

Key Sentences of the NVC Philosophy

1. It is now about successful togetherness.

- a) a) Successful togetherness can be described by the attributes life-serving, organic and self-organized.
- b) b) Organic is a community system when it includes the surrounding systems in mindfulness.
- c) c) In order to know whether togetherness is adequately or at least sufficiently successful, it must be adequately or at least sufficiently consciously experienced and mindfully lived.
- d) d) Without the will to a new quality of togetherness, the will to change the existing togetherness is missing.
- e) e) There are two basic orientations in togetherness, neither of which should be pursued unilaterally: firstly, the orientation towards individual needs and secondly, the jointly shared orientation towards meaning.
- f) f) Individuals experience differences and tensions in togetherness.
- g) g) Some tensions can be used as an impetus for creative design.
- h) h) In some states of tension empathic understanding helps.

2. A field of potential is formed between conscious individuals in community. In mutual activities they work out of the potential field like a meta-organism.

- i) a) In the harmony of essence forces (yin - to receive, to surrender and to let arise) and formative forces (yang - to understand, to plan and to act) a metaorganism can arise from a group of people.
- j) b) Through the harmony of the essence forces (yin) with the shaping forces (yang), the culture becomes more caring and efficient.
- k) c) The development of consciousness of individuals is promoted in the metaorganism.
- l) d) The potential of individuals increases through this interconnectedness.
- m) e) People become more self-similar in the metaorganism and feel more connected to themselves.
- n) f) Individual goals are easier to achieve in the metaorganism.
- o) g) The call to this change is inherent in the human being.

3. General insights into successful community can be practically implemented in concrete togetherness.

- p) a) Stories about a better community usually arouse more interest than abstract considerations.
- q) b) A metaorganism usually aligns itself better with utopian than with dystrophic narratives.
- r) c) Success cannot be derived from derailments.
- s) d) A community networked into a metaorganism can better deal with problems, dramas and ambiguities.
- t) e) With e.g. the classical Nonviolent Communication and with GFK-plus practical methods for the simple implementation are available.