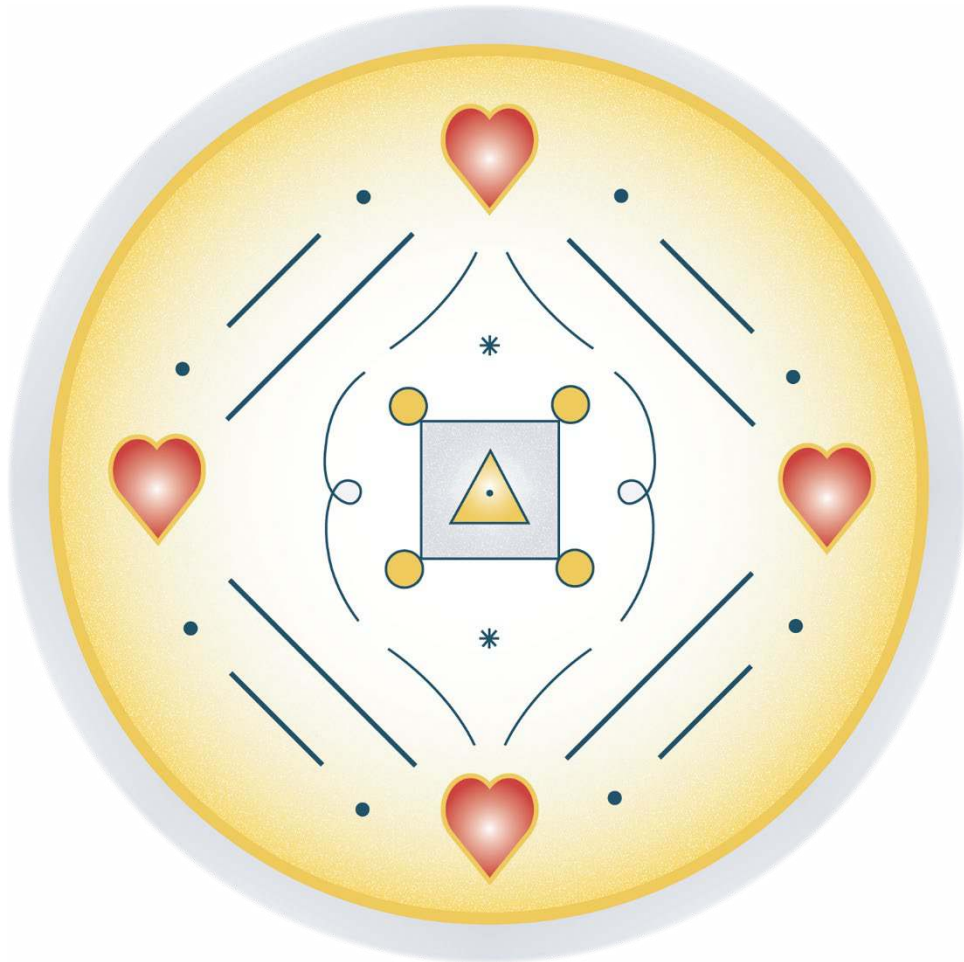


Empathy (Compassion)

ISENIS
[I S E N I S]



This code cultivates that ability which is indispensable to our humanity, the feeling of empathy. Empathy makes it possible to experience and understand other people's emotions and experiences as if they were our own. Empathy enables us to follow only those behavioural, cognitive, and emotional patterns that are loving towards ourselves and our fellow human beings. Empathy teaches us to listen to our fellow humans with love, attention, and interest. Empathy strengthens our concentration, patience, and develops our sincerity.