Peaceful Life Radio- Your Podcast for Navigating Life's Challenges

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Hosts: David Lowry, Don Drew

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David Lowry: 0:29
Hello, everyone. This is David Lowry and alongside me is my good friend, Don Drew. Don, let's give our listeners a preview of our show today.

Don Drew: 0:38
Today we are going to introduce our listeners to this podcast and tell them what it's all about and why they should listen to us.

David Lowry: 0:44
We're brand new and we want to tell you about the tools and the skills you're going to need for peacemaking.

Don Drew: 0:50
And we'll teach people about the importance of developing communication and conflict resolution skills.

David Lowry: 0:55
This podcast isn't just about avoiding conflict. It's about embracing challenges as opportunities for growth and finding meaning in all aspects of life. Whether you're facing conflict at work, struggling in your family, or simply seeking more peace and joy.

Don Drew: 1:11
I can't wait to get started, but before we do, I want to take a second and ask our listeners to like, download and subscribe to our peaceful life radio podcast. It only takes a minute and it will help us out a lot. David, let's begin our program by talking about the vision we have for this show.

David Lowry: 1:26
Yes, it's a vision about what this whole podcast is all about. This is a podcast that's many years in the making in the sense that it started with a book that I wrote called Peacemaking 101. It's a result of work I've done in mediation and working with people individually. And then, of course, it's based upon you and your experiences as a long time

faculty member and teacher of organizational behavior. Don has a doctorate degree. I have a doctorate degree. And something that we're both very proud of is our advocacy for peace and peacefulness and peacemaking and living a peaceful life. So I think if people are listening to this show for the first time, they may be wondering what in the world is it all about? So Don, let's run through some questions that you think people might have and we'll answer them the best we

Don Drew: 2:14
can. Okay. Well, let's start this really simple and What is our mission?

David Lowry: 2:18
Mission is basically threefold. We want to empower people to live a fulfilling life. I believe everybody deserves to be happy, have wellbeing, and a chance to flourish. This program is designed to bring those things into your life, give you hope that those things can come into your life, give you ideas on how to do that. The second thing is to give you essential skills, tools, some knowledge to go through the interpersonal conflicts that come up in your life. Most of all, Don, to get rid of the stupid drama drives you nuts. You know, all that back and forth stuff that people get involved with. We want to see if we can get it out of our life if we possibly can. And the last one is more of a lifestyle approach. It's mastering life changes and challenges so that you can work with people, manage your challenges, people, places, things, events and situations. Those things that come up in your life that mess with your serenity. That's what I call it. And so how do we deal with all of those things that mess with our serenity?

Don Drew: 3:19
We're gonna try and help out in a couple of different ways. Number one is this Peaceful Life Podcast. And David, I'll let you say a little bit more about that if you want, but also we have a Peacemaking 1 0 1 website, that's peacemaking 1 0 1 dot com. And we're trying to integrate both the podcast and the website, so you'll find a lot of additional useful information and tools there.

David Lowry: 3:39
Yes. There'll be a weekly podcast with new information, and we're going to put that information so that you can listen to us and then go to our website and find even more information, books, whatever. So between the two of them, you're bound to like something. Hopefully there's going to be some benefits for our audience. I wrote a book book on peacemaking, Peacemaking 101. It's a online textbook that was used. I've taken a lot of videos that people have studied and taken college courses from and made them available to anybody who wants to see them. So, why do we do this? We believe in this

message of reducing drama and conflict. And we believe that if you learn how to be a better communicator, develop your conflict resolution skills, that you can minimize stressful situations and build a healthier relationship.

Don Drew: 4:42
Okay, so those are some great benefits, but I listen to several different podcasts. I enjoy listening to podcasts myself, but I have to be kind of choosy about where I spend my time and who I want to listen to, so why is it worth my time, or why is it worth our listeners time, to listen to this?

David Lowry: 4:58
Our approach is going to be based in relationships and communication. And I believe, Don, that 99 percent of the trouble people face in their life is caused more by their relationship and misunderstanding of what to do in those relationships than anything else. So our focus here tends to be on developing great interpersonal relationships with you and other people and also with the things that you have in your life, even the inanimate objects that you have in your life, maybe like a car or house or something like that. So that the things that you have in your life actually contribute to your peace. We're working on how you can improve all of those aspects of your life. And I'm really hoping that niche right there working on your relationships to be a more authentic person where you can be who you need to be, allow others to be who they are, but develop a great relationship between you, nonetheless, even if you don't see eye to eye, but enjoy one another despite those differences, we think can go a long way to bringing peace into your life. There's another thing that we're going to do here. We're going to teach you how to have greater control over your life. As we teach you communication skills, give you ideas on how to make peace, talk about living your peaceful lifestyle, we think that your life is going to come under greater control.

Don Drew: 6:18
So, in order to do this, we're going to be providing various guides and strategies. Some of this you can find on our website. But we'll be providing step by step instructions and frameworks for navigating specific conflict situations. We'll be talking about workplace drama, family conflict, and ways to grow through that and learn how to live with that and perhaps find peace through a whole new set of skills. We'll also have scripts, templates, exercises, and activities, and of course, we also want to provide a supportive community or network for individuals to share similar goals and offer encouragement and guidance to one another.

David Lowry: 6:52

Absolutely. We hope that the things we teach you here will make you more emotionally intelligent, give you ideas on how to manage stressful situations that come up in your life, how to deal with people, places, things, events, situations, and give you a little more knowledge and wisdom than the average person has. Over time, if you listen to us, you'll hear ideas that will just make sense to you. And you say, you know, I think I can do that. Maybe you'll hear an idea and then one day you'll remember, Oh yeah, I remember I heard that on A Peaceful Life podcast, or off the Peacemaking 101 website. And you'll find that it makes your life better. And mission accomplished if we do that. We're not selling anything to you. We're not trying to be your guru. We're not trying to create a religious experience for you. We're not taking your money but we do hope that what we have to offer you based on our years of experience might be a benefit to you and someone you know and love.

Don Drew: 7:48
Tell us about what you call a peacemakers philosophy.

David Lowry: 7:51
So, it's this belief right here. Your challenges aren't meant to overwhelm you, but to serve as a stepping stone for personal growth and positive change. everybody, right? I mean, there's an old saying that man plans and God laughs. That has been true in my life. I have been so low at certain points in my life that I honestly did not care if I lived or died. And I think everybody goes through those valleys and those very low lows sometimes. But I've learned from those low, low, lows. And one of the reasons I have a more steady, even life and have become such an advocate of peace is because I've learned many things about peacemaking.

Don Drew: 8:32
Right. And I think it's important to understand that one of our messages is that even in times of great stress. It's possible to find peace, and it's possible to be a peacemaker. It takes work, and it takes awareness, and that's what we're looking at.

David Lowry: 8:48
That's exactly what we're saying. Now, this is something I believe. If you don't believe it, put it into something you can believe. I believe we come here ready to do some sort of mission. We don't know what it is exactly. But each of us, through our training and growth and development and learning, becomes suited to do certain things that other people can't do. Okay. We develop into this uniquely qualified person. And we've had all kinds of challenges and roadblocks on the way. And we've seen them as frustrations and hindrances, and we've gotten angry about it. But what if, according to my viewpoint, we

said, wait, wait, wait, maybe those were necessary to help me become more of who I'm supposed to be. What if they were my friends and not my enemies? What if they were like the boulder in the water that parts the water to one side? If we look at life that way, we can begin to see how peacemaking can be a really convenient tool in our life. Because, okay, we have a problem, it's part of life, but it is also an opportunity to become more of who we're supposed to be.

Don Drew: 9:53
Mm hmm, yeah, I I'm thinking of that phrase no pain, no gain, that's used in exercise a lot, right? It is true that until you put stress on a muscle it's not going to grow and strengthen. And anybody that's had any kind of an injury they have to recover from has found that it takes time to rebuild that muscle.

David Lowry: 10:11
Instead of viewing these difficulties as roadblocks, It could be something that is meant to help us grow. As we actively engage with our problems, we gain insights into ourself and others and to the world about us. I've made tons of mistakes in my life. And I know that if you're honest and say, yeah, I've made them too, but did you learn from them? And if you did learn from them then your mistakes did the purpose they were supposed to do. They taught you something about life and living. It's given you wisdom. Congratulate yourself. It's given you a new direction to go. And you shouldn't spend a lot of time beating yourself up over it, because guess what? You learned your lesson or you learned something from it. And the next time it comes up, we think you'll do better.

Don Drew: 10:56
And realistically this ends up with us developing essential skills necessary in order to navigate the future. So, the first part of the Peacemaker's philosophy really has been about learning to see challenges as opportunities, growing from them, and then therefore developing the essential skills we need to navigate challenges in the future. What about building strong relationships? How does that play into the Peacemaker's philosophy?

David Lowry: 11:21
As we face challenges with each other, we develop a sense of shared purpose and connection. We learn how to build relationships through respecting people's different perspectives, learning when it's appropriate to give our trust to somebody. We learn how to empathize when we have problems with one another. And all those things together can build strong relationships. Sometimes we have to go through things together as a family. Let's say, you and your partner are struggling in some way. You're not getting along well, and you're not even sure if you're going to stay together or not. But if you can

build the relationship, and find your way forward, just think of all the things you will have learned from that. And even if you can't go forward in the relationship, you learn from that too. That can be a good thing because you learn about the obstacles you can face, and you're a little more careful the next time. All these obstacles you face will help you become a more compassionate and caring and empathetic or a person that is of no use to anybody. And we're hoping that you'll be an empathetic person and not that bitter person.

Don Drew: 12:25
How might we find deeper meaning through conflicts and challenges?

David Lowry: 12:30
There's a deeper meaning in every conflict that you have. I truly believe this. Some people say the challenges that come your way, come your way for a reason. You can argue whether the universe works that way or not. But I found it very helpful to look at the conflicts in my life as having a deeper meaning than being a mere inconvenience. Recently I've had to assume the guardianship and conservatorship of my sister, who's got early dementia. That's a real tough lesson to learn right there, right? But I've learned so many things by going through all of that. I've learned about this disease that cripples millions of people in America. I've learned about the health care system. I've learned about the legal system. I've learned about the financial problems people face going through all of this. There's so many wonderful lessons I'm learning that I didn't know before. I was totally unaware of it. And the deeper meaning of all of that is that opens doors for me to be more empathetic and compassionate to other people and maybe be a potential agent of change. There's always an opportunity to extend what's happened to you and to find some greater meaning from it.

Don Drew: 13:38
Emotions are an area that often get a bad rap. We're told that we need to control our emotions or manage our emotions. What are some ways that we can fuel positive change?

David Lowry: 13:50
We look at emotions as something you shouldn't fear. It's a fuel source, if you will. It's energy in motion. Emotion, energy in motion. Honestly, the people who study emotions, Don, say we only have about six really pure emotions, and that everything else is sort of like the color wheel. We just mix and match things and we come up with different variations of emotions, but anger is one of them, right? Or sadness and depression and things like this are part of our emotional makeup. And they give us challenges at times.

But frustration, anger, and even joy, are not something that we should run away from, but seek to use as an energy source to help us make the change we need to make. Once you've had joy in your life, you say, how can I have more of this in my life? If you've had anger in my life, you may say, what can I do to change this anger into something more productive, instead of just carrying around bitterness and letting it burn me up? Maybe there's a way that I can do something to make things better. We can use it to make positive changes in our life.

Don Drew: 14:55
In our peacemakers philosophy, we started talking about challenges as opportunities for learning and discovery. Let's finish up this part of our discussion with challenges as shaping forces for our lives.

David Lowry: 15:06
Challenges are there to cause you to become a wiser, more skillful, more resilient person who can navigate what life throws at them. If you follow the peacemaking lifestyle and learn more about how to be a peacemaker, how to be better related to yourself, better better with other people, better with your situation and environment that you're in, you're going to develop some complexity that makes you a very rich and deep person and allows you to be a qualified agent of positive change. I don't know if you're like me, Don, but sometimes I see these people who are throwing out their shingle as a life coach or something like this, and they're all about 22 years old And I and, you know, more power to those people. But I, sometimes I think, what do you know, what have you been through that makes you uniquely qualified to help people through their difficult situations? But all of us who have been through problems learn that we can grow and become better people as a result of our problems. We didn't enjoy them at the time, but we can learn how to be better. And that makes us wise. That makes us valuable. And those things that maybe you've been through, maybe it was a struggle with an addiction, or maybe a divorce or a marriage that went sideways, or maybe you lost a job because you didn't do it right. Whatever those things you consider to be failures to be can be Something that makes you even more qualified to help other people if you've learned your lesson., Don Drew: David, if we try to about in the Peacemakers philosophy to what we're trying to accomplish through Peacemaking101. com and a Peaceful Life podcast, there's gotta be some different elements that can be applied in very practical ways. Like for instance, challenges as opportunities for growth. Exactly. We want this to be a very pragmatic and powerful way to live. First of all, we don't want to talk theory all the time. We want to talk about What practical things can you do? So, we really want to talk about developing skills and understanding. For instance, let's say that we talked to you about different ways that you solve conflict. Maybe it never occurred to you that there are many different

approaches you can use to solve a conflict. Most people, rely upon whatever has been working for them in the past, and they're what I call a one trick pony. They just use the same thing over and over and over and over again, and when it doesn't work they have a life full of conflict, and it never occurs to them that there were many other ways of approaching a problem that they could have used, right? So, we're going to give them some very practical skills and ideas for understanding. The other one is just to share the knowledge that we've gained over the years about peacemaking how we make peace, what things seem to be working with people, give people some ideas to try. So, when you have something that comes up in your life and you say, Hey, do you have an idea on how I can handle this situation? We hope that this podcast will give you all kinds of ideas to handle your situation. Maybe one week working with your kid or maybe one week it's your boss or whatever it is. You'll find I can definitely use that in my daily life.

Don Drew: 18:15
Some of the things we might really be interested in bringing forth here is a better understanding of people in our lives and highlighting the significance of developing healthy relationships for overcoming challenges in those relationships. The website and podcast will offer guidance on effective communication, conflict resolution, and building strong interpersonal connections. And then it'll also address things like specific situations and problems, viewing challenges as opportunities for learning, and encouraging others to use practical problem solving strategies to address these issues.

David Lowry: 18:50
Absolutely. And Don, we want to talk about handling emotions as well. For instance, I mean, we'll have a whole program. In the future talking about anger. Anger is one of those rage emotions that people find themselves in from time to time and they don't know what to do with. But guess what? When you learn that anger can be the tool that moves you to assertiveness and then from assertiveness to advocacy so that you can make really great positive changes where it needs to be made, suddenly, anger is not to be feared anymore. Anger can be the emotion that tells you, Hey, I need to do something here. But instead of using it improperly, we can teach you how to use it in a more beneficial way.

Don Drew: 19:32
So, at the end of the day, a peaceful life podcast can support individuals in embracing the challenges outlined by the philosophy we've been discussing here, providing tools and knowledge necessary to navigate challenges effectively. Shifting your personal perspectives on these challenges from overwhelming obstacles to opportunities for growth and meaning. And then lastly, empowering individuals to contribute to a better

world by addressing problems and finding solutions that are going to benefit themselves and all of their friends and loved ones.