

## N.V.C.

# Now Verbally Connected – Nu Verbindend Communiceren

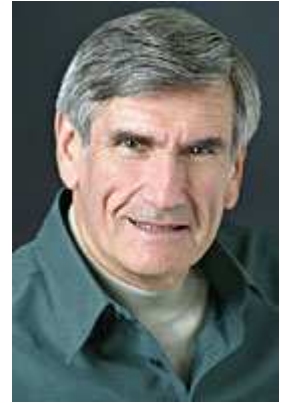
Teach yourself through Youtube – page 3

## Containing the letter “Speaking Words of Light”.

## NVC

Marshall B. Rosenberg (American/ Amerikaan) designed/ ontwierp NVC:

- **Now Verbal Connection**
- *Nu Verbindend Communiceren*
- *Maintenant Connexion Verbale*
- *Jetzt Verbindende Kommunikation*
- *Ahora Comunicación Conectando*
- *Ora Comunicazione Collegando*
- *Теперь Соединение Коммуникации.*



Marshall B. Rosenberg

## Letter/ brief/ lettre/ Brief/ carta/ lettera/ письмо

### 'Speaking words of light'

*'Woorden van licht spreken'*

*< Parler les mots de lumière >*

*'Sprich Wörter des Lichts'*

*'Palabras parlantes de luz'*

*'Parlar le parole di luce'*

*'Говоря слова света'*

Using words that create a light energy, like happy, healthy, nice, calm, loving, gracefully, etc.

*Woorden die lichte energieën oproepen gebruiken, bijv. blij, fit, gezond, lekker, rustig, liefdevol, gracieus, etc.*

**And an effective way of using the words 'not' or 'less' etc.**

*En 'niet' of 'minder' etc. zinvol toepassen.*

From:

Angela Pro Deo Foundation

for more music, health and peace.

Office: Weerdslag 188, 7206 BZ Zutphen,

The Netherlands

To:

Dr. Marshall B. Rosenberg

The Center for Nonviolent Communication

2428 Foothill Boulevard, Suite E

La Crescenta, CA 91214 USA

Monday, January 2, 2006.

### **Containing:**

1. 2006; 2. The book; 3. My link to this subject; 4. My idea; 5. International;
6. Motivation; 7. Imagine; 8. My wish.

### **Dear Mr. Rosenberg,**

and all the ones involved: Gary Baron, Diana Young, Sol Crocker, Valentina Aslanyan, Angelique Turner, Chris Scott a.o,

cc: Justine Mol, Robert Kramps, Monique Kluijtmans, Inga Teekens,

### **1. 2006**

First of all: a happy, healthy, inspiring, and refining New Year to you!

### **2. The book**

Many thanks for sharing your wonderful thoughts about communication! I feel happy when I experience more possibilities to communicate nurturing and voluntary from heart to heart.

### **3. My link to this subject**

After 20 years of 'diving' in the meaning of words, after reading (the Dutch translation of) your book in June 2005, and after meeting and N-V-Communicating with Justine Mol (first in September 2005), I'd love to share with you the following idea... (see 6. Motivation).

#### **4. My idea**

Would it be wishful to use the abbreviation N.V.C. with new meaningful words that give the message and energy of your teachings, like Nurturing & Voluntary Communication (my favourite), or other combinations with Nourishing/ Noble/ Naturalistic/ New (-Age)/ Neutral (impartial, good or winning for All)/ Vocational (you feel drawn to do it or to make it your profession)/ Vitalising, etc?

Nurturing & Voluntary Communication is my favourite, for it shows that communicating in this way can be caring, caretaking, nourishing, upbringing, raising, and it is done willingly, it's your free will to do it, your choice.

#### **5. International**

In other languages, e.g. Dutch, one could act in a similar way: Nobele (Noble or Generous) & Vervullende (Fulfilling) Communicatie. Or: Navoelende (understanding the feelings of someone, including yourself)/ Natuurlijke (Natural)/ Natuurgetrouwe (true to nature)/ Naturalistische (Naturalistic, most accurate copy of reality)/ Nuttige (Useful or Profitable)/ Nieuwe (New)/ Nieuwetijdse (of the New Age)/ Neo... (New .)/ Noemenswaardige (Appreciable, worthy to mention)/ Neutrale (Neutral, good or winning for All)/ Verwonderende (causing amazement)/ Vrijwillige (Voluntary)/ Verzoenende (Reconciling)/ Vitaliserende (Vitalising)/ Voedende (Nurturing)/ Voedzame (Nourishing)/ Voordelige (useful, profitable)/ Voorbeeldige (worthy to follow this example), etc.

#### **6. Motivation**

The words 'Non' or 'No' or 'Not' and things like '-less' are gone in the energetic meaning of our communication. How you can experience the meaning of this item? You could draw the most simple happy face: a big circle, and in it two 'dots' for eyes and a 'crescent moon' for a smile, like this: 😊

Now, if you would say to someone who is not able to read (yet): "I feel" and show the drawing to this person, the person would get your impression. You could ask what impression (s)he got by your message. Then you could repeat the whole thing after you wrote the word 'not' above the drawing.

If we understand this kind of 'energy' in communication, we can choose to use the word 'not' in a (refining energy or) uplifting way. E.g. if you don't feel happy, you could use the opposite word for 'happy' (and you can not keep up the energy) or say "not happy", which expresses what you feel and still keeps up the energy. In this way you can consciously try to keep the energies as fine as possible. If you would like to experience the difference between these energies, you could meditate some time on your 'smiling' drawing, and create a second similar drawing, but now the 'crescent moon' is up side down (as we can do to express the opposite meaning of 'happy').

As a singing teacher, I invite singing students to sing while looking one by one at the drawings... one can feel and hear the difference in energy. Often they are surprised about the amount of effect on their feelings and their sound.

This experience and experiment, with which most of you probably already are familiar, is my motivation for sending you this proposition and new idea. It is possible to write much more on this 'not' subject, and how to concentrate on the things that we DO like, dream of, wish or the things we ARE able to do. For now, this will do.

#### **7. Imagine**

NVC has become a worldwide notion, so probably it is wise to keep that abbreviation in tact. That still leaves many possibilities to give 'NVC' a more refined energy. Could you imagine the energy shift, if everyone familiar with NVC (now and in the future) suddenly would think, speak or write about NVC, e.g. Nurturing & Voluntary Communication, while keeping this meaning in mind (and/or heart)?

#### **8. My wish**

I hope this will inspire you to (re)consider new possibilities.

Most sincerely,

Maria Talis,  
student of Life;

conductor, composer, poet, singer and healing coach;

president of the AngelaProDeo Foundation for more music, health and peace. Website in Dutch, English, partly Italian, German soon: [www.AngelaProDeo.org](http://www.AngelaProDeo.org)

[www.angelaprodeo.org](http://www.angelaprodeo.org), THE foundation for more music, health and peace.

This is the 'HEAL YOUR LIFE-doc': [www.angelaprodeo.org/en\\_heal\\_your\\_life.pdf](http://www.angelaprodeo.org/en_heal_your_life.pdf)  
with links to films from Youtube (all for free) on page 3.

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Teach yourself through Youtube

## Youtube on NVC:

- [NVC-part 1, part 2 en part 3](#)
- [NVC & Corporations- part 1, part 2 en part 3](#)
- [Parenting with NVC](#)
- [How to Resolve Conflicts and Create Connection with NVC](#)
- [NVC Skills Role Play en You Listen "Too Fast"](#)
- [PF15 NVC](#)
- ["The Intention to Connect" Model of NVC](#)
- [NVC TV Show \(NVC techniques\)](#)
- [Rosenberg on NVC](#)
- [What is NVC?](#)
- [NVC at the Mountain: Goodbye song, 1:46](#)
- [We never do anything wrong](#)
- [The Toilet Seat Argument - NVC - with puppets: Jackle and Giraffe \(= jakhals en giraffe\)](#)
- [Jeyanthi Siva talks about NVC on Sri Lanka TV - part 1, part 2 en part 3](#)
- [Self-empathy exercise NVC](#)
- [NVC "Jakes Process" Self-Empathy Process](#)
- [NVC Empathy: Self-connection meditative exercise on Needs](#)
- [NVC Self-connection Exercise part 1 en part 2](#)
- [NVC Staying Grounded in Conflict](#)
- [NVC: Fulfilling the Need to Contribute](#)
- ["Observation" NVC](#)
- ["Feelings" NVC](#)
- ["Needs" NVC](#)
- ["Requests" NVC, part 1 en part 2](#)
- ["What is Intention?" NVC](#)
- ["Choosing to Connect" NVC](#)
- [NVC expressing and receiving gratitude](#)
- [NVC More Insights Mediation Part I en Part II](#)