

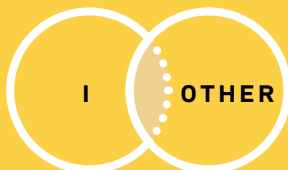
DIVIDED



(A) NOT EMPATHIZING

Feeling as if we're disconnected or at odds with an other.

UNITED AMIDST DIVERSITY



(B) EMPATHIZING

Feeling as if we're connected or at one with an other.

ENMESHED



(B') HYPER EMPATHIZING

Feeling so connected or at one with an other that we are unable or unwilling to make distinctions between ourselves and that other.

EMPATHY is a word invented to explain our potential to move from (A) to (B) and (A) to (B')

Sometimes **EMPATHY** is realized involuntarily and we are instantly moved without effort.



We can also slowly move ourselves by deliberately making an effort to *realize* our **EMPATHY**.



REALIZING

empathy