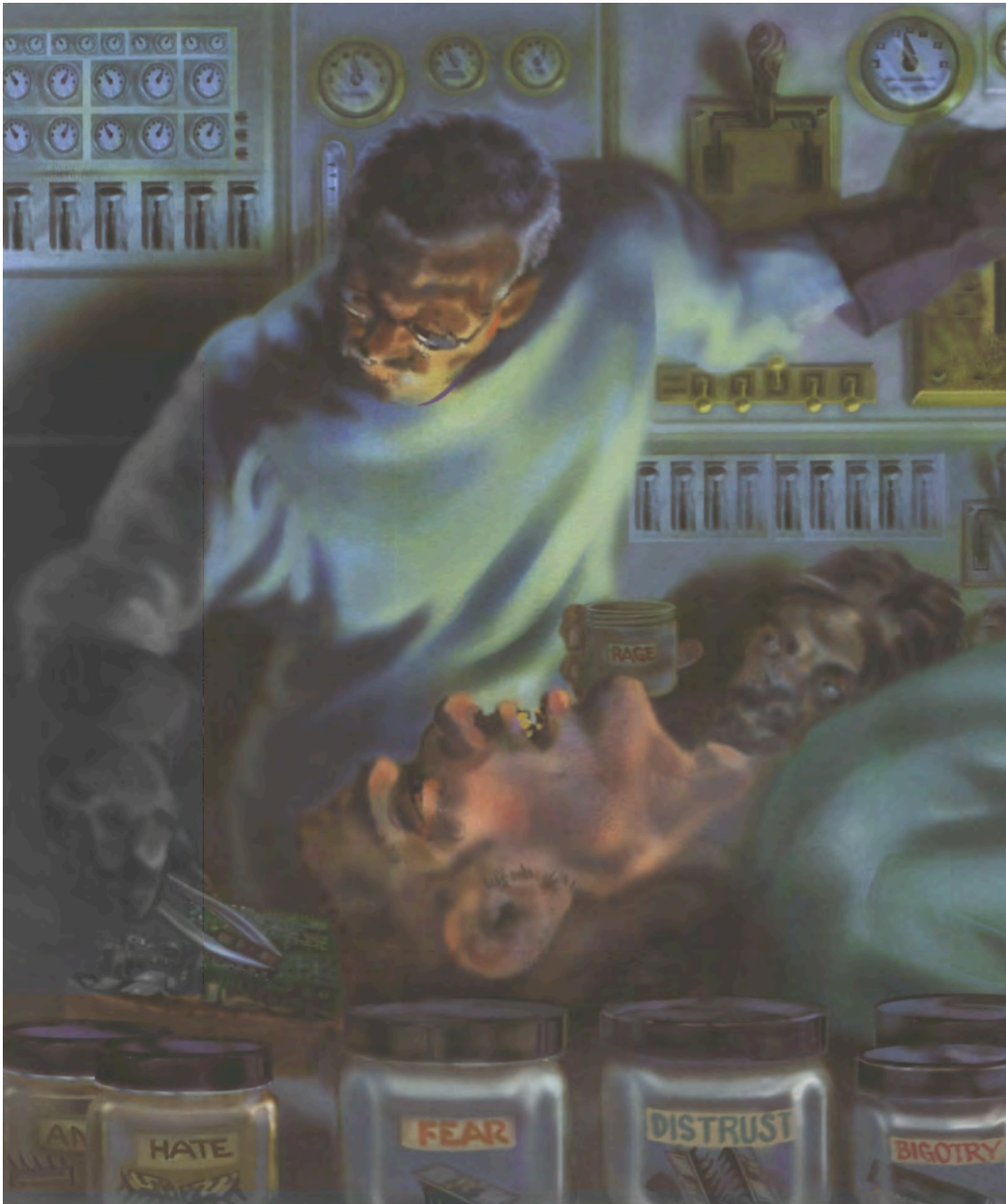
Our hero has been created by us!
So, our hero is our own creation, our own illusion!



Theoretical physicist Albert Einstein once said,

**“Peace cannot be kept by force.
It can only be achieved by understanding.”**

**Countries that go to war dream of glory.
No one wants to think about the reality of war.**



**Our primitive biological brain is maladapted —
not able to adapt to what's necessary for our real survival —
which is UNDERSTANDING and INSIGHT!**

**It cannot tell the difference between
a REAL threat and an IMAGINARY threat.**

**Look at the image below.
What do you see?**



THE IMAGE

**Soldiers carrying guns
look powerful and heroic.**

THE TRUTH

**Soldiers carrying guns
are asked to kill and may
be killed.**

**What creates peace is understanding.
What prevents it is hardwired conditioning.**

SOME CULTURES OF THE WORLD



Borneo



Karen Tribe



Masai Culture



Thailand



Peru



Korea



Japanese children



Can you guess where this woman comes from?



Who is this man, and where does he come from?

So many wonderful cultures!

WHAT PREVENTS PEACE?

Has the world ever been at peace?

Of the past 3,400 years, humans have been entirely at peace for 268 of them, or just 8 percent of recorded history.

How many people have died in war?

At least 108 million people were killed in wars in the twentieth century. Estimates for the total number killed in wars throughout all of human history are up to 1 billion.



**Anytime we see anyone as “the enemy,” we prevent peace.
Anytime we let robotic thinking rule our brain, we prevent peace.**

Whenever we allow ourselves to think ethnocentrically and don’t challenge our and their thinking, we prevent peace.

**Traditional ways of bringing about peace only create more conflict.
We need to change our thinking, and therefore how we act.**

THE ROAD NOT TAKEN



**“Two roads diverged in a wood, and I,
I took the one less traveled by,
And that has made all the difference.”**

— *Robert Frost, poet*

We humans are creatures of habit. We do what we are conditioned to do – what we have been taught to do – and what feels safe to us.

When we get into conflict of some kind, should we act the way we have always acted – or do we want to try something different?

Emergency situations cause people to get out of their mechanical robot-like thinking and act – instead of react. Do we need to wait for an emergency situation to take the road less traveled?

SIX STEPS TO RESOLVING A CONFLICT!



STEP 1: I SEE SOMEONE WITH WHOM I AM IN CONFLICT!

I usually freeze, fight or run away from this person.



STEP 2: I FEEL THREATENED!

There's a voice in my head saying, "Go away! Don't do this! Get out of here! Protect yourself from being hurt!"

Whenever I talk to this person, I am put down, criticized, upset and angry.



STEP 3: STOP!

I ask that voice, "Why do I feel threatened?"

Am I afraid? What am I afraid of?

Is the threat real, or have I imagined it?"



STEP 4: I WANT PEACE!

I tell that voice, “ I have to go outside the imprisonment of my old conditioned way of thinking!” This primitive way of reasoning in my head has a different idea of peace than what makes sense. Why is that? Isn't peace the same for everyone? What if it isn't?



STEP 5: I DO NOT ACT ON MY FEAR!

I let go of my drive to survive. I have insight!



STEP 6: I TRY SOMETHING NEW!

I take the road not taken! My behavior changes!

**The key to unlocking our biological hard drive's control
is to ask questions.**

**Rather than questions based on old conditioning,
ask questions that lead to INSIGHT and AWARENESS.**



**In a heightened state of attention,
we can see the danger of conflict!**

**Every time we are about to act on a hostile conditioned thought –
there is the potential to stop and wait before we react in conflict.**



When we feel no fear, we have no enemies!



The enemy is a dream we've created in our brain.



"Wake me up from that dream!"



**All things are understandable.
If we just look, understanding is there for us to see.**

The right questions are like a virus protector. They keep us from continually breaking down and repeating actions we've learned but actions that do nothing to help us.

**Aldous Huxley,
the author of the book, *Brave New World*, said:**



**“What is absurd and monstrous about war
is that men who have no personal quarrel
should be trained to murder one another in cold blood.”**



A World of Many Nations and Flags

**There are more than 6,000 different languages in the world.
So we cannot all talk with each other.**

**The fragmentation of the human race,
by its very nature, creates conflict,
because there are so many different groups in the world.**

It's time for us all to become GLOBAL CITIZENS



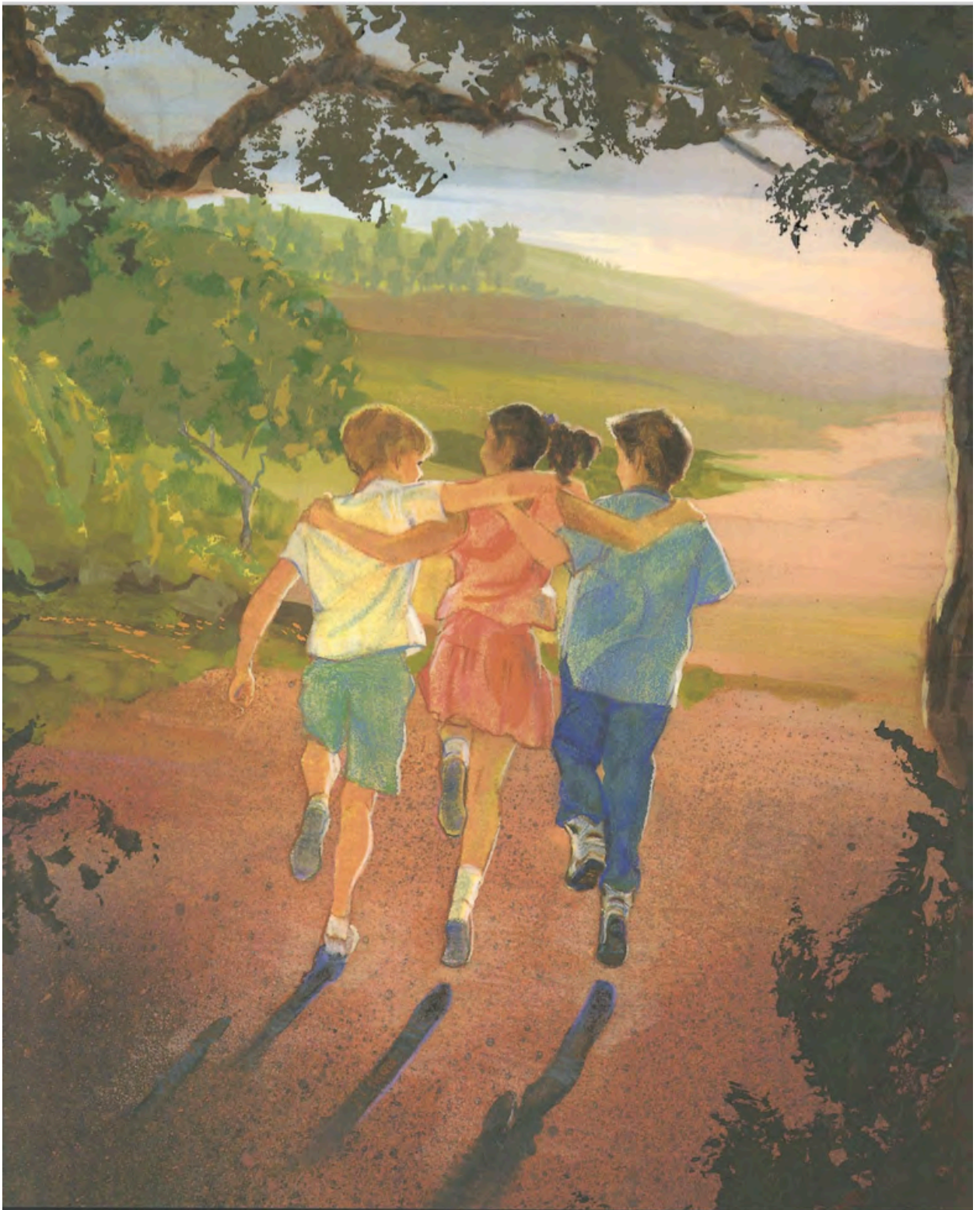
The Earth Flag

**The Earth flag shows us that we are all one –
not ideally, not by wishful thinking,
but factually, since we share the same earth.**

**In this Earth flag, you see there are no borders,
no made-up barriers, nothing separating us from one another, based
on conflicting conditioned thinking that creates war.**

**The only war that exists
is in your head!
Wake up from the dream!**

**No more false images!
No more enemies!
No more war!**



The only road to take.