



BEING RELATIONAL GAZETTE

Baltimore Mediation's Newsletter & Tips

March 2020

For One Who Is Exhausted, a Blessing



"peace. It does not mean to be in a place where there is no noise, trouble, or hard work. It means to be in the midst of those things and still be calm in your heart. "

Thinking of each of you in these complex times and reminding you to take a moment to take deep breaths, ground yourself, and know that this virus is only temporary.

Sending love

Louise

When the rhythm of the heart becomes hectic,
Time takes on the strain until it breaks;
Then all the unattended stress falls in
On the mind like an endless, increasing weight.

The light in the mind becomes dim.
Things you could take in your stride before
Now become laborious events of will.

Weariness invades your spirit.
Gravity begins falling inside you,

You have traveled too fast over false ground;
Now your soul has come to take you back.

Take refuge in your senses, open up
To all the small miracles you rushed through.

Become inclined to watch the way of rain
When it falls slow and free.

Imitate the habit of twilight,
Taking time to open the well of color

Dragging down every bone.

The tide you never valued has gone out.
And you are marooned on unsure ground.
Something within you has closed down;
And you cannot push yourself back to life.

You have been forced to enter empty time.
The desire that drove you has relinquished.
There is nothing else to do now but rest
And patiently learn to receive the self
You have forsaken in the race of days.

At first your thinking will darken
And sadness take over like listless weather.
The flow of unwept tears will frighten you.

That fostered the brightness of day.

Draw alongside the silence of stone
Until its calmness can claim you.
Be excessively gentle with yourself.

Stay clear of those vexed in spirit.
Learn to linger around someone of ease
Who feels they have all the time in the world.

Gradually, you will return to yourself,
Having learned a new respect for your heart
And the joy that dwells far within slow time.

Reprinted with permission



UPDATE:

Out of respect for others and our own well-being to stop the spread of COVID-19, we have ceased all in-person business and social meetings as of March 13. **Not out of fear, but out of love.**

Our **March 25 Know Thyself workshop and mini-retreat** will now be held virtually using Zoom, a tool for video conferencing. See you on Zoom! We are excited about these virtual connections!

If you can't join us for this one, see you in September!

A MESSAGE FROM OUR FOUNDER:

I don't know the author of that quote above. *Peace in the midst of noise, trouble and hard work.* I first saw it many years ago as I entered the grand halls of the United Nations. I had been asked to speak and my topic was How Mediators and those trained with a mediator's Relational Skillset can be *communication brokers* in times of global complexity. There certainly is global complexity now. I took 3 of my sons with me back then. I wanted them to experience the gravity of the UN assemblage, and I wanted to be inspiring, for them.

What was inspiring was the massive group of global representatives who had a *knowing* that they had to take action together on very complex issues across the

globe because what happens in one part of the world impacts the whole. It's rather profound really. Imagine if we held that belief for all of our actions, locally, in our work and in our homes. The knowing that each of our actions affects the globe.

What we face today, while unprecedented globally, is something we can overcome, something that will lift, when we are reminded of **how very connected we all are**. There is a huge energy field of good and healing that is full of light and potential and can be tapped and unleashed if we live and act in ways that keep others in mind as well as ourselves. I know this. We lived this with our son Archer. While we are facing an unprecedented crisis now, **fear often causes delay, self-absorption and greater suffering**.

Resist acting out of fear and instead make decisions from a place of inner strength and knowing. I try to help my mediation clients do that. Now is the time to cultivate and practice methods to relax our own self-interest and anxiety. And when we do, it will help others relax theirs! And we will respond with right action for the good of the whole. I have faith, and I have faith in each of you to be strong and to do the right thing for others and the whole. We will then all be part of creating a force of good in these times.

I love how Jim Ryan, the new president at the University of Virginia, my alma mater, when sending out a message to students put it: "...I have enormous faith in this community—in your resilience, your willingness to do your part to keep others safe, and your ability to make the most of a very difficult situation.

I have special faith in our students, for whom the health risks are generally low and for whom the disappointments are high, but who I know will recognize that now is the time to think first of the well-being of others.

We are in this together, though I recognize that the impact will be uneven. As the father of a graduating senior at another university who has been asked to return home, I know this decision will hit our fourth-year students especially hard. It will also create economic challenges and hardships for some in the Charlottesville community whose livelihoods depend on our students. We will make it through this together by supporting each other, thinking creatively,

and staying connected even if physically separated. I cannot pretend, obviously, that this is how I hoped this semester would unfold. No one can. But I eagerly await the ingenuity, compassion, and kindness that this common challenge will surely unlock within our community. If there were ever a time to be both great and good, this is surely it.”

This is surely it. The time to act in great and small ways that are good and which create well-being. The risks and suffering are very real. We don't want to contribute to others' suffering. **Let us respond daily out of love and the potential for good and not out of fear.** And, we can remember that this too shall pass. It will. There will be good that emerges from this.

Yes, we are all in this together. Take care of yourselves. Peace is always within, even when there is great chaos around. Consider joining us March 25 to cultivate more of that peace and methods to relax personal reactivity. I hope you find refreshment in our March edition.

Sending love

Louise

To Fellow Mediators

With some still conducting mediations in person....it seems to me that we are called as mediators, as mediators, to be **leaders in our profession** in a new way. We must halt all in person mediations and in-person contact with clients immediately. Many have done so already. We will proceed, in new ways, with our mediations and our personal interactions using tools like Zoom. It's ok that we are not (yet) pros at this technology. We will forge the path and learn. We will fumble together and triumph together. We must **encourage our clients** and not cave into the legal bar who insist on in person meetings. Such demands stem from self-interest or self-absorption. If ever there were a time to be strong, it is now. A collective strength will emerge from our commitment to and positive attitude about a new way of doing business: virtual, including laptop, phone, and computer. If any client refuses to go virtual, that's ok, just tell them they will have to wait until perhaps late summer when we resume in-person contact again. **We must do everything virtual.** We have the tools. And more importantly, it's the right thing to do.

Aiding in the spreading of this virus is not kind. This virus may affect some of us more than others, (for my family **with Archer the risk is very great**), but the risk is great for many. We are potential spreaders, and we contribute to that potential the more in contact mediations or outings we continue to have.

Our creativity and ingenuity and compassion and leadership, including our acknowledgment of our own vulnerability, will be a **beacon for safety** in the long run.

Let's be those **leaders** who provide that **beacon**. And let's continue as we know so well to do, to **learn from each other**. And let's share with others what we are learning. I've witnessed incredible openness and cooperation and care in the IAM today in our webinar on Zoom. **I am so proud of us**. There is much more to do. We are in the best organization for commercial mediation; we will be the best leaders we can be for our profession, and those whom we influence outside our profession, and in our personal lives too. No more in person sessions. There is so much ingenuity to be unleashed. Carry on, in new and innovative ways. Learning new ways is also good for the brain!

Stay safe and keep your families safe. And if you're inclined to pray, prayers for light and protection can also have great impact; few can argue with the vibration of many praying in unity for life. Quantum physics now confirms this too.

Relationally yours,

Louise

GRATTITUDE.... ACCOLADES, HIGH FIVES!



In gratitude for **medical personnel** on the frontlines risking their health so that we can **maintain our own wellness**.

In gratitude for all those who are **sacrificing** their income and financial comfort for the **greater good**.

In gratitude for all those who have **courageously ceased** in-person meetings to practice in-person distancing in an effort to help **flatten the curve**.

We see your sacrifice and we appreciate each of you.

THE GIFT OF PRESENCE

My long-time friend, Dr. Dan Siegel and his wife and partner, Caroline Welch, shared with me their fabulous news: Caroline's new book is out in the stores!

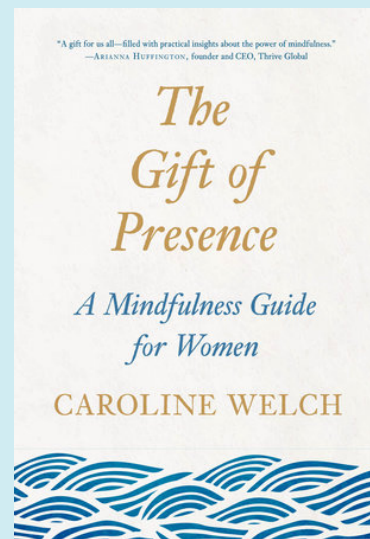
The Gift of Presence: A Mindfulness Guide for Women, was released on March 17, 2020, and it's wonderful. It is a timely, eye-opening, practical guide that helps readers de-stress and move from chaos to calm.

#TheGiftofPresence

Dan and Caroline were advance readers for my book, ***Being Relational*** before it hit the book stores. I have admired their contributions to the mental health and mind science fields for years, I have learned immensely from Dan and especially love his ***Parenting from the Inside Out***. Caroline's new book is a wonderful expression of how to live into the Relational quality of "Being Centered", so for all you Relational Practitioners, you'll love it! Plus, Arianna Huffington, founder & CEO of Thrive Global says, "***The Gift of Presence*** is a gift for us all--filled with practical insights and fascinating science about the power of mindfulness." Enjoy! Here's where you can order your copy today!

"Caroline Welch's wise and clear book shows us how mindful awareness can give us back our life"

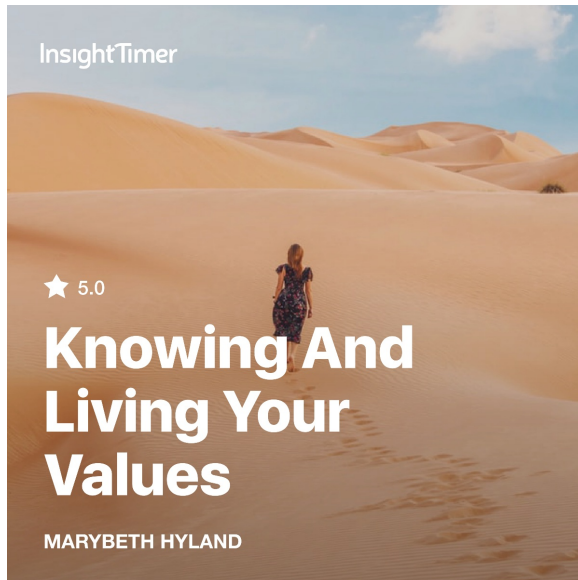
-Tara Brach
Author of *Radical Acceptance and Radical Compassion*



SPOTLIGHT: Marybeth Hyland

Knowing and Living Your Values

I have had so much fun supporting the work of Marybeth Hyland and I love her new publication:



This is the IDEAL time to start living with greater purpose, authenticity, and intention by uncovering your core values.

When we know what we stand for we can make choices faster and feel a greater sense of inner harmony on how we show up every day - especially during times uncertainty.

If you have \$20 and 15 minutes a day that you want to dedicate to self-discovery + wellbeing, [Join me on Insight Timer and listen to my 10-Day Audio Course to "Know and Live Your Values"](#).

You'll identify your unique values, see where you're currently activating them, and make small tweaks where you're not. This awareness will provide a new lens to experience your life with intention.

When your values and behaviors are in alignment, every day is filled with purpose.

UPCOMING TRAININGS

**We're still on! In a new and exciting format:
Zoom!**



Know Thyself: Conflict Transformation & The Enneagram as Catalyst

Join us for a Mini-Retreat and continuing education focused on personality and motivation. We'll explore Enneagram Types and the different habits of mind that cause suffering and the unique gifts of Type that allow us to engage more effectively with others personally and professionally.

Wow! What a time we are facing and knowing thyself is critical!

When: March 25, 2020 @ 1:30pm - 5:30pm

*Limited to 20 participants

Where: Out of respect for in-person distancing, this meeting will now be held via Zoom, virtually! Come join us.

Course Fee: \$295

[Register Now](#)

June 40-Hour Workplace Mediation & Conflict Transformation Skills Training: Relational Conflict Theory and Mediation Skillset for Formal and Informal Workplace Conflicts and EEO Disputes, Understanding your Conflict

A Moment to Reset

If you find yourself feeling anxious, stressed or trapped in negative thoughts, here is a quick way to reset:

1. Sitting or standing, put one hand on your heart and one on your belly.
2. Take a deep breath pushing the hand on your belly out as far that feels comfortable.
3. Exhale with an open mouth and shake your body out - like a wet dog coming out of a bath.
4. Think of something that brings you joy and how it makes you feel. You could use the framework: I am so happy and grateful for... It feels so good to...
5. Smile.

This will help bring you back in the present moment, release tension and bring in more positive feelings. Use it anytime you need it OR be proactive and set a calendar reminder every hour.

WHAT TRAINING CLIENTS ARE SAYING



This has been an amazing 2 days for the directors and my association. **[The Enneagram] has been an epiphany for helping them understand themselves.** It will also help them understand the rest of their employees and we're talking about 3500 employees that these people are responsible for, so it's been a great day. Thank you, Louise!

Chuck Montrie, Executive Director
Maryland Recreation and Parks Association

Style, Understanding and Responding to Conflict in Workplace Systems

When: June 22 -26, 2020 @ 9am - 5pm

*Limited to 20 participants

Where: TBD

Course Fee: \$1550

[Register Now](#)

Know Thyself: Conflict Transformation & The Enneagram as Catalyst

Join us for a Mini-Retreat and continuing education focused on personality and motivation. We'll explore Enneagram Types and the different habits of mind that cause suffering and the unique gifts of Type that allow us to engage more effectively with others personally and professionally.

When: Sept. 8, 2020 @ 1:30pm - 5:30pm

*Limited to 20 participants

Where: 1500 Union Ave,
Baltimore, MD 21211

Course Fee: \$295

[Register Now](#)

October 40-Hour Mediation & Conflict Transformation Skills Training: Multiple Parties, Organizations & Representatives: Relational Conflict Theory and Mediation Skillset for Personal and Professional Use in Business, Family, Employment, Eldercare

Conflicts, Mediation in the
Courts, Working with Multiple
Parties, Intro to Conflict Systems

When: October 19 -23, 2020 @
9am - 5pm

*Limited to 20 participants

Where: The Inn at the Colonnade
4 W University Pkwy, Baltimore,
MD 21210

Course Fee: \$1550

[Register Now](#)

**December 40-Hour
Fundamentals of Conflict
Transformation and
Mediation**

When: December 7 -11, 2020 @
9am - 5pm

*Limited to 20 participants

Where: The Inn at the Colonnade
4 W University Pkwy, Baltimore,
MD 21210

Course Fee: \$1550

[Register Now](#)

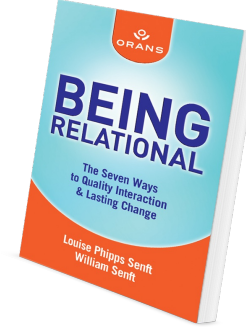
"Never bend your head. Always hold it high. Look the world
straight in the eye."

- **Helen Keller**

For copies of the **Amazon best seller** *Being
Relational: The Seven Ways to Quality
Interaction & Lasting Change* visit

- [Amazon](#)

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