

REMINDERS FOR LIVING HEARTFULLY

The following Reminders arise from a longing to live heartfully. Nearly all of us overlook compassion for self or another, at times. Then, an invitation to open a caring heart may be welcome. Each Reminder is meant to be such an invitation, and to help bring to life the Nonviolent Communication (NVC) process developed by Marshall Rosenberg. NVC offers a methodology that improves human understanding and thus can uncover compassion for self and for others. The Reminders are designed to express some essential NVC concepts in a condensed format.

To increase life-enriching impact, try naming an intention when using the Reminders. As an example, for number 2 you could say, "To live heartfully, I recognize that we all share equally valuable needs, and that each of our actions is an attempt to meet some life-serving need." Other possibilities: To be in harmony with my values..., To practice nonviolence..., (or name your own intention). You are invited to visit with them daily. The Reminders are intended to help increase and deepen the use and understanding of the NVC process toward realizing the unity of us all.

TO LIVE HEARTFULLY:

... EXPERIENCE ... RECOGNIZE ... MODEL ...

1. I experience empathy with my self and others that naturally fruits as compassionate giving and receiving.
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.
3. I model honesty by being willing to mindfully express my observations, feelings, needs, and requests.

... DISTINGUISH ... PAUSE ... FIND ...

4. I distinguish observation from imagination in my perception and communication.
5. I pause to sense feelings, needs, and my intention before responding to some action, question, or thought.
6. I find creative ways to meet needs, instead of thinking there is something wrong or missing with a situation, a person, or me.

... REQUEST ... SAVOR ... EXPRESS ...

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.
8. I savor requests and sense the need drawing me toward, or keeping me from, saying "yes."
9. I express gratitude by sharing how an action affects me and feeds a need, instead of praising the actor.

... TRANSCEND ... CO-CREATE ... PRIZE...

10. I transcend domination and submission by valuing the needs of each person, including myself.
11. I co-create contagious, life-serving cultures and systems in my world, relationships, organizations, and communities.
12. I prize human understanding and connection over any outcome.

