



## Mindful De-escalation

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*Mindful de-escalation describes a very powerful practice of loving kindness to find the best attitude in a difficult situation towards another person. And the main power of this is that it is all within you ...*

Yesterday, I had a very intense mindfulness experience I would like to share since it might highlight some of the essence of mindfulness.

About two weeks ago I had a meeting with a colleague which ended in a heavy debate and dispute with no sign of a solution.

Yesterday, in the late afternoon, we met again - but ever since these two weeks an escalation piled up in my mind and all the stories, I was telling myself were just about the arguments why our collaboration would never work. So even the day before the meeting I was focused to terminate this collaboration.



On that morning, however, when I started my 16th day mindfulness challenge, it was on *loving kindness*.

Already during the dedicated practice of focused meditation in the beginning I selected this colleague, myself und the two of us for this loving kindness exercise and repeated this exercise as an integrated practice multiple times during the day, which changed my attitude and thinking completely!

Also, directly before the meeting I again did the exercise - and when the meeting began, I started with mindful listening and conversation ...

*And the world changed!*

After one and a half hours of very constructive discussion we had a good solution and ended with a clear win-win- situation!

I never ever before experienced something like this change in my own attitude and behavior and the power of this loving kindness practice. I will try to continue with this approach and can only recommend it to everybody.

May you be well

May you be safe and without suffering

May you be happy ...

Joachim, 17.10.2019



## The story of the hammer

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*The power of negative thoughts / stories, we are telling ourselves, is best illustrated by the story of the hammer by Paul Watzlawick. Loving kindness could be a good practice against that ...*

A man wants to hang a painting. He has the nail, but not the hammer. Therefore, it occurs to him to go over to the neighbor and ask him to lend him his hammer.

But at this point, doubt sets in. What if he doesn't want to lend me the hammer? Yesterday he barely spoke to me. Maybe he was in a hurry. Or, perhaps, he holds something against me. But why? I didn't do anything to him.

If he would ask me to lend him something, I would, at once. How can he refuse to lend me his hammer? People like him make other people's life miserable. Worst, he thinks that I need him because he has a hammer. This has got to stop!

And suddenly the guy runs to the neighbor's door, rings, and before letting him say anything, he screams: "You can keep your hammer, you bastard!"



From *The situation is hopeless, but not serious (the pursuit of unhappiness)*, by Paul Watzlawick