

## Empathy & Healing the Wounded Heart

by Bill Groves, March 19, 2017  
at the Spiritual Light Center

(Short meditation on who we see our human race as being in 30,000 years IF we survive, develop and evolve without self destruction)

I see a society living in complete harmony with a direct link to not only one another, but to great universal knowledge, kinda like the Akashic Records. I very sincerely want to do whatever I can to clear the path for the realization of this society. That's why I'm giving this talk.

Our current society is *very* far from perfect and has a history of progressing forward with a lot of backsliding. Still, to have gotten to this point in our social evolution and to have built the societies we see across the earth we had to have hard wired into us an capacity for compassion and empathy or we'd still be clubbing each other for a bone outside our cave. I believe our society has evolved greatly in the last few hundred years, and some believe we are on the verge of a spiritual/social breakthrough. I can really feel the potential, and really hope we make the leap.

The best word I personally can come up with to describe the capacity that will throw the door open to this new era is EMPATHY. Empathy is the ability to emotionally sense, to be sensitive and caring to the circumstances of others and of the earth. It's that ability to put yourself in the place of another and act compassionately. I read somewhere that the Golden Rule is the basis of every positive religion, and that Rule is based on empathy. This is not the same as being an *empath*. They can actually feel the emotions of other people within themselves. This ability does not seem to be limited by distance, or necessarily even by time. Some can feel the emotional state of others by looking at a photo. Personally, I see the future of humankind as being a society of empaths, but rather than put the cart before the horse we need first to work on being simply empathetic, caring and compassionate before we can ever move toward a society of empaths.

As I said earlier, I believe humanity is hard wired for empathy, so what's holding us back?

First – There are issues of definition that hold us back. Empathy is not the same thing as just being sensitive. Sometimes just being sensitive can block us from developing true empathy. The problem occurs when I sense something and I get caught up in that sensation and I react to what I'm feeling. As soon as we react we've shifted the focus of our attention onto our own interior experience and we completely lose connection to what we were sensing around us. Reacting is a form of self absorption and it prevents empathy. Reacting is related to judgment of an experience rather than simply experiencing the experience.

Examples of reacting we've ALL done: OH, I can't be in that room! There's too much negative energy! Or -There was some caustic chemical here at some point. I'm far too sensitive for that! Or – I can't go in there until the room is smudged because I can feel bad stuff! Or – I can't watch that show or read that book because there was a harsh scene in it. I'm too sensitive.

Well, very good! Being able to sense energy fields or emotions is a great and necessary *start*. Now the goal of empathy is to train yourself to be just as sensitive, but to NOT to react to what you're sensing. *It's a **peaceful quiet perceiving***. As soon as my empathetic perception *implodes* into a reaction, then I totally lose empathy and become absorbed in my interior sensations, and it can be very uncomfortable.

Actually, reacting and judging may be a necessary self protection until I can learn to perceive empathically and let those feelings flow through me without judging them at all. It's a process. Once I've learned how to terminate all judgment, then I can sense empathically without reacting. Ego can play a big part here, too. Publically reacting throws a spotlight on my sensitivity which can be an ego boost.

Another gigantic block that prevents us from using our innate sense of empathy is the many traumas we've experienced, usually in formative years, that have left us scarred. Many people walk this earth in a state of perpetual PTSD, and we have learned to wear emotional armor to prevent further trauma. Unfortunately that armor itself becomes our greatest source of current trauma, and it prevents us from empathy.

What that old trauma has done is to make us forget how truly strong we really are, without the armor. In order to recognize and remember our true strength we must *slowly* but surely lower our defenses to some degree and see that we *can* feel and interact without harm. When I see behavior like constant loudness, sharp tones, controlling or interrupting, silence or isolation, etc, I know that those defenses are preventing the practice of natural empathy because they are rooted in fear of being hurt again. This is very understandable, but it is preventable. Those defensive behaviors can be worked through. Trust is possible, and without it empathy is not possible. If trauma leading to fear is preventing us from lowering defenses and trusting enough to reach out and feel, please find the help necessary to work through it. If you desire it, a path *will* open. I promise!

What I'm talking about here is not just empathy; it's about raising the consciousness level of humanity in order to bring about a shift that many of us sense as a real possibility. To get there we must trust in our own strength enough to lower our defenses so we can reach out and feel. *Of course* empathy can cause you pain. To be empathetic, and most certainly if you're an empath, you have to learn to protect yourself, but far more importantly *you must acknowledge your own infinite strength*. In order to learn not to react to what I sense I have to allow what I feel to flow through me without judgment. In order to be empathetic I must also acknowledge and allow the true strength that is part and parcel of my Divine Being to flow through me as well. Otherwise I'll yield to fear.

I do foresee a society of people living without fear, without judgment, without reacting, without walls of defense. Empathy would then not only be possible, but it would be universal. We *can* become a society of empaths, but we've got work to do to get there. I truly hope we are ready to pitch in to help get that inner work done.

To help with that inner work I've set some little worksheets on a chair that might help us build the empathy we're talking about. I wish us all literally Godspeed in this effort that I, at least, see as the tool we will use to usher in a new world.