



Patrick Cassidy: Evolution of our Relationship to Conflict



Patrick Cassidy is the Director of the Conscious Practice Institute, Founder of the Conscious Conflict Resolution Program for Caregivers at Psychiatric Hospitals and Institutions, a 6th dan Aikido Teacher, and the Director of Evolutionary Aikido Community. Patrick is also a professional yoga teacher. Explore a process-oriented exploration of ourselves in an evolving relationship to conflict.

TOP EMBODIMENT TIP: Allow yourself to drop into your own process, your own physical intelligence as a way to help facilitate moving into new territories, and look at conflict as a challenge and an opportunity.

The Survivor: Do I Live or Die?

- The basic, fundamental level of ourselves in conflict from our ancestral heritage; our survival instinct.

The Fighter: Do I Win or Lose?

- In this realm we test ourselves against another to determine who has succeeded; me winning over you.

The Soldier: Am I Right or am I Wrong?

- The level of Soldier is a movement towards being right, Am I doing the right thing? Am I on the right track?

The Warrior: What is True and What is False?

- A radical shift into a desire of self discovery of what is true. Requires a step toward an independent and direct relationship with the situation at hand, a never ending availability to the moment to determine what is true.

The Integrator: Inclusion or Exclusion?

- Am I including the whole picture of all the levels within this domain of the conflict? To resolve conflict in a fundamental way, all of the elements need to be included. Seeing a “We”, as well as the “I.”

The Alchemist: Am I Creating or am I Destroying?

- Through my actions, am I responding in a way that I am giving birth to something new? Going beyond integrating, facing conflict in the Alchemist level involves asking “Am I bringing in and creating something new with my actions?”

The Evolver: Are We Evolving or Devolving?

- Are we moving in a direction that is a new way of operating and that is sustainable? Are we moving into a better version of ourselves through the conflict? Is our relationship, my understanding, and the situation evolving through my response to the conflict?

Resources

- ◆ **Courses:** [Accessing the Intelligence of the Body: Training for Coaches.](#)



❖ Website: [Aikido Montreux](http://AikidoMontreux.com).

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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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