

ALL KARMA IS RESOLVED WITHIN SELF: if you learn your lesson and the other person does not, you are freed from the karmic situation and the other person will have to reincarnate to learn this lesson with someone else in a similar situation => you will have been liberated from this situation and from the need to reincarnate

EVERY CONFLICT & SITUATION OF LIFE COMES DOWN TO THIS : do you want God or your ego in this situation; do you want unconditional love or fear & attack; do you want oneness or VII. separation => the choice is yours

HOW CAN WE CREATE PEACE BETWEEN NATIONS IF WE DO NOT KNOW HOW TO CREATE UNCONDITIONAL LOVE & PEACE BETWEEN OURSELVES AND OUR BROTHERS & SISTERS WHEN VI. CONFLICT ARISES?

USE EVERY INNER & OUTER CONFLICT AS A SPIRITUAL CHALLENGE, TEST & OPPORTUNITY TO PRACTICE THE PRESENCE OF GOD & GODLINESS : by doing this you will not only help yourself Spiritually, you will also be giving yourself and the world unconditional love, oneness & inner peace and you will be setting a wonderful example to your brothers & sisters for it is very rare on this Earth that individuals resolve V. conflict in such a Godly manner

How to Resolve Conflict (1)

IT IS OF THE HIGHEST IMPORTANCE TO RESOLVE CONFLICTS WITHIN SELF AS QUICKLY AS POSSIBLE : this is necessary to remain in a state of personal power, I. self-mastery & decisiveness

TOO MANY CONFLICTS IN YOUR CONSCIOUS AND/OR SUBCONSCIOUS MIND DRAIN YOUR ENERGIES OVER TIME : it is possible to put a given conflict within self or other people on the shelf for a little while and still remain in total personal power, self-mastery & decisiveness => it is better; however, to resolve them as quickly as you II. can

THE FASTEST WAY TO RESOLVE CONFLICT : *pray for guidance; *write out your conflict on a piece of paper listing all the pros on one side & all the cons on the other side and then intuitively compare them => **the act III. of writing them down = very clarifying**

PART OF OWNING YOUR PERSONAL POWER = BEING DECISIVE : indecision will cause unclarity; **sometimes it is better to make the wrong decision than no decision IV. at all so as to not live in the "twilight zone"**

SEEK YE THE KINGDOM OF GOD AND ALL THINGS SHALL BE ADDED UNTO THEE : those that choose God and the path of egolessness may at times look like they are losing from the limited third dimensional perspective => **this is illusion for the truth is that you have gained & fully realized Integrated Full Spectrum Prism Consciousness in that moment and series of moments** ; in the long run you will not only fully realize Integrated Full Spectrum Prism Consciousness which is the greatest gift of all but your egoless, selfless example will bring to you material gain as well; it will allow you to "gain the whole world and *not* lose your own Soul" => **THE CONSISTENT CHOICE TO CHOOSE YOUR SOUL & SPIRIT EVERY MOMENT OF YOUR LIFE AND ESPECIALLY WHEN CONFLICT ARISES, WILL BRING YOU A SPIRITUAL, PSYCHOLOGICAL & EARTHLY WEALTH THAT PASSETH UNDERSTANDING**

PRINCIPLE 6 - LISTEN : take the time to listen & really hear what the other person has to say even if you disagree with VI. where they are coming from

PRINCIPLE 5 - WIN/WIN : always frame the discussion in a "win/win" manner instead of a V. "win/lose" perspective

PRINCIPLE 4 - AGREE TO DISAGREE : when bumping into differences of opinion & perception, frame the situation IV. as "Let's agree to disagree!"

How to Resolve Conflict (2) With People

PRINCIPLE 1 - COMMUNICATION : loving, honest, open communication of your thoughts & feelings => should be done in a calm, rational, I. unconditionally loving manner

PRINCIPLE 2 - AVOID ARGUMENTS : avoid attack thoughts & feelings when there II. is a difference of opinion

PRINCIPLE 3 - DON'T BE SELF-RIGHTEOUS : always state your thoughts & feelings as "your personal opinion & perception" => avoid being self-righteous even if III. you know you are right

How to Resolve Conflict (3) With People

PRINCIPLE 13 - BE PREPARED : before beginning your communication to resolve a conflict, make a list on a piece of paper of all the key points & how you want to frame them so they will be more likely to be received in an VII. open & non-defensive manner

PRINCIPLE 12 - A CRUCIAL QUESTION : when going into communication to resolve conflict always keep in mind the proverbs, "Do I want love or do I want to be right?" "Do I want God or do I want my ego in this situation?" "Do I want love & peace VI. or fear & attack?"

PRINCIPLE 11 - HOLY SPIRIT UNDO CONFLICT : before entering into communication, in advance ask the Holy Spirit to undo the conflict on the inner plane and in each person's subconscious & conscious program; also ask the Ascended Masters & Angels to heal the situation on the inner plane => this will resolve a lot of the conflict energy before you ever start communicating consciously & V. verbally

PRINCIPLE 7 - GET OUT OF YOUR EMOTIONS : strive not to be overly emotional and to remain as calm, objective, evenminded & rational as I. possible

PRINCIPLE 8 - HONORING LENSES : frame your communication in the words "this is the lens that I see it from and you are seeing it from a different lens!" => this honors the other person's lens II. even if you disagree with it

PRINCIPLE 9 - PRAYER : pray to God & Godforce for help in resolving the conflict before beginning communication => can be done inwardly or openly with the other III. person as is appropriate

PRINCIPLE 10 - PUT DISCUSSION ON SHELF : if your communication is becoming heated & both of your negative egos are becoming too involved, stop all communication saying that in your observation both of your negative egos & emotional bodies are becoming too engaged and you prefer to end this discussion for now and continue it when both of you are IV. more calm

How to Resolve Conflict (4) With People

PRINCIPLE 14 - GET MENTALLY DRESSED : go into the communication with your full personal power, unconditional love, attunement to God & golden bubble of I. protection so you can respond instead of react

PRINCIPLE 15 - IT TAKES TWO TO TANGO => SET A BETTER EXAMPLE : if the other person starts getting angry, attacking or coming from their negative ego, don't catch their psychological disease => set a better example; it takes 2 to have a war II. and if one person engages in one and the other doesn't, it can't happen

PRINCIPLE 16 - BE THE FIRST TO APOLOGIZE : be the first to apologize & admit your mistakes; most people are way too interested in defending their egos than striving for egolessness => start your communication out by admitting your mistakes & apologizing for them before ever mentioning the other person's mistakes => this will throw the other person completely off guard and will set the tone for a Christed III. communication farther than an ego battle

PRINCIPLE 17 - BE THE FIRST TO FORGIVE : no matter how much you IV. have been wronged

PRINCIPLE 18 - CHOOSE YOUR BATTLES : there are certain battles that are just V. not worth fighting

PRINCIPLE 19 - SILENCE : there is a time to talk & a time to be silent; sometimes the best form of communication = silence; honesty does not mean you have to say everything; **true mature honesty = you say what is appropriate as God would VI. have you say it to gain the maximum results in a Spiritual & Earthly manner**

PRINCIPLE 20 - DON'T BE ATTACHED TO YOUR OPINIONS OR TO AN OUTCOME : or to material results; at times one must weigh whether the material gain VII. is worth the psychological stress & Spiritual results

How to Resolve Conflict (5) With People

PRINCIPLE 21 - SELFISH/SELFLESS BALANCE : strive to set the example of achieving a I. selfish/selfless balance => if there is any question about this always choose the selfless path

PRINCIPLE 22 - REMEMBER THE PURPOSE OF LIFE : which is to live in unconditional love, oneness, peace & harmony with God, light and love with your brothers & sisters; remember, every situation of life is a Spiritual test to see if you will choose love & oneness, or fear, attack & separation; **the true purpose of this conflict is to see if you can demonstrate God Consciousness in how you deal with it => remember that God & the II. Godforce are watching your every move**

PRINCIPLE 23 - THE PERSON YOU ARE IN CONFLICT WITH IS AN INCARNATION OF III. GOD: never forget this so treat them as such even if they are not demonstrating it

PRINCIPLE 24 - HUMBLENESS & HUMILITY : at times the lesson may be to just "turn the other cheek"; always intuitively & psychically "psyche out" the conflict => **if the person is so ego defended that communication serves no purpose and will just make things worse, IV. then why do it?**

PRINCIPLE 25 - FOCUS ON YOUR LESSONS : be more concerned about learning your V. lessons than teaching other people theirs => leave that to God

PRINCIPLE 26 - WANNA REINCARNATE AGAIN? : always remember, if you do not resolve conflict and you hold onto karma in relationships, you may have to incarnate again in a future lifetime to work it out => in your next life they may be your father, mother, brother or sister so get real clear about what your priorities really are; let go of material attachment & put your VI. Spiritual life & inner peace first

PRINCIPLE 27 - WRITING VS VERBAL COMMUNICATION : at times it is better to resolve a conflict through writing rather than direct verbal communication => this allows you to communicate in a very thoughtful, clear & concise, non-emotional manner and you are VII. guaranteed to be listened to & not interrupted

How to Resolve Conflict (6) With People

PRINCIPLE 28 - DON'T GET INTO AN EGO BATTLE : this is the creation of karma; look at the example that Sananda/Jesus, Mahatma Gandhi and others taught => follow in their footsteps => many third dimensional people believed he lost by allowing himself to be crucified & killed; however, in truth he gained full realization of his Christed nature by what he did and became one of the most loved and respected people who ever I. graced the Earth

PRINCIPLE 29 - MOST PEOPLE ARE RUN BY THE NEGATIVE EGO : always remember that; plus most Lightworkers have not been trained in the difference between negative ego & Spiritual thinking; plus there are only a few people on Earth who are truly pure and egoless in their every thought, word, deed & motivation => it is your job to set this pure example which does not mean you should be a doormat => it means that you are the highest embodiment of love, wisdom, power & egolessness; egolessness does not mean that you are not allowed preferences or opinions or loving Spiritual observations & discernments => it does mean; however, that these aspects of self must be shared & utilized with extraordinary unconditional love, Spiritual & psychological wisdom; since 99% of the world is run by their negative ego, **IT WILL BE YOU WHO HAS TO SET THE BETTER EXAMPLE, APOLOGIZE FIRST, FORGIVE FIRST, PRACTICE HUMILITY & NON-ATTACHMENT AND DEMONSTRATE EGOLESSNESS**
II. **BECAUSE IT IS JUST ABOUT GUARANTEED THAT THE OTHER PERSON WON'T**

PRINCIPLE 30 - YOUR CHOICE : would you not rather lose an argument, lose material gain, be seen as the loser of the disagreement and still have unconditional love, III. oneness with God, inner peace & harmony than the opposite?

PRINCIPLE 31 - DON'T POINT OUT THE OTHER PERSON'S LESSONS AT ALL : in some situation the lesson to resolve a conflict = really to just, in written or verbal form, apologize and list and admit your mistakes without speaking in the slightest about the other person's lessons or being concerned if they win, learn anything, or are taught any lesson => what is most important is that you remain pure in God and learn your lessons; often this selfless & egoless example will touch their heart and they will respond in kind, IV. however, equally often they won't because most people are too ego-defended