

Lups and Spotty are lingering through the jungle. They are still quite exhausted from the garden party behind the palm trees where the Apes played ACDC.



# Adventures of Lups & Spotty

Stories of Love & Compassion



Adventures of Lups & Spotty

VOL: 2/ Issue: 2

“You know what, Spotty, I have to tell you something. I don’t know if you then still like me. I was quite mean.”

“What happened that you are grieving about? I like to listen to you. Please start.”

“Ok, do you remember Minka, the cat? She could not see during the day so well. I was teasing her already before, sometimes. I put some lice in her fur, in her back, precisely at that point, where she could not reach with her paws. Ui, she jiggled around. She tried with all of her four paws to get the lice. Then she was rolling on her back, the paws up in the sky. She was scrapping against a tree. She was so much in a disturbance that she even jumped into the pond. And I know that cats don’t like to be close to water. I was almost rolling on the floor laughing.”

“Mmmmh...” Spotty continues to listen.

“And now I feel sad. How can I laugh, when Minka feels so awful? And now I feel concerned. Boy o boy, how she was jumping!”

Spotty tenderly asks: “Are you aggrieved, because it is now important for you, to be careful with others?”

“Yes for sure. And at the same time, IT WAS FUNNY!”

“So, you had fun as well.”

“Sure. And at the same time, I do not want this anymore. Minka did not do any harm to me.”

“Ok, so you now choose to have fun differently?”

“Yes, Minka should not suffer from me. I regret what I did to her. It was a long time ago, and I realize that I am going to talk to her tomorrow. I now look for another way to have some fun. Oh, what happens now, Spotty? What is going on here? Why do you walk in my shoes? Soon I will roll over and fall.”

“Lups, keep cool. **If I listen to you, like right now, and if I am so close to you, then it is, as if I am walking in your shoes.** And this is what I tried in real. I try to sense, how you are feeling and what you need. And this is what I offer to you. You can call it being empathic. I call it, to walk in the other’s shoes. And this is great fun. I sense you very close. I listen to you. I do not judge what you did. I do not give any advice. How is this for you, right now, Lups?”

“Oh, I feel light as if we can take off with these shoes. Flying shoes, is this possible? Can I try to you as well, I walk in your shoes, and I listen to you? “

“Wait Lups, please, one moment: What you did, does not change anything for me. I want to continue to be your friend. I still like you, even more.” Lups gets a big, tender bump on his nose from the soft giraffe mouth.

“And now I am going to tell you my story, ready to listen?”



# EMPATHY

**Why empathy at all? Try it out; maybe you find a similar relieve as Lups did by being listened empathically.  
If I am empathic, I ask what is alive in you right now?**

I can be empathic with others, like Spotty and Lups and I can be empathic with myself. Then I listen to my own feelings and needs.

Empathy is most probably without words. If I use words, I do not answer to the content of the other person. Maybe I reflect, even the questions. And I do not use W-questions like what happened, why, where, who, when...

Don't do anything, just be there. You do not have to fix anything. Empathy is a respectful connection with the experience of another human.

I am open to whatever comes from you, without any judgements or own opinions.

I give you my full presence. I trust your self-responsibility. You will meet yourself inside you. I support you, even in silence, in the open space around us, so you can listen to your inner voice, feel yourself and express it and find your own source of empowerment. I support you in your own connection. You guide me into your world.

**Empathy says: You are not alone, I am with you, with all my power and presence.**

**Empathy is not: 'Giving advice', 'telling an own story', 'correcting'... see below.**

**It is just being there, with my full presence.**



## Empathy versus 'Taking an interest'

ADVICE	ONE-UP	EDUCATING	PITY / CONSOLING
STORY-TELLING	DONT FEEL	SYMPATHY	DATA-GATHERING
COLLUSION	EXPLAINING	CORRECTING	INTELLECTUAL GUESSING

© Life at Work 2004. Elizabeth English (www.lifeatwork.co.uk), Gina Lawrie (www.ginalawrie.co.uk).  
Based on the work of Holey Humphrey, Gina Lawrie and Bridget Belgrave.



With Empathy we don't direct, we follow.

Don't just do something, be there !



In the next newsletter we will talk about more happenings for Lups & Spotty and about:

**"How we can solve a conflict?"**



You can write your view to us on: [dr.gitta.zimmermann@icloud.com](mailto:dr.gitta.zimmermann@icloud.com) and [bodhisatvavivek@gmail.com](mailto:bodhisatvavivek@gmail.com)

Visit the website "[www.drgz.de](http://www.drgz.de)" to download all Newsletters