

“Too often, when we feel mistreated or abused, we only see two possible responses, either we behave aggressively ourselves, or we become completely passive. However, there is a third possibility: a way of acting without being either aggressive or passive. So there is not only the choice between dominating or being submissive; there is a way of being strong without trying to control someone else. To put this into practice, we first need to be conscious that this possibility exists, and most of all we need to know how to put into practice. This we can learn.

The more people accomplish this transformation, the less violence, suffering and tragedy, and the more well-being, happiness and constructive energy there will be in the world.”

Pat Patfoort