



Zen & Nonviolent Communication

A weekend retreat
exploring
meditation, empathy
&
compassionate communication

April 15 – 17, 2011

**Furnace Mountain
Zen Retreat Center**

Daniel Boone National Forest,
Kentucky

A weekend retreat exploring Zen and Nonviolent Communication

In this workshop we will combine Zen practice with the practice of Nonviolent Communication (NVC).

Everyone is welcome at this training, from beginners to people with prior experience with NVC or Zen. Together we will explore how the wisdom of Buddhist consciousness and the tools of Nonviolent Communication (NVC) can work together to transform suffering into peace of mind and how they can help raise compassionate awareness in everyday life.

The workshop will include an introduction to the principles and basics of Zen practice as well as the basic principles of Nonviolent Communication as developed by Dr. Marshall Rosenberg. The workshop will provide both Zazen-practice and NVC exercises.

Together we will explore ways to transform inner and outer dialogue from argument, judgment, blame and analysis into an expression of ourselves that supports growth, builds trust, transforms conflict and supports authentic, compassionate relationship. We will experiment with an approach to communication that is based on caring for and finding compassion for each other's as well as our own basic human needs.

Practices will include learning to:

- Connect with what is alive for you in the moment.
- Sit upright with poise and grace in the middle of what is alive for you.
- Remain centered and peaceful while hearing difficult messages.
- Identify the positive motivation that underlies all blame, judgment and criticism.
- Shift patterns of thinking to transform depression, guilt, or shame.
- Distinguish between observations and evaluations, feelings and thoughts, needs and strategies, requests and demands.
- Choose from four ways of listening, translating habitual reactions into the language of compassion.
- Attune to life-giving forces and create strategies that work for everyone.
- Initiate difficult conversations with more ease and confidence.
- Express yourself honestly and openly.

What is Zen?

The term “Zen” derives from the Sanskrit term “Dhyana” – meaning dynamic stillness and meditation. To practice Zen is to give yourself wholeheartedly to what you are doing. While there are formal practices in Zen training such as sitting still and following the breath, the ultimate direction of Zen is to awaken to one's life as it is and live it wholeheartedly. We practice to remember that this life is our only life and this activity is our whole life in the moment. There is no life outside of this actual life we are living. There is no friendship outside our actual capacity to listen without reactivity, prejudice or seduction. This is the practice of Zazen in everything we do.

What is NVC?

NVC is both a concrete set of skills and a spiritual practice that leads to inner and outer harmony. The simple 4-step process supports emotional freedom, self-acceptance, inner peace, and fulfilling relationships. The practices include expressing ourselves honestly, listening with empathy, and developing inner compassion. NVC was created by clinical psychologist and international peacemaker Dr. Marshall Rosenberg, with the global Center for Nonviolent Communication.

Facilitators:

Martha Lasley, certified NVC trainer

integrates Nonviolent Communication and transformational coaching to help people experience the alchemy of shifting blame and judgment into compassion and love. As a certified trainer for the Center for Nonviolent Communication, she works with visionaries and social activists to unleash passion and create change. She designs and delivers coach training programs to ignite personal and organizational transformation. She teaches NVC around the world, in prisons, universities, NGOs, corporations, and homes. She is the author of two books, *Courageous Visions* and *Facilitating with Heart*.

Dae Gak, Zen Master

is the Founder, Abbot and Guiding Teacher of the Furnace Mountain Zen Retreat Center. He has practiced Zen for over 40 years and received Inka and Transmission over 15 years ago in the Su Dok Sah Korean Lineage from Zen Master Seung Sahn. He teaches in both the US and Europe. He holds a Ph.D. in Clinical Psychology and has practiced psychotherapy for 30 years. He is the author of the book *Going Beyond Buddha*, *The Awakening Practice of Listening* and a children's book on meditation, *Maggie Learns to Meditate*. He has directed his life towards supporting people in their efforts to

realize their original nature of fearless immediacy and unbounded compassion.

Daniela Myozen Herzog, Zen Teacher

uses her experience with NVC and Zen to improve classroom atmosphere and to provide a safe space for children who have had traumatic experiences. She has taught NVC to teachers and day care providers. She is particularly interested in exploring and reconnecting with the wisdom of the body and raising awareness of what our body is communicating to us. She has trained with Donna Eden and David Feinstein (Energy medicine) and several certified NVC trainers over the past years. She is a teacher in the lineage of Zen Master Dae Gak and leads Zen retreats both in Germany and the US.

Fees:

The retreat fee of \$ 375.00 includes room and board. Partial scholarships are available by application. Please apply early.

For further information or to register, call Daniela Herzog: 859-684-0519 or email: myozen@furnacemountain.org

For information about Furnace Mountain, visit:

