

INTRODUCING COMPASSIONATE COMMUNICATION

This quality of inner interest, which demands a kind of ‘turning’ toward another, is to be found in its most archetypal form in Parzival’s words, ‘Uncle, what is it that ails thee?’ Whenever one human being is willing to take an active interest in the existence and destiny of another, to turn toward him, a glimmer of Parzival’s question breaks through and enables the person asking the question to extend part of his own being beyond its usual boundaries.

Baruch Urieli, [Learning to Experience the Etheric World](#)

Where I’m Coming From

The purpose of this booklet is to provide you with support in your understanding and practice of Compassionate Communication. It includes an overview of Marshall Rosenberg’s Nonviolent Communication, a sketch of the participatory and onlooker modes of consciousness, lists of feelings and needs, and sample dialogues.

Waldorf education has been a central part of my life for over thirty years as a parent, class teacher, and student of Rudolf Steiner. I have devoted myself to seeing this education thrive for our children and our future. Coming out of this anthroposophical background, I have included some quotes and resources that have given me quickening insights into the essential nature of Marshall Rosenberg’s work. I am particularly interested in the similarities I see between the activity of empathy and Goethe’s scientific way of seeing.

Choosing How We See

If other people can make me angry, I am not master of myself—or better stated, I have not yet found my “inner ruler”. In other words, I must develop the inner faculty of allowing impressions of the outer world to reach me only in ways that I have myself chosen. Only if I do this, can I become a student of higher knowledge.

Rudolf Steiner, [How to Know Higher Worlds](#)

To develop a practice of Compassionate Communication is to empower our *inner ruler* and to awaken this *inner faculty*. Through its awakening, we discover how to choose the meaning we see, particularly in our relationship to ourselves and others. Through that choice, we find we learn to increasingly suffuse our daily lives with greater understanding, equanimity and compassion.