



Suggestions for the Journey Together

Here are several suggestions meant to inspire you on the journey of communicating consciously, transforming your relationships...

Sakyong Rinpoche: *"Enlightened society is created one conversation at a time."*

1. **Deepen your understanding of the transformational process of Nonviolent Communication, NVC.** Read about it. I recommend the main book, *Nonviolent Communication – A Language of Life*, by Dr. Marshall Rosenberg, available at several bookstores, like Self-Connection Books. You may prefer the double CD set, *Speaking Peace*, by Dr. Rosenberg, which I have for sale, \$20. The booklet written by myself, *Conscious Communication – How our capacity for conscious evolution transforms us, our relationships, and the world we live in*, is \$10. Consider NVC training offered by www.cnvc.org located in Albuquerque, NM.

2. **Practice conscious communication in your daily life.** An "empathy buddy" is advisable; find a friend willing to enjoy learning to "speak peace," to heal, and to deepen the connection with self and other, practicing NVC together! Remember also, that you don't need people to be aware of the 'structure' of NVC in order to practice the skills of being authentic and connected to yourself, to others, to the whole of the Earth. Just do it! Be the one!

3. **Consider facilitated time with Barbara.**

a) I offer **private coaching sessions**, focus on self-transformation, relationship building, conflict mediation. Contact me at **403-242-9747** or at barbarawiebe@gmail.com or www.ConsciousCommunication.info.

b) **Consider further workshops** as a way of experiencing and establishing the joy of conscious community. NVC-based workshops offer you an inter-subjective context to expand self-awareness, finding connection with yourself and with others, accessing innate compassion and well-being. Please note that workshops I offer are *not* introductory level, but rather the experience is as deep and as steep as you are willing...

c) **Organize your friends**, your family, or your partner, your work team, for a self-awareness workshop. I enjoy collaborating with you to custom-fit the workshop title, specific skill-set, and content to meet your specific needs. See "*Communication Works*" on my website.

4. **Feed your soul.** Consciously choose wholesome values, wholesome relationships, community, activities, music, books, time in nature, a regular spiritual practice... Don't waste your precious life on separative 'stories' like gossip, negativity, excuses, resentment, fear, etc. Focus on your heart's deepest desire. In our journey of self-realization and liberation we need fellow travelers, shared vision, and supportive engagement. Community is a precious universal human need! The internet offers us so much wonderful soul food...

5. Many people find these **NVC links** useful. I trust that you will find support in the journey of learning to connect heart-to-heart in *all* your interactions. Here are a few of the best NVC links, as far as I'm concerned:

www.YouTube.com/watch?v=EfaKlhtR3ro Nonviolent Communication Training with Marshall Rosenberg

www.YouTube.com/baynvc ~This link gives you highlights from the 'Conflict Hotline' hosted by Miki Kashtan, one of my favourite NVC trainers. She's in Oakland, CA. There are a great many NVC video clips on YouTube.

www.NonviolentCommunication.com ~NVC resources, books, CDs, DVDs.

www.cnvc.org ~International Centre for Nonviolent Communication, located in Albuquerque, NM.

www.NVCTraining.com ~On-line NVC learning - so much help and support is available! I've benefited tremendously from my participation here.

www.bcnc.ca ~BC Network for Compassionate Communication - workshops, practice groups in BC. Lots of NVC activity here.

Warm greetings, *Barbara*

"When we focus on clarifying what is being observed, felt and needed - rather than diagnosing and judging - we discover the depth of our own compassion."

Dr. Marshall B. Rosenberg, *Nonviolent Communication - A Language of Life*