



# THE I OF THE STORM: EMBRACING CONFLICT, CREATING PEACE

A Workshop facilitated by  
REV. STEPHANIE M. SEIGH

Saturday, November 17, 2018  
9:30 a.m. - 1:00 p.m.

\$35.00

**Need help getting ready for the holidays...  
the busy-ness, the family dinners, the negotiations?  
Join us for a morning exploring the life-changing work  
contained in *The I of the Storm*, just in time for Thanksgiving!**

This workshop explores the work of Rev. Gary Simmons in his groundbreaking book, *The I of the Storm*. In his Acknowledgments, Gary states, “Any worthwhile endeavor begins as an idea and ends with an outer accomplishment. Yet it’s the everywhere in between where lives are changed and blessings garnered.” In the Forward, John Babbs quotes the mystical Sufi poet Rumi, “Where did I come from, and what am I supposed to be doing?”

*I of the Storm* is a guidebook that helps us navigate the path that seeks to answer that question, and to fully appreciate the everywhere in between. Beginning with the peacemaking “mantra” ~ No one and no thing is against you ~ we see with compassion and clarity what it takes to live a life of purpose and direction. We discover that conflict brings us to the edge of our resourcefulness, and shows us the “missing pieces” in our relationships and situations.

Through instruction and exercises, we learn that the entire Universe is FOR us; that everything in our lives, including conflict and discomfort, are opportunities to experience our wholeness and true worth. Using the analogy of a hurricane, we identify the four winds of conflict and illustrate how we can move from Separation to Communion, Misperception to Principle, Competition to Purpose, and Defensiveness to Nonresistance. We see that authentic being leads to conscious doing, and learn how to shift our perception so as to see through the mask of our assumptions to the possibilities on the other side.