

# Living from the Heart

*“Compassion is the opening, welcoming, non-judgmental spacious awareness of the heart. When we discover and open to this quality of being, we live compassion.” - Robert Gonzales*

Heart Nebula

**a weekend of advanced learning developed from NVC teaching - 4th & 5th August 2012**

*“Compassion and self compassion are not techniques or methods. It is a way of being in the world, always intending fullness.” Robert Gonzales*

This is a weekend of play that offers the opportunity for you to deepen your awareness of how NVC can enrich your life.

Between us we bring many years of experience and compassion that a deep understanding of NVC has brought into our own personal growth journeys. We will draw particularly from the work of Robert Gonzales, who looks deeply into the consciousness of NVC, offering far more than a compassionate way of communicating, but a spiritual path that fosters a new way of being in the world. We will use a variety of mediums and activities providing an experiential learning weekend. We intend to hold the space for whatever learning you seek, providing a conscious awareness of the needs of all. Our intention is to serve your growth and learning.

To listen and express our heart's yearning is a deeply satisfying way to connect with our world. What stories, obstacles get in your way of you living from a heart space? A deepening and noticing of our heart's longing will reveal layers of wisdom that eagerly await to emerge from within us all. In short, we want to help you to see your beauty that is naturally reflected in others.

**Date:** 4th & 5th August 2012. **Workshop times:** 9am to 4.30pm daily.

**Venue:** - 220 Princes St East, Otahuhu, AUCKLAND - **for a maximum of 8 participants**

**Cost:** \$240.00 (Please do not let financial circumstances prevent you from attending - talk with us) **Trainers:** Phil Toms and Susie Spiller

**Note:** It is essential to have completed either an NVC foundation training or equivalent (eg. counselling therapy or co-counselling) before attending this event.

**To Register Contact:** Phil Toms - Phone: 092766338 or 0276192574 Email: [nvcnz@me.com](mailto:nvcnz@me.com)

**Please send your name, email address & phone number plus full payment to:** Phil Toms, 220 Princes St. East, Otahuhu, Auckland.

**Make cheques payable to:** P Toms or credit ASB Bank account no. 12-3018-0410490-03 (include ref: LH + your name).

Phil and Susie have been providing foundation training in NVC in recent times working both together and independently. They bring their collective wisdom, experience and enthusiasm together to provide an experiential deepening weekend leading participants towards the integration of NVC skills into a way of being in the world.

NVC is not simply a communication tool, it offers an alternative consciousness, a spiritual path towards internal peace.

