

NVC and Embodied Compassionate Communication or Emotional Aikido

What is the relationship between Non-Violent Communication and Emotional Aikido?

The answer to this question begins by understanding that NVC is a language skill and does not encompass somatic training. Somatic attunement, however, can be put into words, and may result in expressing the fundamental concepts of NVC, but they are arrived at by different routes.

1. What are the somatic dynamics of empathy?
(somatic (5 senses) awareness of self and other with the following three questions)
2. How do you practice "somatic attunement?"
(feel/sense three wisdom centers: Ask:
What does the head want?
What does the heart want?
What does the hara need?)

NB: NVC is a language skill set/training that seeks to accomplish the same objects, but does not train somatically, and for that reason is less effective under pressure. Pressure is key, because it is "felt," not just understood as words/language/concepts. Thus somatic attunement may be easier to learn and handier to practice. (Yet, we are standing on Marshall Rosenberg's shoulders.)

See diagram Somatic Mother Board on next page.

3. What are the obstacles to learning somatic attunement?
judgments
emotional charges
passionate righteousness
righteous passions
difficulty accessing embodied feelings

4. How do we overcome these obstacles?
recognize our pre-disposed responses to pressure
(push-back, cave, rigidify)

practice transforming pre-dispositions with grounding,
centering and extension.

5. How may empathy encompass conflicting interests?

Being sensitive to three embodied wisdom centers (head/heart/hara) in one's self and other will involve conflicting interests, or split attention. When we remove ourselves from the bodily sensations, we distance ourselves from the situation to which those sensations are related. Disembodiment is a strategy that allows us to escape the pressure, feeling, or sensations of the present moment.

When I have an immobilizing experience, I try to find out where I am split. In searching

for splits, we can use a map with three centers: head, heart and *hara*, or belly. Splits commonly occur at the neck, separating the head from the heart and the belly, or the solar plexus, separating the belly from the heart and the head.

I can identify the preferences of my head with the question, "What do I think I want?" I wait for a sensory response. Then I feel into my heart, "What does my heart feel like it really wants?" Splits that occur at the solar plexus are more difficult to discover. In Western culture, we are not accustomed to viewing the belly as an intelligent power source. If we are not aware of the opposition within ourselves, we may find it difficult to understand why we cannot manifest something even when we have a clear idea of it. From *The Intuitive Body: Aikido as a Clairsentient Practice*, by [Wendy Palmer](#), North Atlantic Books.

For more Wendy Palmer teachings, see a free online lesson and the accompanying course TUNING IN to the Body, including Aikido Walking with George Leonard at <http://www.communicationharmony.com/>

See diagram EMPATHY and MENTAL-EMOTIONAL AIKIDO on the following page....



EMPATHY and EMOTIONAL AIKIDO

Empathy has two dimensions:

SELF

OTHER

Empathic action has three centers:

HEAD

HEART

HARA

SOMATIC MOTHER BOARD

	<u>Contents</u>	<u>Process</u>	<u>Source</u>
head	thoughts	judgments	stories
heart	emotions	empathy	feelings
hara	wisdom	intuition	needs

EMOTIONAL AIKIDO

*Embodied compassionate communication
to feel closer with those we live and work*

<http://www.communicationharmony.com/>