

# Empathic World Diagram

**Empathy:** the ability to feel what others feel.

**Healthy empathy:** basis for compassion, understanding, caring, forgiveness, love (love is also be the basis for empathy), genuineness, ...

**Healthy empathic behaviors:** letting go, letting be, volunteering, openly contributing, collaborative, freely cooperative, coexisting, ...

**Empathic world**

=>

**individual autonomy with others**

**Empathy for self (self-empathy) => individual autonomy**

Awareness and understanding of oneself, esp. emotionally; un-numbing of self; leading to self-regulation => inner-direction, self-direction, self-determination & healthy self-expression => leadership over self => individual autonomy

**Empathy for others => with others**

Doing and being with others, for others, with community, beneficently; collective efforts

**Empathy for all else => environmental**

Environmental: We are the environment – polluting the environment poisons ourselves.  
All else = all life & all things: resources, nature, other life, the planet. All resources are the common heritage of all life.  
You get to have what you can manage, empathically (1 home, yes; more than 1, with others; multiple empty homes, not empathic).  
What are not directly cared for are returned to the commons or to nature, empathically.

**Free flow of empathic energy => essentials for life and health freely accessible**

Essentials for life and health freely accessible => free flow of personal energy to do, think, imagine, connect, and empathize  
=> the capacity to give and receive empathic energy (through behaviors and body language)—what you pass along to others (good and bad), they may then pass it to others yet (good will or bad will [ill will], the feeling, the mood, the energy).  
*Money does not grow on trees, but edible nuts and fruits do, freely, as well as wild edibles, everywhere.*