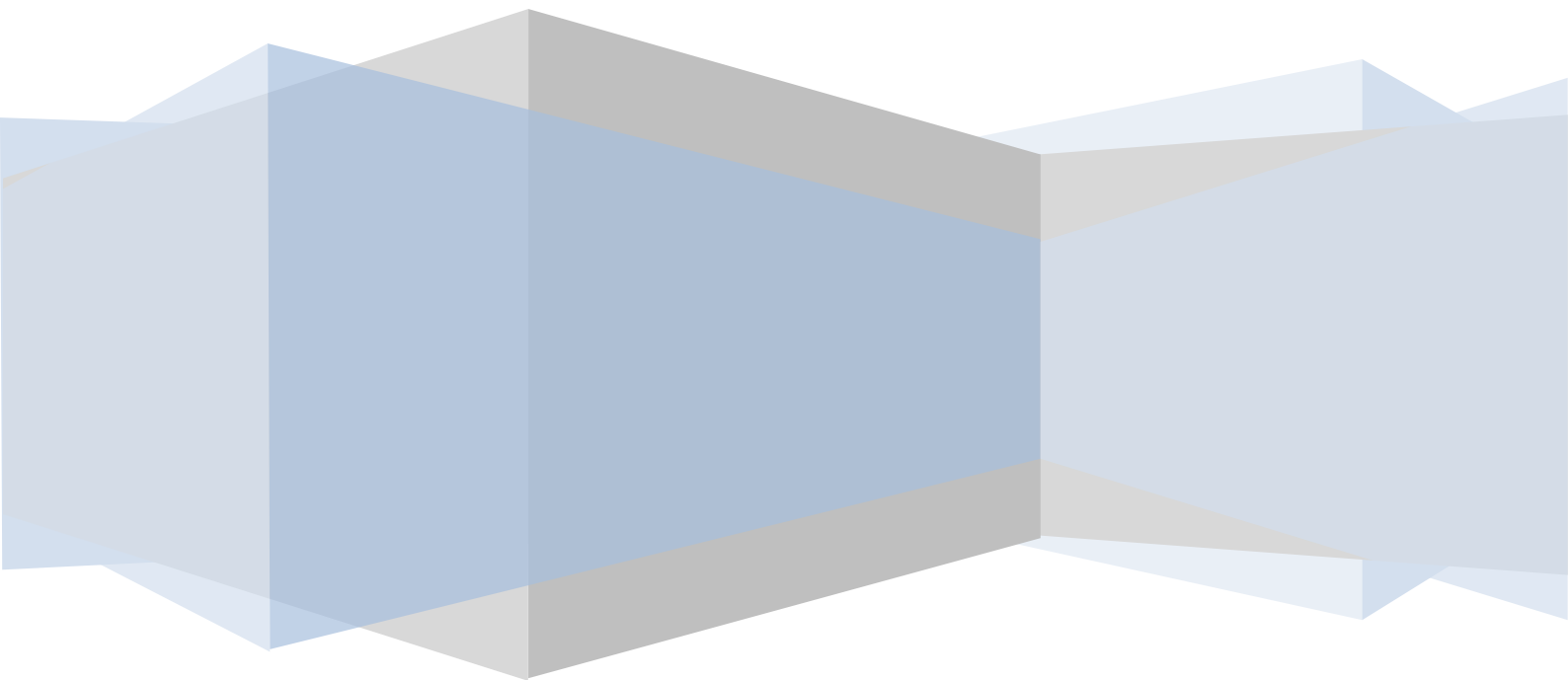


The Inner Coach

Confronting Conflict

Keith Collins



To Conflict means to be in opposition to.

To Confront means to face up to an issue.

Confrontation & conflict are often seen as the same thing.

Non-confrontation is not facing up to an issue.

Facing up to an issue in a non-confrontational way is an oxymoron.

Confronting an issue in a non-conflicting way is called mediation.

I cannot overcome conflict by avoiding the issue.

Neither can I overcome conflict by confronting an issue in a conflicting way.

When two parties confront an issue with conflicting views, beliefs, or convictions, they are in conflict.

When two parties confront an issue with openness and a genuine desire for clarity and a common direction, they are keen to moderate their perspective.

Choosing between two opposing choices is judgment not mediation.

Mediation is finding the median, the balance, and the agreement of a mutually acceptable third way.

Conflict Resolution

Peace is never the answer to conflict.

Conflict is never resolved through peace talks.

Peace is not the solution to the problem of war.

When peace is the solution, war is still a problem.

Peace is a cold war or a passive conflict.

Seeking conflict resolution is seeking a peaceful end to war but the conflict always remains with the potential to start a new war.

All through history, the problem of war has never been resolved through peace.

Peace is just a gap between active conflicts.

Conflict always offers the opportunity to see an opposing perspective.

Once I have a clear perspective of an opposing view opinion or belief, I can seek a third way.

A third way is a balanced perspective that is agreeable to both parties.

Being free of conflict requires my Self to be free of the conflicting ideals & ideologies that other people hold.

I do not seek to resolve conflict but to be free of it.

Self Conflict

I am never in conflict with my Self.

Yet my Self is often in conflict with my Soul.

When my Self has an opposing view or a perspective that is out of alignment with my Soul's vision for its Self, I am in self-conflict.

Because I have forgotten my Soul's vision for my Self at birth, conflict in my life is an everyday occurrence.

Self-conflict is a sure indication of my mis-alignment with my path.

It is caused by the will power of my ego's desires being out of alignment with my Soul's vision for my Self.

Whenever I see life from an opposing perspective to my Soul, I am in self-conflict.

Without the insight of my intuitive revelations, conflict will remain present within my Self.

Without inner guidance, my self-conflict will hinder my effortless flow on my journey through life.

Inner Conflict

Inner Conflict is believed to be a battle between the head & the heart.

But my intuitive knowing is never in conflict with my emotional feelings.

My emotional feelings are created by my mental beliefs; they do not oppose each other.

My mind is never in conflict with my Soul.

My Soul never opposes whatever my Self chooses.

My Soul is never in conflict.

My Self is only ever in conflict with itself.

Any outer conflict that I experience is a reflection of the inner conflict that I am experiencing.

The only things that are ever in conflict are the opposing polarities of my thoughts and the opposing genders of my emotions.

It is a relative dual reality world that allows frequencies of thought to be divided by polarity and wavelengths of emotion to be divided by gender.

Without division there can be no opposition and no conflict.

The wavelength of my emotion always aligns with the frequency of my thought.

It is the gender and polarity of my energy that creates the inner conflict of opposing energy vibrations.

Without opposing energy vibrations there is no conflict, but without divided energy vibrations there is no choice either.

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July 2013

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