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Conflict REVOLUTION™

World Peace, one person at a time starting with Self

Challenge

A 12-week challenge to Become the Change
and be part of the Worldwide Nonviolent Action
to End the Age of War



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A 12-week challenge to Become the Change
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to End the Age of War

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Please pass on this information to others
who are willing to take part in a
Worldwide Nonviolent Action to End the Age of War

Blessed are the
peacemakers



for they will be called
children of God



Welcome



Welcome to the **12-Week Conflict REVOLUTION™ Challenge** to create a **New World Peace!** You are stepping into a historic movement—one that begins not with protests or politics, but with a revolution of consciousness. By joining this challenge, you are committing to a bold experiment: resolving conflict at its very source—within yourself—to create lasting peace that ripples out into the world. This is more than just personal growth; this is a scientific and spiritual inquiry into how much inner peace we need to end the age of war. Your participation matters. Your transformation is imminent. Together, we are forging a new path for humanity.

Over the next 12 weeks, you will learn and apply the principles of Conflict REVOLUTION™ in your own life. This process, inspired by Einstein's Unified Field Theory, combines science, compassion, and consciousness to redefine how we experience and resolve conflict. You will be guided step by step to observe, reframe, and transform personal struggles, shifting your energy from chaos to clarity. As you do, you'll not only witness profound changes in your own life but also contribute to a global shift in human consciousness. The time for peace is now, and it starts with you.

Welcome to the Revolution!
Barbara

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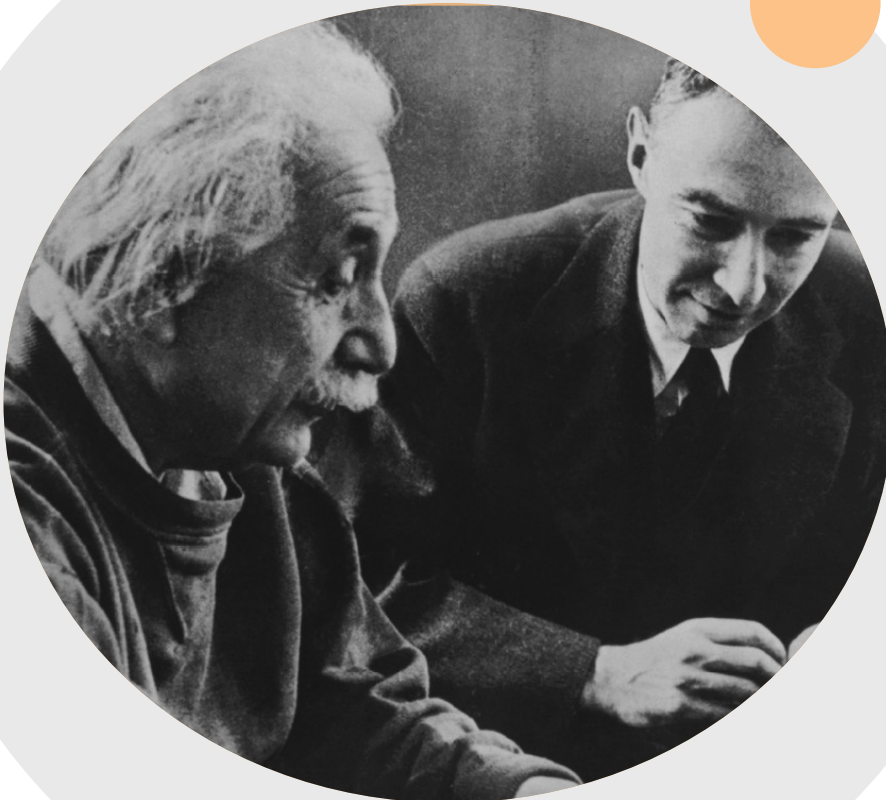
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Albert Einstein and
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Introduction



Conflict REVOLUTION™ is a revolutionary process designed to resolve conflict at its root, beginning within ourselves. By understanding our personal Domain—Intellect, Emotion, Intuition and Witness—we gain control over our responses and transform conflicts into opportunities for self-awareness, growth and peacemaking.

Using Conflict REVOLUTION™, we shift from reacting unconsciously to conflict into consciously and intentionally engaging with it as a teacher. This process challenges us to take full responsibility for our thoughts, feelings, intuitions and decisions, recognizing that the outer world mirrors our inner landscape. By decoding the patterns of our own energy—how we think, feel, and intuit—we unlock the power to redirect conflicts from destructive cycles into conscious evolution. This is a tool for deep healing and insight that we can call on daily.

What makes Conflict REVOLUTION™ truly revolutionary is its foundation in both science and spirituality. Rooted in Einstein's Unified Field Theory, it introduces a quantifiable model of Compassion as the 5th fundamental force of the universe. By learning to harness this force within ourselves, we create measurable change in our personal lives, our relationships, and ultimately, our communities and the collective consciousness of humanity. This is where lasting peace begins—not in the halls of governments, but in the hearts and minds of individuals willing to be the revolution.

Sound Bites



INTELLECTUAL: Referring back to your conflict, write down the top three reasons why you were triggered. Pretend you're writing a headline: condense your reasons into two or three simple statements we call "Intellectual Sound Bites" ("He doesn't respect my time"; "He lies"; "She can't forgive me.")



EMOTIONS: Referring back to your conflict, focus on how you feel about the conflict. Remember, feelings are simple and without explanation or much thought: "anger," "sadness," "grief," "loss," "happiness," etc. How do you feel about this conflict? Refer to the list on the next page.



INTUITION: Getting your thoughts and feelings out of the way, focus on what your Intuition might tell you is a step that you can make toward resolving your sample conflict. Remember, it's a small voice instructing you to take a step that would be good for the whole situation. This is sometimes difficult, but do your best to speculate (What would Jesus do? What would a spiritual adviser suggest?). Make sure it is an imperative statement that impels you to take an action. ("Rest." "Say you are sorry." "Stay away from that person.")



Emotions

Absorbed	Cold	Engrossed
Adventurous	Comfortable	Enlivened
Affectionate	Complacent	Enthusiastic
Afraid	Composed	Exasperated
Aggravated	Concerned	Excited
Agitated	Confident	Exhausted
Alarmed	Confused	Exhilarated
Alert	Contented	Expansive
Alive	Cool	Expectant
Aloof	Cross	Fascinated
Amazed	Curious	Fatigued
Amused	Dazzled	Fearful
Angry	Dejected	Forlorn
Anguished	Delighted	Free
Animated	Depressed	Friendly
Annoyed	Despairing	Frustrated
Anxious	Despondent	Fulfilled
Apathetic	Detached	Furious
Appreciative	Disappointed	Glad
Apprehensive	Discouraged	Gleeful
Ardent	Disgusted	Gloomy
Aroused	Disheartened	Glorious
Ashamed	Dismayed	Glowing
Astonished	Displeased	Good-humored
Beat	Disquieted	Grateful
Bewildered	Disturbed	Gratified
Bitter	Downhearted	Guilty
Blah	Dull	Happy
Blissful	Eager	Harried
Blue	Ecstatic	Heavy
Bored	Edgy	Helpful
Breathless	Elated	Helpless
Brokenhearted	Embarrassed	Hopeful
Buoyant	Embittered	Horrible
Calm	Enchanted	Horrificed
Carefree	Encouraged	Hostile
Cheerful	Energetic	Hot

Humdrum
Hurt
Impatient
Indifferent
Inquisitive
Inspired
Intense
Interested
Intrigued
Involved
Irate
Irrked
Irritated
Jealous
Jittery
Joyful
Jubilant
Lazy
Leery
Lethargic
Lonely
Loving
Mad
Mean
Mellow
Merry
Mirthful
Miserable
Morose
Mournful
Moved
Nervous
Numb
Optimistic
Overjoyed
Overwhelmed
Panicky

Peaceful
Perky
Perplexed
Pessimistic
Pleasant
Pleased
Proud
Puzzled
Quiet
Radiant
Rancorous
Rapturous
Refreshed
Relaxed
Relieved
Reluctant
Repelled
Resentful
Restless
Sad
Satisfied
Scared
Secure
Sensitive
Serene
Shakey
Shocked
Sleepy
Sorrowful
Spellbound
Splendid
Stimulated
Surprised
Suspicious
Tender
Tepid
Terrified

Thankful
Thrilled
Tired
Touched
Tranquil
Troubled
Trusting
Uncomfortable
Unconcerned
Uneasy
Unglued
Unhappy
Unnerved
Unsteady
Upbeat
Upset
Uptight
Vexed
Warm
Weary
Wide awake
Withdrawn
Woeful
Wonderful
Worried
Wretched
Zestful



Creating the Road Map



To create your Road Map, plug the Sound Bites you have collected into a matrix, as illustrated below. Use the name of your conflict and identify the Sound Bites of your Intellect, Intuition, and Emotion. Organize them so that Intellect is at the top symbolizing your head, Intuition is in the middle representing your heart, and Emotion is at the bottom coinciding with your solar plexus.



NAME OF CONFLICT:	Benny and the Maids
Intellect	He Lies
Intuition	Make Yourself Heard
Emotion	Anger, sadness, frustration

NAME OF CONFLICT:	
Intellect	
Intuition	
Emotion	

The REVOLUTION



Using the same creativity you called upon to create the Sound Bites, begin rewriting those Intellectual statements to revolve 180 degrees. If your Sound Bite is about someone else, make it about you. “He doesn’t respect me” turns to “I don’t respect myself” or “I don’t respect him.” Another form of revolving your Sound Bite would be by redefining a judgment into its opposite: “I am doing it all wrong” becomes “I am really doing this perfectly.” “I am doing it perfectly” becomes “Maybe I am making a mistake somewhere.” Use your creativity and imagination to find what resonates.

NAME OF CONFLICT:	Benny and the Maids
Intellect	I Lie
Intuition	Make Yourself Heard
Emotion	Anger, sadness, frustration



NAME OF CONFLICT:	
Intellect	
Intuition	
Emotion	

Revolving the Conflict

01

Create a Witness

The Witness operates within the Intellect and is an objective observer who can consciously discern between your Intellect, Emotion, and Intuition. Like the director of a play rather than the actor on the stage, Witness can step back and analyze what's taking place within you from a place of detachment and nonjudgment. The Witness distinguishes between the subjective stories in your head of who you think you are vs who you really are based on observation of your own actions. Like a witness called to testify before a court who can influence the outcome of a trial, Witness objectively attests to what is actually taking place within and possesses the power to influence free-will decisions.

02

Read your REVOLUTION

Read your Revolution. Notice the emotion that arises when you consider that you could be the one who is not respecting yourself. Notice your thoughts when you realize that you might be the liar. Your ego's first and most natural inclination is to deny it: "No, it's not me, it's him!" or "I am not like that! I don't lie!" These denials and projections are part of the tricky ego trying to keep control, maneuvering so that you won't have to feel those repressed feelings listed on your Road Map or change your self-sabotaging decisions.

03

Feel and Breathe

Intentionally stop and take five deep, calming breaths. Use your Witness to feel Emotion in your solar plexus flowing up through your body, flowing out into the heavens through the top of your head. Detach from the story of why you think you feel this way, and replace those thoughts with affirmations that assist you in feeling and breathing. By choosing to detach from the story of why you think you feel these emotions and actually taking time to feel them, you are practicing accountability and being a leader in your life. By doing that, you experience the intimacy and abundance of your present-moment. You are practicing Self Love.

Revolving the Intellectual Sound Bite

04

Revolving the Intellectual Sound Bites is a journey of self-discovery. Because your defensive ego is in the habit of projection, the Revolution can start a fight in your head. As you begin to hear the awakening truth and ego feels itself losing control, brace yourself for some internal backlash. If your Sound Bite is, "He lies," its revolution becomes "I lie."

Your ego's response to hearing this might be, "What? I am not a liar! I am one of the most honest people you will ever meet!" You might feel outraged at the suggestion that you are the one who is lying. But this is not just about entertaining the idea that you are a liar. Then you must engage your Witness and commit to watch yourself throughout the day in order to catch yourself in the act of lying.

The reason you create Sound Bites is so you can easily remember what you are looking for. Imagination can run wild and ego can create a cacophony of stories to distract you. The Sound Bite—"I am a liar"—cuts through all that and helps you focus on what you are intending to witness in yourself.

When you specifically watch for where you are doing the very thing that you are triggered by in someone else, you begin to change the operating system. **You catch yourself** in the act of perpetuating the very things that you are so outraged or hurt by in someone else. This self-witnessing is the most powerful tool for systemic change you can have.

Your ego has a habit of continually lying to you with a steady stream of self talk that diminishes your power and the miraculous truth of creation happening right before your eyes. The lies come in the form of subjective descriptions wherein you paint yourself as a victim to you or others: you always screw up—it's your fault; or "they" always do this to you—it's "their" fault.

Maybe there's someone you don't feel like spending time with. Intuition can be telling you, "Don't go," but your ego says, "I can't disappoint the person," "I owe it to them," "I can't appear disagreeable." Instead of taking the step Intuition impelled you to take,, you allow Intellect to override Intuition. You end up making a decision for the good of the ego at the expense of Intuition and Emotion. Identifying the lies and changing your thinking to listen to Intuition and implementing its instruction will create the change.

The Action Plan

The Action Plan is a personalized tool that you create to help guide you to resolve this conflict from inside you, for the good of all. You're looking for the AHA moment when you witness yourself doing the thing that you are triggered by in someone else. In that AHA moment, applying your new skill sets, you will free and breathe and be intuitively guided to the next most advantageous step to take for the good of the entire situation. In that present moment, you—and only you—will decide if you will take that step.

The moment you catch yourself acting out your Sound Bite is the moment you empower yourself to make a new decision. Courageously facing the truth, you keep feeling and breathing while you listen for Intuition to reveal the next most advantageous baby step you can take into Self Love, right here, right now. Then it's up to you to take that step.

01

Before getting up in the morning, say a prayer of gratitude to be blessed with another day of life. Then pay attention!

02

Set an intention to be in Witness and observe your Intellect, Emotion, and Intuition as separate energies throughout your day.

03

Have patience with yourself while you are learning this new tool. Chances are, no one has ever taught you how to deal with conflict in a self-loving way or how to feel all your feelings.

04

Feel and breathe whatever Emotion is moving through you in present moment, without attaching it to a story. Remind yourself of your Emotional sound bites and create a new self-loving affirmation that supports processing Emotion by moving it through the body with breath while getting out of your head.

05

Carry your Intellectual sound bites around with you. Ask to be shown where you are perpetrating the conditions articulated in your sound bite. Pay attention throughout the day. Become a Witness and watch for when and where you are making or have made decisions that are creating these conditions.

06

Work to master the wild horses of your Intellect. Find ways to quiet the mind, such as yoga and meditation. Don't wait for a special time of day or a class to meditate; use the "unimportant" times, like waiting in line at the supermarket or stuck in traffic. Cultivate your Witness, quiet the mind, and focus on the here and now. Do a quick 30-second scan from head to toe to settle down your thoughts. Step into your Witness and observe them with detachment.

07

When you have an AHA moment and catch yourself in the act of perpetuating your Intellectual Sound Bite, feel and breathe all triggering Emotion through your body. Use passion, nonjudgment, creativity, and humor to stay in the moment as the wave of Emotion passes. Don't let it attach to any thought other than FEEL AND BREATHE.

08

Make a commitment to your Intuition. When you have an AHA moment, ask Intuition what the next most advantageous step is for the good of the whole situation. Then take it. Remember, it is a small step about what to do in that moment. In case of doubt, use this rule of thumb: if Intuition isn't emphatically indicating a step, do nothing for the moment, except to keep feeling and breathing.

09

Pay attention to what you are manifesting. Make a list of the small changes that are beginning to manifest. Notice times when you are less attached and can easily get out of your head. Be aware of the moments when you make yourself feel and breathe. Embrace the difficulty and discomfort of moving anger or anxiety through your body, but notice how much better you feel when the wave passes. Keep a journal and document the changes happening outside you. Pay attention to when a conflict "magically" resolves itself or when there is movement in an otherwise insurmountable block.

10

Celebrate the baby steps! Even though the changes might not resolve the entirety of the conflict, every step is part of the millions of baby steps you will take to do just that. Don't minimize the baby steps, celebrate them!



Making Your Dreams Come True

When you are practicing Self Love in this way, Emotion flows freely through you, bringing with it the voice of Intuition telling you the next most advantageous step for the good of the whole.

From the reference frame of the Witness, Intellect observes the details of what is being created in present moment, as well as listens for the Intuitive impelling. Then, like a faithful servant, Intellect uses free will to fulfill the Intuitive desire. If Intuition says, "Rest," Intellect immediately finds a way to rest—whether it's mind, body, or spirit. Intellect does not need to know why you are being asked to rest; it only needs to do it, in complete trust that Intuition is guiding the entire system to manifest an outcome for the greatest good for all.

The more you cultivate the Witness, the more control you have to use free will to make decisions aligned with your Intuition. The more you feel and breathe all Emotion, the more you are emptying out your abscesses and releasing Emotion that has been repressed, perhaps for your entire life.

Imagine! What if everyone took responsibility for his or her own Domain? Energy that has been used in creating conflict would be freed up for intentionally creating peace and working for the good of all. People would tap into hidden talents they never knew they had. Everyone would be self-contained, self loving, and self monitoring; they would understand what their needs are and know how to fulfill them. Oh, how much different the world might be!

When you take full responsibility for your Domain and nurture yourself, you become a person of action instead of reaction, in charge of your own care and feeding.

Remember, no matter what, you always have a free will choice as to how you will respond to what is happening in present moment. By stepping back into the Witness and examining the situation, listening for the next most advantageous step and then taking it, you truly become the master of your own life.

Conflict REVOLUTION® is not about sitting on a mountaintop, away from all the cares of the world with nothing to do but meditate. Sustaining intimate, intricate self-



awareness on a daily basis is one of the hardest things you can do, especially when you feel angry, frustrated, or threatened. The imbalance between Intellect and Emotion can have a tight grip on you. But persistence, hard work, and a strong commitment to your own transformation is what will change your life. Once you've changed on this root level, choosing self-love becomes knee-jerk.

Now when Emotion rises, an entirely new set of actions kick in, causing new reactions. Intellect knows to protect the world from its projections. It tunes into the messages of the Intuition and uses them to support feeling and breathing Emotion.

You are a living truth, accepting your power, committed to and capable of contributing to world peace like never before.

If you want to be physically healthy, you create a routine of healthy eating and exercise. If you want to be spiritual, you routinely meditate and pray. If you want to be in politics, you routinely devote time to political causes.

If you want to revolve your conflicts in this way, you take time to self-scrutinize on a daily basis.

If you can't get Intellect under control, step into your Witness and use your creativity to follow the clues to your own Road Map. Define what you think is the cause of your conflict, then set about to witness where you might be perpetuating these very conditions.

This kind of accountability and awareness is beyond science and religion. It is beyond politics and business, beyond humanitarian efforts. It is a transformation of the entire human species, one individual at a time, using free will to learn to love self. This is what will change the entire planet.



Conflict REVOLUTION™

The Masterclass

*World Peace
One person at a time
Starting with Self*



The Unified Field & Conflict REVOLUTION™ A New Paradigm for Transformation

<https://barbarawith.com/masterclass/>

In this transformative Masterclass, Barbara unveils a revolutionary system that merges leading-edge physics with a profound spiritual practice. **Unified Field Theory and Conflict REVOLUTION™** are not separate ideas—they are two sides of the same truth. Understanding the Unified Field unlocks the power of Conflict REVOLUTION™ and makes its practice exponentially more effective.

What if resolving conflict wasn't about battling external forces, but about aligning with the deepest truth of reality itself?

Why the Unified Field Matters

At its core, Unified Field Theory suggests that all things—every thought, every action, every being—are interconnected as one seamless whole. This means that the conflicts we perceive “out there” are reflections of the energetic imbalances “in here,” within our own domain of consciousness. When you grasp this fundamental truth, Conflict REVOLUTION™ becomes more than just a method; it becomes the **New Operating System** for reality itself. You learn to stop treating conflict as something happening **to** you and instead see it as an opportunity to bring your personal energy field into alignment with the natural order of the universe.

How Conflict REVOLUTION™ Works Within the Unified Field

Instead of approaching conflict as a problem to solve externally, you will:

- Learn to identify how Emotion, Intuition, and Intellect—the **Three Human Dimensions** of consciousness—interact within your personal field.
- Witness and transmute internal discord at its source, **resolving outer conflict by first resolving it within yourself**.
- Reprogram your mind/ego to follow the wisdom of your Intuition, rather than outdated mental patterns.
- Align your entire system to **Compassion**, the force that integrates and harmonizes energy at the deepest level—what physics may one day confirm as the **5th Fundamental Force of the Universe**.

Mastering the Unified Field, Mastering Yourself

This Masterclass is not just about understanding conflict—it's about mastering the **energetic mechanics of your existence**. With Barbara as your guide, you'll receive 26 sessions of fully illustrated video, orchestrated with inspiration music and narrated by:

- A deep dive into the Unified Field and how its principles directly apply to your personal transformation.
- The **Maps of Human Consciousness**, a framework for training your consciousness into harmony.
- Techniques to cultivate the perspective of the **Witness**, allowing you to step back and navigate your inner world with clarity.
- Simple, daily tools to rewire your consciousness toward peace, creating a **ripple effect into the collective field**.
- A step-by-step Action Plan to integrate these revolutionary insights into your everyday life.

By working with the **Unified Field** and **Conflict REVOLUTION™** together, you are not just healing yourself—you are shifting the fabric of reality itself.

This is your invitation to **step into Self Mastery, Self Love, and a radically new way of being**.

Are you ready to become the change you seek? **Join the Masterclass today and begin your journey into the Unified Field of peace.**

Other Resources

8-Part Remagnetization Meditations

<https://barbarawith.com/meditation-downloads/>



This 8-part MP3 meditation series is designed to realign your electromagnetic energy with Mother Earth, bringing deep healing, balance, and transformation. Your hippocampus—the brain’s center for memory, navigation, and emotional regulation—is deeply affected by electromagnetic energy. These meditations work to open and restore the flow to this vital area, promoting clarity, healing, and inner harmony.

Guided by Barbara and with meditative musical orchestration, you’ll journey through Einstein’s Unified Field in a deeply immersive state, using focused breathing, binaural waves, and hypnotic narration to lower stress and anxiety, sharpen and focus memory, elevate mood and emotional well-being, support pain management and relaxation, and expand creativity and intuitive awareness. For maximum effectiveness whenever possible, lie with your head pointing True North, aligning your electromagnetic field with the Earth’s natural energy. Deeply effective. Profoundly transformative. A tool for your own healing—and for world peace.

Become a Member of the Party

<https://barbarawith.com/mp3club/>

As a member of the Party, you have access to the MP3 Club, a treasure trove of profound wisdom and transformative energy via MP3 downloads. Here you’ll find the latest channeling and meditations, as well as a curated collection from our archives, featuring powerful sessions that have touched lives worldwide. Discounts on readings and classes.



Psychic Readings

<https://barbarawith.com/readings/>

An audience with Einstein and the Party through Barbara is a deeply personal, transformative journey. Guided into a sacred space, you’ll clear your mind, open your heart, and receive profound insights into your life’s origins, purpose, and future potential. Barbara’s wisdom illuminates new perspectives, helping you make choices aligned with your Higher Self. You’ll leave feeling empowered, inspired, and confident—ready to take control of your path and step boldly toward your dreams.

About the Author



Barbara With grew up in Minneapolis, Minnesota and currently resides in northern Wisconsin. She is an international peace activist, award-winning author and publisher, psychic channel, award-winning composer and performer, workshop facilitator and inspirational speaker.

Barbara has authored five books on metaphysics, including *Einstein, et al: Manifestation, Conflict REVOLUTION™*, & *The New Operating System* (2106), winner of the 2016 Best Book Awards for New Age, and finalist in the 2017 Book Excellence Awards for Body/Mind/Spirit; *Imagining Einstein: Essays on M-Theory, World Peace*

& *The Science of Compassion* (2007), winner National Best Books 2007 Award for Fiction & Literature: New Age Fiction, and the 2007 Indie Excellence Book Award for New Age Fiction; *Party of Twelve: The Afterlife Interviews* (2001), winner of the 2008 Beach Book Awards for Spirituality; *Party of Twelve: Post 9/11* (2008), and *Diaries of a Psychic Sorority: Talking With The Angels* (1997, 2019) with Teresa McMillian and Kimberly Phelps, finalist in the 2019 Book Excellence Award for Spirituality.

Barbara has trained Con REV® since 1999 to thousands of people around the world.



**Conflict
REVOLUTION™**

**World peace one person at
a time starting with me**

**THANK
YOU**

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