



## Spirit of the Land – Vilnius 2025

### Conflict Phases – Alternatives to Inner + Outer Wars

#### Phase 1

- 1) Recall a time when you were happily doing whatever you were doing, without much concern.
- 2) Hold that space, and notice the body experience that goes with that state.
- 3) Find a gesture/movement for it, and stay with it until you can sense how that movement highlights that worry-free state.
- 4) Who is this in you? Image or name? Enjoy!

Repeat above for Phase 2

- 5) Recall a time when you were irritated by an inner or outer event that forced you to leave phase 1.
- 6) Repeat steps above.

Training yourself: write down your training intent in one sentence. Go into your triad and read that sentence to the other person.