

# A Magical Mediation Metaphor

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[Writer's Note: The video in this post was filmed at the Singapore International Dispute Resolution Academy Symposium "Rethinking Diversity in Conflict" (16-17 October 2017). You will need to turn on your sound. Apologies for the less than perfect sound quality.]  
December is always a special time of the year for me. Christmas is around the corner and the year quiets down a little and I get a chance to reflect on life, the universe and everything. On one of these pensive moments, I was struck by how various contexts of my life have stitched together in a way that is serendipitous.

One of these contexts is of course mediation. I have devoted much of my adult working life to practicing, promoting and teaching mediation. And I am always looking for new ways to spread the word.

Another context is my interest and training in the field of Neuro-Linguistic Programming (NLP). Although NLP has its detractors, it has been invaluable to me, both professionally and personally. And one key aspect of NLP is the use of metaphor in change work and training. In fact, I hope to focus, in future entries, on metaphors and how to construct and use them effectively.

One context that most of my friends and colleagues today may not know is that I used to be a semi-professional magician. Not the Doctor Strange variety but the David Copperfield kind. And while I retired from performing magic many years ago (reserving the option of course to pull out my magic wand and wave it from time to time for certain special audiences), old habits die hard.

I found the perfect interstice between mediation, metaphor and magic in a one of my favorite magical effects. I usually deliver this effect at the end of a mediation training to cap off the learnings.

While I am tempted to tell you the purpose and message of the metaphor, as with these things, it is much better for you to come to your own message.

So, for your viewing pleasure, I present to you a Magical Mediation Metaphor! Enjoy!