

# My notes

## Empathy a new look

Empathy may not be putting yourself in someone else's shoes'.  
That will give us a self-focus empathy, I believe we are growing beyond that.  
It simply means you can step into what they are experiencing,  
and their understanding of it now.

Improper use or immature application of empathy may lead to emotional exhaustion, guilt, or misplaced responsibility.

Empathy used as a vehicle, allows you to move into an experience of another.

When I talk about empathy, it is not what I feel the other is person going through, it is about THEIR EXPERIENCE OF WHAT THEY ARE GOING THROUGH.

Empathy is being able to look at another and see what THEY ARE FEELING. Not feeling it for them.

It is not about what YOU are feeling about someone's situation, RATHER focus what the other person is experiencing. You do this by moving into their experience of feelings, thoughts, and emotions.

Empathy is about what they are experiencing. You visit their experience and your leave their experience. Just s you would visit a friend and then go home.

You can do this in all situations. At home, in business, in healthcare, dealing with other's feelings the way they feel NOT THE WAY YOU FEEL THEY FEEL. You simply focus on the experience they are having.

We all have this thing called of empathy and it may be time we look at it differently than we ever have before.

When we learn to do this, it will change the way we process the situation.

We no longer internalize it and make it ours. Rather we stay in the moment and experience the way they are experiencing it.

We do not Identify with the pattern, but rather step into the pattern and relate to the pattern itself as their experience.

This is a powerful transition.

We are becoming increasingly aware of the power and influence of our extraordinary mind and emotions on ourselves and others.

ITS NOT ABOUT US!

This is a baseline for boundaries and maintaining your personal power. We are engaging in an experience of another, but not internalizing their experience by putting ourselves in the center.

The Client is the actor, we only have a supporting role. Remember “Simon of Cyrene” carried the cross for Jesus as he was going to Golgotha. He carried it for a little while but gave it back to him. It was Jesus’ cross to bear. He helped Jesus’ in his experience but in the end, Simon sat the cross down and returned to his own station in life.

### **Benefits of being an Empath.**

Empathic people attract more friends.

Empathy requires engagement and plays a role in developing a bond between people. It is proven Patients of empathic doctors heal faster.

When you believe that being empathic is a skill you work harder at it.

Empaths can bloom in a barren soil.

Spirituality is seen to be linked with empathy, and is a precious and renewable resource with practice.

Empathy does not mean you feel sorry for the person, it simply means you are able to step into their understanding.