



The Living "X" Factor

Conflict and cooperation *cannot* get disentangled. One leads to the other, whether you're considering it from a physical, mental or social perspective. How we deal with it is another thing entirely. Just like ice cream flavors and baseballs teams, we develop a strong preference or affinity for one and a polarity others. This can get very limiting.

Here's a self-induced way to see the type of signal you're sending out to the world. Many times we view conflict as an outside-in attack, a confrontation of sorts. Instead of dueling with nature, try this simple "inner-view" to convert conflict into cooperation...

1. Make a giant letter "X". You can draw it, think it, type it...use your body, whatever.
2. Place your attention in the center of the "X", at the cross-roads...now quiet yourself.
3. Ask yourself, "Am I present?" [your answer doesn't matter, just take note of it]
 - A YES indicates you're centered. You are cooperating *with* all four sources of conflict.
 - A NO indicates you're uncentered. You are cooperating *with* one source of conflict.
4. To access the four sources of conflict do the following:
 - Go to the "future with _____" [Apply whatever distracts you. Return to now.]
 - Go to the "future without _____" [Take away whatever distracts you. Return to now.]
 - Go to the "past with _____" [apply whatever distracts you. Return to now.]
 - Go to the "past without _____" [Take away whatever distracts you. Return to now.]

As you do each of these pieces, let a whole breath cycle through before moving on. The key is to let the body stay involved. Then you'll get a clearer image of each of these. Once you've made peace between reality, memory and imagination, conflicts resolve.

It may help to prompt yourself with phrases like "See yourself ", "Picture yourself" or some other specific visual action like "Look into/Look over, Peer into/Fly over" etc...

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Once you've linked the present to all four possible alternatives, you can tweak this whole process by factoring in a host of *mutations* that will add texture to the images.

- Assign percentages to all four sources of conflict and recheck them every few hours all day
- Use "before" / "after" instead of "with" / "without" as you access the four sources of conflict
- Cross-crawl your arms (future) and your legs (past) with right (as with) & left (as without)
- Alter the order of your "inner-view" – skip around; the challenge is to *deepen* your presence
- Move the eyes as you breathe for each state; feel free to reassign what each position *intends*

|               |                  |
|---------------|------------------|
| (up = future) | (right = with)   |
| (down = past) | (left = without) |

Remember, your physical presence *reflects* the clarity of your meta-physical relationship with everything; real, imagined or remembered. Simply direct the "clearest" part of your day to toward a relationship in disharmony by *devoting or dedicating* a well-joined thought and action to them by their name or an assigned title [ie. issues with \_\_\_\_\_]. This slackens inner tension. If need be, when encountering hostility, direct thoughts and actions toward harmonious relationships. This takes tension from outer conflict by giving you a strong sense of inner peace.