

Health/Peace Parallel

- ▶ The chart below shows the parallels between infectious disease, and conflict and violence.
- ▶ The problems of internal and external conflict act like symptoms of an infectious disease.
- ▶ Conflict and violence are indicators of a condition, like a disease—the “dis-ease of disconnection”.
- ▶ This “disease” is caused—or made much worse—by the “Violence Virus” which we pass to each other.
- ▶ This “virus” is a specific form of thought and speech called “Evaluations” (judgments, opinions, etc.).
- ▶ We are all “infected” with this virus, and without any “immunity” to it we are likely to show symptoms.
- ▶ Evaluations are not reality based and cause confusion, but Experiences are real and increase clarity.
- ▶ The practice of translating Evaluations into Experiences stops the spread of the “Violence Virus”.
- ▶ This practice prevents the disease of disconnection, just as hand-washing prevents infectious disease.
- ▶ Without this “disease” we can have more clarity, understanding, connection... and therefore peace.
- ▶ All the terms used here have very specific definitions, which you can find on our Training Materials page.

	PHYSICAL	NON-PHYSICAL	NOTES
Optimal condition:	Health	Peace	A condition of balance, of all needs being met
Sub-optimal condition:	Sickness	Conflict	We feel uncomfortable when needs are not met
Symptoms (indicators):	Pain, nausea, inflammation	Depression, addiction, rape, bullying, mass shootings, etc	The conflict continuum: internal and external conflicts
Disease (condition):	Cold, flu, measles, salmonella, etc.	Confusion, disconnection, disrespect, shame	Connection is the most basic human need
Virus (carrier):	Germs, bacteria	Evaluations	Abstract thoughts cause or worsen disconnection
Prevention (practice):	Hand-washing, sterilization, etc.	Translation	Translating evaluations into experiences