

Breakout #3. What were your key take aways from your discussion?

Better understanding of the responses to conflict from people in my family and how they interact(ed) with family members.

We need to be more self-aware while we are in conflict.

Inner peace is a primary thing to work on to be able to transmit it outward

If we don't understand others' experiences, we can't understand how they think.

Practicing the discipline of no pre-conditions in civil dialogues is important to usher something as beautiful as peace. Our past experiences or baggages inhibit our full participation to the work of peace.

Four steps to move from pain to peace. Listening for change

Peace is a foundation and starts within us