

Table of Contents

Introduction	1
Chapter One: Overview of Martin Buber’s Concept of the I-Thou/I-It Frame.....	6
Chapter Two: The Self-Other Frame in Conflict Theory	14
a. Introduction	14
i. Primary Conversation Partners	14
b. Conflict Escalation and the Construction of the Self-Other Frame	15
i. Definitions: Difference, Disagreement, Conflict, Disputes, and Entrenchment	15
ii. Power Dynamics and the Escalation of Conflict	19
iii. The I-Thou and I-It Frames as Expressed in the Escalation of Conflict	22
iv. Conflict Escalation Summary	31
c. The Causes of Conflict and their Impact on the Self-Other Frame	32
i. How the Causes of Conflict Trigger the Shift Toward the Self-Other Frame	33
d. Communication and the Construction of the Self-Other Frame	42
i. Communication and the Construction of Self and Other	43
ii. Biology of Conflict: Physiology, Emotions, and Rational Thought	49
iii. Underlying Worldviews, the Subconscious Mind, and Conflict Behaviour	53
e. Summary and Conclusions	58
Chapter Three: Transformation of Conflict and the Self-Other Frame	67
a. Introduction	67
i. Conflict Transformation Defined	68
ii. Primary Conversation Partners	71
b. Modelling the Self-Other Frame	72
i. Paradoxes and Polarities: A Model of the Self-Other Frame that Encourages a Shift from Either-Or to Both-And Thinking	72
ii. An Illustration of the Self-Other Dynamic in the Transformation of Conflict	80
iii. Paradoxes and Polarities: Martin Buber Revisited	84
c. The Self-Other Frame in Context	86
i. Focus on Self and Focus on Other	86
ii. Empathy and Nerve	88
iii. Empowerment and Recognition	91
iv. Separating and Binding	93
v. Forgiveness and Justice	97
d. Differentiation: Engaging the Both-And Frame	108
i. The Concept of Emotional Triangles	108
ii. Additional Emotional Triangles	111

iii. Emotional Triangles and the Polarities Model	117
e. Summary and Conclusions	123
Chapter Four: Contemplative Spirituality and the Self-Other Frame	130
a. Introduction	130
i. Contemplative Spirituality Defined	131
ii. Primary Conversation Partners	134
b. Contemplative Spirituality and the Meaning of Identity	136
i. The Descriptive Self Within Contemplative Spirituality	137
ii. The Descriptive Self and the Escalation of Conflict	142
iii. The Descriptive Self, Sin, and Suffering	145
iv. The Deeper Self Within Contemplative Spirituality	147
v. Nondual Unitive Consciousness	152
vi. The Intersection Between the Descriptive Self and the Deeper Self	157
c. Contemplative Spirituality, the Self, and Polarities	160
i. Contemplative Spirituality and the Polarities Model	160
ii. A Contemplative Approach to Polarities and the Self-Other Frame	163
d. Identity and the Threefold Path of Contemplative Spirituality	166
i. Wonder	167
ii. Suffering	169
iii. Transformation	174
iv. Spiritual Disciplines of the Threefold Path	176
e. Contemplative Spirituality, Identity, and Transformation of the Self-Other Frame	181
i. Identity, Conflict, and the Transformation of the Self-Other Frame	182
ii. Contemplative Spirituality and the Practice of Forgiveness	187
f. Contemplative Spirituality, the Trinity, and Triangulation	189
i. Contemplative Perspectives Regarding the Trinity	190
ii. The Trinity and the Transformation of the Self-Other Frame	196
iii. The Law of Three	198
iv. The Law of Three, the Trinity, and the Triangle-Polarities Model	200
g. Summary and Conclusions	203
Chapter Five: Contemplative Spirituality and Conflict Transformation in Dialogue.....	218
a. The Meaning of Identity and the Transformation of Conflict	219
b. The Both-And Frame and Unitive Consciousness	230
c. Trinity, Triangles, and Threefoldness	236
Chapter Six: Conclusion: Contemplative Conflict Transformation.....	241
Bibliography	245