Empathy the Key to Forgiveness

Did you know that compassion begins with empathy? Empathy is the ability to deeply understand another person’s experience. It is not just an intellectual understanding but also a heartfelt, intuitive understanding. Empathy allows us to momentarily see through the eyes of another person.

In my career I have worked with so many wounded people, holding onto hurts 30 years old. I believe empathy is the key. Join me as we explore it together.