

# *Living in Compassion:*

## **Living the Self in Life**

### **with Robert Gonzales**

*May 5, 6 & 7, 2017  
in Bar Harbor, Maine*

**\$325**



The primary focus of this workshop is to develop awareness of the consciousness of our Life Force which manifests as the energy and beauty inherent in our needs and values. “There is a basic life current or impulse resonating in and through us as a yearning of the heart, this current and yearning manifests as human needs and values”. This program involves processes and offers inner maps that support living in the fullness and flow of life as a daily spiritual practice. The processes offered may include:

- ***Relationship to Life Force — deepening our relationship to needs***
- ***Deepening into Self Compassion, (unconditional acceptance of inner experiencing)***
- ***Tracking States of Being: Essence, Vulnerability, & Protective/Defensive***
- ***Self-Responsibility as a foundation for Self-Compassion***
- ***Acceptance & Longing as a two-fold spiritual path***
- ***Preparation for Authentic Dialogue***

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Because the workshop content will be determined by the skill level and experience of the participants, we request that applicants have experience with NVC such as 20 hours of experience with an NVC trainer, or participation in an NVC practice group for a year or more, or are in an NVC practice group currently.

Robert’s evolutionary approach to Nonviolent Communication -- with an emphasis on self-compassion -- has helped thousands worldwide to find joy and freedom from suffering previously unavailable to them. Living Compassion is the body of work that has evolved from this emergence.

*Robert Gonzales received a Ph.D. in Clinical Psychology in 1989. He met Marshall Rosenberg in 1985 and has been offering NVC since 1986. After serving multiple roles with the Center for Nonviolent Communication Robert founded a center which evolved into the Center for Living Compassion, a nonprofit organization through which he shares his work.*

# Living in Compassion

**The Venue:** The Atlantic Oceanside Hotel and Conference Center is a part of the Bar Harbor community and overlooks Frenchman's Bay. The workshop room is quiet and spacious with high ceilings, and good morning light. If you prefer to sit on a cushion, please bring what you need. Snacks and beverages will be available during breaks. A buffet lunch is served each day and is included in the workshop fee.

If you're from out of town, you may stay at the hotel for the conference rate of \$99 per night including continental breakfast. All rooms have an ocean view. (Ask for a room in the Nonviolent Communication Block.) They may be reached at 800-336-2463 or 288-5801, or <http://barharbormainehotel.com>.)

**Registration:** Deposit \$100 with application; balance of \$325 fee by April 1, 2017; registrations after April 1, total fee is \$350 payable with the application. Please enclose a check for \$100, or you may enclose the total workshop fee with the application. You will receive an acknowledgment within 3 days of its receipt. Make checks to Marsha Fuller and indicate "Gonzales Workshop" on the memo line.

Applications received after the workshop has been filled will be placed on a waiting list in the order of receipt. If you register and subsequently find that you will not be able to attend, please notify us as soon as possible so that we can refund any monies paid and contact people on the wait list. There is a \$25 cancellation fee. Prior to March 1 a full refund may granted if you have to cancel. As of April 5 there will be a cancellation fee of half of the cost of the workshop unless your spot can be filled by someone on the waiting list. Limited scholarships may be available.

For questions or information about this workshop, please contact Marsha Fuller, 7 Waldron Road, Bar Harbor, ME 04609. E-mail: [marsha2669200@yahoo.com](mailto:marsha2669200@yahoo.com). Phone 207-266-9200.

You may register on-line at <http://mainegonzales2017.eventzilla.net> or by sending in this form with your fee.

Clip and mail to: Marsha Fuller , 7 Waldron Road, Bar Harbor, ME 04609

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

NVC Experience:

I prefer to sit on ( ) chair, ( ) meditation cushions that I will bring ( ) I'd like to alternate  
I am ( ) a vegetarian ( ) an omnivore