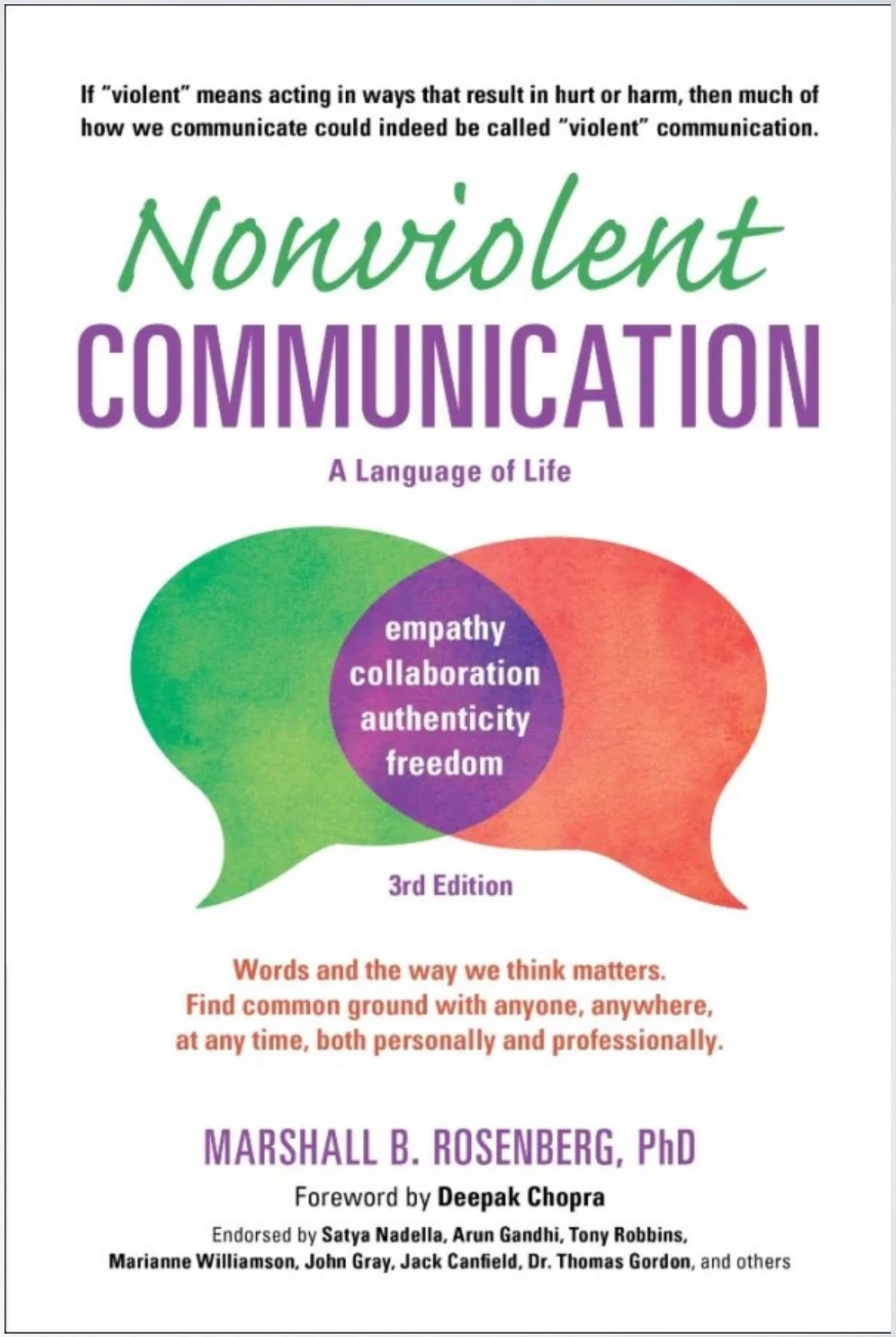
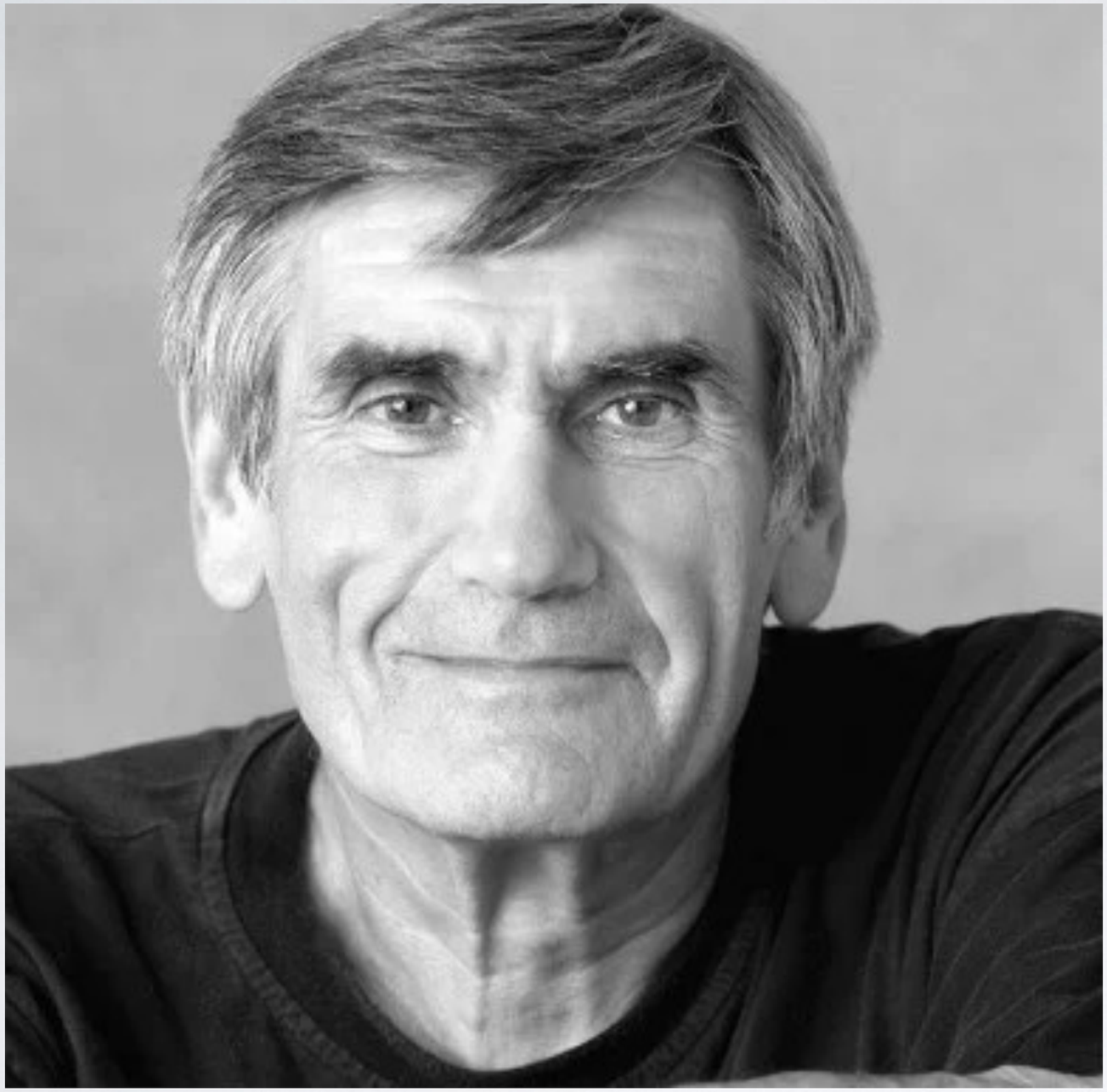
NON VIOLENT COMMUNICATION

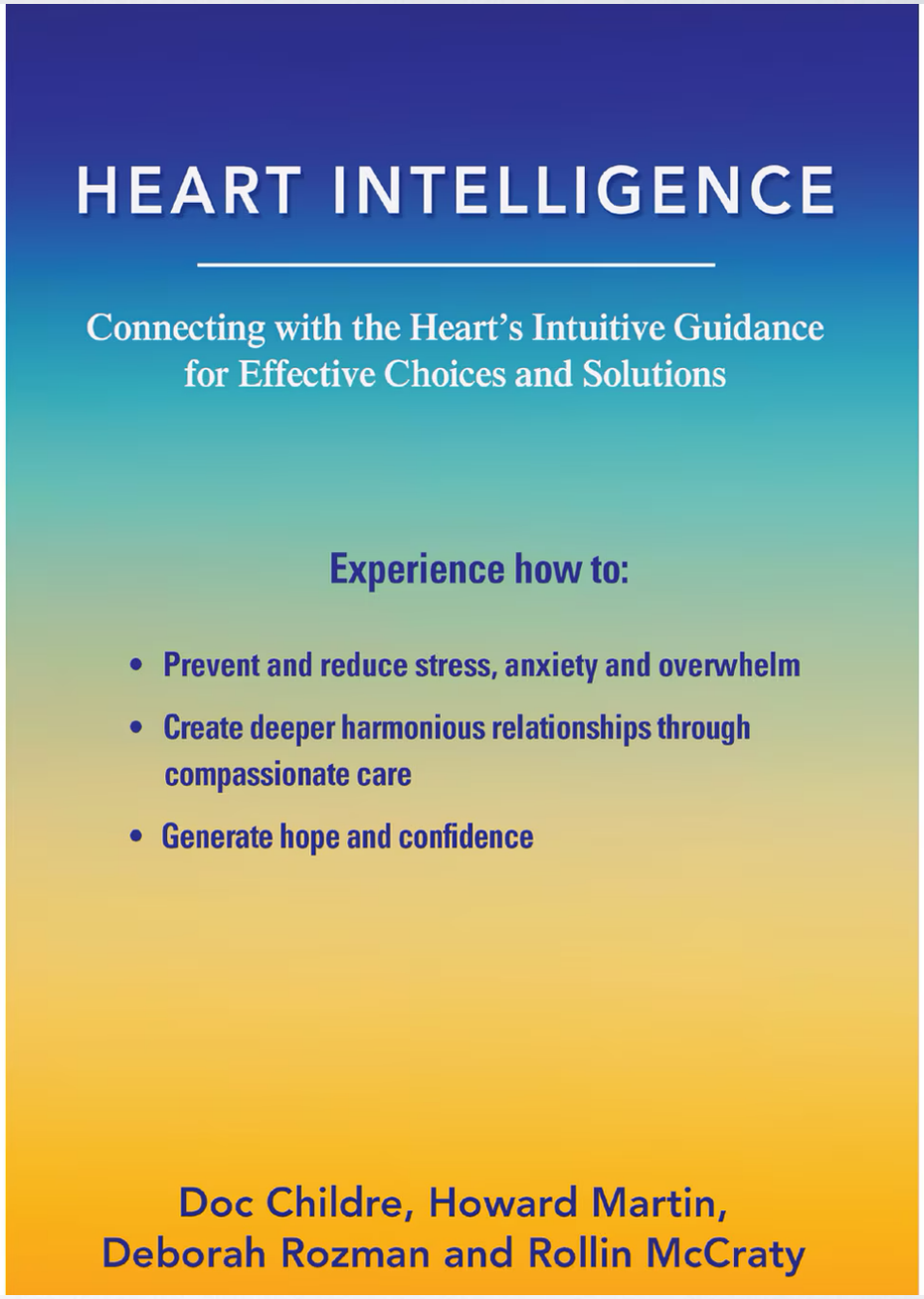
Sunday, March 9, 2025
9:30 - 10:30 am



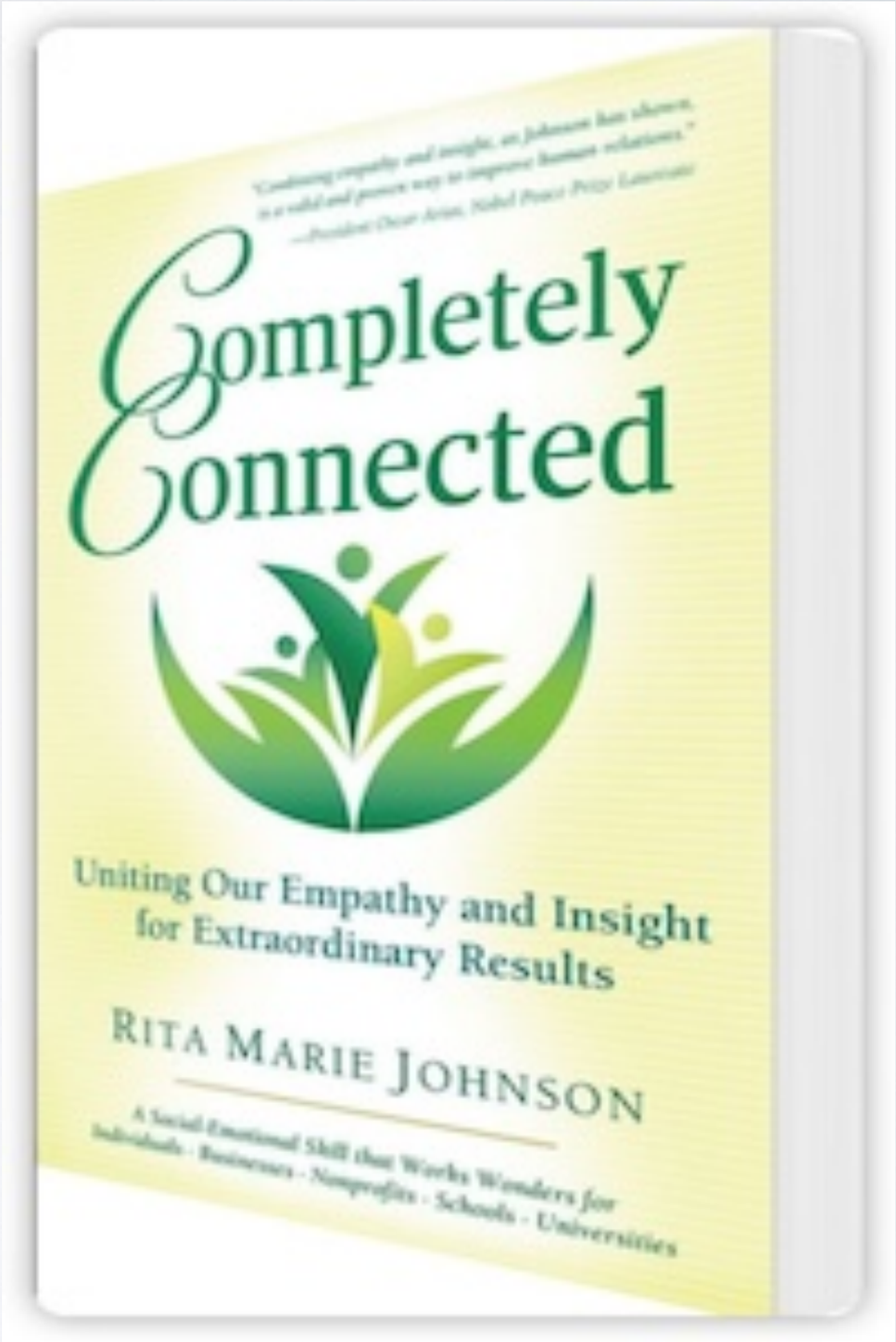


Dr. Marshall Rosenberg, PhD
1934- 2015

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

- *I now recognize, accept and follow the divine path of my life as it is revealed to me step by step.*

- Sound the bell [to remember gratitude]

- Put palms together in front of the heart to express gratitude and bow the head slightly.

SUMMARY OF NVC & HEARTMATH

- Nonviolent Communication is based on the principle of Ahimsa — the natural state of compassion when no violence is present in the heart

- *Ahimsa* is inspired by the premise that all living beings have the spark of the divine spiritual energy; therefore, to hurt another being is to hurt oneself.

- *HeartMath* is heart intelligence which provides simple, effective techniques for accessing our heart's intuitive intelligence for moment-to-moment guidance and discernment.

EXERCISE REVIEW

- Would two people, A & B, be willing to volunteer?
- Imagine A provokes B, saying:
- A: "Whenever we talk, it always turns into an argument."
- B: "Normal" reactive language from B might be, "Well, it's your fault since you always start to argue."

- In this example, using the language of NVC, with hand over heart, B might have replied,
- B: "*I hear what you're saying, that our conversations always turn into arguments.*
- *B: I suppose you get angry because you think I am not listening carefully to what you say and keep interjecting my own point of view?*

- B: *And I'm guessing you truly need to be heard and have your opinions respected.*"
- B: I wonder if we could talk about some ground rules to ensure that each of us is always fully heard?
- This is called giving empathy.

- Now, let's give empathy to ourselves. Maybe, you took it personally. Find a quiet place.
- With hand over heart, repeat to yourself exactly what happened - They said, I said …

- Now, guess what you were feeling at the time but did not express. For example, frustration, anger.
- Guess what underlying need came up for you. For example, mutuality, respect.
- Finally, see if there is any course of action or change of attitude that comes up for you …
- Something to release, to embrace, to embody or become? Anything I ought to know I'm not knowing? Something for which I am grateful?

- A second example of a reactive conversation: Would new A & B's be willing to volunteer?
- A: "*I don't like what you wrote about our mother's new boyfriend.*"
- B: "*Okay, I am never going to share anything I write with you ever again.*"

- In this instance, B , with hand over heart, might try giving empathy:
- B: "*I hear that you don't like what I wrote about mother's new boyfriend. And maybe, you got upset when you read it? Perhaps what I wrote sounded exaggerated or inauthentic to you.*
- *B: I know you value authenticity. Is that right?*"

- Now, let's give empathy to ourselves. Maybe, you took it personally. Find a quiet place.
- With hand over heart, repeat to yourself exactly what happened - They said, I said …

- Now, guess what you were feeling at the time but did not express. For example, shock, surprise.
- Guess what underlying need came up for you. For example, authenticity.
- Finally, see if there is any course of action or change of attitude that comes up for you …
- Something to release, to embrace, to embody or become? Anything I ought to know I'm not knowing? Something for which I am grateful?

COMMENTS & OBSERVATIONS

- Dr. Viktor Frankl wrote:
- "Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."
- The challenge is - how do we get in touch with that space?
- And what do we do in that space if we can hold it?

INTRODUCTION TO HEARTMATH

- This is where HeartMath may come in.
- Can we, in the space between a stimulus and our response, train ourselves to enter a state of heartfelt peace? A state of empathy for the individual who has just provoked us?
- It's a life altering challenge. It's a life affirming opportunity.

- Heart coherence - there is a physical state called "heart coherence" :
  - A state of balance and harmony between the body's systems including the heart, mind and emotions.
- In this state our heart rate stabilizes from irregularity into regularity or coherence.
- We can willfully enter that state whenever we choose.
- It is a place of peace…It is our original oneness.

QUICK COHERENCE PREP

- Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.
  - Try to re-experience the feeling you have for someone you love, a pet, a special place or an accomplishment,
  - Or focus on a feeling of calm or ease.
- Remember your experience as - "feeling complete appreciation".

QUICK COHERENCE

- Focus your attention in the area of the heart.
  - You may choose to place your hand over your heart.
- Breathe into your heart … breathe out of your heart.
- Breathe a little slower and deeper than usual.
- Re-experience when you felt appreciation.

QUICK COHERENCE

- You are now in a state of heart coherence. We might use this space to ask our heart a question.
- If you choose to learn this technique by daily practice, you will find it easier and easier to return to heart coherence.
- There may come a time when you can immediately remember coherence, and enter it in a twinkle.

Quick Coherence Technique®

HeartMath

QUICK COHERENCE

- When you have taught yourself to enter heart coherence quickly, you can practice the language of NVC from your heart rather than your intellect.
- NVC practiced from the intellect could be sterile and counter-productive.

USING A MANTRA

- Using the heart coherence technique is effective, and ancient wisdom teaches us other techniques: for example, the repetition of a mantra.
- Here is an example of Michael Gott & the Reno Center for Spiritual Living Choir.
- They repeat the Buddhist mantra, "*Ohm mani padre hum*" followed by a beautiful rendition of Amazing Grace. The mantra begins at the 1:24 minute mark.

Om, Shanti