

What it's all about - the essence of how I want to model NVC

Marshall has kindled a fire in me that I had previously known only as a glowing longing in the depths of my soul. Since then I have been concerned with keeping and nourishing this fire.

It's about

*giving time to the deliberated to unfold,
making the quiet sound audible,
lending weight to the lightness and
encouraging us to overcome the gloom.*

It's about

*appreciating the bond of everything with everything,
healing old wounds,
dwelling being present in the here and now and
facing the future with playful respect.*

It's about

*laughing all our tears,
sharing all our weeping,
mutually valuing all our value,
recognizing all our words to be an expression only of PLEASE and THANK-YOU.*

In short, it's about REACHING OUT TO LIFE ...

These lines came to me one night in November 2018. I pass them on, Michael Dillo

The participant of a "Walk & Talk" recently gifted me these lines:

I find the text about the essence very coherent. Yes, that's what it's all about for me ...

It is nice for me to have learned a lot about it during our hike and to feel that it is not empty words for you, but lived "exploring the essence and finding yourself in it". In oneself and in the other ...