

What is Compassionate Communication?

Compassionate Communication, or Nonviolent Communication (NVC), is a process that guides us towards our natural state of compassion. This paradigm is based on the idea that compassion is our natural state, as we are, at the core of our beings, connected with all of humanity. The processes and tools offered in the realm of Compassionate Communication, help us to shift away from a language of blaming, shaming and judgments, and to find roads back to our innermost, natural, connected selves.

In a practical, every day sense, the introduction of principles and tools of Compassionate Communication into our interactions helps us to shift away from the language of binary judgments towards a more holistic consciousness, where all colours of the human experience are valued, where every person's needs matter equally, and where it is possible, and doable, to move through conflict and challenges peacefully, to creatively find ways to meet everyone's needs.

For more information on Compassionate Communication, please check CNVC.org or [enCOMPASSion's thoughts on Compassionate Communication](#).

*

What is sublimewe?

In many ways, sublimewe and Compassionate Communication belong to the same paradigm.

sublimewe is an Inner-Connecting and Inter-Relating, coLearning, Emboldening, Peer-Facilitating and Self-Facilitating process, based on only one rule:

"If all aspects of life matter, then all that you and I experience, say, evaluate, care for, and do, matters as well."

While every sublimewe cluster or gathering is unique, shaped by aliveness, aspirations and a common shared vision, by design sublimewe circles are experiential learning groups, that invoke a common conscious language to mutually facilitate:

- a) discovery and clarity around ones dreams, personal purpose, and unique gifts
- b) inner- and inter-personal relatedness through intention, curiosity, and appreciation
- c) maximal support for each individual, in expressing and embodying universal, self-evident principles of empathy for self and the other(s)

For more information about sublimewe, check what I have been learning through my [Conversations with Saras](#), a sublimewe teamplayer who has been involved in bringing this framework to life for many decades, and sublimewe.net.

*

