

Adventures of Lups & Spotty

Stories of Love &
Compassion



During his evening walk
on the fields,
Lups met a
Vulture and
his friend.



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VOL: 2/ Issue: 1

Some days ago, Lups found a rotten, fantastic smelling carcass in the field. He could not eat it, because of a heavy sand storm and a passing elephant. Now he sees two vultures picking on HIS prey.

Lups is angry, mad, and furious. He spits fire. The vultures are just amazed.

Lups: "Are you crazy, you bloody bastards? What do you do? This is my place! This is my prey! Take your dirty beak away! I found it. I hid it yesterday at this spot and this is mine! Soon YOU will be dead meat! These are your last minutes in your life."

"Why do you shout so loud, I am not deaf," says the Vulture.

"I AM NOT SHOUTING! This is my food and you steal it. This is not right. You should have noticed. You are mean. You are just disgusting. You are naked waste!"

The Vulture gently says to his friend: "Do you understand why this guy is so furious? The meat tasted so good, and now I am full."

"Pssst ! Don't say that loud, he will be even madder."

Lups: "What are you talking about? Do listen to me! I will collapse, I am just so hungry."

Lups, getting a bit calmer: "You cannot imagine how hungry I am. I could not eat yesterday because an elephant came along and I had to hide and then escape. And now you took it. I am hungry."

Vulture: "This sounds as if you are desperate and long for something into your mouth?"

"Yes," Lups groans, "I will die!" He almost started to cry. His body sank down towards the ground.

"No, my poor friend, you will not. We both had so much of this stuff that we can throw up the meat. And some is left anyhow, look here. You can have it, not all, but some. We did not know that it was you who found it."

And they brought up some of the remaining meat and Lups started eating, very fast.

The Vultures took off with a little smile on their face !

Spotty is listening out of a distance. She knows that Lups is not going to die of hunger.

Now she speaks up: "Lups, can I tell you something?"

"Yes. Please. I feel better now. My stomach is half full."

"When I am sometimes mad or furious, then I like to speak about all my anger. Or even shout it out. This energy is inside of me, and it wants to show me with power, that I am missing something. I do not swallow my anger. I express it with all its intensity.

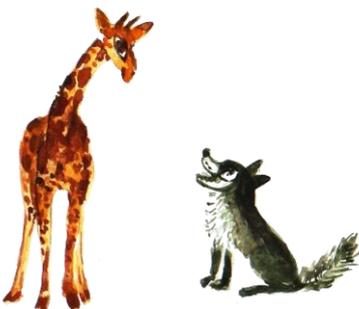
The trick is not to make any other person responsible for your anger. Again, in NVC the other being is not responsible for what happened inside me, neither the vultures nor any person. The cause for my anger is inside me. Then I look for what I am longing, what I need so urgently.

When someone is not coming to an appointment, then I might feel frustrated, because I like others to be reliable. **I feel frustrated, because I want to rely on what was said. (Trust, reliability)**

When someone is not coming to an appointment, and at the same time I have the longing to relaxing, then **I might feel happy, because now I have some time for myself. (Relaxation, space for myself)**

It is the same situation outside me – someone is not coming to an appointment - my reactions are different in dependence of my needs: trust, reliability or relaxation, space for myself.

So, it is not the other who creates my feeling. He only may trigger me. It is my own need inside me. And when I am connecting to my needs, then I am back to my life power.



Lups: "I never thought about anger in this way. Please tell me more about it."

Spotty: "Then, you may like my Anger Dance."

Lups: "Anger Dance!!!.....wow....I want to learn this !!!

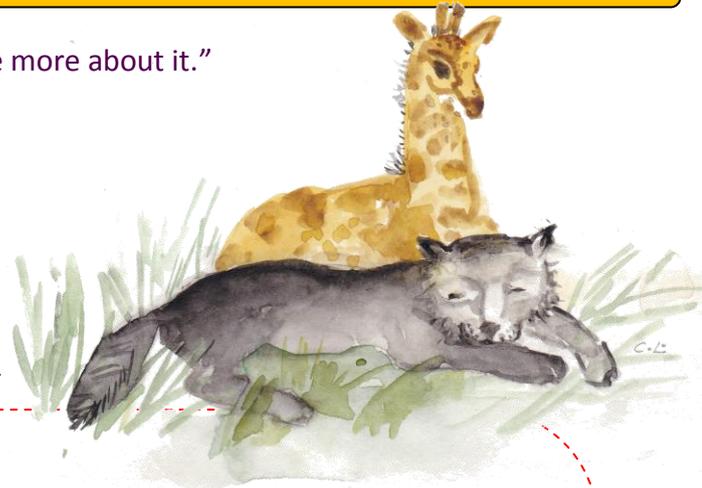
*I'm singing in the Sun, just dancing in the Sun,
What a glorious feeling. I'm happy again...*

So, you can dance with your anger?"

Spotty: "Kind of! Lups, let me show you my way of dancing.

These are the steps in my **ANGER DANCE**".

Like in a dance you can move forward and backward:-



1. If I am angry, I first **breathe slowly**.
Then I realize **my thoughts and judgments**, like 'They are mean', 'They should behave different'.
2. I **speak** these judgments out when I am alone. I might even **shout** them to 'Others, who are not present, just in my imagination.' I get all my **anger out of my body**. Nonviolent Communication is not soft, it is clear.
3. Then I look for **my need inside myself**, and last,
4. I **speak it out** in the presence of others, now not anymore in my anger, maybe now with a longing energy.
5. Then I look to get it fulfilled.

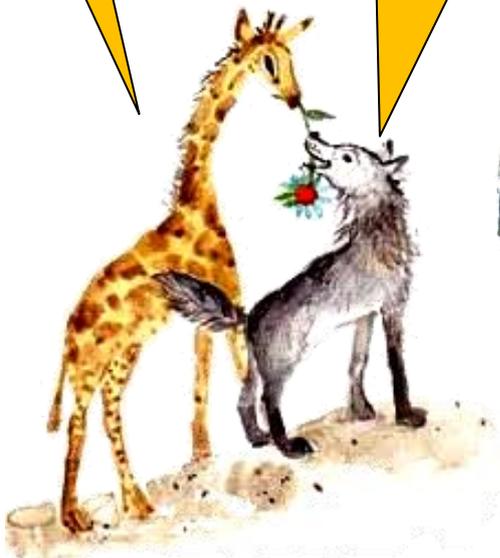
This gives me back my power over myself.

Being angry I am concentrated into the outside: what others *should* change.

With NVC we connect to ourselves, and then I am capable to take care of myself.

"So, Lups, were you **frustrated** because you are **longing for food**?"

"Not anymore, I am full up now. Before, yes, I was so terribly looking for something to eat."



Anger-Dance Anger-Dance

- **Breathe slowly**
- **Realize your Thoughts & Judgements**
- **Speak/Shout your judgements alone**
- **Get all Anger out of the body**
- **Look for your Needs inside yourself**
- **Speak your Needs in front of others**
- **Look to get it fulfilled.**

When there is **Anger** in your Heart,
there is a '**SHOULD**' in your head.



In the next newsletter we will talk about more happenings for Lups & Spotty and about:

'EMPATHY'



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