

NON VIOLENT COMMUNICATION

Sunday, March 16, 2025
9:30 - 10:30 am

If "violent" means acting in ways that result in hurt or harm, then much of how we communicate could indeed be called "violent" communication.

Nonviolent COMMUNICATION

A Language of Life

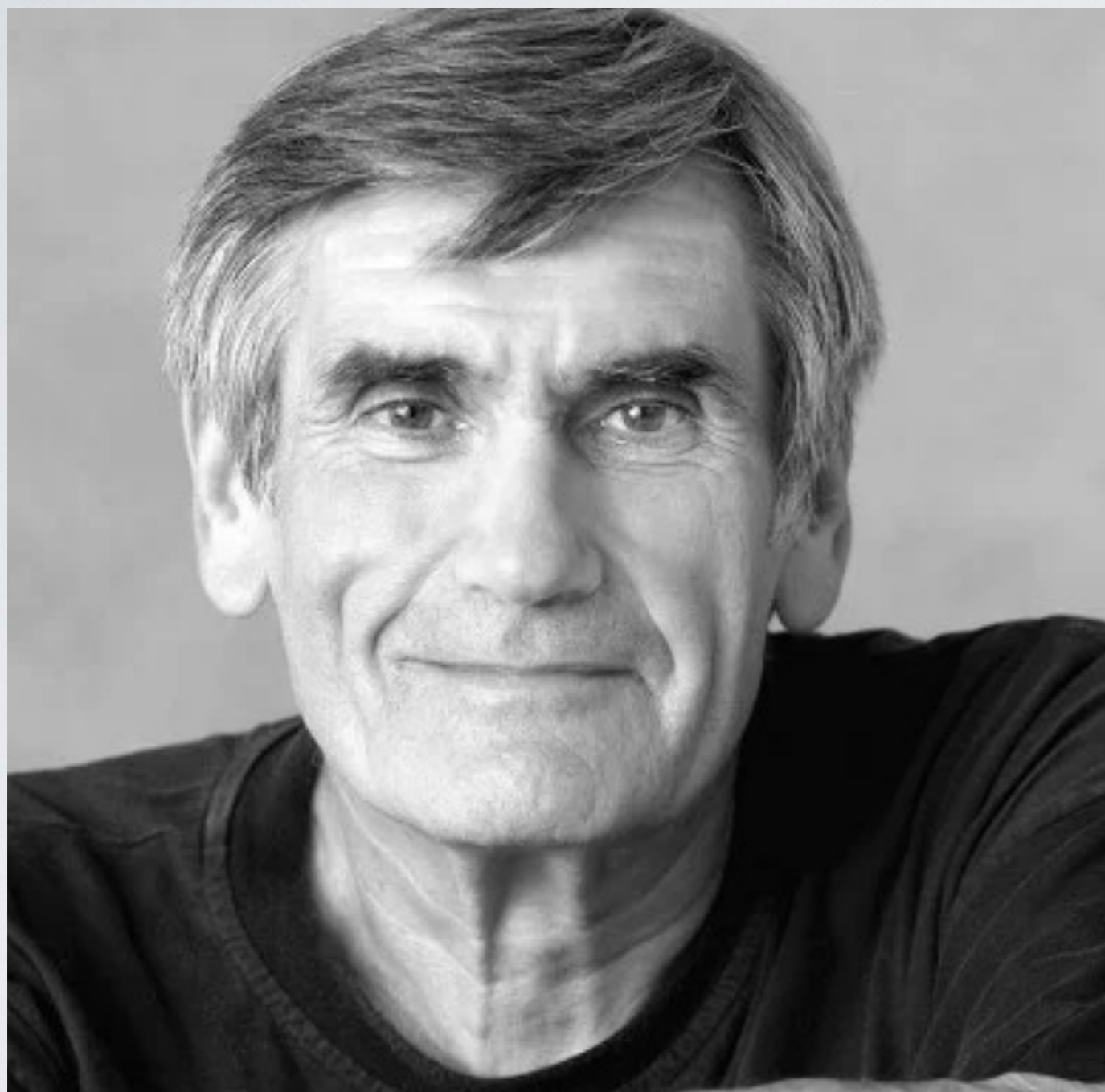


**Words and the way we think matters.
Find common ground with anyone, anywhere,
at any time, both personally and professionally.**

MARSHALL B. ROSENBERG, PhD

Foreword by **Deepak Chopra**

Endorsed by **Satya Nadella, Arun Gandhi, Tony Robbins,
Marianne Williamson, John Gray, Jack Canfield, Dr. Thomas Gordon, and others**



Dr. Marshall Rosenberg, PhD
1934- 2015

HEARTMATH

HEART INTELLIGENCE

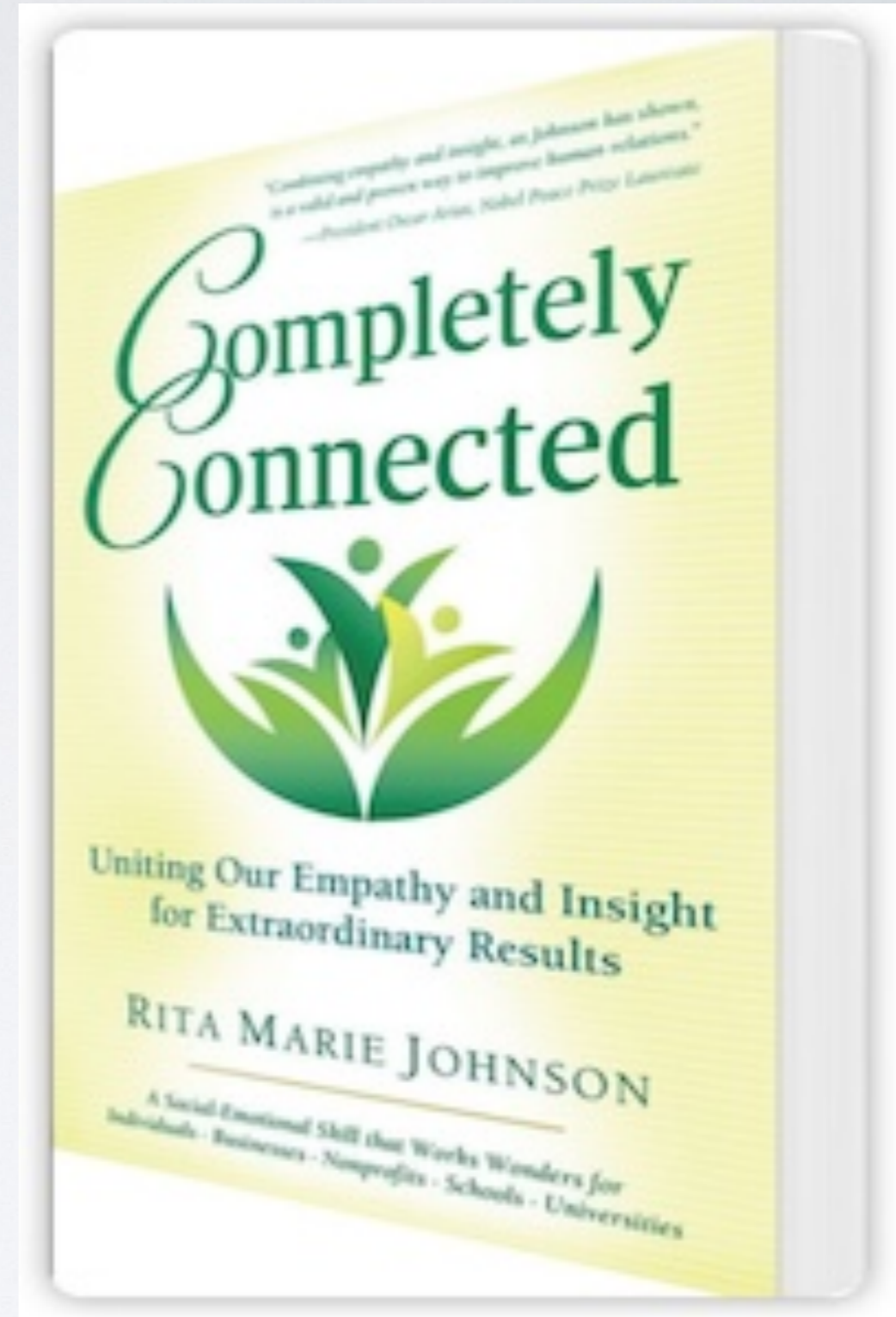
Connecting with the Heart's Intuitive Guidance
for Effective Choices and Solutions

Experience how to:

- Prevent and reduce stress, anxiety and overwhelm
- Create deeper harmonious relationships through compassionate care
- Generate hope and confidence

Doc Childre, Howard Martin,
Deborah Rozman and Rollin McCraty

THE CONNECTION PRACTICE



AFFIRMATION

- *Divine light is doing its perfect work in this situation now for the highest good of all concerned.*
- Put palms together in front of the heart to express gratitude and bow the head slightly.
- Sound the bell [to remember gratitude]

EXERCISE: HEARTMATH & NVC

- Let's practice giving ourselves some empathy
- Choose a feeling that you are experiencing right now.
- Is it a life affirming, positive feeling:
calm, happy, safe?
- Or a life depleting, negative feeling:
sad, insecure or confused?

- After you have identified your feeling, let's take a moment to go into heart coherence ...
- Now, ask yourself, if I'm having a life affirming feeling, what need or needs are being met?
- For example, the need for freedom or learning
- The need for self-expression or healing

- If you're having a life depleting feeling, ask yourself what need or needs are not being met?
- For example, the need for safety or inclusion
- The need for sustenance - you're hungry, you're annoyed because there's no food
- The need for clarity - you're feeling confused

SHARING

EMPATHY

EMPATHY

- When we are feeling joyful, we can give ourselves empathy.
- When others are feeling full of life, we can give others empathy.

EMPATHY

- When we are feeling upset, we can give ourselves empathy.
- When others are feeling upset (and perhaps provoking us as well), we can give them empathy.

It is useful to practice on ourselves for several months to get comfortable with the process.

WHAT EMPATHY IS NOT

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- Advising: "I think you should..." "Getting mad won't do you any good."
- Agreeing: "You're right. That's awful."
- Cheering up: "It'll be better in the morning." "Look on the bright side..."
- Consoling: "It wasn't your fault. You did the best you could."

WHAT EMPATHY IS NOT

- Correcting: "That's not how it happened."
- Educating: "This could turn into a positive experience for you." "Well, next time..."
- Explaining: "I would have called but..."

WHAT EMPATHY IS NOT

- Interrogating: "When did this begin?"
- Justifying: "It's his first day on the job."
- Minimizing: "It's all small stuff."
"It doesn't matter now." "It only happened once."
- Outdoing: "That's nothing! Wait till you hear what happened to me."

WHAT EMPATHY IS NOT

- Story-telling: "I know just how you feel. One time I..."
- Sympathizing: "Oh, you poor thing..."
- Theorizing: "Maybe he didn't recognize you."

WHAT EMPATHY IS

WHAT EMPATHY IS

- I recognize that I'm feeling pretty upset right now because someone said this or this is happening.
- My need for respect is not being met.
- I don't feel safe.

FEELINGS

TRUE FEELINGS

- A feeling is a result of a need being met or unmet
- KEY DISTINCTION: Feelings vs. Thoughts
- FEELING: I feel sad, or I am glad

THOUGHTS (DISGUISED AS FEELINGS)

- I feel like (you don't care)
- I feel as if (I should give up)
- I feel that (it's not fair)
- I feel you/he/she (should apologize)

A FEELING IS NOT

- A feeling is not what we think we are
- A feeling is not what we think of others



Om, Shanti