

# What Is NVC

## Preparation Notes

### Orientation

Each month of this course - about a week before the teleclass - I plan to place a document in the classroom that contains reference materials to enhance your learning and a journal or reflection questions to prepare for the class. Sometimes I intend to send all or some of the reference materials after the class instead so as to allow for fresh engagement during the class.

The summary of each week's content appears on the NVC academy course description.

Within a few days after the teleclass I plan to add some pieces based on what we cover together. I may send more reference materials, especially in those cases when I don't send them ahead of time. I also may include more reflection questions or other suggestions for further exploration, and in some cases I may offer a personal practice for integration of the materials.

### Reference Material

#### What is NVC?

- a. NVC as a story
  - i. Like every story, NVC has assumptions behind it.
  - ii. NVC and its assumptions are not "observations"; NVC is a way to look at things and a foundation for understanding (or interpreting) reality, not "truth."
  - iii. What stories we have affect our inner lives and our choices.
  - iv. The shift from Jackal to Giraffe ears is a shift in stories.
  - v. Choosing NVC is choosing a new story about human beings and about the meaning of life.
- b. Purpose of NVC
  - i. Enhancing the quality of life within us and with others
  - ii. Supporting a quality of connection between people that inspires mutual care and creativity in finding solutions that attend to everyone's needs
  - iii. Supporting group and organizational functioning based on attending to needs (e.g. collaborative decision-making processes)
  - iv. Social transformation towards a world where everyone matters and people have the skills for making peace.
- c. NVC consciousness vs. focus on OFNR vs. NVC language
  - i. Assumptions and intentions articulate NVC consciousness (this is the topic of next week's class)
  - ii. The OFNR components constitute elements to focus our attention on in support of inhabiting the consciousness (this is the topic of week #3)

- iii. The NVC language template is a practice to support our ability to focus our attention on the skills, components, and practices that transform our consciousness
- d. Living NVC in *this* world vs. in a "Giraffe" world
  - i. The level of challenge we experience in "living NVC" reflects the challenge of doing so in a particular social context
  - ii. We expect that a social context grounded in NVC's assumptions, intentions, and practices, would result in much greater ease in integration NVC into daily life
- e. Approaches to NVC (I plan to post this document after the class)
- f. NVC as a spiritual practice
  - i. The NVC assumptions we articulate are one way (among many) to express the spirituality of NVC
  - ii. NVC is a practical set of tools, but underlying it are certain intentions. These intentions are part of what makes NVC a spiritual practice for some people rather than "a way to talk."
  - iii. NVC skills and processes support many people in embodying spiritual principles from a wide variety of faith traditions

## Preparing for the Teleclass

The following questions are designed to support you in engaging with the material for this class and coming prepared to be an active participant in our discussion.

1. What does NVC mean to you? What sings to you about it?
2. In what way has learning NVC changed your perspective?
3. What happens when someone you talk with disagrees with the premises of NVC?
4. Why do you choose to practice NVC?
5. Can you articulate for yourself what NVC consciousness means to you as separate from the practice and the process?
6. How do you understand the challenge of living NVC in the world as it is?
7. Do you have a spiritual practice other than NVC? In what ways does NVC support your practice?
8. Do you experience NVC as a spiritual practice? How so?