

Conflict Engagement Possibilities

Acknowledgments

We are living in a time of accumulated trauma and ghost backlog. The forces behind colonialism and supremacy ideology benefit from this trauma accumulation and have sought to separate people from knowings, lifeways, and resources that help them heal, build trust within themselves and in their communities, and bring back balance.

It is important to acknowledge the role that trauma and ghost possession play in conflict engagement processes. Conflict on social-human levels seems to draw a lot of attention from opportunistic entities (unwell ancestors, parasitic type beings, etc.) because trauma vortexes are easily opened. The energy and material that trauma states create could be considered food for these entities.

All this is to say that there are really compelling reasons behind the difficulty of navigating conflict processes, and there are steps we can take to make conflict engagement more easeful, effective, and even pleasurable!

1. Nervous system regulation training

-before we even enter into a more formal conflict process, we need to know how to navigate stress responses in our bodies. We need to be able to tell when we are triggered/experiencing activation/going into a trauma state. We also need to have some tools and toys for soothing and protecting our nervous system.

2) Have some understanding about how trauma operates key points:

- stress responses can be categorized into fight, flight, fawn, and freeze.

- when we go into a trauma response (based on stimuli from inside us or our environment we can be 'triggered' or cued into a trauma state, either from our own backlog of trauma in this life, from the collective, or our ancestral lineage), our physiology changes significantly. Blood flow may start moving away from our brain, especially our prefrontal cortex, meaning we start to lose certain brain functions. It becomes hard to deal with nuance, ambiguity, and wider perspectives. We can become hyperfocused on one point, and our sense of logic becomes rigid.

Does this resonate? What have you noticed in conflict processes in your community?