

The Sanskrit word “Ahimsa” or “nonviolence” by **Mahatma Gandhi**:



“Literally speaking, *ahimsa* means nonviolence. But to me it has much higher, infinitely higher meaning. It means that you may not offend anybody; you may not harbour uncharitable thought, even in connection with those who you consider your enemies. To one who follows this doctrine, there are no enemies. A man who believes in the efficacy of this doctrine finds in the ultimate stage, when he is about to reach the goal, the whole world at his feet. If you express your love— Ahimsa—in such a manner that it impresses itself indelibly upon your so-called enemy, he must return that love.”

Translation of the word “nonviolence” from **Marshall Rosenberg**’s book:

“Our natural state of compassion when violence has subsided from the heart.”

From **Arun Gandhi** (Mahatma Gandhi’s grandson), as quoted in the introduction in Marshall’s book:

“Nonviolence means allowing the positive within you to emerge. Be dominated by love, respect, understanding, appreciation, compassion, and concern for others.

[Mahatma Gandhi] then explained that passive violence ultimately generated anger in the victim who, as an individual or as a member of a collective, responded violently. In other words, it is passive violence that fuels the fire of physical violence. It is because we don’t understand or appreciate this that all our efforts to work for peace have either not fructified or that peace has been temporary. How can we extinguish a fire if we don’t first cut off the fuel that ignites the inferno?”

Nonviolence “NVC” is sometimes referred to as:

Compassionate Communication

Respectful Communication

Giraffe Language

Language of the Heart

The Language of Life

