

forbiddenhealing

Empathy is lacking in the American delusion of world domination by military might...Insanity pure and simple..and endemic throughout media and government...How many fake wars have been pulled? How many millions murdered and displaced? How can the public ignore and applaud the death and destruction wrought by our military "heroes?" How can we dehumanize the masses at a distance?..Trump and his sick generals and congressional toadies want to flatten Iran and N. Korea on behalf of "defense" contractors and certain "allies."...while others seek to give food-aid to starving N Koreans and welcome the Iran peace deal...Tough talk and bellicose language should never be accepted.

Year after year we threaten and sanction sovereign nations..has this worked? Year after year the same fear mongers create enemy bogeymen to shift public willingness for future military escapades...just as Americans are falsely trained to believe we are a bastion of freedom, peace and light of the world. See how warped history has ignored our real identity as the 4th Reich? Can we ignore the open deceptions of our shadow government? davidswanson.org/warlist

Refuse this insanity, our fake leaders and media...or face the ultimate health hazard; the failure of our decadent, dishonest and arrogant nation led by psychopathic jerks unburdened by empathy. True patriots would never allow this hypocrisy to stand.

Posted On 09/21/2017

otis101

fh, thanks for the David swanson link. It is UNBELIEVABLE what our shadow government has accomplished in death and destruction around the world. In case other Mercolians do not check out your link I have copied a small portion for everyone to see a small fraction of what the "psychopathic jerks unburdened by empathy" have done.

"Since World War II, during a supposed golden age of peace, the United States military has killed some 20 million people, overthrown at least 36 governments, interfered in at least 82 foreign elections, attempted to assassinate over 50 foreign leaders, and dropped bombs on people in over 30 countries. The United States is responsible for the deaths of 5 million people in Vietnam, Laos, and Cambodia, and over 1 million just since 2003 in Iraq." This information needs to be taught in private high schools and universities. I say private because there is no chance in hell that public schools would ever be allowed to teach such historical truths.

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stoic

forb...pate•triotism is a head that's been nair'd, then narrated hirsute. why? because it contributes greatly to pay•triotism. from the caged p\h\ easants – is that base, or acidic ☹ - to the staged pay•triarchs. but, sorry daddies, little boy grew a man around hisself - & he don't owe you time o' day, let alone tithes for life. which don't stop purloining pappies, one bit.

earth is home. nationstates, countries - all just CAFO jails, & all built from the bottom up (*not* from the top down). sometimes i have empathy for weenies. other times none at all. but i always adore knockwurst. with k*raut, & mustard. and hey! i just discovered there are some quite good non-alcoholic beers out there...hope my pancreas empathizes with those quaffs – which is to say quaffer me. ☹

Posted On 09/21/2017

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Stoic..These flag waving war lovers are not patriotic, they are dupes and tools who bought the paranoia spread by a govt laced w paid provocateurs...and a mute congress..and a treasonous media....Course we all been tooled, fooled and public schooled...An idiot Martian could watch Sunday Morning TV and wonder why all the war talk...year after year the same slugs keepin up the fear...in the home of the unfree and unbrave.....They wake up or discover a world of hurt..hurricanes/quakes/fires...they ain't seen nuttin yet.

Posted On 09/21/2017

Dagmar

Do you remember the time they called it CODEPENDENCY....?

Posted On 09/21/2017

wearewell

Many times people talk too much about their health issues and almost demand empathy - then there are the 'I can top that story, health issue, etc.' My boss owns a restaurant/bar and when I ask for a day off, she says: 'well, I haven't had a day off in 2 months'. I am facing a heavy schedule between two jobs due to no empathy from either boss - neither boss cares about how tired I am or not having a day off plus the male boss constantly compares me to his other rock star employees. I have to lie to get a day off because of their lack of empathy.

Posted On 09/21/2017

dividingcricker

... Empathy.....can be a cursemaybeI cannot turn it offdon't think you can turn it on

Posted On 09/21/2017

Epona777

I have a high level of empathy. My boyfriend says I am overly sensitive. I feel that he has very little if any empathy. He even admits he cannot even imagine what my migraines are like. I sometimes think he is a bit on the autism spectrum.

Posted On 09/21/2017

npolog

True meaningful empathy requires a certain level of intelligence and awareness (wisdom)....some people seem to think that just "trying" to be helpful is like a free pass to heaven....much damage is done by fairly ignorant do-gooders. Passive-aggressive?

Behind some of the do-gooders is a lot of hostility and malicious intent...some don't really try to cover it up.

One side of the coin is empathy...so what's on the other side? Be sure and take a look.....

Posted On 10/01/2017

I_plate

An excellent quick read on how to practice empathy can be found in the book, Listen Up! Available on Amazon, the author also conducts workshops, training groups up to 50 on practicing these skills.

Posted On 09/21/2017

dude01

“Whenever you are about to find fault with someone, ask yourself the following question: What fault of mine most nearly resembles the one I am about to criticize?”

— Marcus Aurelius

Posted On 10/01/2017

halcyon

Empathy is basically a fancy word for "following the Golden Rule." :) A few days ago, Dr. M. had an article about happiness. Well, living out genuine empathy is one of the best routes to a fulfilling life. It has also been shown that an increase in power (i.e., becoming a boss, a leader, etc.) is correlated with a decrease in empathy. :(No big surprise, though. You can read a little more about that here:

thismuchweknow.net/2015/04/23/what-kind-of-brain-do-you-have-empatheti..

Posted On 09/22/2017

dude01

I think it all comes down to one important word: LOVE. We all have a responsibility to love ourselves, first. Then we should love others, especially those who are close to us.

Posted On 09/21/2017

imapiper2

Nice article. Thanks so much for this one. As an ungrounded empath who has little control over how to shut it off when needed, this article at least indicates I am NOT a statistic nor mental illness as I find when searching the internet on how to handle it when it gets out of hand. I am strong in all three of those categories, but have little control over the personal distress. I become way too upset and agitated when someone else is in distress - to the point I can't even watch the movies my husband likes. I just can't handle watching true-life war stories that actually show peoples limbs being blown off. Can't handle watching non-fiction movies either that show distressing scenes. I literally have to put my head under a blanket - if I can't see it I can't feel it.

Posted On 10/01/2017

Guillermou

Of course yes, service to others enlarges the soul, but to be helpful you must be empathetic because it gives you the possibility to make yourself understood better and to understand more deeply the world around you. All your goals, dreams and fears are based on coexistence with others. Therefore, learning to see the world from the perspective of those around you on the ground increases our wisdom and objectivity. also our helpful spirit because with empathy when we serve others we serve ourselves. Santa Teresa de Jesus has always shone for its unique realism and mysticism.

Saint Teresa dedicates a large part of the seventh abode to making us see our own reality, to encouraging us to practice the virtues, especially the love of our neighbor. He knows that we could be tempted to stay in the search for the pleasures of prayer, without realizing that prayer is the relationship of friendship with God, a relationship that leads to gestures and concrete works of service, generosity and love. The Teresian school of prayer is the practice of unconditional love: among the pouts, in traffic, at school, in the office, at the neighborhood meeting...

there are always opportunities to pray and serve. Teresa, I invite you to start putting an intention of love into whatever you do, no matter how small. It is a way of serving God in small ways and it is within the reach of all of us. It is also a way to exercise humility and serve with joy and freedom. Let's not make castles in the air; let's better lay a good foundation for the castle of the dwellings, where things happen very secretly between God and the soul.

Posted On 08/01/2024

Guillermou

This is a great example of service. When you are able to understand those around you, you can get them on board and they will help you achieve what you want. At the same time, you can be the factor of change in their lives. The truth is that going through life paddling alone in pursuit of your dreams is complicated, but going with someone will make the path easier. In (vv 23-26) Jesus said three things, which are variants of a central truth of faith and Christian life. One of them says that greatness is only obtained through service. The people the world remembers with love are those who have served others.

A certain Mrs. Berwick had been very active in Salvation Army work in Liverpool. When he retired, he moved to London. Then came the war, with its bombings. Strange ideas occurred to people, and one of them was that, for whatever reason, Mrs. Berwick's poor house and her shelter were peculiarly safe. She was now very old, and her days of service in Liverpool were already quite a distant past; but he realized that he could still be useful. He made do with a simple first aid box, and put an announcement in the window: "If you need help, call here" That is the Christian attitude towards our fellow men.

Unfortunately, it is very true that the idea of service is in danger of being lost in the modern world. There are many merchants, industrialists and politicians who are only because of what they can get, without ever thinking about what they can contribute to others, to society and to the country. They may become rich; but one thing is true, and that is that they will never be loved, and love is the true wealth of life.

Posted On 08/01/2024

juststeve

Empathy. A prime reason why the Powers That Be do not want us to Actually Be Together. When we are together, share our lives, experiences, insights, thoughts it develops strong empathy. It is so much harder to paint a picture of Fear thy Neighbor, Hate thy Neighbor, Those People. More so, to see Those People up closer short circuits the Negative False, Incomplete Narratives being pushed. Even worse for the Powers That Be, the Unwashed, Useless Eaters, Unnecessary People live solving most of their needs and live uncomplicated lives without needing the whims of those totally unconnected to them.

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