



Meditations for Mediations

By Joe Epstein, Esq.

Introduction

Tragedy, change, disappointment, pain, loss and upheaval all accompany conflict. Grief, anger and fear - basic emotions - can also be part and parcel of the conflicts that bring people to mediation. What follows are some meditations that can be used to bring calmness, control, creativity and connection to mediation. My suggestion is that when the occasion arises you take a few moments to use one of these meditations for your client or even for yourself. Use one that fits when you sense that your client is being flooded by an emotion that is interfering with his or her ability to effectively participate in mediation.

Read the selected meditation to your client with a slow cadence. Tell your client that all of you will refocus on the mediation in just awhile. Right now, you are going to take a time out. Now is the time for your client to listen calmly and to focus on his/her breathing, taking deep and slow in and out breaths.

Of course, reading and meditating during mediation does not mean that you should or can come to mediations unprepared to do the business of mediation. Please do make sure that you have reviewed your WTNA (worst alternative to a negotiated agreement), your BATNA (best alternative to a negotiated agreement) and determined a tentative target resolution number and/or terms with your client. In other words, come to mediation fully prepared and armed in the traditional sense but also armed with meditative techniques that help you and your client stay the course despite the stress and pressure encountered during the mediation process.

Silence

In the Silence, I can hear the snowflake fall.

In the Silence, I can hear the ripple of the brook.

In the Silence, I can hear the butterfly soar.

In the Silence, I can hear my heartbeat.

In the Silence, I can hear my Loved One's voice.

In the Silence, I can hear God whisper.

In the Silence, I can feel my Oneness with God.

Faith

Faith is facing life with fearless confidence.

Faith is having confidence that you will arrive where your heart takes you.

Faith is having the courage to accept that life will take you in new directions.

Faith is acknowledging that you must travel in new directions.

Faith is accepting you will encounter darkness and light along your journey.

Faith is knowing that you will find enlightenment.

In My Grief

In my Grief, I will touch the source of my pain and sorrow.

In my Grief, I will light a candle to my pain and sorrow.

In my Grief, I will weave a tapestry, grief being only a part.

In my Grief, I will grow stronger and wiser.

In my Grief, I will find a source of solace.

In my Grief, I will find the source of my love.

Courage

Faced with the turbulence of conflict I will find a quiet space.

Faced with rough seas of fear I will find a safe harbor.

Face with the fury of anger I will find my calm core.

Faced with deep grief I will find my soul.

Faced with deprivations I will find faith.

Faced with terror and turmoil I will find courage and my way.

Fear

Brother/Sister Fear I embrace you, not run from you.

Brother/Sister Fear I thank you for instigating my creativity.

Brother/Sister Fear I thank you for helping me find the source of my resilience.

Brother/Sister Fear I thank you for provoking me to climb another mountain.

Brother/Sister Fear I thank you for helping me find inner courage.

Brother/Sister Fear I embrace you, not run from you.

Journey

I take a step on a stepping stone - then another.

I take a step on a stepping stone - listening to my inner rhythm.

I take a step on a stepping stone - releasing my grief, anger, and fear.

I take a step on a stepping stone - healing myself from within.

I take a step on a stepping stone - embracing all my journey.

I take a step on a stepping stone - then another.

Mindfulness

Who is this wise person?

The one who learns from another.

Who is this wise person?

The one who listens to his fear, anger and grief.

Who is this wise person?

The one who stays centered in times of stress.

Who is this wise person?

The one who stays calm in the face of threats.

Who is this wise person?

The one who stays mindful in times of conflict.

Who is this wise person?

The one who is at peace.

Conclusion

The tragic loss of a child led me on a spiritual search. That search led me to a number of books that inspired me to start using meditation as a way to calm and center myself. Meditation has also served as a window into the room of prayer and connection with the Source of Life.¹

I hope that in stressful mediations and other times of stress you will find that one of these meditations helps to bring you and others you care about to a good place. ▲▲▲

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Endnotes

¹ Amidst the countless books on faith, courage, spirituality and meditation I've read in my search there are several that specifically inspired some of the meditations above. MARK NEPO, FINDING INNER COURAGE (2007); LEONARD FELDER, HERE I AM (2011); JON KABBIT-ZINN, WHEREVER YOU GO THERE YOU ARE (1994); DAVID COOPER, THE HANDBOOK OF JEWISH MEDIATION PRACTICES (2000); and VIKTOR FRANKL, MAN'S SEARCH FOR MEANING (1959).

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