



**“Love Your
Neighbor As
Thyself”**

Tikkun Olam with Nonviolent Communication



Aya Caspi CNVC Certified Trainer, aya.openheart@gmail.com

"The whole Torah on one foot: "Love Thy Neighbor as Thyself", and the rest is commentary. Now go and learn"

~ Talmud, Hillel Hazaken

"Love Your Neighbor As Thyself" means that your neighbor *is* yourself, and this recognition of oneness is love"

~ Eckhart Tolle

Nonviolence + Communication

Long standing tradition of Nonviolence to which the practice of NVC traces its origins - Gandhi & The Civil Rights movement.

Nonviolence = Ahimsa in Sanskrit - complete absence of intention to harm **in *thought, word and action***, including towards those who harm us.

"Death and life are in the power of the tongue"

~ Proverbs

NVC was developed from Marshall Rosenberg's attempt to understand love = giving my attention (presence) freely, with the intention to serve life.

Life manifests through the energy of needs.

The assumption of innocence: everything human beings are doing and saying is an attempt to meet one or more of their human needs, no different than my own.

“The things we desire are sacred, who put them in our hearts if not god?”

~ Talmud

Nonviolence - the courage to speak truth with love

1. Observations Vs. Evaluations / interpretations
2. Feelings Vs. Thoughts
3. Needs Vs. Strategies (the ways in which we attempt to meet our needs)
4. Requests vs. Demands

This capacity for loving - is at the heart of what's needed for the world's transformation: **A world where everyone's needs matter = back to wholeness - Tikkun Olam**

'Love Thy Neighbor' - some NVC practices...

- Prioritizing connection in how we respond - by choosing empathy as a core response.
- Speaking our truth without blaming, shaming, threatening or guilt tripping (taking 100% responsibility for our experience).
- Explicitly owning our perceptions, interpretations and evaluations when speaking.
- Maintaining and cultivating togetherness by constantly checking for the impact of our words and actions.
- Consciously choosing to hear, the 'please' behind every demand/threat, the vulnerability behind every judgment, and the unspoken feelings, needs and requests in people's expressions.
- Honoring our 'No' while opening our hearts to the impact on others.
- Holding other's choice, even when they don't seem to be able to hold it themselves (especially when there are power differences).
- Asking fully for what we want while letting go of attachment to an outcome.
- Including others in decisions that are affecting them.
- Attending to the gap between our intention and the effect on others.
- Explicitly expressing our care to others when we contribute to a challenging impact and taking action to repair trust.
- Cultivating awareness about social dynamics of inclusion and using our power to support those with less access to power and resources.