



# Conflict Resolution



With all the fighting, arguing, separation, strong judgments, and bipolarism that is going on in this world, now more than ever, we must work to find a more peaceful and respectful way of living. Therefore, conflict resolution skills have become mandatory for our well-being.

Health studies have proven that the kinder we are, or the more kindness we have in our lives, the healthier we will be. Our vagus nerve is the largest nerve in our body, and it responds to caring and warmheartedness. It stimulates certain heart muscles that regulate our heart rate and activate our brain. But, with all the stress we are facing, how do we activate our peace of mind, keeping it present and stable in our daily living, not aggravating our fundamental much-needed vagus nerve?

## Here are some suggestions that can help us develop better conflict resolution skills.

**Accepting** what we cannot control catapults us to a more powerful way of thinking and being. It disarms adversity and conflicts. Then, taking responsibility for what we can indeed control catapults us to a more positive and peaceful way of being. We need to train ourselves not to get involved in battles where victory is not possible. Not being attached to an outcome, quiets our nervous system, calms our spirit, and awakens our intelligence. We begin to understand that defeat can be and very often is a way to a better outcome. When we just focus on developing ourselves to be the best we can be, we find a sense of wholeness that will not be denied, deterred, or destroyed. There is a kind of solace connected to acceptance that, though it cannot be explained, it needs to be explored and examined.

**Listening** skills are urgent for conflict resolution. When we stop listening, we stop learning. When we stop learning, we stop developing. When we listen to someone earnestly, we heal two souls, theirs, and ours. Our heart begins to expand, and our breath becomes more even-tempered. We quiet our egos and quell our competitiveness. We no longer have a need to be 'right' about something. When we need to be right, more often than not, it causes stalemates, conflicts and annihilates resolution. Listening helps us see and feel things that would otherwise be unknowable and important to us. We release ourselves from stubbornness and resentment. We become more objective rather than narcissistic and develop a centeredness that is respectful and reverent.

**Giving** brings out all the healthiest emotions in us. It gives our life a powerful sense of happiness and has a deep effect on our well-being. Many researchers have come to the conclusion that the endpoint of the “I want-I get” scenario is what ultimately can harm us, as it puts us in a ‘fighting’ mode. The key to a peaceful life concerns itself beyond satisfying the needs of ourselves. Healthy relationships cannot grow without the art of giving and sharing. In fact, nobody would be impoverished if we all focused on being charitable. The rewards are a lack of resentment and ill-temperedness. Truth be known, being generous is the essential quality that extinguishes human indifference, fighting, arguing, and conflict.

**Meaning** gives our life a sense of purpose and has a deep effect on our peace of mind. A recent study discovered that those whose lives were not as affluent but were living a meaningful life had much lower inflammatory markers. Making a difference in the world does not necessarily involve big projects. As a matter of fact, it is the little things that really count. The largest tree starts with just a tiny seed. Giving meaning to our everyday life, wards off darkened energies that can ultimately put out our light. Applying meaning and purpose to our existence removes us from the veiled, difficult mundane life, leaving us feeling more masterful, and this mastery inevitably leads us to having much wiser and better conflict resolution skills.

**Forgiving** is crucial to harmony and contentment. It is the key to our karmic reasoning and ripening. It is the door opener to all that is peaceful and serene. We need to focus on what they did, not who they are. We then deal with the hurt or anger very differently. Freedom from self-harm is the gift of forgiveness, as we only hurt ourselves when we do not forgive another. Empowerment is another gift from forgiveness because we break the chains that tethered us to a difficult situation or relationship. Forgiving another awakens the quietude of our enlightenment, which enlivens our sense of wellness and calmness. We then see and develop options that would otherwise be hidden from our view.