

# The Gist

Empathic World

Change The World,

Empathically

from a **competitive world** → **empathic world** to an

**the situation**

**human misery**  
personal financial stress, pollution illnesses, social injustices, poverty, hunger, homelessness, human trafficking, fighting/war, collateral damage; cycle of self-repression: *Forcing ourselves and others to "earn or starve" perpetuates the competitive world.*

**individual autonomy with others**  
empathic, self-empathic, self-regulated individuals with others, with collective efforts, with community, interconnected autonomous empathic communities; cycle of self-empathy: *Enabling self, others, and all else to "live and let live" perpetuates an empathic world.*

resulting in

**the condition**  
*that drives the thinking and behaviors*

**"earn or starve"**  
do your share; fight for your share  
compete  
**dominant drivers:** fear, threat, punishment, bribery/reward; revenge, hatred; comparing self with others, self/one's group as separate from others, self against others, self-preservation, survival; money, wealth; hoarding, greed, power, control; non-empathy: incl. pseudo-psychopathy, apathy; romanticization of the self-made/'rugged individualism'

**"live and let live"**  
essentials freely accessible  
empathize  
**dominant drivers:** individual autonomy, group autonomy, individual freedom, free to self-express; open to mistakes, struggles, and challenges; curiosity; imagination; skills seeking/mastery, purpose, meaning; belonging/wanting to belong; connection; caring; love; experience feeling alive; passion/desires; eating-socializing; empathy for self, others, and all else

create

**The 4 root causes**

**competition** sustainable peace not possible  
To compete against others, turn off/mute empathy. always need an enemy; fight over everything; exclusivism; monopolization; control over/conquer nature.

**empathy [for others]** with others, with community  
basis for compassion, love, forgiveness, understanding, ...; empathic behaviors include letting be, volunteering, openly contributive, collaborative, freely cooperative, coexisting,...

**leadership over others** maintains classism  
to maintain/gain power & control; authority over others; hierarchies; compete for status/position/pay/authority; social disparity; power of the many structured for the few.

**empathy for self (self-empathy)**  
by awareness & understanding of self; un-numbing of self; leadership over self, self-regulation, inner-direction, self-direction, self-determination, ...=> individual autonomy.

**ownership** of land, resources, goods, ideas, other life, and people  
divides, separates, haves vs. have-nots; inequality; materialism; exploitation/extraction (ravaged environment = extinction); competition to own everything, discard waste.

**empathy for all else** resources, nature, life, the planet  
All resources are the common heritage of all life. You get to have what you can manage, empathically. What are not directly cared for are returned to the commons/nature.

Transformation from here

**means of exchange** pay to live; fight for one's share  
*barter, trade, currency, money, credit, debt, and labor:* pay for personal energy; pursuit of money, stuff, power; power of many transferred to the few via job>money>bills.  
Economy and economic systems: the management of resources for power and wealth.

**free flow of personal energy**  
Essentials for life freely accessible provides the personal energy to do, think, imagine, connect, and empathize.  
*Essentials: empathy, know-how, food, water, home, tools, ...*  
Empathy and empathic systems: the management of the essentials for life and health.

## Change The World, Empathically

From a competitive world  
to an empathic world

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More than at any time before, it is possible for a widespread leaderless, self-guided societal transformation. Don't wait to be led, any more.

Focus on your own community, empathically, on your own and with others. Connect with surrounding communities when possible.

Build local workbench libraries that are within walking or bicycling distance. Most resources are nearby as trash, waste, broken or discarded stuff, or stored away unused/unwanted, but ask.

Make the essentials for life and health freely accessible.

No more *economy and economic systems: the management of resources for power & wealth.*

Instead, build *empathy and empathic systems: the management of the essentials for life & health.*

Seek individual autonomy with others (collective efforts), but neither at the detriment of the other.

Seek self-regulation (from within oneself, from self-empathy) not self-responsibility (which is the transfer of blame and guilt from others). You cannot change others, but your behaviors may.

*We, the people, build and operate society. The very few prosper massively and own much of everything.*

*One day, the very many decided to stop using money and any and all means of exchange (no bartering, no trading, no currency, no money, no credit, no debt, and no labor as a means of exchange).*

*Overnight, the very few were no longer able to pay to enforce the old ways. No more jobs > money > bills >> amassed by owners > power.*

*Power then stayed with individuals and the community they connected with.*

## From a Competitive World

Where we always need an opponent, an enemy, an other side to go against.

Out of all the root causes of our current society, competition is the most pernicious in perpetuating the want to antagonize, to fight, from the tiniest of conflicts (relationships) to war. Competitiveness won't disappear, but our current world is toxically competitive.

Where empathy needs to be turned off or muted especially in order to compete against others without holding back.

Where empathy is considered a weakness—we don't teach empathy, so it's woefully undeveloped and, too often, dysfunctional.

Where winning (victory, profit, power, control) becomes the most important thing at the expense of all else, including others health and empathy.

Where resources, people, life, and nature are all subject to conquering, ownership, exploitations, restrictions, taming or conformity or censorship, and control; and discarded, destroyed, or resold.

Even bartering itself leads to exploiting resources and manpower to hoard, secure, protect, and exclude (by exclusivity, creating scarcity) for gain, advantages, which encourages greed and the need for more sophisticated trading systems.

Regardless of the economic system or reform, as long as the four root causes of the competitive world are maintained, we will continue to have human misery among the masses.

The first steps to change are already spreading: growing food locally everywhere; composting food waste (no more need for poisonous polluting agricultural chemicals); capturing water; diverse energy methods; community-operated internet; making the essentials locally; and multiple different efforts focusing on improving empathy.

## To an Empathic World

Where the **essentials for life and health** are freely accessible, including empathy skills, know-how, healthy food, water, air, soil, nature, clothing, toiletries, a home, tools, energy, communication, and mobility.

Where neither individuals nor collectives dominate at the detriment of the other. While many different community types may develop, some more collectivistic, others more individualistic, the interrelationships with self, with others, and all else (land, resources, nature, and all life) would be empathic. Empathy can allow for the greatest possible individual autonomy and great collective endeavors to occur organically and in deference to nature.

**Empathy** is the ability to feel what others feel. We all fall somewhere in between empathy and **non-empathy** (from thick-skinned, deadened, muted, or low empathy, undeveloped empathy, dysfunctional empathy, apathy, to sociopathy, psychopathy, and pseudo-psychopathy). Most of us are in the middle range of a bell-curve distribution, but it's been shifted to non-empathy.

**Healthy empathy** is the basis for compassion, love, care, understanding, forgiveness, gratefulness, acceptance, genuineness, authenticity, sincerity, trust, respect, considerateness, letting self and others be and do, openness, transparency, and being able to develop non-empathy skills to prevent becoming the other person's feelings when it's bad (e.g., angry, suicidal) while maintaining empathy.

**Empathic behaviors** include letting be, letting go, allowing mistakes, being open, receptive, collaborative, freely cooperative, volunteering, openly contributive, never expecting a return, coordinating in considerateness of others, coexisting, connecting with nature, actions/reactions that are more therapeutic/not punitive, while in empathy for self, others, and all else.