

Announcing the 2013/2014 Living Compassion: NZ / AUS LIFE Program



Dear Friend,

I am very happy to announce that I will be offering the Living Compassion: LIFE Programme for New Zealand and Australia in 2013 / 2014. I have been sharing this two-year program since 2006 in the USA and in Germany and it's very exciting to now extend the deep work of this program to the southern hemisphere.

LIFE is an acronym for Learning & Integration, Full Embodiment. The purpose of the program is to deepen our conscious connection to our own vital life force, to develop skills that support inner healing and to grow and strengthen daily practices that allow us to truly live LIFE to the fullest.

The program is designed for people with intermediate to advanced skills in Nonviolent Communication. Application to the program is required. The class is limited to 26 participants each year which supports deep, personal inner work and cultivates community that is so vital when we undertake and integrate transformational work.

I hope that you will consider joining me in this journey and I look forward to hearing from you.

From my heart,
Robert

Curriculum Overview



The primary focus of this program is to develop awareness of the consciousness of "the living energy of needs" or "the beauty of needs." This is the foundational base for Living Compassion and is core to living and integrating NVC into life. The deepening work that we will focus on is to establish a clear pathway to first identifying, then experiencing and cultivating this consciousness. I am interested in supporting an embodied spirituality and a way to engage in a living practice in our everyday, moment-to-moment living. We will apply processes/tools that serve this integration and development.

This work is comprised of three dimensions

Inner Dimensions of this work:

1. **Cultivating and Dwelling in the Beauty of Needs**
 - Meditations, walking, work in pairs and in small groups
2. **Compassionately Embracing to Healing and Transformation**
 - Transforming the Pain of Unmet Needs to the Beauty of Needs
 - Transforming Core Jackal Beliefs/Compassionately Embracing
 - Choosing and Staying in Life-serving Consciousness:

- The Illusion of Conflicting Needs

Relationship (Other) Dimension of this work:

3. Living our Being in Relationship

- Preparation for Authentic Dialogue
- Mutuality and Dialogue from the Beauty of Needs
- Empathy Practice from the Beauty of Needs
- Embodied Spirituality of Living Compassion
- Development of Group or "We" Consciousness



Program Information

This is a two-year program, 2013 & 2014.

There will be two, six and one-half day retreats EACH year, held at **Bella Rakha Retreat Centre** which is set in 32 acres nestled at the base of the Waitakere Ranges. The beautiful grounds have a mixture of native bush, open spaces and quiet secluded groves

The retreat center is 45 minutes from the Auckland International Airport.

www.bellarakha.co.nz

The dates for the retreats are:

March 7 - 14, 2013 & October 17 - 24, 2013 March 6 - 13, 2014 & October 16 - 23, 2014

There will be two, 2 hour tele-classes that Robert will facilitate between the two retreats each year. There will be one, one hour individual phone session each year between retreats with each participant. There may be additional calls with Robert's assistants in the program. The program will also include small group phone meetings (practice groups, empathy

sessions, etc.) with participants-only.

The cost of the program per year is:

Tuition: \$2020 USD (\$1010 USD per retreat)

Housing and Meals: 1866 NZD (933 NZD per retreat)

Administrative Fee: 312 NZD (156 NZD per retreat)

There are no scholarships or tuition cost reductions available for this program at this time. It is requested that you carefully consider the financial and time commitment that this program entails before applying.



To Apply

To request an application form, email Phyllis Brzozowska at:

phyllis@living-compassion.org

Or call: 503-231-2727 (in the USA)

Final deadline to receive applications is **August 1, 2012**. We encourage you to apply sooner rather than later. The intention is to notify applicants of acceptance by September 1, 2012.

The class size is limited to 26 participants to support a quality of community connection and individual work that a smaller group size allows. In the past, there have been many more applicants each year than there are places in the class. If you have a strong desire to be in program, we ask that when you apply, you hold in your awareness that

there is the possibility you may not be accepted, given the small size of the class. Although it is not a prerequisite, a priority is given to applicants who are already teaching or sharing NVC with others.

www.living-compassion.org

