

The Seven Laws of Peaceful Solutions

A guide to using conflict as a pathway to fulfillment and transformation.

By: Constance d'Angelis

Walking out of the courtroom in February 2000, I was attacked by both bitter and sweet emotions. My law partner husband and I had presented an excellent case and since the other side had not, I expected to win. The judge would render his decision within a week or so. The sweetness of winning subsided as a bitter taste told me something wasn't right. *This case should never have come here. It should never be in court.* I thought.

What have I done? I believe in the result I fought for, but the method is all wrong. My thoughts plagued me. *There must be another way.*

As one of the lawyers involved with the *Schiavo*ⁱ case, a family dispute that would seduce the entire world, I felt tortured by what was taking place. *Courts are established to resolve conflict, not generate it. As an officer of the Court, obliged to follow the rules, I feel that I helped generate the conflict.*

The dispute between Terri Schiavo's husband, and her family was mounting. *Winning in Court disregarded, and dishonored the losers. The resentment carried the family to war. There must be another way.* Thoughts badgered me.

"You need some time. You need to think." I said to the weary face in the mirror.

I pondered how Science of Mind philosophy could make a difference, and realized that every conflict is an opportunity to know one's self, and then, peaceful solution could result.

Conflict is inevitable, but doesn't need to result in negativity. Differences in opinion are a part of development, and necessary for emotional growth. Conflict is duality. It has two sides, viewpoints or ideas. How one responds to the other side either incites or tempers the situation.

Take a simple difference of opinion between a parent and child. If dad responds with respect and consideration while listening, an opening could result, but he must put his 'ego' aside and risk not being 'right,' or winning.

The need to 'win' results in violence, war or litigation. Lawsuits foster tricks and manipulations, which must be ousted as smoke screens to truth and peaceful solutions. Knowing oneself requires acknowledgement of one's real motives and hidden agendas.

As Ernest Holmes said, “There is neither effort nor strain in knowing the Truth. Right action will be compelled through right knowing; therefore, when we know the Truth, It will compel us to act in the correct manner.”ⁱⁱ

Ultimately, the angst of conflict can be transcended.

The Seven Laws of Peaceful Solutions shape the core of reaching win:win results. Before identifying the seven laws, let’s understand the concept of law.

Law is the medium through which everything comes to us. Mind acts upon thought, and brings into manifestation that which is its logical result. Law is the operating program.

According to Ernest Holmes, “There is One Infinite Life acting through Law, and this Law is mental; the Law is Mind in Action.”ⁱⁱⁱ

The Seven Laws of Peaceful Solutions are based in natural law and are neither created nor made. They are discovered. Once we discover the laws, and understand how they work, we can use them to create any object or effect we choose.

“All truths are easy to understand once they are discovered; the point is to discover them.”^{iv}

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This article demonstrates the Seven Laws of Peaceful Solutions in an actual case handled through the Institute for Peaceful Solutions (Institute).^v

We’ll follow the progress of a thirty nine year old Texas man, the father of two children. Separated from a hostile marriage, he desperately wanted to stay married. Involved in two substantial legal cases, one in Florida Federal Court and one in Illinois State Court, Richard^{vi} had exhausted his savings, and was in severe financial distress. He lost his job and when his wife sued him he became a client of the Institute.

1. The Law of Unity. God-consciousness is our true essence.

There is one God or First Cause that pervades everything. Because there is no separation between you and God, knowing your true self allows you to recognize that you are connected to, and part of all that is. We are all connected through consciousness.

“Why is this law important to me?” Richard asked.

Richard's coach^{vii} advised, "Some of the benefits include having a bond with others without seeking their approval, and being free from intimidation, fear, and judgment, while allowing creativity to flourish."

Richard had no spiritual training, and little belief in God, but he accepted that a Higher Power or Spirit existed within him, and others, because the benefits appealed to him.

2. The Law of Perception. Perception creates reality.

Reality is an interpretation. Perception is based on past history and belief, and is not the truth. Your feelings about a person or situation are 'your feelings,' and not someone else's fault or the truth.

Richard blamed his wife, Deborah, for the problems in their intense relationship, including her claim of domestic violence. He was angry and defensive.

"I never touched her. She threw books at me. She provoked me, and I scared her, but I never physically touched her." Richard retorted when confronted with the legal complaint.

"You scared her?" Asked the coach.

"Yes, but I didn't touch her." Defended Richard.

"Did you approach her like you were going to hit her?" Responded the coach.

"Well, ... yea, but ..." Snapped Richard.

"But, you didn't strike her, right?" Continued the coach.

"Right." Said Richard ardently.

"That's assault." Coach said clearly.

Richard recognized he formed a perception that was not the 'truth,' but a viewpoint that affected his version of the heated clashes.

He felt attacked, and his perception dictated his reaction.

Richard accepted his perception without making it true for anyone else, including Deborah, and without judging himself.

Reluctantly, he admitted that no matter what the dispute, he blamed his opponent for his thorny circumstances.

3. The Law of Cause and Effect. Thoughts are causes that create effects.

By becoming aware of your thoughts, you can choose the conditions of your life.

“You reap what you sow.” Coach told Richard.

“There’s no way I’m causing my problems.” Richard said emphatically.

Antagonistically he reported events of litigation with his wife. He left out facts or outright lied.

We listened to Deborah’s side of the story, and confronted Richard.

He screamed in anger, told more lies, and hung up the phone making rash comments to his coach.

Ultimately, to his credit, he returned and kept working through the process.

“What’s causing your anger?” Coach asked.

“Deborah. She did it, she lied.” Richard stated

“Have you ever been angry before Deborah?” Prodded the coach.

“Yea, I’ve been angry before ... many times.” Richard responded

“So the common denominator in the anger you’re experiencing is ‘you.’ Your angry thoughts exist in all the situations. Right?” Coach suggested.

“I’ve never thought of it that way.” Said Richard.

Richard experienced painful memories and uncomfortable recognitions on his way to awareness of personal responsibility. He felt distraught and miserable.

“When I think ‘anger,’ I feel awful.” Richard realized.

“All thoughts create a result. You can’t stuff a distressing thought and pretend it won’t affect you. You will experience the effect of your thoughts.” Coach advised.

Even though it was slow going and cumbersome, Richard kept going.

Richard and his coach laughed at Winston Churchill’s statement: “If you’re going through hell, keep going.”

4. The Law of Alignment. Each soul knows the Will of God.

If you follow your soul’s path and avoid distractions, you fulfill your destiny and transform your life.

“What’s my Soul’s Path?” asked Richard.

“Your Soul’s Path^{viii} is your personal alignment with the Will of God. Based on your individual talents, it’s your path of destiny, mission, or purpose.” Coach explained.

“Does it solve my problems?” asked Richard.

<input type="checkbox"/> Anger/Irritation	<input type="checkbox"/> Intimidation	<input type="checkbox"/> Ulterior motive(s)
<input type="checkbox"/> Hostility/Violence	<input type="checkbox"/> Greed	<input type="checkbox"/> Lying to self/others
<input type="checkbox"/> Blame	<input type="checkbox"/> Selfishness	<input type="checkbox"/> Unwilling to let go
<input type="checkbox"/> Shame	<input type="checkbox"/> Control	<input type="checkbox"/> Fear of change
<input type="checkbox"/> Sadness	<input type="checkbox"/> Manipulation	<input type="checkbox"/> Tied to outcome
<input type="checkbox"/> Frustration	<input type="checkbox"/> External power	<input type="checkbox"/> Attached to familiar
<input type="checkbox"/> Resentment	<input type="checkbox"/> Fear (of lack)	<input type="checkbox"/> Worry
<input type="checkbox"/> Guilt	<input type="checkbox"/> Hate	<input type="checkbox"/> Doubt/Confusion

Richard examined each of the eight words in the three distraction loops.

He put a check mark next to those words that described his feelings, emotions and thoughts. He marked eighteen of the twenty-four words and became more distressed.

“I can’t help it if I’m angry. You’d resent it too if you had a domestic violence claim against you.” Richard barked.

“You’re trapped in a Distraction Loop. Continue to blame, and behave violently, and you’ll continue the downward spiral. Your real enemies are thoughts of anger, blame, and resentment. Don’t make a shift, you’ll get more trouble.” Coach advised.

“Are you saying that I won’t reach a peaceful result with this mess if I don’t change my attitude?” Richard asked.

“Couldn’t say it better myself.” Coach responded.

“I’m under attack. ... I’m under attack from my own thoughts!” Richard shook his head in disgust.

“How do I change this?” He asked plaintively.

“By taking charge of your mind.” Coach responded.

5. The Law of Mental Attention. What you focus on expands.

Whatever you concentrate on is enhanced. Whatever you move your attention from, or ignore will shrivel, diminish and vanish.

“If you center your thoughts on what you want, rather than what you don’t want, you’ll get what you want.” Coach told Richard.

“Which of your thoughts are most distracting?” He asked.

“I’d say, ... anger, blame and worry.” Richard responded.

“You have a choice. How do you choose to feel?” The coach asked.

“I’ll choose peace not anger; trusting in place of blame; and freedom instead of worry.” Richard answered.

He posted his choices on the bathroom mirror and said them aloud.

Old patterns surfaced, and Richard had more painful recollections, but he continued replacing his distracting thoughts.

Then, a major shift occurred.

“I’m taking responsibility. I’ve stopped juggling one problem after another and pretending it’s somebody else’s fault. I’ll keep a home for my children, and pay my debts through a payment plan.”

Richard declared.

6. The Law of Giving. Serving others honors both the served and server.

Focus on giving to others shifts the spotlight from self-interest and contributes to the flow of communication between giver and receiver.

Giving and receiving are two sides of the same coin. One does not exist without the other and each is equally necessary.

Serving others requires that we recognize our talents and gifts, and give to those around us. As we do so, we humble ourselves.

“What can you contribute to your community that is unique?” Coach asked.

Richard had been an athlete before becoming an executive in the Health Services Industry. He chose to demonstrate his gratitude by coaching underprivileged children.

Within sixty days his life changed dramatically.

He accepted a position with a midsize company at a salary commensurate with his needs. His divorce was final without a trial, although details of child support and visitation remained in contention.

7. The Law of Redemption – All is forgiven, you are free.

Redemption is obtained by embracing one’s shadow side and divine self together without judgment. By accepting the good, the bad and the ugly while rejoicing in the knowledge that your Divine birthright is the truth of your being, all perceptions (perceived sins) of the past are forgiven.

“Do you mean that I don’t have to suffer for my past mistakes?” Richard asked.

“Yes. If you change your mind, you change your life. You don’t have to punish yourself for the errors of your past.” Coach responded.

Although he believed that he was ‘right,’ Richard wrote a letter of apology to his wife where he acknowledged that he had made mistakes for which he was sorry. He avoided mentioning the things that he believed were ‘wrong’ with Deborah. Richard expressed his love for his children, concern for avoiding battles, and interest in a win:win approach.

“I got a surprise call from my lawyer. The support and visitation issues are resolved, and very favorably.” Richard said enthusiastically.

“It seems you’ve reached a peaceful solution after all.” Coach commented.

Richard’s case was complete. He fulfilled his mission, a peaceful solution.

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Everyday people make choices that create win:win solutions and rise above the fray of hidden agendas, and the ‘win-at-all-cost’ mentality.

Through cooperation and collaboration^{ix} deep personal issues can be addressed without destruction. Disputes are solved from where they arise, within the individual. By acting on the cause of the problem rather than the effect or symptoms, resolution can be achieved.^x

The *Schiavo* case gives us an example of what we don’t want; what we want to avoid in our lives, and is instructive as to why it is important to create systems that minimize family acrimony. The debacle also shows us how to avoid the anguish of war.

Celebrate the positive. Move focus to that which we want in our lives, and away from that which feels sordid and repugnant. Through this intention we can create a meeting of the minds. A powerful meeting that makes a difference

Here’s an affirmative prayer (spiritual mind treatment) for peaceful solutions. Say it, feel it, believe it and know that Spirit imprints your prayers.

Peaceful Solutions

There's one Power in this Universe. That Power is within me.

I accept the Power of the Most High in my life now.

I know that peaceful solution to conflicts that occur in my life is my birthright.

I dispel thoughts of war, and adversity that may be part of the race consciousness, knowing that the almighty Power of this Universe, God, seeks expression through peaceful solution.

I accept that conflicts occur and acknowledge that I am protected from falling victim to a warlike mentality.

I seek win:win solutions, and avoid the trap of tying myself to an outcome that harms myself or others.

I am entitled to peace in my life, and see it wherever I go.

Thank you Spirit for the recognition that I am a peaceful, spiritual being, and that my human experience is one of transcendent loyalty to peace.

And So It Is.

The Seven Laws of Peaceful Solutions

The Law of Unity: God-consciousness is our true essence.

The Law of Perception: Perception creates reality.

The Law of Cause and Effect: Thoughts are causes that create effects.

The Law of Alignment: Each soul knows the Will of God.

The Law of Mental Attention: What you focus on expands.

The Law of Giving: Serving others honors both the served and server

The Law of Redemption: All is forgiven, you are free

ⁱ The *Schiavo* case took place in the Sixth Judicial Circuit of the State of Florida. The original trial was held in Clearwater, Florida in a Probate proceeding where the guardian and husband brought a petition to

discontinue tube feeding of his wife and ward, Theresa Marie Schiavo. The first court order was rendered on February 14th, 2000. The ruling was appealed and the case continued for five more years.

ⁱⁱ *The Science of Mind, original 1926 Text*, by Ernest Holmes, page 204.

ⁱⁱⁱ *The Science of Mind, original 1926 Text*, by Ernest Holmes, page 120

^{iv} Galileo Galilei quote.

^v The Institute for Peaceful Solutions is a Colorado not-for-profit corporation assisting in transforming conflict into peaceful solutions using principles considered in Science of Mind philosophy. The Institute focuses on teaching life skills for conflict prevention, training professionals in the Peaceful Solutions Process, and providing services to those in need. The Institute works with organizations, and individuals through court ordered or voluntary submissions. www.InstituteforPeacefulSolutions.org
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^{vi} The client's name and personal details have been changed to protect privacy.

^{vii} Trained facilitators of the Peaceful Solutions Process act as coaches during the client's progress.

^{viii} The Soul's Path symbol and model was acquired through intuitive visioning and affirmative prayer.

^{ix} There is a trend toward alternative dispute resolution (ADR). The substantial costs and emotional distress of litigation propel clients to pursue ADR. Some of these non-adversarial methods employ techniques that seek to resolve disputes through cooperation and collaboration. Collaborative Law and Therapeutic Jurisprudence are two models. There are others such as mediation, preventative law and restorative justice. It is beyond the scope of this article to discuss these mechanisms, but suffice it to say that each deals differently and can be dependant on the ability of the facilitator. Unlike the Peaceful Solution Process, most ADR methods do not employ spiritual methods or deal with the underlying causes of conflict

^x There are other choices of alternative dispute resolution (ADR) methods. Some programs and practitioners that employ spiritual methods and deal with underlying causes of conflict are: the Peaceful Solutions Process through the **Institute for Peaceful Solutions** described in this article (www.InstituteforPeacefulSolutions.org); Collaborative Law practitioner, **Carl Michael Rossi** of Chicago is a lawyer and psychotherapist, and also a Science of Mind student and practitioner-intern, (www.collaborativepracticechicago.com); and Spiritual Team Building through **Candace Green**, Camden, Maine. (Powerofone22@aol.com)