

Hello MNVC Sangha friends!

Thank you for joining us for the first MNVC meeting in January. I hope 2023 is treating you well --and I hope that you have peace, self-compassion and equanimity when it's not.

Below is a summary of some of the key points from our discussion. The categories of participation I'm seeing involve either live meetings or participation/discussion at the sangha page:

- Teaching/learning MNVC through live meetings (quarterly, monthly, or weekly)
- Teaching/learning MNVC by independent study, guided by reading assignments and practice points shared on alumni page weekly.
- Guest speakers
- Posting MNVC topics on sangha page where members can ask questions, respond and share.

While all are welcome to share their thoughts, ideas, questions, several members offered to help facilitate, teach, respond to MNVC question on the page etc.

I invite everyone who expressed interest in helping facilitate/co-facilitate our sangha to look at the possibilities below. You can email me at the Alumni site www.mmtcpalumni.org (or through the sangha page) to let me know where you'd like to start or to discuss any questions.

I am interested in leading a slow review of SWYM on the sangha page with a weekly practice point or two. I started posting reading and practice suggestions when we launched the MNVC sangha page, but I will start over with that next week. (Interested co-leaders are welcome with this as well!)

With Metta,
Stephanie

January 2023 MNVC Sangha Notes

Members expressed interest in:

A weekly MNVC practice point taken in sequence from the book "Say What You Mean" (SWYM)

Alternately, Marshall Rosenberg's book on NVC might be used (some find this book easier to begin with than SWYM)

Read sections of SWYM in sequence, practice the exercises weekly.

Find practice partners through this sangha

Share articles, videos, PDFs, powerpoint etc. re: MNVC.

Explore/learn what to do "when the conversation isn't going well" (for example, "gaslighting," invalidation, using win/lose strategies etc.)

Quarterly, monthly or weekly meetings

Interest was expressed in having members more experienced with MNVC teaching the principles to sangha members.

Sharing/learning how others are using MNVC -- personal lives, workplace, clients etc. Share tips on "what works?" When teaching/sharing MNVC.

Collaborating on new MNVC projects (also "ways to bring MNVC "into the world.")

Use the sangha page to share challenging situations (family, friends, work etc.) any of us might be experiencing and getting ideas/feedback from members about how we might approach the situation with MNVC.

Offer sangha projects that address different backgrounds/levels of 'experience' with MNVC. Possible "levels"

- Foundational: New to MNVC or "Beginner's Mind" review of MNVC
- Specific tools/approaches of MNVC--examples:
 - learning/practicing 'empathy guess,
 - asking for a reflection
 - checking to see "if the call dropped" etc)
 - Becoming familiar with list of feelings and 'common human needs/values and how these are related
 - Awareness of 'faux feelings'

Discussion of aspects of MNVC that aren't working for someone or with which one does not agree

Explore other ways of discussing 'non-violent communication', particularly when a person is resistant to that term.

Have guest speakers