



Introduction to Conscious Communication

Aspects of Conscious Communication

Marshall Rosenberg spoke of the two aspects of NVC: the skill set and the consciousness.

The skills and concepts we work with in our practice communities are shown here.

The consciousness of NVC is based in an awareness of vulnerability, interdependence, and the freedom to choose, which lead to:

- Natural giving from the heart
- Self-responsibility
- The intention to connect

We aspire to integrate and embody this consciousness through the practice of these skills.

