

# FOREWORD

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**S**OUND IS A POWERFUL CREATIVE AGENT. OUR SPEECH REFLECTS our thoughts and perceptions, defining the world in which we live.

It is through our speech that we are known, for it tells a story of our thought life and essential self. How we speak can open or close doors, heal or hurt, create joy or suffering, and ultimately determines our own degree of happiness.

When I first heard Marshall Rosenberg speak peace, I knew I had been introduced to a man with a vision and the courage to act on that vision. As he shared his humorous and profound perspective and real-life stories about how lives were changed because everyone's needs were met, he affirmed what I already knew in my heart. It is possible to live in right relationship with one another and all life.

In this time of pain and suffering in our world, Marshall gives us a key. This key unlocks the gift of understanding as to how our use of speech impacts and influences our lives and the lives of others. He offers concrete examples, a depth of knowledge, and a plethora of tools to bring harmony through conflict in any situation where there is willingness to participate.

Evaluating a Nonviolent Communication Workshop for political activists, a participant shared the relief and hope experienced as anger shifted and resolved. In the past, her

angry way of communicating had kept her from being an effective political activist and change agent.

As we learn to speak peace in a world of conflict, we transform the world we live in, becoming a cause and not simply an effect. Our speech helps create a world that works for everyone, a world in which we understand and live the concept of Nonviolent Communication. Living intentionally in this way our motivations are transformed, and we come to know what Marshall means when he says, "... actions are taken for the sole purpose of willingly contributing to the well-being of others and ourselves."

*Speak Peace* is so much more than a self-help book. You will come away from this book knowing how to participate effectively in personal, social, political, and global change. This book is excellent and so needed at this juncture in our evolution. Peace begins with each one of us. Thank you, Marshall Rosenberg for a significant contribution to building a Culture of Peace.

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