

The Gist

Empathic World

Change The World,

Empathically

to an

empathic world

the situation

resulting in

the condition
that drives the thinking and behaviors

create

The 4 root causes

Transformation from here

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
well-enabled, self-directed, 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.*

"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, individual freedom, free to self-express; open to mistakes, struggles, and challenges; openness; curiosity; imagination; skills mastery, purpose, meaning; belonging/wanting to belong; connection; love; experience feeling alive; passion; empathy for self, others, and all else, eating-socializing

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-numbering 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; competition to own everything.

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.

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.

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, ...

Change The World, Empathically

From a competitive world
to an empathic world

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More than at any time before, a combination of factors have made it possible for a widespread leaderless, self-guided human revolution.

These factors include the Internet—widespread communication and exchange of information with everyone; awareness and development of empathy, to be meaningful [that feeling of pride, dignity, self-esteem], the necessity for individual autonomy and to connect with others; factors directly in our hands include growing organic foods right near us, composting to replenish the soil, capturing water from the air, making clothes, tools, devices, housing (3D printing, automation, and handmade); and having cooperative storehouses, work shops, work benches, tooling shops, and libraries of tools, materials, seeds, and equipment; the more critical factors involve using various thinking skills (divergent thinking, lateral thinking), a mindset to purposely and repeatedly cycle through dependent-independent-interdependent states of learning-doing-teaching, and collaborative skills for doing projects from the very small to global; also, knowing how we're emotionally manipulated by being constantly bombarded with news, ads, and commercials; and more and more, an overall understanding and realization of social and economic patterns.

The patterns are showing us that our social and economic systems don't work. They work very well for the few, but not for everyone.

These factors, especially with empathy, make it possible to empower ourselves towards self-determination, self-direction, and self-regulation.

Moreover, with empathy as the heart towards our next society, it can be a mostly peaceful and swift transformation. It has begun.

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 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, particularly empathy.

Where resources, people, life, and nature are all subject to conquering, subjugation, ownership, and control.

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

The 1st step to change: stop using any and all means of exchange (bartering, trading, currency, money, credit, debt, and labor). The next steps are already spreading: growing food locally; composting food waste; capturing water; diverse energy technologies and automation; and multiple independent efforts focusing on empathy.

To an Empathic World

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

Where neither individuals nor collectives dominate at the expense of the other. While there may be a wide variety of community types, some more collectivistic, others more individualism-based, the interrelationships with self, with others, and all else (land, resources, nature, and all life) would be empathic. Empathy allows for the greatest possible individual autonomy, as well as, great collective endeavors, to occur organically.

Empathy is the ability to feel what others feel. We all fall somewhere in between empathy and **non-empathy** (thick-skinned, medium to low empathy, undeveloped empathy, dysfunctional empathy, apathy, sociopathy, psychopathy, and pseudo-psychopathy).

Healthy empathy is the basis for compassion, love, understanding, care, kindness, forgiveness, gratefulness, appreciation, acceptance, benevolence, goodwill, genuineness, authenticity, sincerity, trust, respect, considerateness, letting self and others be and do, openness, transparency, and cultivating diversity.

Empathic behaviors include letting be, letting go, allowing mistakes, being open, receptive, collaborative, freely cooperative, openly contributive, volunteering, coordinating in considerateness of others, coexisting, symbiotic, in sync with nature, more therapeutic/less punitive, while in empathy for self, others, and all else.