

# Enlightening the Law

*Making Peace with Your Practice*

*A Toolkit*



Dona Cullen, Attorney

# Enlightening the Law

## *“Making Peace with Your Practice”*

### Introduction

*“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.” Nikola Tesla*

#### Enlightening the Law

In the course of developing a peacemaking law practice and informed by life experiences of awakening and spiritual inquiry, I have discovered a power from within that keeps me motivated, joyful and loving my work. The best part is it's practical and self-contained. It never fails me and I want to share it with you.

I see it as the inner work of igniting and sustaining an Internal (Eternal) Combustion Engine, using tools accessible to all of us. It's our inner technology.

The tools are:

Your Mind of awareness;

Your Heart of inspiration, wisdom and connection; and

Your Soul of knowing and trusting your value.

We can light the inner flame and keep it lit by finding and coordinating these inner tools so they work together in a coherent fashion to support us.

We can also manage our energy to fuel our focus on our calling. That way we can change perspectives and meaning in legal practice and live life beyond safety and security through a higher level of consciousness.

The conscious attention of our minds can direct our thoughts and intentions to the heart. The heart is our source of inspiration, intuition and connection. Confidence from the ground of our soul gives us the courage to turn to the heart.

We have the inner tools to move beyond fear and accomplish real change in the world and in our own lives and the lives of our colleagues and clients.

This is what I mean by Enlightening the Law.

## Can You Imagine Yourself in an Enlightened Law Practice?

What would be the advantages? The disadvantages?

If you knew you could practice law this way, would you return to it? If you are in law school now, looking for a job or unhappy with the legal work you are doing, would you consider it?

There are many trainings now for non-adversarial legal practices and peacemaking. Why are so many people trained in collaborative and mediation and not doing it? Why are so many inspired by basic trainings, try it for a while and not make it their day job? Why do lawyers intend to replace traditional approaches and then let traditional cases seep back into their practice causing frustration, discouragement and feelings of failure?

Those of us who already do this work know the advantages for clients and practitioners. Why isn't it the norm?

The same principles apply to professionals and prospective clients. If we don't believe in it, it's not going to work.

### What keeps us from believing in it enough to commit?

- We are early adopters and frequently met with skepticism
- We get scared
- Predictable doubts come up and block our resolve when trying something new
- Thinking we might be crazy for thinking of this
- Not taught business skills
- It's too New Age. It will never work. It's not realistic. Too idealistic.

### What are some remedies?

- More trainings
- Coach/mentoring
- Marketing prowess
- Forming groups for support, continuing education & skill development
- Education for courts and the public
- Allowing sufficient time

### What are we missing? In fact, why do most new businesses fail in the first 5 Years?

- Dissipation of energy, losing heart
- Mindset
- Belief
- Connection to purpose

### Why don't we talk about energy?

- It's not visible, therefore not understood
- Fear of being seen as religious and not scientific or provable
- Discomfort with talking about spirituality

### Why is it important to understand and properly use our energy?

- Inspiration
- Confidence
- Presence
- Connection with others
- Creativity
- Developing our inner qualities and making them visible in the world
- Coherence

How do we connect with our energy source (4 pillars of integrative lawyers from Lawyers as Changemakers by J. Kim Wright)\*

1. Finding our life purpose
2. Being reflective
3. Exploring higher levels of consciousness
4. Being systems thinkers

## Recognizing attributes of energy and practices to sustain it

- Asking ourselves questions about core values and finding our calling
- Examining and changing belief systems
- Methods of self-reflection (journaling and meditation)
- Systems thinking and personal coherence (energy accounting)

## What do we gain by tapping into our energy source and managing our energy?

- Confidence
- Inspiration
- Manifestation of goals
- Power, influence and ability to make real change

## How do we do it?

- Tools, practices, support from like-minded people, teachers, coaches and mentors
- Inspiration from clients seeking our services and transforming

## Why now?

- Our profession needs it
- The public wants it
- We have the tools and processes to provide it

## What's Needed to Do This?

- Recognize and connect with our own power, courage, neutrality, love and all the other heart qualities that define us, that are us
- Keep that energy pathway clear by focusing on purpose and giving love to and letting go of the ways that only block and no longer serve us
- Being coherent, aligned in body, mind and spirit
- Staying connected through the heart to the higher sources of wisdom and positive energy

## What is the goal for us to be Enlightened Dispute Resolution professionals?

- To connect with our self at the Heart
- To connect with our business at the Heart
- To connect with our clients at the Heart
- To help clients connect with each other at the Heart

# Part 1 - The Mind

## Inner Tool - Energy

My spiritual search began when my Dad died. I came into the living room and saw him dead on the couch. I had an awakening. In that moment I felt nothing but joy because I had a knowing, beyond any doubt, that all his big personality was not still in that body. It did not die with him. It was released somewhere, and I wanted to find it.

I was not a religious person and didn't see a therapist to help me through the eventual grief. The only thing I knew to do was to go back to law school. It was the same school I had graduated from decades before, but now it had an environmental law program. I don't know why I did this. It was an impulse, going back to the only thing that felt familiar.

There I was introduced to ecology and other sciences as well as Buddhism, from a book called Buddhist Economics. It made me want to blend the law, ecology and spirituality. I wanted to learn enough to be able to teach about it.

I also saw the impact of feminine energy since I left law school 20 years before. This was not only by the number of female students and faculty but in the difference of subjects and how they were taught.

I left my law practice in Vermont in 1999, moving west to Arizona with my family, seeking answers to the big questions like what causes suffering and what can I do about it. I studied many things with various teachers, programs and books.

The essential core of my interest was Tibetan Buddhism. Chogyam Trungpa wrote the book that turned the corner for me in my search for answers. The name of it was Shambhala the Sacred Path of the Warrior. It described a secular approach to building an enlightened society, beginning with ourselves.

The first lessons were about meditation, mindfulness and going inside.

## Chapter 1- Mindfulness

*“Thoughts come into our minds by avenues which we never left open, and thoughts go out of our minds through avenues which we never voluntarily closed.” Ralph Waldo Emerson*

What Emerson is referring to is the unconscious mind. Thoughts pass through without us paying attention to them. If we don't pay attention to them, we unconsciously react. That's the world we normally live in. That's the world of the untrained lawyer's mind.

As lawyers we have probably been admired, even revered, for our minds. We fill our minds with so much information. Family may have said early on, “You should be a lawyer—you're so smart, argumentative, articulate ...”

Your mind has served you well throughout your life. But the truth is, that mind may never be the path toward a practice that allows you to be happy and fulfilled. Mindfulness helps us see and use the mind on a deeper level.

Jon Kabat Zinn's says “Mindfulness means paying attention in a particular way: on purpose, in the present moment and nonjudgmentally.”

Another definition is mindfulness is a way of being, a capacity for moment-by-moment awareness - which doesn't belong to any one culture or tradition and means becoming more aware of what's going on-right here, right now.

But mindfulness is more than just awareness of the present moment. The mind also has the power to direct its attention. We have intention and this is powerful.

Once we have noticed where our attention is, we have the power to redirect it.

What is attention? What is it that enables us to direct our attention where we want? How do we have the ability to look at ourselves and our thoughts and consciously manipulate them? Who is doing that? It may be our soul, our “large”, the source we find within us that we can’t explain but know is there. Nevertheless, it makes us powerful in that it enables formation and action on intention.

My interest is bringing attention to the heart and soul because it involves action following or in connection with presence and mindfulness. Our attention can direct us to the heart, generating compassion, inspiration, direction and purpose for connection. It can direct us to the soul to draw up confidence, support and courage to act.

The mind is also a tool for information gathering like the first step we use in mediation. Once we have the information we can direct it towards solving the problem. In the mind and in mediation we gather information by listening - to ourselves, others and the messages and energies from our environment.

Einstein said a problem can’t be solved with the same consciousness that created it. There’s something way beyond the mind that we’re not tapping into but the mind can direct us there. We find it in the heart.

A conscious mind can also be trained to see our unconscious reactions and change them to something more productive and helpful. A conscious mind can sort through judgments, fears and other negative emotions and transform to something more positive with recognition, reminders and training.

The mind is way more than our thoughts. It has powers.

Use the mind to get centered, gather information, listen and direct attention to the other tools. The mind is the intake of information from the environment. We then process that information through our heart while we are supported and encouraged by our soul. The soul is the intake from the universe. (More on that later)

With the trained mind you can determine your true desires. You want to take them to a higher level of consciousness, so you send them to the heart where your values are.

You've been so valued for your mind since you were a child, but here you are. What are YOUR values? And what else is going on for you besides your mind. You've tried to transform your practice—your mind alone is not going to do it for you.

Tool: How Do You Find Your Mind?

Meditation

## **CHAPTER 2:** **Enter the Feminine**

My husband and I were skiers. We moved to Vermont and bought an old, sagging farmhouse with a big barn. We had one child and I was pregnant with another. I had been home for 3 years and getting bored. I guess I was always partial to mechanics, so my thought was to start a small engine repair shop fixing lawn mowers in the barn. I signed up for the class at the local community college. I went in with a one-piece mechanic's suit my brother gave me, but no one else signed up for the class and it was cancelled.

I can remember the day soon after when I was mowing the lawn with my son in a backpack on my back and the thought came to me about a law school that had just opened a few towns away. My intention was not to go to work until the children were in school but maybe I could prepare for a career in the meantime.

The thought came out of nowhere. I had never considered being a lawyer. But I knew I didn't want to go back to teaching school and correcting papers for the rest of my life and not much else was going on there but having Tupperware parties with the ladies. So while the second child was gestating in the womb, I started studying for the LSATs.

I LOVED LAW SCHOOL. I had really been intellectually bored my entire life until I went to law school. Learning and working with the law made me happy on so many levels and still does. It's definitely a big part of me.

I HATED PRACTICING LAW. From the first moments. The clothes, the demeanor, the conflict, everything. I did everything to reduce my exposure to the positioning, the hubris, the stuffiness, the arguing.

I worked from my home and eventually developed a real estate practice for most of those years. Although lucrative in a resort town, the work became boring and meaningless.

My secretary was a very smart and curious person. She had a sign on the bulletin board that said - "*Stop Thinking and End Your Problems.*" I had no idea what that meant. For several years we ended up reading and talking about books in the office. We did our legal work in very little time and spent most of the days developing wisdom and investigating schemes of personal growth and healing.

## **CHAPTER 3**

### **The Enlightened Lawyer**

The Law developed on a MENTAL masculine model—competition, combativeness, bulldog, mental wit. It's in the image of the "Serious Man". True transformation comes from inquiring about values and feelings and learning to work with your energy. Those are more feminine qualities, along with playfulness and taking ourselves a little less seriously. Not so with many female attorneys even today, but for the most part the demeanor is a little softer.

To my delight what I experienced when I went back school in the 90's was a softening in the education, a caring and a more open-hearted way of teaching and in subject matter. In the 70's women represented less than 12% of lawyers. I was the only mother in my school. The share of female attorneys has since risen to 60%.

The last 30-40 years has also seen the advent of positive psychology, mediation, interest-based negotiation, Eastern philosophies, environmental and cultural consciousness and many other areas that didn't exist when I first went to school. There are so many more tools available to apply to human misunderstandings, disputes and personal and social disciplines and practices.

The Enlightened Lawyer is a balance of masculine action and feminine wisdom and compassion. That is likely due to the introduction of mindfulness, compassion and non-adversarial methods of dispute resolution which have developed over recent decades. There is space for that now and the law is begging for it.



# Part 2, The Heart

## The Outer Tool -Frequencies

My awakening in the law happened at a training by Forrest “Woody” Mosten, “Making Your Mediation and Collaborative Practice Satisfying and Profitable”. He called this a peacemaking practice and our profession that of peacemaker. This struck a chord in me.

At the training he asked 3 questions:

- What are your core values?
- What are your greatest attributes?
- How will you harness those to help others?

I’m not sure whether it was a question or the teacher, but the experience blew my head off. The first question led me straight to the core of my heart. The answer exploded throughout my being. I am a Peacemaker! That defines who and what I am.

I felt at peace. I experienced all the qualities familiar to me in meditation. When I let the thoughts go, all that remains is peace and love. That is who and what I am. What I felt were qualities of the heart. I love that feeling. It made me want to continually go back to my heart for that wonderful frequency.

I was so joyful it threw me off balance. I just wanted to know more. I wrote down the sequence of events from the experience and came up a mantra to remember the steps. I felt the vortex of energy created by continual turning back to the heart.

I was later invited to be part of Woody Mosten’s team of peacemaking practice trainers. What I wanted to teach was about

the inner experience. I thought it was a key to making this work possible but no one else was talking about it.

I started to write more about my experience and relate it to spiritual teachings I had received over the previous 25 years. I went back to a technique I studied early on called HeartMath, which was focusing on the heart. I took a training course, became a coach/mentor myself and continued with advanced courses in Heartmastery. This confirmed my experience and gave me language and concepts to see an ever larger/higher perspective of myself and my potential to transform using inner tools. I am now a Heart Ambassador, which means I seek to connect with my heart and heart qualities in everything I do, including my work as a peacemaker, mediator, collaborative attorney, teacher and citizen of the universe.

Using HeartMath and the concepts of coherence and resilience I know that “energy” can be substituted for “spirit” to closer approximate the context of personal experience and science without confusing it with religious language.

## CHAPTER 4 - Start Your Enlightened Engine—and Keep It Going

### The Mantra

This is the Mantra I wrote after my “legal” awakening. I still use it as the core of my practice, which is continual. When I remember, I always go back to my heart.

Called by our inner qualities

Awakened to who we are

Love is connection to values

Motivation is the result

Mindfulness to remember

Integration into our lives and work

Not doing but BEING

Discipline to live authentic lives

When you catch your own attention, bring it back to your heart. Take a rest. You're coming home, moment by moment as you remember to do it. It's like falling in the arms of love, self-love and love from the universe. There is only love once we turn away from the anxiety, self-absorption and neuroses that otherwise occupy our minds.

Wonderful qualities and frequencies are found in the heart, like peace, dignity, ease and compassion. Bathe in those as frequently as you are aware and then what goes out from you to others, your environment and the universe is of a different quality. This is what is meant by "Bringing Peace into the Room."

Other heart qualities are forgiveness, gratitude, calm, creativity, resilience, kindness, generosity, compassion. We all have compassion and basic goodness.

The Dalai Lama says we all want to be happy. There are similarities between the techniques we use in conflict resolution and those from the field of positive psychology to help people experience happiness. They include the heart qualities and frequencies mentioned above.

In our Heart we find energy, inspiration, intuition and connection with our higher self and the higher nature found in others and everything around us. We breathe into this place and it ignites the engine. Our need for these qualities makes us turn back and by the

constant turning, like a virtual vortex, the engine keeps turning and energizing us. It's self-perpetuating energy that we control with our attention and bringing it to our heart and soul. All the tools work together in synchrony to keep us happy, safe, inspired and informed.

Bring all your life issues onto this path and into the vortex to see them at a higher level of consciousness found in the venue of peace.

Your values, passions and purpose bring you back to the heart and keep the flame of ignition lit.

## CHAPTER 5 - Manage Your Energy

Manage your energy by not getting into the drama. Keep your mind open and clear with mindfulness.

This practice releases a lot of energy. You need to conserve it for creativity.

Creativity is where in dispute resolution we look for options that satisfy the interests of all. We have to clear our own agenda, any personal emotions, biases. We do this with mindfulness.

What's possible when you're not caught up in drama—what other solutions, resolutions, etc. do you notice? Mindfulness and intention will take you to skills you learn in mind training to let go of or heal any negative emotions that sap your energy. There are many coaching programs to help you identify and neutralize these interferences.

Keep remembering your purpose and coming back to the heart.

**TOOL: Stay in the heart - no drama**

## CHAPTER 6

### Hang On—The Hero's Journey is a Wild Ride!

The spiritual development I experienced over the past 25 years looks to me like “The Hero’s Journey” Joseph Campbell talked about. The path of the Hero’s Journey is to find that life purpose, to depart from routines and enter into new territory where challenges come to our attention like habits, behaviors and circumstances that take us away from our purpose. We meet those challenges so we can move on towards our life purpose which is always out there in front of us. Meeting and clearing these challenges results in new and healthier responses, life styles, understandings, pursuits and skills. We are transformed, gain mastery and bring forth the power of being.

In essence what we are doing is bringing forth an idea, which is not material, and making it material in the physical world. The energy necessary to do this must be powerful and purified in ways to neutralize the behaviors that draw us from our goal. That’s the process of building resilience and managing our energy, resulting in coherence and efficiency. It begins with our behaviors, reactions and judgments that sap our energy and tire us as we meet challenges. Often self -doubt and lack of confidence, fatigue, make us want to quit.

Along the Hero's Journey you also meet teachings and mentors who can help change perceptions and behaviors. It's all workable with tools.

Obstacles to meeting my goals and life purpose still require inner work to notice and neutralize, such as:

- Becoming more gentle, without judgment
- Finding and reflecting to others the best I see in them
- Humility and patience - Not to be a know it all
- Ease - Not working so hard at everything
- Fear - performance anxiety, not having enough money
- Beliefs about money
- Seeing myself as undeserving, not ready to receive
- Poverty mentality, fear of failure

The paradigm shift was noticing that my structures of knowing or beliefs came from childhood and are no longer true or serving me. It requires looking for the courage to dismantle those structures and live with confusion and paradox until something else formed. Changing those belief structures is a miracle I am very grateful for. It allows energy to flow to my goal.

It takes courage to be in a period of not knowing and change. But never lose sight of the goal. Obstacles are expected and will be handled. Dance with it.

# Part 3 - The Soul

The Secret Tool - Vibration

## Chapter 7 - What Do We Mean By Soul?

*“Man is a stream whose source is hidden. Our being is descending into us from we know not whence.”*

*“Our faith comes in moments; our vice is habitual. Yet there is a depth in those brief moments which constrains us to ascribe more reality to them than to all other experiences.” Ralph Waldo Emerson, “The Over-Soul”*

My father was larger than life to me. I can't remember a time when I did not fear his death. But in the moment I laid eyes on his body, untouched as he had died during the night, I was ecstatic. In that moment I knew what he really was. As I moved nearer I caught a glimpse of something at eye level, moving up and away. It was a gentle flash. It winked or waved or somehow gestured as it disappeared. I was the happiest I had been in lifetimes. It was an awakening of my soul. The irony was my father thought there was nothing after death and it was he who gave me this great gift of knowing. I spent the rest of my life trying to figure it out, to define it, to understand and live it.

It was like lily pads set out before me. As I stepped on each one it blossomed into something fantastic- like the Yellow Brick Road in the Wizard of Oz. These steps took me back to my source of power and peace - to the vibration of ever-present joy.

Our soul is our connection with Source, the infinite power of creativity and energy from the Universe that moves life forward in an evolutionary way. It's a constant resource we can trust. We feel it in the area of our gut. It is the ground that is constant, loving, healing, caring, solid.

## CHAPTER 8- From Inspired to Knowing Through Practicing

Since I saw my Dad that day I've been confident about death and life and what we're here for. It was the same after the Woody Mosten training.

It's a KNOWING clear down your core. It's a VIBRATION that keeps you moving towards your goal. It's PROTECTION because it makes you so sure of your path. None of what I'd learned about peacemaking worked for me until I got this part. I couldn't ever do anything else but live and work for PEACE after that. It's called "turning in the seat of consciousness."

It's a blessing, really. To find and keep it you must continually bear witness to your life and how it shows you who you really are. It's finding the awareness of the mind and putting it to work with your heart. It's having faith in your soul and calling on it to protect and support you with courage and confidence. It's all inside, coordinated by your awareness.

The soul is always there when you call on it to support, protect and comfort you. It's the constant hum you don't hear unless you really listen for it, a vibration. We just don't know it until we WAKE UP. Then you use tools and practices to keep the knowing fresh, to be able drink from the ever-present source, to keep the flame alive.

Life, too, is a training. Action is how we develop a knowing after such a realization. The more you do it, the more you know it works. That's how you go from inspiration to knowing – by practicing.

We believe that peacemaking is better for ourselves and others. Why is it so hard to stay focused on it in a sustained, profitable and satisfying legal practice?

Sometimes it's hard to meet with clients and give them process options. I find myself introducing this new technique to people who are frightened. For lawyers who want to change, they have a hard time. You have to believe in it to sell it. To make money doing this you have to believe in yourself, your clients and the process.

Belief doesn't come from the mind. You can't get there by being told. It comes from the gut, the knowing of the soul. And the way you know the soul is by careful observation of your life. The best way to know that is by quieting the mind, observing, learning practices that get you out of your lower self and into your higher self, journaling, reading, being with teachers and sharing with others doing the same thing. And most importantly, training yourself to use your mind to direct and redirect your intentional awareness to use your tools to improve these skills.

This book won't be a transmission of an experience. It gives you a path.

INSPIRED TO KNOWING... This is my experience and it *does* work.

**TOOL:** Books, teachers, practice groups, journaling- Just Write

## CHAPTER 9 - Isolation to Interconnection

We move from the isolation of observing ourselves and our own life to seeing our large - something larger than ourselves and how we fit in. This could be a group, an idea, a value, a vision, an activity that makes up the universal part of who and what we are. Something bigger or outside of ourselves that contains our passion.

When we join with other like-minded people there is comfort, validation and progress.

At the age of 50 when my family and I were moving from Vermont to Arizona, I was expecting to quit the law for good. I had my advanced degree in environmental law and had found Shambhala, met teachers and was ready to try a hand at teaching spirituality and the law at a local college. People advised that I not be so hasty and take my law license with me, so I took the Arizona bar, not expecting to use it. I missed the law right away. Now being in a new community ten times the size of the one I left I was very much wanting to know and participate in what it was all about.

The courthouse was the center of the community and I went there to find a direction. I hung out a shingle, did some wills and family law and was even called upon to be a pro tem judge in the municipal court. I was taught the art of salsa dancing at judge's school. I took the community 40- hour mediation course, the brainchild of the judge I had replaced. He was tragically killed in an auto accident and I vowed to carry his torch for mediation. We brought mandatory mediation for family cases to the county court and started a community mediation center.

I picked up a juvenile public defender contract to do delinquency and dependency cases. The juvenile judge had started a drug court, victim offender program and was known for restorative justice sentences to include time served at the local community college and writing research papers. All of this was new to me and reflected the feminine values creeping into the law.

I loved the people I worked with at the public defender's office and the juvenile court. The moment I entered, I knew I was home. It was not the content of the work. It was the people and the frequencies that emanated from their hearts. They were my people and it made me so happy. I wondered why it had taken me so long to find them. We had never been taught to look inside and figure out what was really important to us in law school. If we had we might have been much happier in our profession.

The other discovery for me was the collaboration in juvenile cases among lawyers, the judge, social workers and psychologists and court personnel like probation officers. For the first time I didn't feel like a hired gun, having to package whatever it was the client wanted to say. I only had to answer to the judge and the larger value proposition made obvious by my role. That was rehabilitation and reunification, a higher order on the values scale than punishment.

These things changed my understanding of the potential of law practice and the course of my life.

The rest of the story was a move to Portland, Oregon. There I found collaborative law alive and well and I fell unwittingly into the lap of the movers and shakers in that field. It was like falling softly into the center of the open lotus petals.

## Part 4

# The Internal (Eternal) Combustion Engine

## Chapter 10 - Putting It All Together

*“ The Spread of Civilization may be likened to a fire; first, a feeble spark, next a flickering flame, then a mighty blaze, ever increasing in speed and power.” Nikola Tesla*

I spent a good part of my childhood in the garage watching my Dad work on classic cars. He even “helped” me make a science fair project, a model of the internal combustion engine.

At the age of 67, after multiple heart attacks and in the end stages of congestive heart failure, Dad was making a classic car out of tulip wood. It was a replica of a 1924 Hispano Suiza Torpedo.

This Brown graduate with a mechanical engineering degree was by himself using his bare hands with the help of pulleys, cogs, gears and the power of a fulcrum. With these tools he removed the engine of a more modern car and stripped it of its doors and body, leaving only the chassis. He then bent sheets of tulip wood to frame the boat-tail body. He died before he got any further.

I was inspired by the ease with which he transformed large material objects simply, with the smart use of tools. I think we can practice law as peacemakers in the same way, with smart use of the inner tools and technology we all have.



# Chapter 11 - Integration

## Use it In the Moment and in Life

What's required to complete it and make it whole?

### **The Inner Work:**

COHERENCE: Mechanical function of all the gears working together.

Gets you to a higher level of consciousness. You're looking at people from higher level too.

### **Regular Momentary Tune-ups**

Integrating in the moment - scanning the body whenever we remember from mind to heart to soul. Check in. Make sure you're coordinated, aligned, in tune.

### **Preparing for meetings, phone calls, court hearings or any other challenges**

Use the practices to prepare yourself. In the morning before the day begins. When you hear the phone ring. When you are at a stop light. In preparation for meetings, court hearings, mediations, client meetings, when you come home from work and meet your family at the door or in the yard.

### **When something happens -**

The first thing we feel is fear. The first thing to go is our confidence. Go to the gut, find the courage from your soul, your values, your purpose, muscle memory developed from previous life experience assuring you that you are loved, cared for and protected.

Lawyers and others spend so much time being scared. Threat assessment uses so much energy—you free up so much energy and can connect with people.

The alternative is to live in opportunity assessment. What else is possible here? What could be happening here? So much energy is wrapped up in being defensive.

### **Teamwork:**

Collaboration with colleagues

No enlightened lawyer is an island—it's going to require other people. We've been trained to be brilliant on our own and never encouraged to work in groups. But here's a way to be in a group and manage our energy—not be depleted. What is a group of lawyers like? Scared, exhausted, know-it-all. All the stress that comes from posturing. It's hard to get out of that mode. It's exhausting and off-putting. You're not the brain in the room. Having the right side of the brain developed makes you happy, but what we've done so far as attorneys is develop the left side of the brain. That's satisfying in itself.

## Integrating With the Public

When I tell people I'm a lawyer, they don't seem impressed. In fact their faces immediately change and you can see them start to think about what legal questions they might get a free answer for. It's the way people feel about lawyers. We've lost all our humanity.

It's hurtful. Such an ancient implicit bias against lawyers. Lawyer jokes. What other field has jokes about them? You don't think about how that hurts you. As a lawyer, I haven't felt until recently how it hurts me.

When I introduce myself as a peacemaking lawyer, non-lawyers practically drop to their knees and put their hands together in prayer. They are immediately smiling, grateful, engaged and amazed. They are relieved to know we exist.

## Conclusion - What Do You Say?

Enlightened Lawyers have calm and bring light and optimism. Their energy is sustainable and renewable. Their engine is self-propelling. They move beyond their comfort zone.

I know these lawyers. I have found them on the most recent leg of my journey. I have met them from Portland, Seattle, Beverly Hills, Miami, Chicago, Toronto, Minneapolis and Boston.

In fact, there are hundreds of us all over the world, as chronicled by J. Kim Wright in her most recent book, Lawyers as Changemakers. Kim said the common pillars shared by these lawyers were: (1) they have found their life purpose; (2) they are reflective; (3) they explore and are harbingers of higher levels of consciousness; and (4) they are systems thinkers. I also know them to be very compassionate.

You would be happy and amazed at the company you could keep with this group.

Is this what you would like to have for yourself?



# Making Peace with Your Practice



## The Manual

Dona Cullen, Collaborative Lawyer and Mediator

Tesla said: "If you want to find the secrets of the universe, think in terms of energy, frequency and vibration."

My intention is to help create a world where mediators and collaborative professionals are successful, happy and energetic peace-builders.

We can light the inner flame and keep it lit by finding and managing our energy. We have within us the power and the tools to maintain the perpetual motion of creation.

# The Tools



Your Mind of Awareness

Your Heart of Inspiration, Wisdom and Connection

Your Soul of Knowing and Trusting Yourself



# The Mind

Shifting the mind to a higher perspective.

Learning to control our attention through awareness.

Witnessing the rise of the Feminine in the law.

Environmental law and ecology, social justice, the 4 pillars of the Integrative Lawyer, mediation, collaborative law. No longer just the traditional practice of the serious man and the world of the mind.

Meditation Exercise.



## The Heart

What is your deepest value? What is your greatest strength? How will you harness those to deliver services to the public?



(Calm Mind Mantra)

Called by our inner qualities

Awakened to who we are

Love is connection to values

Motivation is the result

Mindfulness to remember

Integration into our lives and work

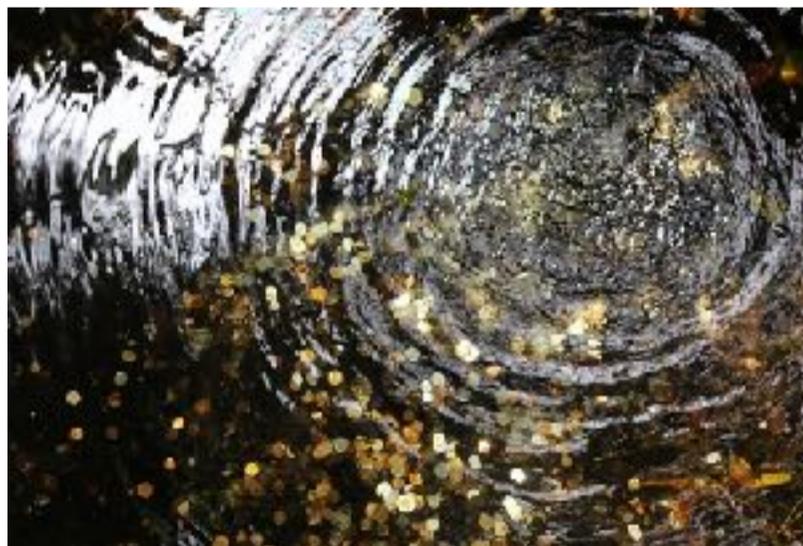
Not doing but BEING

Discipline to live authentic lives



## The Soul

Bringing courage and trust up from the solar plexus to move beyond fear.



(Wishing Well Meditation)

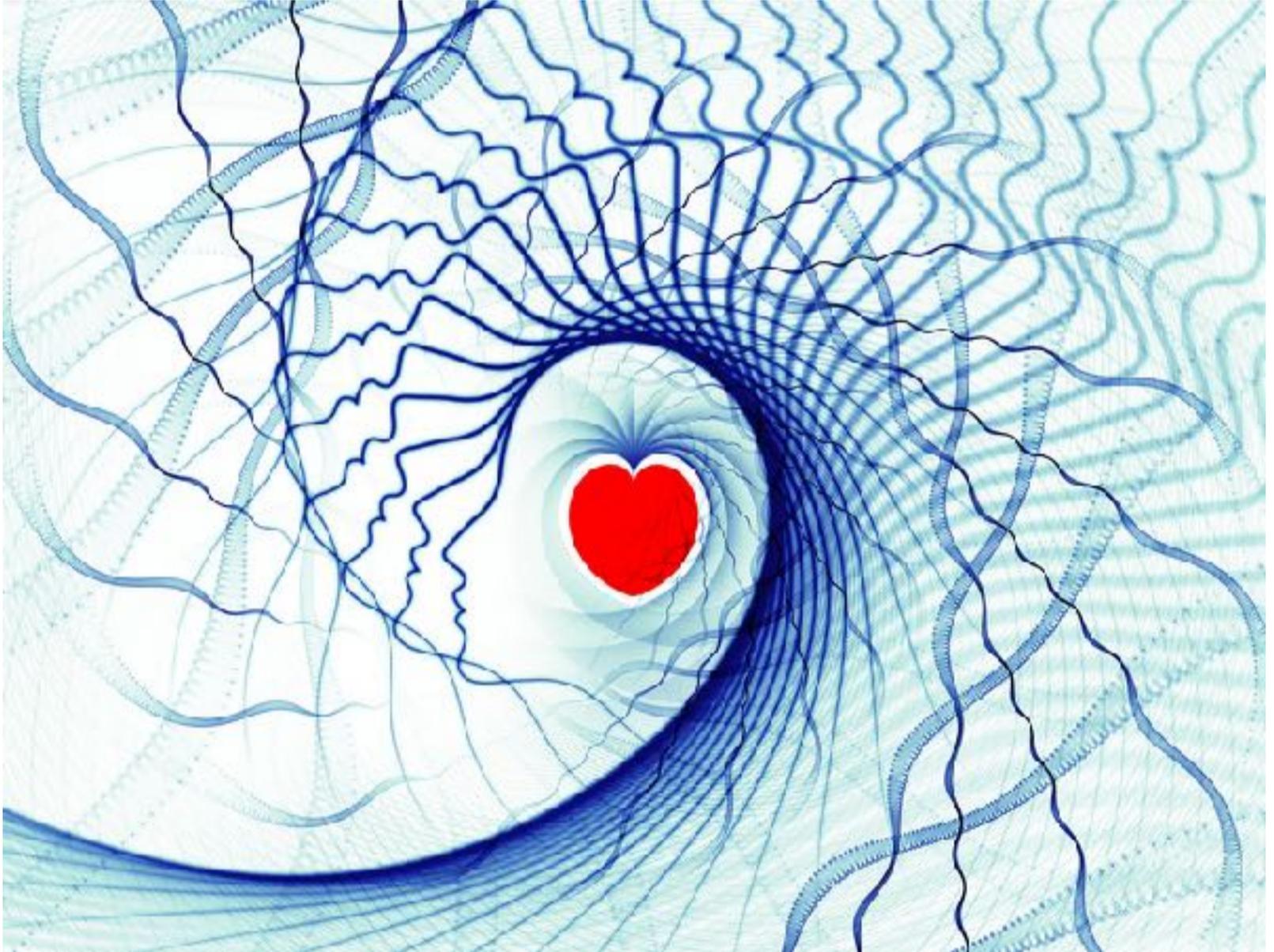
# Working Together - The Internal (Eternal) Combustion Engine



## The Inner Technology

Using our awareness and mechanical engineering to discover the tools we all have and use them to make an engine of perpetual inspiration and motivation.

# What To Do Now?



Practice, Practice, Practice

Until it becomes your way of being.

# What Are the Results?

Changed and higher perspectives in meaning of legal practice; higher qualities of experience; beyond safety and security to higher values and meaning.

Fear makes us continue to lead from the head. Confidence from the ground of our soul gives us the courage to turn to the heart.

We can change our mood in real time by being aware of our feelings and going back to our heart and soul. It's an inside game between you and you.

# The Real Difference for My Business

Bringing heart to everything I do. Bringing love to everything, including my business. I love my business. I'm taking care of it. I'm finding ways to improve my service delivery so it's not a struggle. My business is an extension of myself and I want coherence from top to bottom. Clients notice my care for them. It comes from my heart and they are drawn to it.

# How and Where Does It Show Up?

## Calming and perspective.

- Website
- Initial phone call
- Initial consultation
- Explanation of different processes and alternatives
- Emphasis of levels of personal support depending upon need
- Pricing
- Office environment
- Educating
- Use of divorce coaches and child specialists
- Mining for interests and vision, purposes
- Neutrality
- Thinking of how other person sees it, putting on their shoes
- Seeing through the eyes of the children
- Noticing patterns in communication and conflict, belief systems

## Heart Qualities in Mediation

- Compassion
- Neutral
- Non-judgment
- Patience
- Action, moving it forward toward completion
- Heart to heart communication
- Acceptance

## Looking at interests and goals

- Interest based negotiation (information gathering, interests, options)
- Writing up goals of the clients at the first meeting
- Keeping our purpose at the forefront of everything we do
- Helping clients envision a better future and the steps to it
- Best interests of the children

## Self Care, Energy Conservation, Coherence

- Prep and reset. Prepare for the day, the meeting, the next moment by centering and drawing in the appropriate heart frequency, like ease, neutrality, compassion. When lose focus, stop and reset.
- Modeling coherence, composure, peace
- Feeding energy field, bringing peace into the room
- Getting paid
- Rest
- Tools for mindfulness, heart connection and rest in the moment
- Listening to intuitive wisdom
- Move from linear thinking to radiating qualities of the heart
- Don't focus on "to do" list, think of how each activity brings you close to your purpose
- Time for family and honoring private life
- Sports, hobbies, life balance

- Self reflection; journaling, writing, getting to know yourself
- Take breaks during the day and longer for retreats
- Express appreciation and gratitude

### Taking care of business

- Professional relationships
- Practice groups for support, skill building and marketing
- Promotion through education, networking and speaking
- Blog posts, individual and group websites
- Buddies, regular regenerative practices, lunches, social events
- Networking, interconnection
- Good relationships and cooperation with colleagues, non competition
- Accountability, do the books, balance them, pay your fair share
- Answer emails with heart
- Reflect back to each person their essence as you experience it so they become confident in their humanity



## **About the Author**

Collaborative lawyer and mediator Dona Cullen believes that by creating successful enlightened law practices lawyers can reach their highest personal potential—and help transform our world.

She reminds us that underneath all the pressure, intensity, and competition, qualities like emotional connection, humanity and love are at the heart of the law. Neither theoretical nor woo-woo, Cullen provides the HOW that's been missing from conversations about peace-building and collaborative law.

This book and Cullen's practical tools will appeal to any professional who's feeling exhausted, burned out, and like they left their sense of purpose back in law school.