

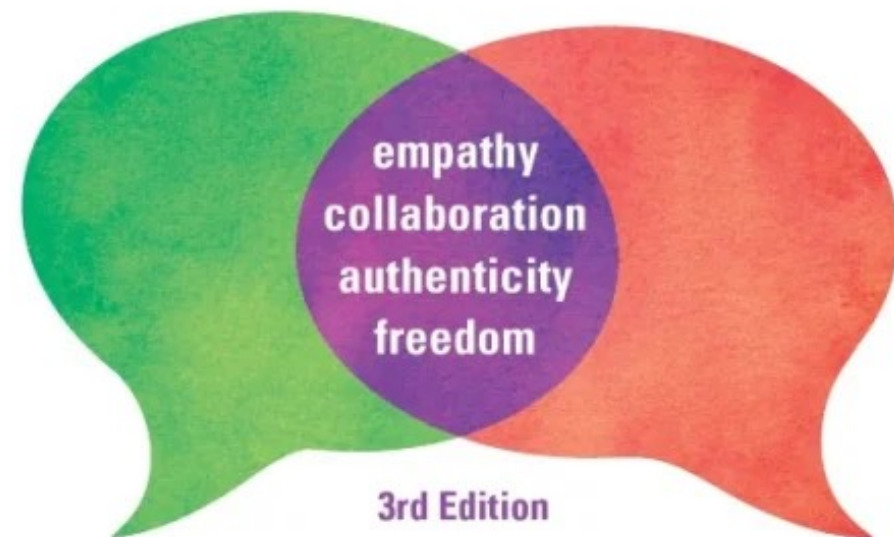
# NON VIOLENT COMMUNICATION

Sunday, March 2, 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



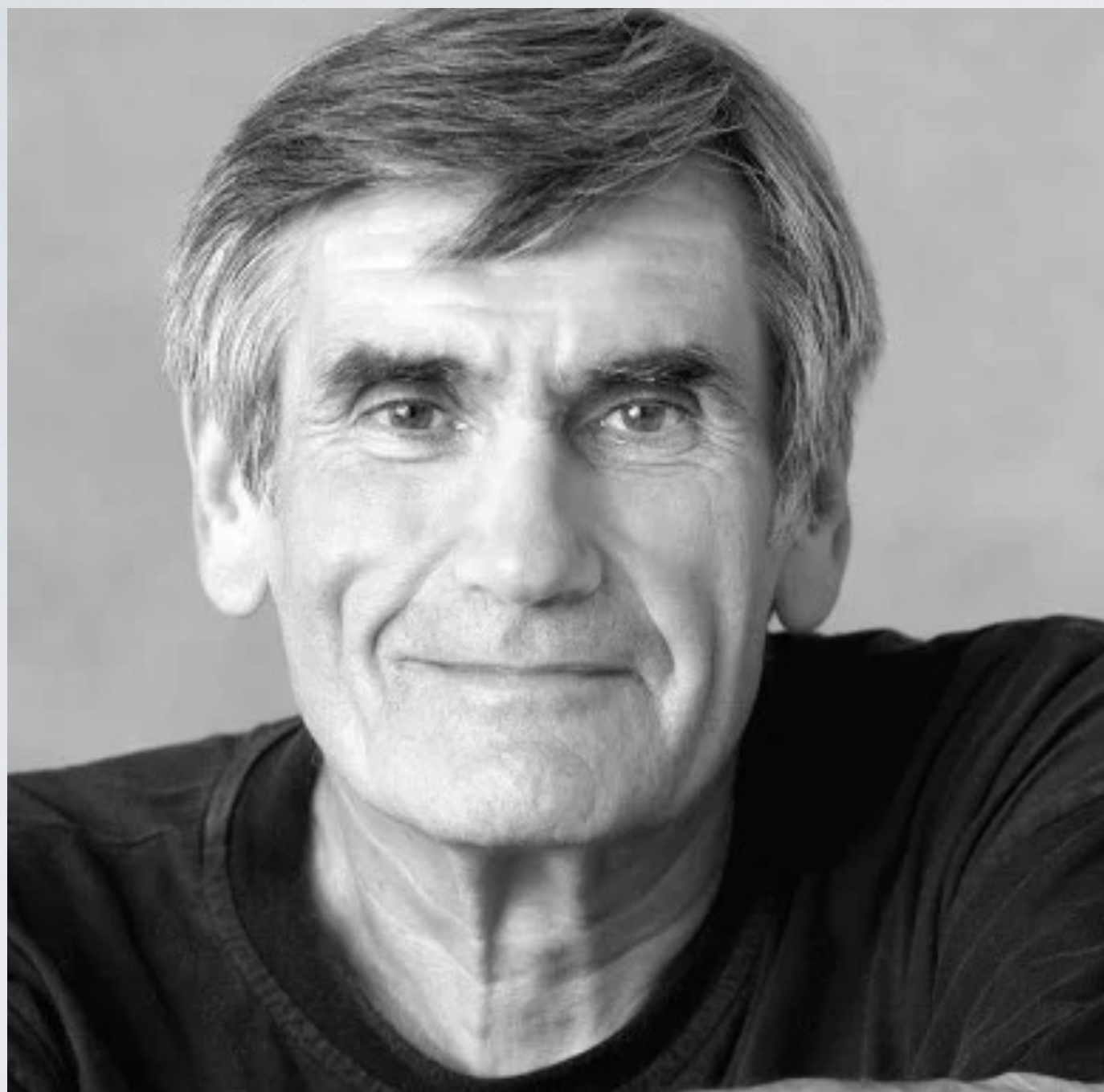
3rd Edition

**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

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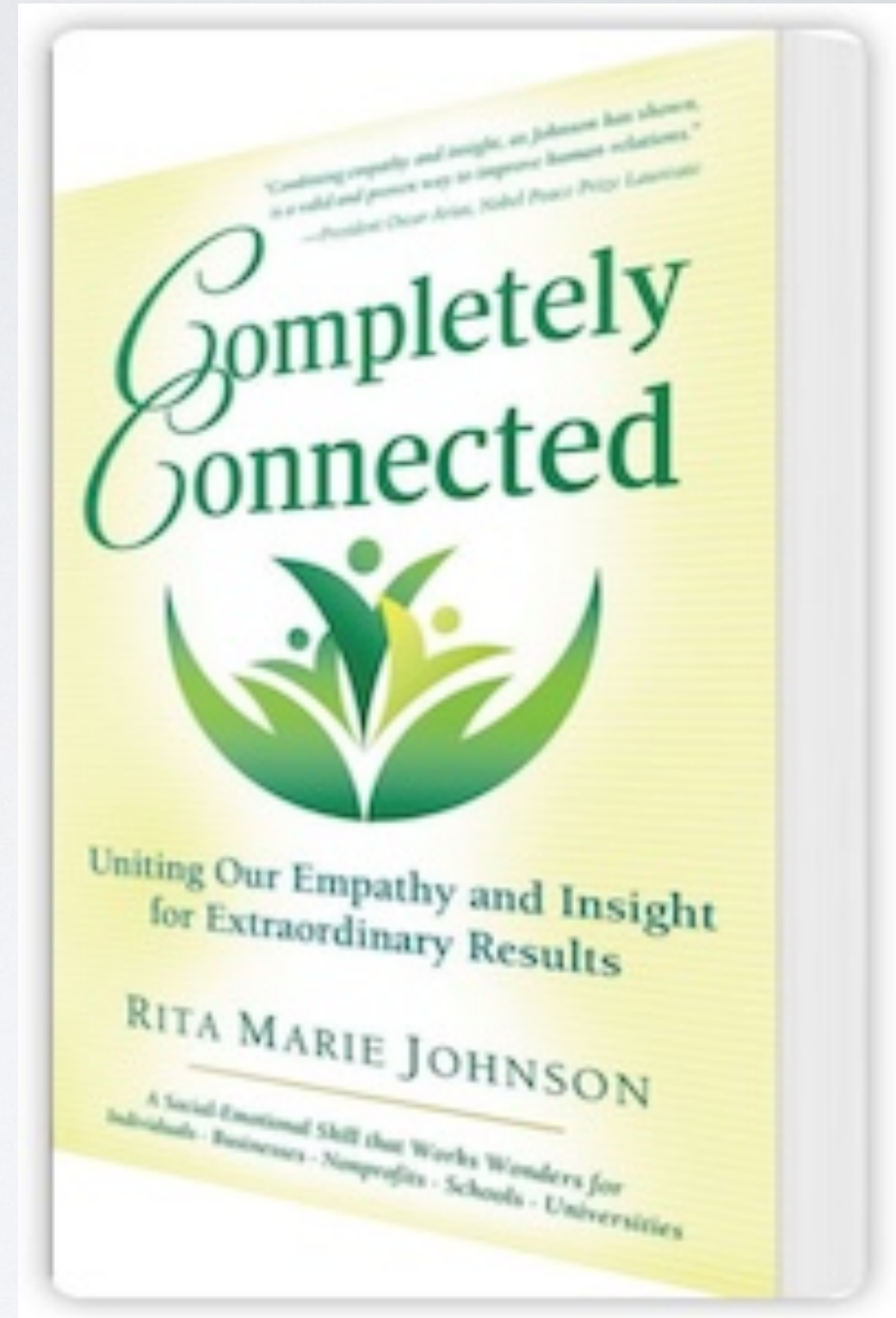
Connecting with the Heart's Intuitive Guidance  
for Effective Choices and Solutions

### 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



# INTRODUCTIONS



- This class is meant to be participative in addition to being informative.
- Let us begin by sharing two things about ourselves:
- State your name and something you know about NVC.

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.



# INTRODUCTION TO NVC

- NVC is focused on learning an enhanced “language” to communicate using empathy rather than normal reactive language.
- Here is a two minute video on Empathy vs Sympathy by Dr. Brene Brown:



RSA



Shorts



- It takes a while to familiarize yourself with the language of NVC.
- We begin by practicing on ourselves to learn how to speak the language.

- This language is based on recognizing underlying needs that we all have.
- Our needs are omnipresent regardless of how we feel.
- However, emotions get triggered when we perceive needs met or needs unmet.
- Feelings and Needs can seem like a new language.

EXERCISE



- Would two people, A & B, be willing to volunteer?
- Imagine A provokes B, saying:
- A: “What you are doing is wrong. You should  
....”
- B: “Normal” reactive language from B might be,  
“Well, I don’t like a lot of things that you do.”

- In this example, using the language of NVC, B with hand over heart, might have replied,
- B: *“I hear what you’re are saying.*
- *B: I guess you feel angry when you hear I do that ... because it doesn’t sound respectful?*
- *B: And I’m guessing that you really value respect.”*
- This is called giving empathy.

- A second example of a reactive conversation:  
Would new A & B's be willing to volunteer?
- A: *"I don't like what you wrote."*
- 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 am hearing you don’t like what I wrote. Maybe, you felt upset when you were reading it? Perhaps what I wrote didn’t sound true or authentic; I know you value authenticity.*
- B: *Is that right?”*

# COMMENTS & OBSERVATIONS





**Om, Shanti**