

Enlightened Lawyering
A Toolkit for Peacemaking
Professionals

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Introduction

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

In the course of becoming disenchanted with the legal field, experiencing a spiritual awakening and developing a peacemaking law practice, I discovered a power from within that keeps me motivated, joyful and in love with my work. Today, I believe it's possible to create a world where mediators and collaborative professionals are successful, happy and energetic peace-builders—and I know the steps to take to get there. The tools are practical, self-contained, and never fail me. My mission in life is to share them with you.

But before I do, I want to talk about you. You've been interested in creating a peacemaking practice, you've taken the trainings, you started a mediation or collaborative component to your practice but it's not sustainable. You begin taking a few litigated cases or “cooperative” cases with non-collaborative lawyers and pretty soon you realize you are back where you started and miserable. Something's not right. Something's not working. You're not getting traction and you're losing faith. I know who you are and what the problem is.

Imagine Yourself in an Enlightened Law Practice.

What would be the advantages? You would feel peaceful, optimistic, caring and wise. The clients would be open to learn, willing to grow. Outcomes would be optimal for all involved and fair. There would be no need to contort to court calendars and live with the stress of being misunderstood. The goals would be to find mutually agreeable, workable and fair solutions, not to hurt someone in the process of helping another. Imagine honoring families and relationships even when they are torn asunder. What about having balance in your own emotions and professional life.

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?

Why Hasn't It Worked So Far?

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

This is what happens:

- You're met with skepticism from the legal community
- You get scared that you won't make money and be successful – that you won't be able to pay your mortgage and buy food for your family
- You experience the normal self-doubt that comes when trying something new
- You never mastered the business skills necessary to work on your own

- You worry people will think it's too New Age, idealistic or unrealistic.
- It will never work!

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

There are many books and trainings on the theory and methods of mediation and collaborative practice but few on the inner work necessary to make the work possible.

What's the Answer?

The way to create a successful peacemaking practice is by becoming an Enlightened Lawyer—and that's what this book is all about.

I see Enlightened Law as your inner technology. It's not something you DO, rather it's the inner work of igniting and sustaining your Internal (Eternal) Combustion Engine, using three tools accessible to everyone. In fact, these tools are something you already have.

They are:

Your Mind

Your Heart

Your Soul

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

When you learn to manage your energy and allow it to fuel your focus on your calling, you can more easily change your perspective and meaning in your legal practice and live life beyond safety and security through a higher level of consciousness. You will be consistently happier and success will come with ease.

Here's what it looks like when all three are synchronized:

You use your mind to consciously direct your thoughts and intentions to your heart, the source of inspiration, intuition and connection and your soul, which is an internal reservoir of courage, love and trust in yourself.

Enlightened Law allows you to move beyond the fear, the burnout and the pessimism that is so rampant in the legal profession and accomplish real change in the world, in your own life and in the lives of your colleagues and clients.

Let's dive in.

Part 1: The Mind

Inner Tool - Energy

My spiritual search began in August of 1991, the day my Dad died. I was 45 years old when I came into his home and found him dead on the couch. It was early morning. He must have fallen asleep watching television the night before. He was still dressed in street clothes. The TV was on. He was 67 years old.

I had what I can only express as an awakening. In that moment, I did not feel despair or heartbreak. I felt *joy*. I had a knowing, beyond any doubt, that his big personality was no longer in that body. It did not die with him. It was released somewhere—and I also knew at that moment I wanted to find it.

I had never given much thought about what happens after death. I was a lawyer, a thinker. I was not a religious person, or a very psychologically interested one. I didn't see a clergyperson or therapist to help me process what I saw and felt that day—or through the grief I eventually experienced.

The only thing I knew to do to deal with my feelings was to go back to law school and earn another degree. I went back to the same school I had graduated from decades before, because it now had an environmental law program. It was an impulse. I was going back to the one thing that felt so familiar.

There as I dove into my studies yet again, I was introduced to ecology and other sciences, as well as Buddhism. What I knew about logic and the legal world expanded--and I dreamed of how I could

blend the law, ecology and spirituality. I wanted to learn enough to be able to teach about it.

While I was there I also noticed the impact of feminine energy since I'd left law school 20 years before, in 1978. I don't just mean the greater number of female law students and faculty, but the variety of subjects and how they were taught.

I eventually left my law practice in Vermont in 1999, moving west to Arizona with my family, and seeking answers to the big questions like "What causes suffering and what can I do about it?" I studied constantly, devouring the works of various teachers, philosophies and programs, but always coming back to Tibetan Buddhism. Chogyam Trungpa wrote the book that turned the corner for me in my search. *Shambhala: The Sacred Path of the Warrior* described a secular approach to building an enlightened society, beginning with ourselves.

The first lessons were about meditation, mindfulness and going inside. My life would never be the same.

Chapter 1: The Mind vs. 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, and how 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 unconscious 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*, however, helps you see and use the mind on a deeper level.

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

Mindfulness is a way of being, a capacity for moment-by-moment awareness. It doesn't belong to any one culture or tradition and simply requires becoming more aware of what's going on—right here, right now. And mindfulness goes beyond awareness of the present moment. The mind also has the power to direct its attention.

We also have *intention* and this can affect not only the present, but also the future. Once we have noticed where our attention is, we have the power to redirect it towards our intentions.

The mind is also a tool for information-gathering—just 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. And that's such a good reminder when working in peacemaking. There's something beyond the mind that we're not tapping into, but the mind can direct us there. We find it in the heart.

We can also train our conscious mind to see our unconscious reactions and change them to something more productive and helpful. With recognition, reminders and training, the conscious mind can sort through all the judgments, fears and other negative emotions we habitually react to--and transform them into something more positive.

The mind is so much more powerful than our thoughts.

How to Use Your Mind

Use your mind to get centered, gather information, listen and direct attention to the other tools. The mind is the intake of information from the environment. You then process that information through your heart while you are supported and encouraged by your

soul. The soul is the intake from the Universe. (I'll talk more about that later) .

With the focused 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 reside.

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

Tool: Find Your Mind

Shamatha Meditation – Peaceful Abiding

CHAPTER 2: Enter the Feminine

My husband and I loved to ski. So, soon after getting married, we moved to a ski town in Vermont and bought an old, sagging farmhouse with a big barn. When we had our first child, I left my teaching job. Now I was pregnant with another. After three years staying at home, I was starting to get bored. How could I make money and take care of the kids? Thanks to years of hanging out with my dad while he tinkered on cars, I was partial to mechanics. One day I had an epiphany: What if I opened a small engine repair shop and fixed lawn mowers in the barn? Brilliant! I signed up for a small engine repair class at the local community college. I went in wearing the mechanic's jumpsuit my brother loaned me, but no one else signed up for the class and it was cancelled.

Not long after that, I was mowing the lawn with my son in a backpack on my back. From nowhere, a thought came to me. A law school had just opened a few towns away. I should check it out. 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 the blue. 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 in town beyond the Tupperware parties with the ladies. So, while our second child was gestating in the womb, I started studying for the LSATs. I was accepted—and discovered two things:

I LOVED LAW SCHOOL. I realized I'd been intellectually bored my entire life. 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 moment I passed the bar. The clothes, the demeanor, the conflict—everything. I did all I could 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 our resort town, the work became boring and meaningless.

But something else happened along the way. My secretary, a very smart and curious person, had posted a sign on the bulletin board that read, "*Stop Thinking and End Your Problems.*" At first, I had no idea what that meant. As she tried to explain, I was intrigued. For the next several years, we read and talked about spiritual and self-help books in the office. We got our legal work done in very little time and spent the rest of the day developing wisdom and investigating schemes of personal growth and healing. It felt so separate from the legal work I was doing—I had no inkling that all the spiritual reading and talking we did on cozy winter afternoons in that Vermont office would so powerfully inform the law work I'd end up doing decades later.

CHAPTER 3: The Enlightened Lawyer

Historically the Law developed on a MENTAL masculine model—based on competition, combativeness, bull-doggedness, mental wit. It's the image of the "Serious Man." While this does provide some advantages in a necessary context, true resolution of conflict comes from inquiring about values and feelings and learning to work with your energy. Those are more feminine qualities, along with playfulness and taking yourself a little less seriously. Not so with all attorneys, even today, but for the most part the demeanor has become a little softer.

To my delight what I experienced when I went back to school in the 90s was a softening in the education, a caring and a more open-hearted way of teaching and in subject matter. In the 1970s, women represented less than 12% of lawyers in this country. I was the only mother in my entire law school. The share of female attorneys has since risen to over 60%.

The last 30-40 years have 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 compassion, thanks to the introduction of mindfulness 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. We know this by the impressions held by so many people about lawyers and the legal system. Over 80% of people go through divorce without legal help in Oregon. It's too expensive, adversarial and unpredictable. There is a lack of access to justice in large part for this reason and the ABA, the state bar associations and the courts are aware of it.

Part 2: The Heart

The Outer Tool –Frequencies

My big awakening in the law happened at a training by Forrest “Woody” Mosten, entitled “Making Your Mediation and Collaborative Practice Satisfying and Profitable.” He called what we did a peacemaking practice and our profession that of peacemaker. This was the first time I’d heard this language—and it struck a chord in me.

At the training, he asked three questions:

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

I’m not sure whether it was the questions 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! It is my core value. It defines who and what I am.

I felt at peace. I experienced all the qualities familiar to me in meditation, something I’d been doing for years. Yet now I had a way to access those qualities in my work! When I let the thoughts go, all that remains is peace and love. That is who and what I am, when I’m a wife, a mom, a lawyer—all the time. What I felt were qualities of the

heart. I love that feeling. It made me want to continually return to my heart so I could experience that wonderful frequency.

I was so joyful it threw me off balance, into an area unknown to me. Maybe it was the joy I wasn't used to. I just wanted to know more. I wrote down the sequence of events from the workshop and came up with a mantra to remember the steps. I felt the vortex of energy I could create by continually turning back to my heart.

I was later invited to be part of Woody Mosten's team of peacemaking practice trainers. I was really only interested in understanding and teaching about the inner experience I'd been having. I knew it was a key to making this work possible, but no one else was talking about it. That's what I'm doing now, with you.

When I started to write more about my experience, I related it to spiritual teachings I had received over the previous 25 years. I went back to a particular technique I studied early on called HeartMath®, which was about 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 perspective of myself and my potential to transform by using inner tools. I am now a HeartMath® trainer and HeartMath® trauma-informed professional. 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 the word “energy” can be substituted for “spirit” to closer approximate the context of personal experience and science without confusing it with religious language. That’s why I use it in this book.

CHAPTER 4: Start Your Enlightened Engine

The Calm Mind Mantra

I mentioned the mantra I wrote after my “legal” awakening. I still use it as the core of my spiritual practice, which is continual. Whether I say it aloud or read it to myself, 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

How To Use It

When you catch your attention waivering from your purpose, or getting distracted, bring it back to your heart and the heart qualities of love, peace and ease. 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. Once we turn away from the

anxiety, self-absorption and neuroses that otherwise occupy our minds, there is only love.

You're going to rediscover wonderful qualities and frequencies in the heart, like peace, dignity, ease and compassion. Bathe in those as frequently as you can and you'll transform the quality of what goes out from you to others, your environment and the Universe. This is what is meant by bringing peace into the room and why I call it an outer tool.

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

The Dalai Lama says what we have in common is 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. When we breathe into this place it ignites the engine. Your need for these qualities makes you turn back and by the constant turning, like a virtual vortex, the engine keeps turning and energizing you. It's self-perpetuating energy that you control with your attention and bringing it to your Heart and Soul. All the tools work

together in synchrony to keep you feeling 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 that place 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

There's only one way to manage your energy: Don't get sucked into the drama. Keep your mind open and clear with mindfulness.

This is so important for lawyers who are immersed in drama every day from the stories and the judgments required to make and present cases. This drama takes up a lot of energy. You need to conserve your energy for creativity.

Creativity in dispute resolution is where 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.

But that is just about the outer drama. What about the inner drama created by our internal, subconscious mindset about ourselves, others and the world? It's the mindset of suffering, and we are all predisposed to it. That mindset continually raises thoughts of personal and material insufficiency, doubt about ourselves and our

tendencies to think in terms of worst case scenarios, depression and despair. This is the default setting of a survival culture and mentality. It's held in the reptilian part of our brains, found in the lower brain stem, a holdover from earlier times in human evolution. This is where we leak energy and chances for happiness. The primary symptom is fear, which limits our effectiveness and drains our capacity for health and well-being. This is the source and truth of human suffering the Buddha called the First of the Four Noble Truths. The advice is to acknowledge this suffering and recognize those causal tendencies in ourselves and others.

There is an alternative, and that's the good news of the Second Noble Truth. The alternative is the capacity we all have to shift the view from surviving to thriving, along with the internal mechanisms to make it happen. Those mechanisms are the Mind, Heart and Soul which we can tune to work together, in sync, to support each other. It starts with finding the Heart qualities mentioned earlier of love, peace, compassion and all the others which build our capacity and charge our energy battery. The Soul contributes by providing courage and trust in yourself. The Third and Fourth Noble Truths describe the possibility of the cessation of suffering and the path to get there.

Why is this important to know? We can not only be happier and more energized ourselves, but we can help others find ways through their suffering to mutual solutions and future healing and well-being. At least that's the potential.

TOOL: Stay in the heart – and skip the drama.

HeartMath® Quick Coherence® Technique

CHAPTER 6: 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 wrote about. On the Hero’s journey, we discover our life purpose, depart from routines and enter into new territory where we can observe the habits, behaviors and circumstances that take us away from our purpose. We meet those challenges so we can move towards our life purpose, which is always out there in front of us. Meeting and clearing these challenges results in new and healthier responses, lifestyles, understandings, pursuits and skills. We are transformed, gain mastery and bring forth the power of being by modeling for others.

In essence, in peacemaking/Enlightened Law, we’re bringing forth an idea, which is not material, and make it material in the physical world. The energy necessary to do this must be powerful to neutralize the behaviors that pull us away 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. Things like self-doubt, lack of confidence, and fatigue make us want to quit.

Along the Hero’s Journey you also meet teachers and mentors who can help change your 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.

On my own Enlightened Lawyer journey, here are the challenges I'm still working on:

- Becoming more gentle—instead of judging
- Finding and reflecting to others the best I see in them
- Experiencing humility and patience—instead of being a know it all
- Working with ease—instead of pushing so hard at everything
- Letting go my fears of failure, of not being perfect, and of not having enough money
- Facing my beliefs about money
- Feeling deserving—instead of having a poverty mentality and not being ready to receive

The paradigm shift for me came when I noticed that my structures of knowing and beliefs came from childhood and were no longer true or serving me. When I set out to dismantle those structures, it took some courage to live with confusion and paradox that was there until something else formed. Changing those belief structures is a miracle I am very grateful for. It allows my energy to flow to my goal.

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

Part 3 - The Soul

The Secret Tool

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, as I've written, 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 closer I caught a glimpse of something at eye level—a gentle flash—moving up and away. It winked or waved or somehow gestured as it disappeared.

I was the happiest I had been in lifetimes. I felt the awakening of my Soul. The irony was my father had believed there was nothing after death, and it was he who gave me this great gift of knowing. I've spent the rest of my life trying to figure it out, to define it, to understand and live it.

In that time, it was as if lily pads had been set out before me. As I stepped on each one it blossomed into something fantastic, as if I

was walking the Yellow Brick Road in *The Wizard of Oz*. Each step took me back to my Source of power and peace. I felt the vibration of ever-present joy.

I believe life can feel like that for all of us. The way we do it is by tending to our Soul. After all, our Soul is our connection with Source, the infinite power of creativity and energy which moves life forward in an evolutionary way. It's a constant resource we can trust. I feel it in the area of my gut. It's the ground that is constant, loving, healing, caring, solid.

TOOL: HeartMath® Freeze Frame® Technique for intuition

Chapter 7: How to Know Your Soul

What is the Soul?

We could call it spirit, but it's a feeling of connection to something larger than ourselves. It gives us energy, a feeling of protection and a source of wisdom. Some people call it God, but it could be called anything that gives us a larger, more positive perspective about ourselves, others and the world. It gives us purpose and hope. It generates devotion. It's the magic.

The connection can be experienced as an openness, the space between the thoughts, the wide-open space that is slightly illuminated, a light and a heat we all carry. It's turned on when we are awakened and can feel it. We feel expanded, as if we could hold within us all that is.

It's the reason for meditation and prayer – to connect with this space of love, protection and heart connection. It was what I felt at my father's death. Space and joy and love. What I've done since then is to reverse engineer to figure out where that came from and how it works. For me the answers began with reading the book Shambhala and has ended, at least for now, with the Tantric Tibetan Buddhist teachings of the Vajrayana.

This has been my path, but there are innumerable ways to see the same thing - through mystical approaches, connecting with the natural world and our own passions. It helps to have mentors,

teachings, books and methods along the way, and communities of like-minded individuals to share and support each other in it.

I offer simple HeartMath® tools as a start. But whatever tools you use, the important thing is to practice continually. Practice means using the tools to stay centered in that space where you can see everything with and as unconditional love. Love is really the Source. It's all there is.

For that we require teachers and mentors to model, coach and lead us to create more teachers and mentors, until it becomes a movement and changes the culture. Those teachers and mentors can be in person, historical or current figures who inspire, others found in nature or our ancestors. They inspire love, appreciation and devotion, which are all sources of energy. It's with consistent reflection and practice that we make the changes to become more like those ideals, until we realize that we are already the Source we seek. It's in us from the beginning and always will be, we just have to see it. You find it in what you love.

Tool: HeartMath® Heart Lock-In® Technique for recharge

CHAPTER 8: From Inspired to Knowing

Since I saw my Dad that day I've been confident about death and life and what we're here for. I had that same certainty 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. As inspired as I was, none of what I'd learned about peacemaking worked for me until I got this part. Once I could connect with my Heart and feel the space and support of my Soul, I couldn't ever do anything else but live and work for PEACE.

I've heard it 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, lighting and keeping that flame lit.

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

CHAPTER 9: From Isolation to Interconnection

In the Enlightened Lawyer practice, you move from the isolation of observing yourself and your own life to seeing something larger and how you fit in. This could be a group, an idea, a value, a vision, or an activity that makes up the universal part of who and what we are. Something bigger or outside of ourselves that includes 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 moved from Vermont to Arizona, I fully planned to quit the law for good. I had my advanced degree in environmental law, had found Shambhala, met teachers and was ready to try my hand at teaching spirituality and the law at a local college. People advised that I not be so hasty and bring my law license with me, so I took the Arizona bar, not expecting to use it.

Oddly enough, I missed the law right away. In a new community ten times the size of the one I left, I wanted to know and participate. 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, learning the art of salsa dancing at judge's school. I took the community 40-hour community mediation course, the brainchild of the judge I had replaced who had been tragically killed in an auto accident while on vacation with his family. This was my introduction to

Peacemaking in the law and I vowed to carry my predecessor's torch for mediation. We eventually 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 represent families and children in delinquency and dependency cases. The juvenile judge had started a drug court and a victim offender program, and was known for restorative justice sentences to include time served at the local community college and writing research papers. It was a time of innovation and inspiring changes in the law in Arizona. All of this was new to me and reflected the feminine values I was looking for.

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 so long to find them. What if I had been taught to look inside and figure out what was really important to me in law school? If I had, I would have been much happier in the 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— 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 my story has unfolded since our move to Portland, Oregon. There I found Collaborative law alive and well and 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.

Part 4: The Internal (Eternal) Combustion Engine

“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.” Nicola Tesla

I spent a good chunk 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, when I was in 5th grade.

At the age of 67 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 worked with his bare hands. All alone, with the help of pulleys, cogs, gears and the power of a fulcrum, 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 finished.

I was inspired by the ease with which he transformed large material objects simply, with the smart use of tools. It was magic. 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 10: Coherence and Integration

It's All About Energy Flow

I think a lot about coherence. Coherence is the mechanical function of all the gears working together, or from another view they are all the same thing – non-dual. Either way, the Mind, the Heart and the Soul are all in sync. When this happens, you rise to a higher level of consciousness, to Peace. You look at people from higher level, too, and see them for what they really are – human beings capable of goodness, understanding and forgiveness.

Energy is the capacity to carry out an action, or in other words – “the ability to do stuff.” Information is anything that symbolizes something other than itself. Information is created from the flow of energy.

When the components are working together smoothly, there is flow and efficiency. When there is dysfunction it's because there is an interference with that flow, a blockage. In our personalities blockages might be caused by trauma, unhealthy habits or negative ways of thinking. Often this is fear, lack of confidence, being judgmental of self or others, not seeing our interdependence and appreciating the contributions of others. This is where personal and group practices are helpful to address and dissolve those blockages to regain smooth functioning and invite new cases and Collaborative success.

“Integration is linking different parts to a whole and creating flow... It is our source of well-being and health that provides a secular ethic

around which we can perform our efforts to bring the world to a place of positive growth, contemplative interdependence, ethics, wisdom and contemplation.” Dan Siegel, Introduction to Sustainable Happiness by Joe Loizzo

Chapter 11: How To Integrate

What's required to complete it and make it whole? Integration into your life and your work, moment by moment.

The Inner Work:

The inner work requires integration of the mindfulness, awareness and shift to positive thinking and feeling on a moment to moment basis. This means practicing until it all becomes natural. In the meantime, remembering and reflecting as often as you can to look for the space between the thoughts, the words, the actions and reactions. Making time for relaxation, art, fun, relationships, movement, just breathing. Being mindful as much as possible and deliberate in creating these spaces. But making your life a spiritual practice, knowing that it's never perfect.

Integrating the mind, heart and body until that coherence is natural and all one. We're used to being in the mind. It takes a mindfulness practice to notice the Heart and what it's doing all the time, in addition to keeping us alive physiologically. The resources it offers, the peace, the happy place. And then the body, we think even less about unless it hurts or is diseased. We sense that we don't really learn anything unless from an environment of love and until it's embodied, until we know it in our bodies. The body gives us a felt sense if we can focus on it. It has so much information in the form of intuition, "gut sense". What's right and wrong can be felt as a balance in the

body if we go there for our “just and equitable” metric. And so much more.

We know that in divorce settlement there are several domains – the legal, the psychological, the relational, the financial. We need all of our senses to bring those together for ourselves as the professionals and to guide the clients to integrate all of that into a global solution for themselves and their families. That’s what holistic is. Making it whole through integration. We have to do that for ourselves first.

Quick Tune-ups:

Integrate in the moment. Scan the body whenever you remember to—from Mind to Heart to Soul. Check in. Make sure you’re synchronized, aligned, and in tune.

Prepare for stressful meetings, calls, court appearances:

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 a Challenge Arises:

When a challenge comes up the first thing we usually feel is fear. So, what you want to do is go to your confidence. You do this by going to your Heart and “going to the gut”: Look there to find the courage from your Soul, your values, your purpose, and all the muscle memory

developed from previous life experiences. Go also and maybe first to your mentors, real or imagined, in person or from the virtual field of being. Remember that you are loved, cared for and protected.

Lawyers (and others) spend so much time being scared. Threat assessment, when you perceive everything as a potential threat, uses so much energy. The alternative is to live in opportunity assessment. What else is possible here? What could unfold instead? What happens if you don't have to use all that energy staying wrapped up in being defensive?

Teamwork:

No Enlightened Lawyer is an island—it's going to require other people. As lawyers, we've been trained to be brilliant on our own and have not been encouraged to work in groups.

The Collaborative team for any case and belonging to a practice group or larger state, regional, national or international Collaborative group or organization, is all group related. And it could be by specialty in the multi-disciplinary setting or by those who gather because of new ways of thinking or processing within your profession or with other professionals.

A good example of gathering cutting edge thought as an example of group development is J. Kim Wright's work to identify, name and organize "Integrated Lawyers." In her recent book *Lawyers as Changemakers*, Kim wrote 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.

Integrating with the Public:

In the past, when I've told people I'm a lawyer, they didn't seem impressed. In fact, their faces sober, warmth chills and you can see them start to think about what legal questions they might get a free answer for. It's depressing, but it's the way people feel about lawyers. We've lost all our humanity.

There's such an ancient implicit bias about lawyers, even Shakespeare said "Kill all the lawyers." Take lawyer jokes. What other field has a whole category of jokes about it? You don't tend to think about how that hurts.

Today, when I introduce myself as a *peacemaking* lawyer, the reaction is very different. Non-lawyers practically drop to their knees and put their hands together in prayer. They are grateful, relieved and amazed to know we exist.

Overcoming Fear:

I've been where you are. Like you, I came to the place where I knew I had to change. I had taken so much training in mediation and peacemaking and had gotten as far as identifying my next step as

“being” rather than “doing.” I learned the techniques that were supposed to transform my practice.

But then I was blocked by the fear of not using the right words to express it, being rejected, not taken seriously, not getting clients, and being the butt of jokes about Kumbaya—and this prevented me from stepping out to be who I really am. I began to doubt myself and lose faith. It happened regularly. I knew in my head what was true and possible, but didn’t totally believe it at a cellular level. I recognize that this fear and doubt gets in the way of other attorneys and their clients fully engaging in peacemaking as their profession and the basis for settling disputes.

What I now know is we are energetic beings with the power to connect to higher sources of energy, intelligence and love. Once we make that connection, we can see ourselves and others in our true nature – abundance, joy, confidence.

It takes courage to talk about this in our world, especially in the traditional legal setting. However, in our being we understand it and know it to be true. If we acknowledge all that’s going right rather than fearing all that might go wrong, we will be more effective in enabling transformation for ourselves and attracting the clients who want and will benefit from the same. We can thereby replicate the practice and the power of enlightenment, making it a movement.

Chapter 12: What Do You Say?

Enlightened Lawyers are calm and compassionate. They 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. They are all over the world.

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

Is this what you would like to have for yourself?

Conclusion

“Computers will overtake humans with Artificial Intelligence in the next hundred years. When that happens, we need to make sure the computers have goals aligned with ours.”

—Stephen Hawking

Many are concerned with the future of our species as we become more technologically driven. It’s hard to imagine that our inner values and desires could ever be replicated by a machine.

There is a counterpart to artificial intelligence that we need to preserve and celebrate—the *authentic intelligence* of our own Hearts. Some people call it common sense. The only way machines will ever control humans is if we forget how to use the energy of our own inner resources—our own inner toolbox. To survive and create a better world we need to appreciate, use and celebrate those tools.

Peacemaking is the hardest work I’ve ever done, but it’s also the most worthwhile. It’s easy to get discouraged or nervous about the prospect of being financially successful on this new path. That’s the purpose and the beauty of knowing the inner tools we all have that inspire confidence, love and courage.

If we are to survive as a species we must learn how to resolve conflict within ourselves, with others and our environment. It starts with us.

When we can assist others in their desire to *reso/ve* rather than fight, that is a noble purpose.

We have the tools and the power within to enjoy our practice and bring ourselves and others to peace.

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