

Can an appreciation of the "Parts" lead to an appreciation of the "Whole"?

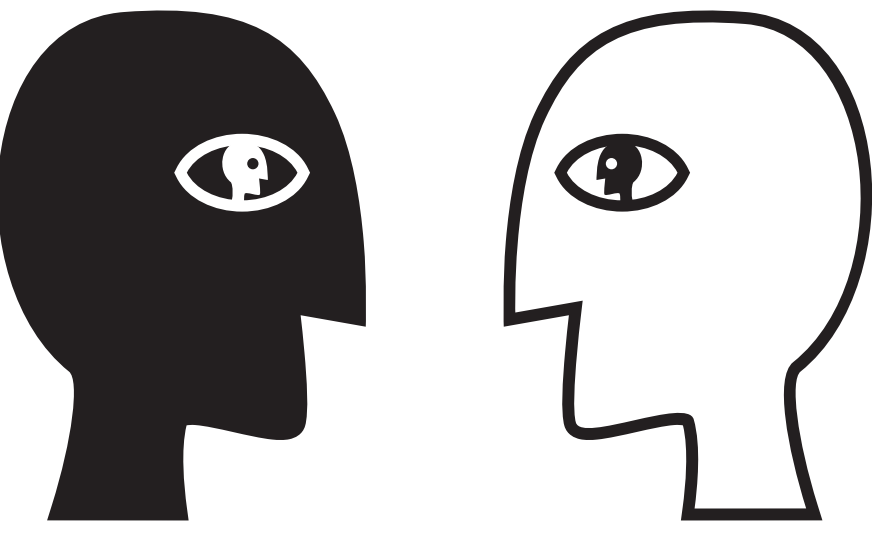
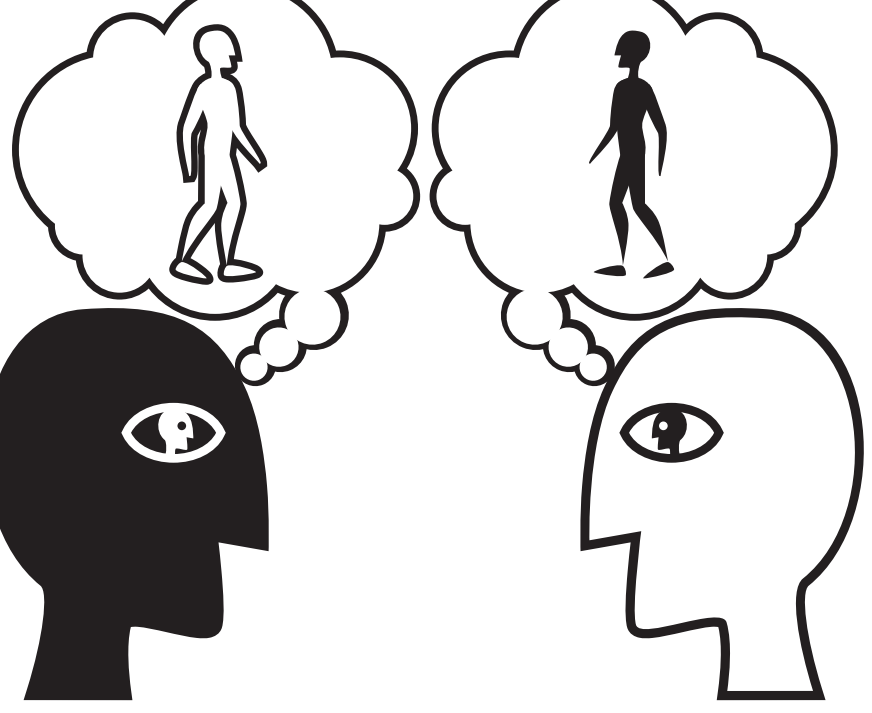

*Out beyond ideas of wrongdoing and rightdoing, there is a field.
I will meet you there.*

*When the soul lies down in that grass, the world is too full to talk about.
Ideas, language, even the phrase "each other" doesn't make any sense. -Rumi*

The Potential of Empathy

Empathy: The feeling that you understand and share another person's experiences and emotions; the ability to share someone else's feelings.*

*Merriam-Webster dictionary definition of empathy

Types	Attributes & Levels	Skills	Outcomes	Pitfalls
Emotional 	Reactive: Connecting with the other automatically; feeling another's emotions, experiencing their feelings.	Instinctive: Takes place instantaneously.	<ul style="list-style-type: none"> • Social awareness • Communication • Collaboration 	<ul style="list-style-type: none"> • Research suggests some people are unable to make such connections due to brain structure • Manipulation • In-group bias
Cognitive 	Reflective: Connecting with the other through emotional literacy, awe, wonder, and contemplation.	Requires effortful thinking: Perspective taking, introspection, and reflection.	<ul style="list-style-type: none"> • Emotional literacy • Management of emotions • Positive behavior change: Opting for kindness, compassion, tolerance, and equality; responsible decision making 	<ul style="list-style-type: none"> • Sanitization • Fatigue
Compassionate 	Pragmatic perspective shift: Connecting with the other as parts of a greater Whole.	Deep contemplation: A cultivated respect and appreciation for the Whole and all of its parts.	<ul style="list-style-type: none"> • Cross-disciplinary, multi-dimensional thinking • A strong sense of justice and equality for all • Humbleness, selflessness, inner peace • Social entrepreneurship • Compassionate action & altruism 	

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The Alchemy of Empathy

- A Private Experience
- Contagious
- Requires a Feeling of Safety
- An Automatic, Split-Second-Ego-Eliminator?
- A State Of
 - Openness • Inquiry • Curiosity • Dialogue • Courage
 - Vulnerability • Stillness & Focus • Authenticity
 - Sincerety • Awe & Wonder
- Introspection
- Responsibility & Courage to Act
- Compassion
- Altruism



Then What?

Disrupting Divisiveness

- Designing for Empathy & Compassionate Worldviews:
 - Intentionality • Multidisciplinary & Cross-industries Alliances • Triple-Focus in Empathy-Building
 - Design Thinking & Systems Thinking • Empathy as a Shared Value