

*The purpose of NVC is to create the quality of connection with people that makes it enjoyable for us to contribute to each other's well being.*

Marshall Rosenberg (1934-2015)



# Reminders for Living Heartfully

- The Reminders arise from a longing to live heartfully.
- An NVC concentrate, a reduction, i.e., balsamic syrup
- Inspired by Gary Baran's 10 Things to Do to Contribute to Peace & the Twelve Pathways by Ken Keyes, Jr., with the intention to bring NVC to life.
- Notice your experience when read twice.



## Reminders for Living Heartfully

1. I experience empathy with my self and others that naturally fruits as compassionate giving and receiving.



## Reminders for Living Heartfully

2. I recognize that we all share equally valuable needs, and that each of our actions is an attempt to meet some life-serving need.



## Reminders for Living Heartfully

3. I distinguish observation from imagination in my perception and communication.



## Reminders for Living Heartfully

4. I model honesty by being willing to mindfully express my observations, feelings, needs, and requests.



## Reminders for Living Heartfully

5. I pause to sense feelings, needs, and my intention before responding to some action, question, or thought.



## Reminders for Living Heartfully

6. I find creative ways to meet needs, instead of thinking there is something wrong or missing with a situation, a person, or me.





## Reminders for Living Heartfully

7. I request exactly what I want with someone or with life, instead of demanding what that person do, or how some past or future should be.



## Reminders for Living Heartfully

8. I savor requests and sense the need drawing me toward, or keeping me from, saying “yes.”



## Reminders for Living Heartfully

9. I express gratitude by sharing how an action affects me and feeds a need, instead of praising the actor.



## Reminders for Living Heartfully

10. I heal when mourning a regret by sensing sweet pain while accompanied with the essence of our unmet need.



## Reminders for Living Heartfully

11. I transcend domination, submission, and rebellion by valuing the needs of each person, including myself.



## Reminders for Living Heartfully

12. I co-create contagious, life-serving cultures and systems in my world, relationships, organizations, and communities.



## Reminders for Living Heartfully

13. I prize human understanding and connection over any outcome.



# Breakout Exploration

- What value is there in 'pausing'?



## Breakout Exploration

- What is empathy?
- What is the purpose of empathy?

## 3 Layers of Empathy

1. Acknowledging one's experience (O, F, R/W)
2. Connecting to the feeling's cause (F, N)
3. Savoring the need's essence



## 3 Layers of Empathy

### 1. Acknowledging one's experience (O, F, R/W)

“\_\_\_\_\_ happened, you are upset; you wish \_\_\_\_\_ had happened.”

## 3 Layers of Empathy

### 2. Connecting to the feeling's cause (F, N)

“Are you \_\_\_\_\_, because \_\_\_\_\_ really matters to you?”



*What is a Need to me?*

***A present manifestation of  
divine energy within us.***

Marshall Rosenberg (1934-2015)



*The more a person needs empathy, the more likely they are to speak and behave in ways that make it hardest for us to give it to them.*

Marshall Rosenberg (1934-2015)



# Breakout Prompt

1. From clip, identify enemy images
2. What impacts may result from of 'enemy images'?



# Asset Framing

*Define people by their aspirations and contributions before noting their challenges.*

Trabian Shorters

