

# ***'Awakening to Life'***

**With Robert Gonzales and Robert Krzisnik**

**Australia 2019 Details tba**



## **7 Day Intensive Experiential Retreat**

**We are inviting you on a journey of**

- **direct experiencing, sensing and being**
- **embodying our deepest authenticity**
- **venturing beyond head-centered thinking to reclaim wholeness**
- **witnessing the mystery of existence unfold**

We, the Roberts, are not only connected by our first names, but also by our core yearnings to let Life flow fully; by the work we do to support and enhance evolutionary processes; and by our spiritual histories that in both cases started off with Enlightenment Intensives, continued through various meditation practices and ultimately embraced the spiritual core of Nonviolent Communication.

We are both very excited and passionate about having created this intensive retreat, in which we, as a community, witness and support the embodiment of our deepest authenticity.

### **Fully experiential retreat**

The main focus of the retreat will be on direct experiencing primarily through dyad work but also through individual and group processes, including body movement and integration time in nature. Facilitators will be there not to teach, but to offer guidance and support.

### **Intensity and dedication**

This retreat will be held as a sacred time for our deepest Self. By "intensive retreat" we mean that:

- we will be working from around 7:00 in the morning to around 10:00 in the evening (this includes breaks, solo silent time, movement practices, dyad and group work);
- we ask you to refrain from using internet (including email & cell phone), unless absolutely urgent, for the duration of the **entire** retreat;
- we will be inviting you, during breaks and free time, to keep your intention and focus on conscious inquiry into your deepest authenticity (rather than engaging in casual socializing).

### **Embracing what is**

This is not a self-improvement workshop, in which certain aspects of ourselves would be perceived as needing change, fixing, or healing. The participants will be continuously encouraged to experience and embrace the Whole, rather than move from an "imperfect" state to a "better" one.

### **Pre-requisites**

While this is not a classical Nonviolent Communication training, basic Nonviolent Communication skills of honest self-expression, empathic listening and self-empathy are required.

Therefore, we would like the participants to have had **at least four (4) full days of training in Nonviolent Communication with a CNVC certified trainer.**

**Places will be limited. To register your interest in the Australian 'Awakening to Life' Retreat, contact Tracy Adams [wildweaver@ozemail.com.au](mailto:wildweaver@ozemail.com.au) or phone 07-5435 2993**

## **About the Roberts**

**Robert Gonzales'** work [Living Compassion](#) has emerged from a lifetime of inquiry into the intersection between spirituality and human communication. His influences include [Dr. Marshall Rosenberg](#) (*founder of Nonviolent Communication*), [Stephen Schwartz](#) (*creator of Compassionate Self-Care*), and other spiritual teachers. His first formal spiritual practice was Enlightenment Intensives, which he participated in and led for many years. Robert received a Ph.D. in Clinical Psychology in 1989, and was a practicing therapist for many years, offering individual and couples counseling. He met Marshall Rosenberg in 1985 and began teaching NVC in 1986. He is a certified trainer with the Center for Nonviolent Communication. Robert's work **Living Compassion** has evolved as an integration of embodied spirituality and Nonviolent Communication. His trainings offer ways to cultivate daily practices for living life fully, grounded in compassion for one's self and others. Robert has contributed to the work of the Center for Nonviolent Communication as a Certified Trainer, serving as a Certification Assessor, and as Board President. He continues to serve as a lead trainer for International Intensive Trainings (IITs). He was one of the Co-founders of the NVC Training Institute and in 2010, he founded the [Center for Living Compassion](#), a nonprofit organization through which he shares his work.

**Robert Krzysnik**, MSc. Psych., has been working for 29 years with individuals and groups as psychotherapist, trainer, team coach, complex meeting facilitator and conflict mediator in a wide spectrum of environments: from corporate to educational to personal and spiritual retreats. Robert is a certified trainer with the Center for Nonviolent Communication and serves as a trainer at International Intensive Trainings (IIT's) around the world. In 1986, Robert experienced his first Enlightenment Intensive (out of 45, which he either attended or facilitated), and his passion for the exploration of the essence of Life has never stopped since. The most meaningful and transformative processes on his journey have been Enlightenment Intensives, Soto Zen meditation, and Nonviolent Communication. Website: [www.thatfield.eu](http://www.thatfield.eu)