

Contents

Q: How do we connect with the Divine through Nonviolent Communication?	2
Q: What does “God” mean to you?	2
Q: What is your favorite way of knowing Beloved Divine Energy?	3
Q: What religious beliefs, teachings, or writings have had the greatest influence on you?	3
Q: Doesn’t the influence of religion and spirituality promote passivity, or an “opiate of the masses” effect?	4
Q: So Nonviolent Communication evolved in part from spiritual origins?	5
Q: What do you mean by “giving of ourselves”?	6
Q: Nonviolent Communication came out of your desire to manifest love?	7
Q: How do you prevent Ego from interfering with your connection with God?	8
Q: Then you believe that the language of our culture prevents us from knowing our Divine Energy more intimately?	9
Q: Is this the spiritual basis of Nonviolent Communication?	10
Q: Is this lack of connection to Divine Energy responsible for violence in the world?	10

- Q: How do we overcome this conditioning? 12
- Q: We gain this connection to each other by knowing God? 13
- Q: So exactly how do we gain this connection to Divine Energy, and to other people? 14
- Q: How do we express what's alive in us? 14
- Q: Do you suggest that simply telling people how we feel is all that's needed? 16
- Q: What prevents people from just saying what they need? 17
- Q: So what's next after feelings and needs? 18
- Q: What keeps us from connecting to the life in each other as you suggest? 19
- Q: Can you give an example of how to make an empathic connection with someone? 20
- Q: How do you express your needs as requests without sounding like you're demanding something? 22
- Q: What about discipline? What you're suggesting sounds like just being permissive. 23
- Q: How can I tell when I'm connecting to what's alive in someone else? 25
- Q: Can you give another example of how you've actually used this process to connect with others? ... 25
- Q: The process of connecting to the Divine Energy in others with NVC seems clear enough on paper, but isn't it hard to actually live by?..... 27

Q: How do you get enemies to recognize the Divine in each other?	28
Q: How basic is our need to give to one another?	29
Q: Have you encountered any cultural or language barriers to this process?	30
Q: Do you believe a spiritual practice is important for practicing nonviolence?	31
Q: Have you been influenced by past movements that have attempted to mediate between spirituality and social change, like Gandhi's or Martin Luther King Jr.'s?	32
<i>The Four-Part Nonviolent Communication Process</i>	<i>33</i>
<i>Some Basic Feelings and Needs We All Have</i>	<i>34</i>
<i>About PuddleDancer Press</i>	<i>35</i>
<i>About the Center for Nonviolent Communication</i>	<i>36</i>
<i>Trade Books From PuddleDancer Press</i>	<i>37</i>
<i>Trade Booklets From PuddleDancer Press</i>	<i>41</i>
<i>About the Author</i>	<i>42</i>