

NONVIOLENT COMMUNICATION

Circle of Life

The NVC Circle of Life is a mandala illustrating the process and consciousness of Nonviolent Communication. Mandala literally means “sacred circle” and has been used for centuries as a pictorial representation symbolizing wholeness, balance, and harmony.

~ INNER CIRCLE ~

The four components of Nonviolent Communication – Observations, Feelings, Needs, and Requests – are at the heart of the mandala. The giraffe symbolizes our desire to keep our hearts open and stay connected to our compassionate nature. (Giraffes have the largest heart of the land mammals – 26 lbs!) Their height is a symbol for keeping a big perspective in order to see each person’s circumstances and needs.

Staying inside this circle keeps us connected to ourselves and others while expressing our honesty or listening with empathy. When we live within this inner circle, there is balance and wholeness. Our intention is to serve and celebrate life.

~ MIDDLE CIRCLE ~

This circle represents NVC consciousness to value everyone’s needs and keep attention focused in the present moment. Our Intention is for compassionate Connection (with self and others) which invites Choice and Freedom.

~ OUTER CIRCLE ~

When we find ourselves using habitual reactive speech patterns, we can lose our balance and operate from the outer circle. The jackals represent separation and life-alienating thinking and language. They serve as a guide inviting our return to wholeness.

Circle of Life was designed by Jean Morrison and Christine King, certified trainers with the Center for Nonviolent Communication (cnvc.org), with graphic design support by Osa Sister.

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