

Kluwer Mediation Blog

The Mediator's Inner Journey: Balancing Self-Awareness, Bias, and Emotional Equilibrium

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In the realm of mediation, the path to resolving conflicts is multifaceted, requiring a mediator to navigate not only the external disputes but also their inner world. This intricate dance often calls for self-awareness, an understanding of personal biases, and a steadfast emotional equilibrium. In our exploration of these facets, we find a source of inspiration in a timeless guide – the [Bhagavad Gita](#).

Self-Awareness and the Mediator's Odyssey:

In the world of mediation, the ability to guide parties toward resolution is significantly amplified when one possesses deep self-awareness. By understanding our own thoughts, emotions, and triggers, we gain the insight needed to facilitate conversations. Much like the warrior Arjuna's inner journey in the Bhagavad Gita, mediators embark on a quest to know themselves. Arjuna's path to self-realization in the epic is a reminder that self-awareness paves the way for clarity and effectiveness.

Navigating Biases:

Biases, whether they are conscious or unconscious, can threaten the impartiality required in mediation. These preconceived notions can impact our judgments and decisions. Recognizing and addressing biases are vital steps in maintaining neutrality. The clarity and detachment of thought in Bhagavad Gita underscore the importance of unbiased perspectives. In this book, Lord Krishna's wisdom to Arjuna encourages him to rise above his preconceived beliefs.

Another recommendation regarding the practice of this theme is the superb new book by Leonard Riskin – *Managing Conflict Mindfully* – as it includes a variety of resources, including video and audio instructions for conflict management, mindfulness, and internal family systems exercises. Also, worthy recommending are additional materials such as the [Program on Negotiation \(PON\) Book Talk](#).

The Equilibrium of Emotions:

In the midst of conflicts, emotional turbulence is inevitable. Mediators are called upon to manage their emotions, maintain their composure, and guide parties through stormy conversations. The Bhagavad Gita, which emphasizes the virtues of serenity and emotional balance, offers a blueprint for mediators. The Gita reminds us that equanimity of mind is a precursor to effective action.

Conclusion

The journey of a mediator is not merely external, but internal as well. It's a path paved with self-awareness, the unearthing of biases, and the cultivation of emotional equilibrium. As we embrace these principles, we become not only skilled mediators but also empathetic and insightful guides to those embroiled in conflict.


In closing, we are reminded of the Bhagavad Gita's timeless wisdom, which offers valuable insights into the mediator's quest for balance. Just as Arjuna sought clarity in the midst of a great conflict, mediators too seek to bring clarity to the disputes they encounter. This ancient text serves as a beacon, guiding us on our journey toward a more harmonious world.

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