

Facilitator follow up

I woke up this morning, after our session at the Creative Facilitators gathering last evening, feeling grateful and excited for the community and the shared explorations of ourselves and community.

Here are a few follow up points percolating in me:

The first is the distinction between judging people and judging actions.

What NVC is suggesting is that rather than make any decisions or choices from a place of judgment, we will better serve the qualities of self awareness, transformation, trust and connection in the room if we make our decisions and choices from a needs-based consciousness (rather than judgment consciousness). What this means is that if a judgment arises in me such as, I don't like that that person is speaking so many times and that is not an "appropriate way to act",

I am now caught in the consciousness of judging. Marshall Rosenberg, the founder of nonviolent communication, calls this consciousness "life alienating", because , although how I'm feeling and what is really important to me is completely embedded in the thinking , the focus of the consciousness is on what is being done out there, rather than on my experiential response to what's going on. The consciousness and energy coming from me are disconnected from what Marshall called my feelings and needs, The energies inside of me that determine how I am responding.

So, rather than making a decision or choice about what to do next from the consciousness of "inappropriate", we want to use the judgment of "inappropriate " to understand what is super important to me in this moment, and then to what is super important to the other person in the moment, so that we can then act from what Marshall Rosenberg called a "life serving" consciousness" and using a "life serving" vocabulary – so that would mean that rather than acting from the energy of "inappropriateness", we would say to ourselves (in the self connection process of nvc that we call self empathy)

"I'm noticing that I'm feeling uncomfortable with what just happened, I'm feeling uncomfortable because my/our need for awareness of the whole group isn't being met when someone speaks three times before someone else speaks.

Yes, that's it, I really want to contribute to an awareness in the room of other ways for us to meet our need to be seen and heard and to contribute and to be understood – not the way this person is choosing to meet that need."

And I want to do the very same analysis when I look at the other person's actions – what are the beautiful human needs and values that they are trying to meet by doing exactly what they are doing.

When I act from my own judgment of what they're doing, I cut myself off from the life energy they are trying to serve by doing what they are doing.

The more I do this the more clarity and awareness, from an open heart, develops in me about the next course of action.

I then want to measure how do I go about meeting these needs that have arisen and me – for community, awareness, contribution etc.

And I want to include the other person's needs – the very person who has triggered me or whose actions I'm feeling uncomfortable about – in my strategy.

Which brings us to the second point of why we want to translate all judgments into needs-based consciousness and action – we want to Connect with the humanity of and include the needs of everyone in the room.

What needs are we meeting by including everyone in the room? Inclusion, openness, community, participation, as well as other needs that we can identify.

From this place of valuing and embracing everyone's needs, we are far more likely to make decisions as facilitators or participants that will foster conclusion, connection and efficiency as well.

There's a whole other set of benefits to translating all of our minds' categorizing things as "good/bad", "appropriate/inappropriate.

That is self awareness, self knowledge. When we leave our consciousness at the level of , "I don't like that, the "that " seems like it is something external, out there. We miss an opportunity to learn more deeply about ourselves, and to even heal ourselves, because actually what we don't like is how we feel when something is going on out there.

So we want to "return to ourselves" when we notice the judgment has arisen and us – it is a wonderful opportunity to learn more about ourselves.

For example, to use something that came up in last night's gathering, what is it that is uncomfortable for us when people speak in a certain way or they all use their cell phones in the room? When I make an investigation into what is it that's uncomfortable for me, I learn what I value , and I learn my habitual responses when what I value is not accessible for me in the moment.

This helps me get off of automatic pilot as I go through life and to really make my choices of words and actions from a place of true and deeper choice.

And third, related to this, is that I begin to take full responsibility for my own reactions – no longer blaming others for how I feel or what choices I make -and I thus empower myself to unleash my self acceptance and creativity to create a world that does meet my needs and values.

Lastly, I want to emphasize that Nonviolent Communication is premised on a commitment to relationships, systems and a world that values meeting everyone's needs. Not just "my" needs. In fact on a deeper level, nonviolent communication, as Mindfulness, is based in the consciousness of complete interconnection and interdependence – meeting your needs and meeting my needs are one and the same . It is an illusion that your needs and my needs are in conflict.

Conflict arises out of the illusion that your needs and my needs are in conflict. In fact, conflict does not exist at the level of needs. Conflict only exists at the level of the strategies we choose to employ to meet our needs.

I wanted to share all of this with you, after our exciting ride together at the creative facilitators meeting last evening. I invite you to join my upcoming four week Monday evening class series at the Asheville JCC for a deeper dive.
<https://www.facebook.com/events/1053661701320950/>

And also to sign up for the three day training with my teacher Miki Kashtan who will, I'm sure, take us on a very deep journey into these principles through Convergent Facilitation. <https://www.facebook.com/events/1673805406238874/>

Some more resources:

Interview/overview with NVC founder (my teacher) Marshall Rosenberg

Part1 <https://www.youtube.com/watch?v=-dpk5Z7GIFs>

introduction to background, consciousness and method

Part 2 https://www.youtube.com/watch?v=XbgxFgAN7_w

starts with needs -based decision-making within oneself

Part 3 <https://www.youtube.com/watch?v=L8fbxPAXBPE>

contributing to people's wellbeing

Workshop with NVC founder (my teacher) Marshall Rosenberg:

<https://www.youtube.com/watch?v=UEqmZ2E1o64>

Wishing you a day filled with meaning and love,
Roberta

Please enjoy checking out my blog : RobertaIndia.wordpress.com

And my website: steps2peace.com