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Titolo	Practical spirituality [[electronic resource] ] : reflections on the spiritual basis of Nonviolent Communication // a Nonviolent Communication presentation and workshop transcription by Marshall B. Rosenberg
Pubbl/distr/stampa	Encinitas, Calif., : PuddleDancer Press, 2004
ISBN	1-892005-40-9
Descrizione fisica	1 online resource (50 p.)
Collana	Nonviolent Communication Guides
Disciplina	131 289.9/8
Soggetti	Nonviolence - Religious aspects Spirituality
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Front Cover; Title Page; Copyright; Contents; Q: How do we connect with the Divine through Nonviolent Communication?; Q: What does "God" mean to you?; Q: What is your favorite way of knowing Beloved Divine Energy?; Q: What religious beliefs, teachings, or writings have had the greatest influence on you? ; Q: Doesn't the influence of religion and spirituality promote passivity, or an "opiate of the masses" effect?; Q: So Nonviolent Communication evolved in part from spiritual origins?; Q: What do you mean by "giving of ourselves"? Q: Nonviolent Communication came out of your desire to manifest love?Q: How do you prevent Ego from interfering with your connection with God?; Q: Then you believe that the language of our culture prevents us from knowing our Divine Energy more intimately?; Q: Is this the spiritual basis of Nonviolent Communication? ; Q: Is this lack of connection to Divine Energy responsible for violence in the world? ; Q: How do we overcome this conditioning?; Q: So exactly how do we gain this connection to Divine Energy, and to other people? ; Q: How do we express what's alive in us? Q: Do you suggest that simply telling people how we feel is all that's needed?Q: What prevents people from just saying what they need?; Q: So what's next after feelings and needs?; Q: What keeps us from connecting to the life in each other as you suggest?; Q: Can you give an

example of how to make an empathic connection with someone?; Q: How do you express your needs as requests without sounding like you're demanding something?; Q: What about discipline? What you're suggesting sounds like just being permissive; Q: How can I tell when I'm connecting to what's alive in someone else? Q: Can you give another example of how you've actually used this process to connect with others? Q: The process of connecting to the Divine Energy in others with NVC seems clear enough on paper, but isn't it hard to actually live by?; Q: How do you get enemies to recognize the Divine in each other?; Q: How basic is our need to give to one another?; Q: Have you encountered any cultural or language barriers to this process? ; Q: Do you believe a spiritual practice is important for practicing nonviolence? Q: Have you been influenced by past movements that have attempted to mediate between spirituality and social change, like Gandhi's or Martin Luther King Jr.'s?Some Basic Feelings and Needs We All Have; How You Can Use the NVC Process; About PuddleDancer Press; About CNVC and NVC; Trade Books From PuddleDancer Press ; Trade Booklets From PuddleDancer Press; About the Author; Back Cover

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Sommario/riassunto

<div>The tenets of <l>Nonviolent Communication </l>(1892005034) are applied to a variety of settings in these booklets on how to resolve conflict peacefully. Illustrative exercises, sample stories, and role-playing activities offer the opportunity for self-evaluation and discovery.<BR><BR>Brief, unscripted reflections on the spiritual underpinnings of nonviolent communication inspire readers to connect with the divine in themselves and others in order to create social relationships based on empathy and compassion. Lessons on strengthening the connection between actions and spiritual values, le

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