



CONFLICT'S GIFTS: TURNING CONFLICT INTO CONNECTION

A 31-day Contemplative Practice
with *Enemy Pie*



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For the past five years, Sharon Young has created a companion guide to the book selected for Conflict Resolution Month. Drawing on her extensive experience with diverse contemplative practices, each guide offers an opportunity to engage more deeply with the book's themes and consider their relevance to our own lives and relationships.

This year's guide, "Turning Conflict into Connection: A 31-day contemplative practice with *Enemy Pie*," draws on the 2026 Conflict Resolution Month selection, *Enemy Pie* by Derek Munson. Through a contemplative lens, the guide invites us to explore the story's themes and lessons about conflict, connections, and relationships.

Notes on Turning Conflict into Connection

The guide includes an entry for each of the 31 days of October, with each day offering questions and prompts for reflection, along with quotes from various sources, including psychologists, scientists, religious texts, poets, and philosophers.

You may choose to work through one entry each day throughout October or simply explore the topics and prompts that resonate most with you. However you choose to engage with the guide, we hope it provides an opportunity for meaningful reflection and conversation. We would love to learn about your experience with this companion guide. Please share your comments or reflections by emailing crmonthco@gmail.com.





INTRODUCTION	4
Day 1: EXPECTATION	5
Day 2: JUDGMENT	6
Day 3: REACTION	7
Day 4: MAGIC	8
Day 5: SCHEMING	9
Day 6: MY MIND	10
Day 7: LISTENING AND QUESTIONING	11
Day 8: IMAGINATION	12
Day 9: OPPORTUNITY	13
Day 10: IDENTITY	14
Day 11: EMBRACE	15
Day 12: BECOMING	16
Day 13: PERCEPTION	17
Day 14: RECONSIDER	18
Day 15: ALMOST	19
Day 16: CHOOSE	20
Day 17: DISCOVERY	21
Day 18: NOTICE	22
Day 19: TURMOIL	23
Day 20: FREEDOM	24
Day 21: BEING	25
Day 22: PLAY	26
Day 23: SHARING	27
Day 24: PERSPECTIVE	28
Day 25: FORGETTING	29
Day 26: COMMUNICATING	30
Day 27: HERO	31
Day 28: CRITICAL THINKING	32
Day 29: EVALUATING	33
Day 30: EATING	34
Day 31: MYSTERY	35



INTRODUCTION

Conflict resolution isn't about ignoring friction; it's about changing the way we approach it.

How often do we experience friction within ourselves? How often does our inner friction spill outward? Might becoming curious about what is within us be one key to changing the way we respond to conflict? Many find meditation and contemplation to be helpful in this regard.

The essence of meditation is to return to presence, awareness, and harmony with Life itself. Contemplation is deep reflective thought. Awareness of self and the world around us helps us with things like processing information, choosing our actions, learning and adapting to new information.

Many religions speak of gnosis (awareness) in terms of a 'true Self' and a 'false Self' or a 'higher self' and a 'lower' self' or a 'true nature' and an 'ego or shadow' as in Jungian psychology. Common themes across these various traditions suggest that the lower self is tied to the physical body, material desires, and ego; the higher self is linked to consciousness, morality, and connection to the ultimate reality; and the goal is transcendence – not destruction of the lower self, but liberation from its dominance.

We explore these ideas as we engage in the profound lessons that a young boy learns about himself and relationships in the book, *Enemy Pie* by Derek Munson (Chronicle Books, 2000).

“The privilege of a lifetime is to become who you truly are.”
~ Carl Jung

“To study the self is to forget the self. To forget the self is to be awakened by all things.” ~ Dōgen Zenji



Day 1

EXPECTATION

“It should have been perfect, but it wasn’t. It was all good
until...”

“...*until* Jeremy Ross moved into the neighborhood, right next to my best friend Stanley. He laughed at me when he struck me out in a baseball game. He had a party on his trampoline, and I wasn’t even invited, but my best friend Stanley was.”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

Pause for a moment to reflect on this young boy’s statement and what it reveals about inner and outer friction. Remember a time when you experienced a similar circumstance or thoughts or feelings. Reconnect with them. Sit quietly with them without judging, dismissing, justifying, or surrendering to them. Simply feel them, acknowledge them, and let curiosity guide you.

What is expectation? Expectation is defined as a strong belief that something will happen or be the case in the future.

What dashed expectation(s) did the young boy in this story experience? What was the source of his expectations? Which ‘self’ did his expectations reflect: a ‘true self’ and a ‘false self’ or a ‘higher self’ and a ‘lower self’.

Do you have a process for examining and managing your expectations, both internal and external?

“The unconscious is not just evil by nature; it is also the source of the highest good.” ~ Carl Jung



Day 2

JUDGMENT

“It was all good until...”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

What criteria do we use to judge something or someone as good?

“As a child, you're given a name, a nationality, a religion, a story about who you are and what this world is. The Gnostics would say those [stories] screens are the work of the principle of unconscious creation, of mechanical repetition. It is the voice that says this is all there is. You are only this body. You are only this history. These unconscious mechanical repetitions obscure who we are beneath these stories. What might we discover if we cast off these unconscious creations? ~ (From: How Gnostic Meditation Technique Breaks the Matrix of the Mind)

“The soul must become free from its bindings in order to behold the mystery of its origin.” ~ Gospel of Mary Magdalene

““Who are you when you are no one? When you remove your name, your profession, your family history, your traumas, your achievements? You are a drop of water that has forgotten it is ocean. Remembering that you are ocean means that you must dissolve and that is terrifying because the drop has spent its entire life building its identity.” ~ Rumi

Take a moment to sit quietly in contemplation. Let go of something that seems essential to your identity. Then another.

How does this exercise feel?

Who are you when you are no one? Remember...



Day 3 **REACTION**

“I made an enemy list.”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

What internal friction might be the root source that prompts making an enemy list? How might making an enemy list spur outer friction? Have you personally responded to a circumstance or person like the boy in this story? Do you see examples in daily news reports where institutions and nations do the same?

Might recognizing our automatic response help us change how we approach friction and conflict?

Are you familiar with these promptings through your daily life experiences?

“Too much of the animal disfigures the civilized human being, too much culture makes a sick animal.”

~ Carl Jung (The Psychology of the Unconscious)

“Excessive indulgence in primal urges such as aggression, greed, and lust can lead to destructive behavior and a loss of moral compass. This imbalance can result in a disfiguration of the civilized human being, as they become disconnected from their higher self and succumb to their basest impulses.

Conversely, an overemphasis on cultural conditioning and societal norms can stifle one’s authentic self-expression and creativity. Too much adherence to external expectations and conformity can lead to feelings of emptiness, alienation, and inner conflict.” ~ from picturequotes.com



Day 4 **MAGIC**

“Dad knew of a way to get rid of enemies. He said, ‘I’ll show you how.’ He pulled a really old recipe book off the kitchen shelf. Enemy Pie. Dad said the recipe was so secret, he couldn’t even tell me. I decided it must be magic.”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

Secret. Magic. Oh, the allure! Do you believe in them? Do you take time each day to immerse yourself in them?

“The work of magic is this, that it breathes and at every breath transforms realities.” ~ Rumi

Are you familiar with the magic of breath, of *your* breath?

“It is the spirit in man, the breath of the Almighty, that makes him understand.” ~ Bible, Job 32:8

“The world is full of magic things, patiently waiting for our senses to grow sharper.” ~ W.B. Yeats

What might we do to help our senses grow sharper?

“Intuition is perception via the unconscious that brings forth ideas, images, new possibilities and ways out of blocked situations.” ~ C.G. Jung

“The intuitive mind is a sacred gift, and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift.” ~ Albert Einstein

“A quiet mind is able to hear intuition over fear.” ~ Unknown

*“Intuition does not come to an unprepared mind.”
~ Albert Einstein*



Day 5 **SCHEMING**

“Dad knew of a way to get rid of enemies. This got my mind working. What kinds of disgusting things would I put in a pie for an enemy? Weeds. Earthworms and rocks. Chewed gum.

Enemy Pie by Derek Munson (Chronicle Books, 2000)

Have you noticed how one experience, one feeling, one thought, followed by one impulse, intuition, response, or reflection can send us on an escalating spiral, either toward the ‘higher self’ or the ‘lower self’?

“Instead of portraying demons as supernatural monsters or fallen angels, the Apocryphon uses them to represent personified aspects of human nature and emotional states - internal patterns that influence behavior and self-definition. The four chief demons are Pleasure (leads to unmerited pride and other evils), Desire (from which arise anger, fury, bitterness, outrage, dissatisfaction), Distress (leading to envy, jealousy, grief, discord, cruelty, worry, mourning), and Fear (from which emerge horror, flattery, suffering, shame). These are internal patterns that influence behavior and self-definition.” ~ (from Apocryphon of John)

Gnostics suggest that meditation is for revelation. They are not trying to improve the self. They are trying to see through it.

Have you done work on seeing through the self that you most often identify with, those unconscious mechanical repetitions? (From: How Gnostic Meditation Technique Breaks the Matrix of the Mind)

“Until you make the unconscious conscious, it will direct your life, and you will call it fate.” ~ Carl Jung



Day 6 **MY MIND**

“Dad knew of a way to get rid of enemies. This got my mind working.”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

Do you regularly take moments to become aware of your mind working? Is it subordinate to you? Or are you a slave to it?

Do you know who you are?

“I am not my thoughts, emotions, sense perceptions, and experiences. I am not the content of my life. I am Life. I am the space in which all things happen. I am consciousness. I am the Now. I am.” ~ Eckhart Tolle

Do you know where your power lies?

“You have power over your mind – not outside events. Realize this, and you will find strength.” ~ Marcus Aurelius

“Declare your jihad on thirteen enemies you cannot see — egoism, arrogance, conceit, selfishness, greed, lust, intolerance, anger, lying, cheating, gossiping and slandering. If you can master and destroy them, then you will be ready to fight the enemy you can see.” ~ Al-Ghazali

*“To the mind that is still, the whole universe surrenders.”
~ Lao Tzu*



Day 7

LISTENING AND QUESTIONING

“I went out to play, alone. I shot baskets until the ball got stuck on the roof. I threw a boomerang that never came back to me. All the while I listened to the sounds of Dad chopping and stirring and blending the ingredients of Enemy Pie. I tried to imagine how horrible it must smell, or worse yet, what it would look like.”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

Who or which ‘self’ do we listen to and question when we get caught up in unmet expectations and the judgments, reactions and schemes that follow; the fruit of friction?

“Gnostic meditation is for revelation. They insist there is something in you that does not belong to this world at all; the divine spark.” ~ (From: How Gnostic Meditation Technique Breaks the Matrix of the Mind)

“Emotion is the chief source of all becoming-conscious.” ~ Carl Jung

“Wisdom comes with the ability to be still. Just look and just listen. No more is needed. Being still, looking, and listening activates the non-conceptual intelligence within you. Let stillness direct your words and actions.” ~ Eckhart Tolle

“The inner light actually comes from the soul; it is already inside us. The moment we can have free access to our soul, we will see that this light is coming to the fore to permeate our whole outer existence.” ~ Sri Chinmoy



Day 8 **IMAGINATION**

“All the while I listened to the sounds of Dad chopping and stirring and blending the ingredients of Enemy pie, I tried to imagine how horrible it must smell, or worse yet, what it would look like.”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

How does imagination show up in your daily life?

Imagination can be injurious to ourselves and others.

“To treat your facts with imagination is one thing, to imagine your facts is another.” ~ John Burroughs

“We are more often frightened than hurt; and we suffer more from imagination than from reality.” ~ Lucius Annaeus Seneca

Imagination can open us to new revelations and possibilities.

*“The debt we owe to the play of imagination is incalculable.”
~ Carl Jung*

“‘What’ and ‘if’ are two words as non-threatening as words can be. But put them together side-by-side, and they have the power to haunt you for the rest of your life. What if? What if? What if?” ~ Anonymous

“We are so obsessed with doing that we have no time and no imagination left for being. As a result, men are valued not for what they are, but for what they do or what they have – for their usefulness.” ~ Thomas Merton



Day 9

OPPORTUNITY

Dad pulled the pie out of the oven. It looked like plain, old pie. It looked good enough to eat! I was catching on. But still, I wasn't really sure how this Enemy Pie worked. What exactly did it do to enemies? Maybe it made their hair fall out, or their breath stinky. Maybe it made bullies cry. While the pie cooled, Dad filled me in on my job."

Enemy Pie by Derek Munson (Chronicle Books, 2000)

"Gnostics did not sit in meditation to relax. They sat to revolt. They were trying to lose someone; the character the world wrote for them. Your thoughts are not the prison. Your identity is. Inside human beings, they say, there is a fragment of the true light, a foreign element, an exile. They called it the divine spark. Most meditation today tries to comfort the prisoner. Gnostic meditation tries to wake the exile." ~ (From: How Gnostic Meditation Technique Breaks the Matrix of the Mind)

What is our job throughout our life?

"Your life, all of your life, is your path to awakening. By resisting or not dealing with its challenges, you stay asleep to Reality. Pay attention to what life is trying to reveal to you. Say yes to its fierce, ruthless, and loving grace." ~ Adyashanti

"To change the world is not your mission. To change yourself is not your duty. To awaken to your true nature is your opportunity." ~ Mooji



Day 10 **IDENTITY**

“I wasn’t really sure how this Enemy Pie worked. I asked Dad, but he was no help. He wouldn’t tell me a thing.”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

“A person who no longer believes they are only their social role, their trauma, their programming is not easy to control. This ‘knowing ‘yourself is gnosis, direct intimate knowing of the source of the light that is within us. When you begin to live from that spark, the true light within, guilt stops working the same way. Fear bends. Shame is seen through. You still feel them, but you are no longer inside them; you’re changing your place of resonance in the cosmos of consciousness. You see your body as a garment. You see your ego as a garment. You see your identity as a garment; roles you play. But somewhere quietly, you remain as the spark.” ~ (From: How Gnostic Meditation Technique Breaks the Matrix of the Mind)

“I wish I could show you, when you are lonely or in darkness, the astonishing light of your own being.” ~ Hafiz

“Don’t be afraid of discovering that the ‘real you’ may be different than the ‘current you’.” ~ Rabbi Noah Weinberg

“Be aware that what you think, to a large extent, creates the emotions that you feel. See the link between your thinking and your emotions. Rather than being your thoughts and emotions, be the awareness behind them.” ~ Eckhart Tolle



Day 11 **EMBRACE**

Dad said, “There is one part of Enemy Pie that I can’t do. In order for it to work, you need to spend a day with your enemy. Even worse, you have to be nice to him. Are you sure you want to go through with this?”

“Of course I was! It sounded horrible. It was scary. But it was worth a try. All I had to do was spend one day with Jeremy Ross, then he’d be out of my hair for the rest of my life.”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

What is our job throughout our life?

“Suffering begins when you mentally label a situation as bad. That causes an emotional contraction. When you let it be, without naming it, enormous power is available to you. The contraction cuts you off from that power, the power of life itself.” ~ Eckhart Tolle

“Try not to resist the changes that come your way. Instead let life live through you. And do not worry that your life is turning upside down. How do you know that the side you are used to is better than the one to come?” ~ Rumi

“Those who can make you believe absurdities can make you commit atrocities.” ~ Voltaire

“Peace cannot be kept by force; it can only be achieved by understanding.” ~ Albert Einstein



Day 12 **BECOMING**

“Are you sure you want to go through with this?” Dad asked.
“Of course I was! It sounded horrible. It was scary. But it was worth a try. All I had to do was spend one day with Jeremy Ross...”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

All I had to do was spend one day with [my enemy]. Are you willing?

If your situation is not conducive to literally spending a day with a person, or if your enemy is not a person but a philosophy or idea or illness, etc. what are some ways you can spend a day with them?

“If uncertainty is unacceptable to you, it turns into fear. If it is perfectly acceptable, it turns into increased aliveness, alertness, and creativity.” ~ Eckhart Tolle

“Don’t demand or expect that events happen as you would wish them to. Accept events as they actually happen. That way, peace is possible.” ~ Epictetus

*“In every adult there lurks a child – an eternal child, something that is always becoming, is never completed, and calls for unceasing care, attention, and education. That is the part of the personality which wants to develop and become whole.”
~ C.G. Jung*

Are you aware of the eternal child in you? What do you do, and what can you do to provide unceasing care, attention, and education to help her/him/them develop and become whole?



Day 13

PERCEPTION

When Jeremy opened the door, he seemed surprised. He stood on the other side of the screen door and looked at me, waiting for me to say something. I was nervous.

“Can you play?” I asked.

He looked confused. “I’ll go ask my mom,” he said. He came back with his shoes in his hand. His mom walked around the corner to say hello.

Enemy Pie by Derek Munson (Chronicle Books, 2000)

Surprised. Confused. How do you tend to respond to people and situations that surprise or confuse you?

What might Jeremy’s surprise and confusion reveal about his perception of the boy who judged Jeremy as an enemy? Might he have had reason to judge his neighbor as enemy?

“Perhaps, I myself am the enemy who needs to be loved.”
~ Carl G. Jung

How often do we neglect to reflect on how our words, actions/inactions, or attitudes might be the cause of others’ response to us that influence us to then judge them as enemies?

“While we fear the discomfort of dissolving our fixed beliefs and mental patterns, we often overlook the fact that it is because of these mental patterns that we are unhappy in the first place.” ~ Joseph P. Kauffman

“Accept – then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it. Make it your friend and ally, not your enemy. This will miraculously transform your whole life.” ~ Eckhart Tolle



Day 14

RECONSIDER

“It was strange, but I was kind of having fun with my enemy.”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

I wonder what expectations the little boy’s imagination conjured up around what spending a day with an enemy would be like. How does your imagination tend to work?

“The secret of change is to focus all of your energy, not on fighting the old, but on building the new.” ~ Socrates

Did the little boy’s focus and Jeremy’s focus, too, change, though perhaps unconsciously, the moment they became receptive to playing together?

“When we change, the world changes. The key to all change is in our inner transformation – a change of our hearts and minds. This is human revolution. We all have the power to change. When we realize this truth, we can bring forth that power anywhere, anytime, and in any situation.”

~ Daisaku Ikeda

Does this inner transformation occur as the result of force of willpower or magic (see Day 4).

“Be the silent watcher of your thoughts and behavior. You are beneath the thinker. You are the stillness beneath the mental noise. You are the love and joy beneath the pain.”

~ Eckhart Tolle



Day 15

ALMOST

“It was strange, but I was kind of having fun with my enemy. He almost seemed nice.”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

“The journey to wholeness requires that you look honestly, openly, and with courage into yourself, into the dynamics that lie behind what you feel, what you perceive, what you value, and how you act.” ~ Unknown

How many of us fail to understand that our life really is a journey to wholeness; the state of forming a complete and harmonious whole, unity?

“Being heard is so close to being loved that for the average person they are almost indistinguishable.” ~ David Augsburger

Do we listen with the intention of hearing to understand another? Are we willing to be vulnerable in sharing ourselves so that we might be heard, deeply heard? Are we willing to be okay with “almost”, understanding that we’re on a journey that is a lifelong process?

“The best political, social, and spiritual work we can do is to withdraw the projection of our shadow onto others.”
~ C.G. Jung

Are we willing to be revolutionaries?

“The first half of life is devoted to forming a healthy ego, the second half is going inward and letting go of it.” ~ Carl Jung

“For a young person, it is almost a sin, or at least a danger, to be too preoccupied with himself; but for the ageing person, it is a duty and a necessity to devote serious attention to himself.” ~ Carl Jung



Day 16 **CHOOSE**

“I was kind of having fun with my enemy. But, of course, I couldn’t tell Dad that, since he had worked so hard to make this Enemy Pie.”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

How often do we move forward with a plan because we’re concerned about what someone else might think, say, or do if we admit that we’ve changed our mind? How often are we afraid of looking weak or inept in another’s eyes? How often are we afraid of failing to meet others’ expectations?

“The eyes of others are our prisons; their thoughts our cages.”

~ Virginia Woolf

“The Gnostics say, when we experience that direct intimate knowing of the source of the light that is within us and begin to live from that spark, those fears, while still there, no longer have power over us because we see through them.”

~ (From: How Gnostic Meditation Technique Breaks the Matrix of the Mind)

“As far as we can discern, the sole purpose of human existence is to kindle a light of meaning in the darkness of mere being.” ~ C.G. Jung

“Sometimes you make choices in life and sometimes choices make you.” ~ Gayle Forman

“Knock the ‘t’ off the ‘can’t’.” ~ Samuel Johnson



Day 17

DISCOVERY

“Jeremy Ross liked my basketball hoop. Jeremy Ross knew how to throw a boomerang. He threw it and it came right back to him. I threw it and it went over my house and into the backyard.”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

Do you recognize and welcome daily opportunities to discover something new about yourself and your ‘enemy’?

“Love is an adventure and a conquest. It survives and develops, like the universe itself, only by perpetual discovery.”

~ Pierre Teilhard de Chardin

Pause to consider love as an adventure and a conquest, especially considering loving our enemies, with these definitions in mind:
Adventure: an unusual and exciting, typically hazardous, experience or activity. Conquest: the overcoming of a problem or weakness.

What might stand in the way of love surviving and developing?

“The discovery of truth is prevented more effectively, not by the false appearance things present which mislead into error, not directly by weakness of the reasoning powers, but by preconceived opinion, by prejudice.” ~ Arthur Schopenhauer

“The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.” ~ Marcel Proust

“Our real journey in life is interior; it is a matter of growth, deepening, and of an ever-greater surrender to the creative action of love and grace in our hearts. Never was it more necessary to respond to that action.” ~ Thomas Merton



Day 18

NOTICE

“When we climbed over the fence to find it [the boomerang],
the first thing Jeremy noticed was my treehouse.”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

We. He. My. Which of these words suggest a course toward forming
a complete and harmonious whole, unity?

*“The range of what we think and do is limited by what we fail
to notice. And because we fail to notice that we fail to notice,
there is little we can do to change; until we notice how failing
to notice shapes our thoughts and deeds.” ~ R. D. Laing*

Jeremy noticed the treehouse, and the boy who had thought of
Jeremy as his enemy noticed that Jeremy noticed it. Each of them
experienced their own thoughts and feelings in that moment. Did
they perceive what each other may have been thinking?

How aware are we of failing to notice that we fail to notice? How can
we individually and communally improve our capabilities for noticing
and thus expand the range of our thinking and doing?

*“To be aware of little, quiet things, you need to be quiet inside.
A high degree of alertness is required. Be still. Look. Listen.
Be present.” ~ Eckhart Tolle*



Day 19 **TURMOIL**

“My tree house was my tree house. I was the boss. If my sister wanted in, I didn’t have to let her. If my dad wanted in, I didn’t have to let him. And if Jeremy wanted in... I knew he was going to ask if he could go in.”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

Inner turmoil. Feelings generating thoughts. Thoughts producing questions, doubts and judgments. Are you familiar with this pattern? How do you respond to it?

“Breathing in, I calm body and mind. Breathing out, I smile. Dwelling in the present moment I know this is the only moment.” ~ Thich Nhat Hanh

“These pains you feel are messengers. Listen to them.” ~ Rumi

Do we spend far too much energy trying to avoid and/or alleviate all sorts of pain?

“Wholeness is not achieved by cutting off a portion of one’s being, but by integration of the contraries.” ~ C.G. Jung

“The radiance of that which wants to be born illuminates the shadows, bringing them into the light of awareness that they may be healed.” ~ Charles Eisenstein

“Be – don’t try to become.” ~ Osho

“Remember the balance; the give-and-take of energy. The symbol of yin and yang is more than the integration of male and female. It’s also the balance of light and dark, soft and hard, active and passive, in and out, giver and receiver. You can’t have one without the other.” ~ Brownell Landrum



Day 20 **FREEDOM**

“My tree house was my tree house. I was the boss. If my sister wanted in, I didn’t have to let her. If my dad wanted in, I didn’t have to let him. And if Jeremy wanted in... I knew he was going to ask if he could go in.”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

The boss. What feelings does this word evoke? Do the feelings differ depending on whether or not it is you who claims the role?

“For to be free is not merely to cast off one’s chains, but to live in a way that respects and enhances the freedom of others.”

~ Nelson Mandela

There are many different kinds of chains. What kind of chain did the boy who named Jeremy enemy face? Each possible choice here could present different kinds of chains for both boys if freedom for both was not chosen by both.

“Everyone you meet knows something you don’t know but need to know. Learn from them.” ~ C.G. Jung

“Everything can be taken from a person but one thing: the last of human freedoms – to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

~ Viktor E. Frankl

“Freedom is the oxygen of the soul.” ~ Moshe Dayan

“Letting go gives us freedom, and freedom is the only condition for happiness. If, in our heart, we still cling to anything – anger, anxiety, possessions – we cannot be free.”

~ Thich Nhat Hanh



Day 21 **BEING**

“But he was the top person, the ONLY person, on my enemy list. And enemies aren’t allowed in my tree house. But he did teach me to throw a boomerang. And he did have me over for lunch. And he did let me play on his trampoline.”

“Okay,” I said, “but hold on.”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

“Hold on.” Might that be a good phrase to keep handy to remind us to pause, breathe, reflect, to become aware of which self, ‘higher’ or ‘lower’, is presenting in such a moment of opportunity?

“The art of knowing is knowing what to ignore.” ~ Rumi

*“We don’t see things as they are, we see them as we are.”
~ Anais Nin*

“Where love rules, there is no will to power, and where power predominates, love is lacking. The one is the shadow of the other.” ~ C.G. Jung

“The shadow is the greatest teacher for how to come to the light.” ~ Ram Dass

“All that you see out in front of you is how you feel inside your head.” ~ Alan Watts

*“In today’s rush we all think too much, seek too much, want too much and forget about the joy of just Being.”
~ Eckhart Tolle*

*“We are constantly invited to be who we are.”
~ Henry David Thoreau*



Day 22

PLAY

“I climbed up ahead of him and tore the enemy list off the wall. I had a checkerboard and some cards in the tree house, and we played games until my dad called us down for dinner.”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

“The creation of something new is not accomplished by the intellect but by the play instinct.” ~ Carl Jung

“This is the real secret of life – to be completely engaged with what you are doing in the here and now. And instead of calling it work, realize it is play.” ~ Alan Watts

Do you schedule regular play time in your life to foster imagination, problem-solving, joy, curiosity, and creativity?

“The creation of something new is not accomplished by the intellect but by the play instinct.” ~ Carl Jung

“We don’t stop playing because we grow old; we grow old because we stop playing.” ~ George Bernard Shaw

How often do you experience complete engagement in something that feels fulfilling and perfectly you?

“It’s the things we play with and the people who help us play that make a great difference in our lives.” ~ Fred Rogers

“Playing a game together actually builds up bonds and trust and cooperation. We actually build stronger social relationships as a result.” ~ Jane McGonigal



Day 23 **SHARING**

Dad made us macaroni and cheese for dinner-my favorite. It was Jeremy's favorite, too!

Enemy Pie by Derek Munson (Chronicle Books, 2000)

"Sharing food with another human being is an intimate act that should not be indulged in lightly." ~ M. F. K. Fisher

Do we sometimes too lightly indulge in routinely sharing food with a comfortable select few or maybe with a shallowness that does not inspire deeper connection? Might shallowness limit our personal and our collective potential to understand those who we don't share similar needs, experiences or beliefs with and thus stunt our journey to wholeness (see Day 15)?

"The sharing of joy, whether physical, emotional, psychic, or intellectual, forms a bridge between the sharers which can be the basis for understanding much of what is not shared between them." ~ Audra Lorde

"The most basic of all human needs is the need to understand and be understood." ~ Ralph G. Nichols

When we fail to connect and understand, do we reflect to know which 'self' showed up? Which 'garment' (see Day 10) might we need to liberate ourselves from to reconnect with our 'true', 'higher' selves and with each other's 'true', 'higher' selves?

"Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared." ~ Buddha



Day 24

PERSPECTIVE

“Dad made us macaroni and cheese for dinner-my favorite. It was Jeremy’s favorite, too! Maybe Jeremy Ross wasn’t so bad after all.”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

Perspective is a particular attitude toward or way of regarding something; a point of view. Perspectives are shaped by family, culture, education, and life experiences. It is the mental framework through which we interpret and respond to the world. Our perspective can change through self-reflection, new experiences, and intentional change.

“For things to reveal themselves to us, we need to be ready to abandon our views about them.” ~ Thich Nhat Hanh

If we get stuck in our perspective, rigid, insisting that we’re right, unwilling to re-examine our position then growth stops.

“It is no measure of health to be well adjusted to a profoundly sick society.” ~ Jiddu Krishnamurti

We are generally our own worst enemy, though it’s easier to point to someone else as the problem.

“The idol of your self is the mother of all idols. To regard the self as easy to subdue is a mistake.” ~ Rumi

“Could a greater miracle take place than for us to look through each other’s eyes for an instant?” ~ Henry David Thoreau

What will you do today to become more aware of your perspective and how you came by it?



Day 25 **FORGETTING**

I was beginning to think that maybe we should just forget about Enemy Pie.

Enemy Pie by Derek Munson (Chronicle Books, 2000)

“We all have a beautiful light within... we just sometimes forget it is there.” ~ John Holland

Discerning what to forget and what to remember is a full-time job!

“We don’t really heal anything; we simply let it go.” ~ Carl Jung

“For the Gnostics, meditation was a way of dying before you die; dying to the false self, to the programmed identity, so that the divine spark could live consciously in this world. This technique is not about acquiring something. It is about subtracting everything that you are not until what remains is simple, silent, indestructible. Practice is the continual returning to that not in exile from the world but in the midst of it.” ~ (From: How Gnostic Meditation Technique Breaks the Matrix of the Mind)

“Be careful who you pretend to be. You might forget who you are.” ~ Unknown

“To remember who you are, you need to forget what they told you to be.” ~ Unknown

“The soul becomes dyed with the color of its thoughts; sometimes forgetting cleans the palette.” ~ Marcus Aurelius

“Sometimes letting go is an act of far greater power than defending or hanging on.” ~ Eckhart Tolle

“Looking outwards has got to be turned to looking into oneself.” ~ Carl Jung



Day 26

COMMUNICATING

“I was beginning to think that maybe we should just forget about Enemy Pie. But sure enough, after dinner, Dad brought out the pie. I watched as he cut the pie into eight thick slices.”

“‘Dad,’ I said, ‘it sure is nice having a new friend in the neighborhood.’ I was trying to get his attention and trying to tell him that Jeremy Ross was no longer my enemy. But Dad only smiled and nodded. I think he thought I was just pretending.”

“Dad dished up three plates, side by side, with big pieces of pie and giant scoops of ice cream. He passed one to me and one to Jeremy.”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

“It all depends on how we look at things, and not how they are in themselves.” ~ Carl Jung

Have you begun to distinguish between your perspective and how things are in themselves?

“To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment – and you will often be misunderstood.” ~ Ralph Waldo Emerson

“The pendulum of the mind alternates between sense and nonsense, not between right and wrong.” ~ Carl Jung

“There is freedom in being misunderstood; it means you are walking your own path.” ~ Rumi

*“Your lower self sees you as the center of the universe; your higher self sees you a cell in the body of humanity.”
~ Peace Pilgrim*



Day 27 **HERO**

“It was at this point that I panicked. I didn’t want Jeremy to eat Enemy Pie! He was my friend! I couldn’t let him eat it!”

“Jeremy, don’t eat it! It’s bad pie! I think it’s poisonous or something!”

“Jeremy’s fork stopped before reaching his mouth. He crumpled his eyebrows and looked at me funny. I felt relieved. I had saved his life. I was a hero.”

Enemy Pie by Derek Munson (Chronicle Books, 2000)

Sense. Nonsense. Can we recognize when we are under the influence of nonsense?

“Nonsense is to sense, as shade to light; it heightens effect.”
~ Frederick Saunders

“The most important question anyone can ask is: What myth am I living?” ~ Carl Jung

“Heroes are made by the paths they choose, not the powers they are graced with.” ~ Brodi Ashton

“Being a hero is not necessarily wearing a mask and cape and saving the world, it can be as simple as doing the right thing.”
~ Steven Magee

“True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost.” ~ Arthur Ashe

Do you think of yourself as a hero? Why or why not?



Day 28

CRITICAL THINKING

“Jeremy, don’t eat it! It’s bad pie! I think it’s poisonous or something!”

“If it’s so bad,’ Jeremy asked, ‘then why has your dad already eaten half of it?’

Enemy Pie by Derek Munson (Chronicle Books, 2000)

Check: Evidence. Facts. Misinformation. Fallacies. Willful ignorance. Context. Intent.

“When your mind is full of assumptions, conclusions, and beliefs, it has not penetration, it just repeats past impressions.”

~ Sadhguru

“When we blindly adopt a religion, a political system, a literary dogma, we become automatons. We cease to grow.” ~ Anais Nin

“Release your attachment to things. That means loving without possessing, needing, clinging. Everyone is a mirror in which God sees himself. A mirror possesses nothing, clings to no image. Images appear and disappear. The mirror remains empty, ready to reflect the next image. Ego is the accumulation of all the images you have clung to and said, “this is me.” The process of ego extinction is cleaning the mirror, not destroying it.” ~ (From: How Gnostic Meditation Technique Breaks the Matrix of the Mind)

“Critical thinking is not something you do once with an issue and then drop it. It requires that we update our knowledge as new information comes in.” ~ Daniel Levitin

“Critical thinking requires us to use our imagination, seeing things from perspectives other than our own and envisioning the likely consequences of our position.” ~ Bell Hooks



Day 29

EVALUATING

I turned to look at my dad. Sure enough, he was eating Enemy Pie!

“Good stuff,” he mumbled through a mouthful. And that was all he said. I sat there watching them eat Enemy Pie for a few seconds. Dad was laughing. Jeremy was happily eating. And neither of them was losing any hair!

Enemy Pie by Derek Munson (Chronicle Books, 2000)

“Where your fear is, there is your task.” ~ Carl Jung

“At the end of the day sit and observe everything that happened, not from judgment but from neutrality. Awakening is not an achievement. It is a surrender. Descend to the place of deepest pain, the place of greatest wound. The wound is not the problem. The wound is the portal, where the light enters you. Enter your wound. Feel your pain completely. Let it destroy you because hidden inside is the key to your liberation. The broken heart is an open heart. Only an open heart can contain the infinite.” ~ (From: How Gnostic Meditation Technique Breaks the Matrix of the Mind)

“Self-evaluation is healthy and constructive. Denial and self-delusion is destructive.” ~ Michelle Cook-Hall

“Somewhere, right at the bottom of one’s own being, one generally does know where one should go and what one should do. But there are times when the clown we call ‘I’ behaves in such a distracting fashion that the inner voice cannot make its presence felt.” ~ Carl Jung



Day 30 **EATING**

Dad was laughing. Jeremy was happily eating. And neither of them was losing any hair! It seemed safe enough, so I took a tiny taste. Enemy Pie was delicious!

After dessert, Jeremy rode his bike home but not before inviting me over to play on his trampoline in the morning. He said he'd teach me how to flip.

Enemy Pie by Derek Munson (Chronicle Books, 2000)

"You are not what you eat, you are what you absorb."
~ Steven Gundry

"Every time you remember, even for a split second to rest as awareness, instead of contracting into the mask, you weaken the system's grip. This is why for a system built on identification, this practice is so dangerous because it creates a human being who plays their roles without being possessed by them. Once you begin practicing like this, even imperfectly, the inner landscape starts to change. The implications are not just personal, they are cosmic. On the individual level, you begin to notice a subtle freedom. Not the fireworks of ecstasy, though that can come, but a quiet realignment. You get angry, but you also see the anger. You feel fear but you also see the fear. The spark does not get entangled as easily. This is not dissociation. You still feel fully, maybe more fully, but the feeling no longer defines you." ~ (From: How Gnostic Meditation Technique Breaks the Matrix of the Mind)

"You can't go back and change the beginning, but you can start where you are and change the ending." ~ C. S. Lewis



Day 31 **MYSTERY**

As for Enemy Pie, I still don't know how to make it. I still do wonder if enemies really do hate it or if their hair falls out or their breath turns bad. But I don't know if I'll ever get an answer, because I just lost my best enemy.

Enemy Pie by Derek Munson (Chronicle Books, 2000)

"And you? When will you begin that long journey into yourself?" ~ Rumi

*"Wisdom is knowing I am nothing, Love is knowing I am everything, and between the two my life moves."
~ Nisargadatta Maharaj*

When emotions run high, when wounds cut deep, when violence and chaos threaten...

"Sit in silence. Place your hand over your heart and ask what needs to be felt, not what needs to be resolved, not what needs to be changed, just what needs to be felt. Then you wait. Whatever arises; pain, sadness, shame, rage, fear... you let it be. Don't judge. Don't fix. Don't change it. Simply feel it completely."

*"Suffering is God's pruning. It is not punishment. He is cutting away everything you do not need so you can truly flourish. God does not cause suffering. The world with its transitory nature causes suffering. God simply uses that suffering to awaken you."
~ (From: How Gnostic Meditation Technique Breaks the Matrix of the Mind)*

"The mystery of life is not a problem to be solved, but a reality to be experienced." ~ Alan Watts



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