

Spirituality That Begins With You

Imagine a spiritual practice rooted in your everyday language.

Many of us crave a richer and more meaningful connection to the Divine, and at the same time find it hard to apply the dictates of our faith, like turning the other cheek, avoiding judgments, or loving our enemy.

According to Marshall Rosenberg, PhD, our most basic spiritual need is to contribute to the well-being of others and ourselves. His brief, unscripted reflections on the spiritual basis of Nonviolent Communication will inspire you not only to connect with the Divine in yourself and others, but to begin to create a world of empathy and compassion, where the language we use is the key to enriching life.

Discover an intensely satisfying and joyful spiritual experience that begins with you. In these rich pages, learn how Nonviolent Communication can help you achieve a more practical, *applied* spirituality.

Rosenberg shares how to:

- Move beyond judgmental thoughts, words, or actions
- Strengthen your connection between your actions and your spiritual values
- Care for your own needs as the first step toward giving compassionately to others
- Overcome conditioning that blocks empathy and promotes violence
- Connect with others from a place of Divine Energy

Nonviolent Communication (NVC) is a powerful process for inspiring compassionate connection and action. Training in NVC can help facilitate effective communication and prevent conflict by helping everyone get their needs met. This time-tested, practical process works equally well in education, business and industry, social services, political conflict, as well as in families and personal relationships.

Marshall Rosenberg, PhD, (1934–2015), was the founder and educational director of the Center for Nonviolent Communication (CNVC). He traveled throughout the world mediating conflict and promoting peace. www.CNVC.org.



www.NonviolentCommunication.com

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The Basis Of Constructive Spirituality

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