

Last Week's Homework

- Choose a past conflict that began with a communication breakdown. Review your role in the miscommunication or conflict. Notice which centers were involved. Study yourself.
- Observe how you communicate over the course of multiple conversations with the same person or different people. Notice your patterns. In what way are you the common denominator?





Three Centered Conflict and Resolution

The Journey School

May 12th, 2022



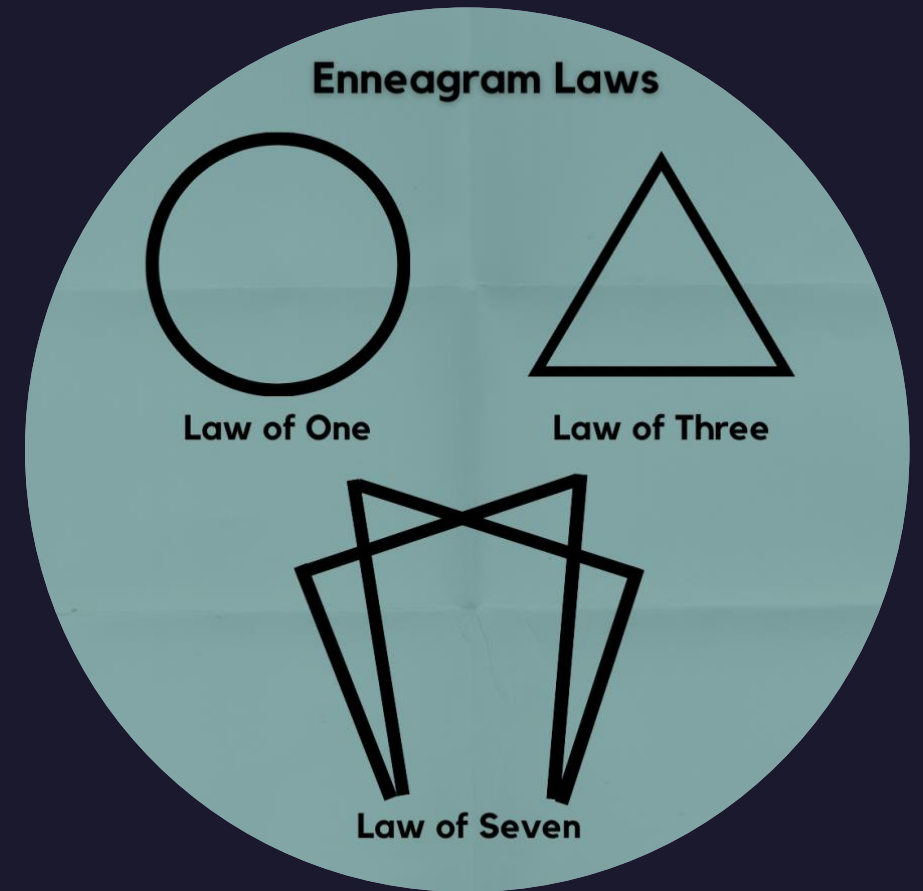
Introduction

The practical, specific, psychological, relational nature of the Work and its ideas.

The Law of Three

“First force can be defined as initiating force, second force as force of resistance and third force as balancing or relating principle or connecting force or point of application. These three forces are found in Nature and in Man. Throughout the Universe, on every plane, these three forces are at work. They are the creative forces. Nothing is produced without the conjunction of these three forces ... Every manifestation, every creation, results from the meeting together of these three forces, active, passive and neutralizing...”

(Commentaries) “Law of Three,” Vol. 1, pp. 108-109).



The Law of Three

Second force is like gravity. It opposes. It regulates. It resists. It constricts. The Work teaches that second force is crucial in the realm of creative endeavors and in the expression of all that we will and wish for.





Anger and Conflict

The Roman philosopher Seneca said that *anger is a temporary form of insanity*.

In Work terms, anger is a chief way to forget oneself. It is a primary result of giving in to the spell of identification with a thought, belief, story and imagination, or judgement(s), prejudices, irritations, dislikes, and so on.

Resolving Conflict

What is your preferred Third Force?

transforming incoming impressions

externally considering

making personality passive and

remembering I have a right not to be negative





Cultivating Peaceful, Conscious and Loving Listening and Speaking Skills

Practice three centered self observation of your listening and speaking

Practice non-identification or inner separation: *this is called...*

Use I statements



Next Week's Homework

- Take five minutes in the silence and stillness, and then aim to recall an experience of conflict. Can you observe how the conflict was created? Can you see first and second force in the conflict? Can you observe how the conflict resolved or not? What was the third force? What did you learn about yourself from observing this conflict?
- Watch this four-minute YouTube video on [How to Control Anger](#) by Sadhguru.

