

NVC NASHVILLE HOSTS ROBERT GONZALES JUNE 11-13, 2020

Living in Compassion:

Touching Beauty, Restoring Wholeness



The Embodied Spirituality of NVC facilitated by Robert Gonzales, PhD, founder of the Center for Living Compassion, sees compassionate communication as a spiritual practice and a way of living.

The primary focus of this workshop is to develop an awareness of the consciousness of our Life Force, which manifests as the energy and the beauty inherent in our needs and values. "There is a basic life current or impulse resonating in and through us as a yearning of the heart, this current and yearning manifest as human needs and values."

This program involves processes and offers inner maps that support living in the fullness and flow of life as a daily spiritual practice. The processes offered may include:

1

- Relationship to life force: Deepening our relationship to needs
- Deepening into self compassion (unconditional acceptance of inner experiencing)

2

- States of Being:
Essence:
Vulnerability:
Protective/ Defensive Structures
- Self responsibility as a foundation for self compassion

3

- Acceptance and longing as a two-fold spiritual path
- Healing dialogue

Cost

\$350 Early Bird

\$395 After 5/1/20

CEs Unavailable at this time.

Actively seeking. Will notify if status changes.

Workshop Prerequisite

The workshop is designed for people with intermediate experience in NVC and who have had practice applying the basic skills of expressing honestly, self-empathy and empathizing with others. If you are a newcomer to NVC, please check out our other groups and offerings.

Questions? Carlene@CarleneMaginnis.com

Location

The United Methodist Publishing House
2222 Rosa Parks
Nashville, TN 37228