The Community Garden as an Empathic World

How a **community garden** is as an **empathic world**

What's an Empathic World?

What is empathy?

Empathic behaviors.

Outside the garden: competitive world

Practical methods to develop the empathic nature of the community garden.

How a **community garden** is as an **empathic world**

The commons — community area; common area
(no ownership, no inequality)

Natural flow of energy — sun, rain, plants, fruits, bugs
(no means of exchange, no profiting)

Individual autonomy — self-expression, explore passion, organically democratic
(not hierarchical, no social disparity)

In sync with nature — serene, peaceful, and thriving
(no, or very minimal competition with others)

What is **empathy**?

***The ability to feel what others feel**.*
More than the thoughtfulness of being in another's shoes.
The capacity to feel the emotional experiences of others.

Healthy empathy is the basis for …

compassion, love, care, understanding,
forgiveness, gratefulness, appreciation,
acceptance, benevolence, goodwill,
genuineness, authenticity, trust,
sincerity, respect, considerateness,
letting be, openness, transparency,
and welcoming diversity.

Empathic Behaviors

collaborative

freely cooperative

openly contributive

co-creative

coordinating in considerateness of others

volunteering

coexisting

co-prospering

synergistic

symbiotic

in sync with nature

Outside the garden:

competitive world

Ownership - creates separation, division, haves vs. have-nots => **inequality**

Means of exchange - barter, trade, currency, money, credit, debt and labor => "**earn or starve**"; materialism, control over resources, nature, all of life => infinite consumption

Leadership over others - to maintain and gain power and control => hierarchies => **social disparity**

Competition - to successfully compete against others => turn off or mute empathy

What's an empathic world?

Empathy (empathy for others)
Basis for compassion, love, understanding, …
 => empathic behaviors   => in sync with nature

Self-empathy (empathy for self)
 => self-regulation => leadership over self => individual autonomy

Empathy for all else
[resources, nature, life, the planet]

Natural free flow of personal energy
Free flow of empathy.
Essentials for life freely accessible.

Practical methods

Divergent thinking & **6 thinking hats method** *(Edward de Bono)*
An empathic way of brainstorming, coming up with solutions, making decisions, as a group; encourages empathic behaviors and participation—connecting with neighborhood.

More complete cycle in the garden
Food waste, garden clippings > composting/bokashi > replenish soil > grow plants > collect seeds (seed library) …

In sync with nature
Plant diversity, attract insects (pollinators), capture rain, rain garden, considerate of soil life, organic gardening, environmental, sustainable, permaculture, biodynamics, effective microorganisms, …

Build self-empathy
"What I want" => feelings chasing => self-aware => empathy