

EMPATHY IN MAHDI AKHAVANE SALESE'S POEMS

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Abstract

Empathy is an emotional experiences for which human thinks the same as what he sees. And this way he participates in emotions, needs, actions and generally situations and movements of the observed objects. Empathy or another word desire to react to the emotional mood of others is one of the skills of a poem like Mehdi Akhavane Sales. That means these people could understand others' problems even if they were not at their situation and have respect for their emotions and ideas. The goal of this research is to show the concept of empathy in Mehdi Akhavane Sales's poets. In contemplation in an artistic work like a poem, a reader or a listener puts him in that piece of work and with this personalization and staying in that situation his emotion will be raised according to that situation. Clearly in these poets both sympathy and kind of empathy is seen. The reason for having sympathy to one person is not that he or she is a good person and admirable but it originates from the side assuming of the poet or writer. When these poems compose some poems, in choosing the constructive elements of that piece they automatically prefer one to another. This intentional choice causes the reader to have the feeling of sympathy or empathy towards some characteristics either high rank and benevolent or malevolent. In studying of Mehdi Akhavane Sales's work, we came across to 193 case of empathy with people, 14 case of empathy with animals and 1 case of study with things and 35 case of empathy with the

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nature and 13 case of empathy with seasons and 16 case of empathy with the times have been founded. And all these evidences show the different kinds of empathy and sympathy in the poems of this contemporary poet

KEY WORDS; EMPATHY, TONE, POEM, POET, CONTEMPORARY, MEHDI AKHAVANE SALES

Introduction

The definition of empathy

Empathy is an especial paying attention to others. A person shows some emotional reaction through the understanding of other peoples' emotions that is called empathy. In order to have empathic reactions, one must put himself on the place of others and see through their view point and ask himself: what I would do if I were him? The needed condition for such a situation is that one should know himself then he can accept others with all weaknesses and strengths and respect them.

The ways to reach empathy

1. Understanding Others' frame work;

Each of us has different understanding of special situation that is different from the others'; because each of us interprets a subject based on our own experiences. Some people like to hear about some subjects a lot; some others just want to know about the result of something. We should know others' mental frame work and understand what things are important for them then with fulfilling their expectation we can have a warm and intimate relationship.

Our mental frame work should be as close as possible to others' to set the proper scene for talking and having possible connection. Sometimes we feel unconsciously intimate with someone who is similar to us culturally and on the life experiences and etc. so we should respect our addressees' ideas whether they agree to or disagree our words and try to see the events from his view point.

2. Taking control of excitement and emotion;

Different people experience different emotions against different stimulus; one may get angry in reaction to one specific event, the other one may feel sad and another may just

take it easy and forget it. Reactions are also different; one express his anger, the other one feel totter and think what to do the amount of peoples' skill in expressing their emotion helps having better relations with others. Taking control of excitement and emotion is one of the fundamental factors in gaining empathy.

To have empathic relations we should know our emotions take their control and don't let any distraction taint out thoughts.

Harmony

It means the reflection of the addressee in a way that he can find his words and actions in your words and actions. Harmony means that we enter the addressee's' world in a way that he feels unity and shows some aspects of we ourselves which are like others. This is true that we have better connection with people who have emotions and ideas like us. But with the aim of the harmony we make, we can improve our intimacy and pave the way for empathic relations.

The Skill of Empathy

To pass the life difficulties which we have to encounter in our lives, we need social support and empathy is one of these supports. When you have a problem and your friend listens to you carefully and understands you, when you are separated from him/her the energy of this empathy reveals in your inside.

In fact this energy helps you accept yourself better and have better and more pleasurable relation. From early age, empathy exists in the lives of people but people are different in the ability and desire to empathy with others.

The ways to make sympathy

One of key factors in having effect on people is to sympathy. Your addressee either your child or your colleague or someone under your rank or whoever else should have sympathy with you and feels that you understand him. The feeling of sympathy is a common feeling between two people who look at subjects from each other's view point. In fact to have a relationship with others we need others to feel we are looking at events from their own eyes and through this way they will feel we understand them and the feeling of understanding leads to making relationship.

If in a family the child finds his understanding different from other member of the family, there would be a distance between him and his family which has a great effect on making the family relationships. Or at work place if the staff find the managers' view different from theirs, then there wouldn't be any good result for the things to be done and the feeling of cooperation and participation nerve happens. And even if there is not such feeling among friends their relationship would faint and lose its sense. This is because of the common feeling in teen age that makes them close and leads to a long term connection.

In fact the feeling of understanding means that your addressee would let you in his heart and soul and this is the first way to effect and make him accompany with our thought and ideas. We should remember this point that it is impossible to enforce us to someone's heart and soul. We need to enter inside calmly without any forces and equipment and open all the closed doors of heart .this is the best tool for making a common sense and empathizing and sympathizing.

To make the feeling of empathy one must use beautiful and elegant ways and be as careful as possible in doing that. We should remember not to use any force for empathizing; that will give the adverse result. There are some short cuts for empathizing each of them can help you a lot to some extent in making the feeling of empathy. Here is the description of them;

1. Gaining acceptance

One of the ways for making the feeling of empathy is that your addressee accepts you as a successful and thoughtful person; if not you will face problem making the feeling of empathy. But what are the ways of gaining acceptances? Accepted people can be summarized just in short in these titles:

1. Logical people.
2. People who are successful (especially successful at work).
3. People who do their job with thinking.
4. People who are modest and are not self-proud.
5. People who are patient and tidy (both together).
6. People who have worth for themselves.
7. People who have big self-esteem.
8. People who have a strong appearance.

The step by step procedure of empathy

All of mentioned manners above are as one stage mental process between two people who are similar in empathy and therefore they are mistaken by themselves. But empathy is a more complicated process and has three overlapped stages. These three stages are shown in the picture: the first stage is **self-tranapoeal** in which we listen to our addressee carefully and try to put ourselves in their shoes and judge according to his or her frame work and interpret things from their view points.

In the second stage we suddenly experience our addressee's emotion deeply and a kind of assimilation takes place. In this stage we deeply understand our addressee and feel our selves completely on his place. In this stage usually some changes in stomach and lung would be felt. We forget our being different and independency from our addressee.

In the third stage the person come out of the stage of assimilation with the addressee and starts conformity with the speaker about the experience as if we have had such an experience. This is the stage in which we take action and make special decision according to our new experience of assimilation and its mixture with our emotional and theoretical thinking.(Nima ghorbani49-51).

Kinds of empathy

Empathy takes place when a person is in the condition that arouses and reveals what he has in his inside; in order to look at it closely and deal with what he says and finally he is helped to solve his problem or at least leads to his calmness. Being indifferent is one the most destroying factors in peoples' relationships. Being indifferent certainly hurts human relationship and connection to people. The science of human connection nowadays believe that being sensitive is one major connecting skill in human relation that is highly important.

A positive relation has been reported Among empathy and humanitarian relations and desire to help others in a civil relations frame (Zarsgaghghi:1384). Empathy is often seen as a Multidimensional feature which includes cognitive and emotional dimensions.

1. Hot empathy

Which is the emotional dimension of empathy which points to the reflection of emotional feeling in others.(mac ilvin2003). According to Batson (1981) He proved that hot empathy is a strong stimulus for arousing people to help others. Tamson and Barnet (1995) also believe that emotional arousing is a strong stimulus for helping others.

According to them there is a relationship between the amount of hot empathy or the feeling of exchanging and replacing emotion which happens because of participation in others' emotional feeling and the number of humanitarian activities and helping others.

2. Cold empathy

The expression of cold empathy which is cognitive dimension of empathy refers to an individual persons' ability in others' emotional understanding which is acquired during the age of growth when a person starts to know about others' existing as independent creatures except him.

Kinds of empathy in Akhavane Sales' poems

1. Sleepers

Sleepers of the carpets' pattern had a private talk to me last night.

Their color has faded away with all past years.

And this ones' looking is more obsolete than the others,

With me and an old pain, they talked to me again,

I dazed at their fain color, sick of their dead warp and woof, and their depressed and mixed patterns, tragically.

I dazed for a while and wondered, and then I saw they shocked from my mood and wonder.(End of Shahname, Akhavane sales, 1375:143-4)

2. Empathy with mother(a letter to my mother)

My favorite, my lovely mother,

The one whom I am broken heart from your going,

Be happy heartily; feel light in soul since I feel happy and snug because of you.

Although it has been log that in this sinful city, I am far from you and your city Khorasan.

Although it has been log that on these dark notebooks, I am like a pen that is not following you.

But swear to you and your kind heart, I always remember you and your benevolence.(
Arghanoon,Akhavane Sales,

3. Empathy with Father "Ali Akhavane Sales"(on my fathers' grave stone)

Alas you suddenly went Father!

You went and slept on the dark soil

You abandoned everything in life

You closed your eyes on whatever you had

Deprived and lonely and droopy

You went and took your things from the world

Sleep tight Dad in the grave

Although you are eternal even asleep (Arghanoon, Akhavane Sales, 1375,219-20)

4. Empathy with himself(enough for us)

If this cage let us free, the chalice of wine and the sound of harp is enough for us.

The flowers blossom and the garden is full of flowers, but we can't reach any flower.

The weather is pleasant, the grasses are beautiful and lovely but in our heart the bloom of
whim is drooping in our heart.

Spring is on its way but we are stocked, set us free from this cage for God's sake!
(Arghanoon, Akhavane Sales, 1375, 13,14)

5. Empathy with the olds and senility (Old gipsy, in the collection of "what did the
old gipsy say?")

Do you know what the old gipsy said? He said the world broke me, kept me in cage
despicably. It (the world) the power of my ear and awareness and took my strength from
my hands and feet, and from my eyes it took the brightness and sight.

The head became totally down and the tooth fell and my flower like face became the nest
of torn.

The sun sat down and slept, the head droop and the light put out and

The death came and took our way of breathing...(Arganoon,akhavene Sales,1375-154)

6. Empathy with me and you(everything is nothing)

Lifetime passes with the convoy of doubt and certainty. The mind is full of memory and story and remembering.

I am in this way, you are in that way, if you look carefully we are all nothing.

We are children who are happy with magic and myth. (Arganoon,akhavene Sales,1375-155)

7. Empathy with his wife(my wife)

How well she spends this deadly life which is nothing.

She weaves such beautiful handles for her old, empty basket that makes every skilled basket weaver amazed.

When I see her I can't think of leaving and migration. when I see all her efforts and compatibility. (Arganoon,akhavene Sales,1371-467)

8. Empathy with addicts (the Key)If you are timid in your life, every simple thing looks difficult to you.

Fear is like hashish and an addict is like a cat which sees a lion or a rope which sees a spinner.

O brother don't use Hashish because you will see the calm and peaceful lake like a stormy see.

Drunk man! Get up and don't feel any fear, this is just a kitten not a raving lion.

Empathy with people in Judgment day(the time)

When " the time came ,

We had few doubts,

The day came when they understood it completely

The horizons and we understood completely

When it was the time,

They said it's the time

But the night

Near the sunset of Venus, in a tower
a bird sang Hooy. Where is the star?

That bird sang 30 times like this

Hooy. Where is the star?

The fear burnt the jungle with fever

Then so many hearts had empathy with the other hearts

And so many they were full of these words.

From the head of the tribe, an old man who was the leader

Said: it's the time! But the wind

Made a cloud of soil that hid the Venus completely. (From this Avesta, Akhavana Sales, 1384, 88-90)

Empathy with ignorance (they are telling the truth)

Yes, they are telling the truth. It is the ignorance time, whoever you see is armed to mouth.

Ignorance is attacking from two sides to the world eaters, this one is attacking that one and that one is ambushing this.

It protects its own area with gun. It does a lot of harms to others to get rid of cruelty. (O the old home, I love you Arganoon, akhavana Sales, 1371-314)

Conclusion

One of the characteristics of people and one of the most important factors in having an effective interpersonal relation is empathy. Empathy and understanding amplify respect and trusting others; the increase in sense of being understood, releasing from loneliness, having social support, social interest, increasing in respect and trusting others, having responsibility toward others, decreasing in physical and mental diseases and depression, being socially enable, having healthy family, having a work place with effective relations and...are types of things which is gain through empathy. And empathy mechanism and understanding leads to calmness of our addressee and make it easier to understand his inner feelings.

Empathy is a social skill which is done in a definite frame work. Ignorance and not paying attention to others cause the destruction of connection bridges and later on separation and hypocrisy. Having better image of our addressee's feeling and needs, we can solve our problems easier; because through this we can have a more proper and coordinate behavior toward each other.

Empathy causes strength in relationships and its survival. Listening and paying attention putting away of the predetermined attitudes with prejudice is the base of empathy. All people ate the same in some feeling and act according to their instinct or nature. Besides knowing themselves as different creatures, they find themselves with others, and life gets its special meaning with others.

People bind to each other through empathy. The main purpose of understanding and agreement based on empathy is to accept your and others ideas. Each person should try to understand others idea besides keeping his own and try to understand what and how they think. At that point we reach empathy that we truly believe that if we think right the other one also has a true idea even though his thought has the reverse result as ours; like when we are in a hot issue arguing while thinking just we are telling the truth.

To reach empathy we an experience with empathy we should try a little to explained and justify conflicting ideas logically.(Mansoor Shad.1389,40)

Paying attention to different dimension of empathy is another suggestion for the colleagues. This subject is important because some people with anti-social behavior, while they have good sense in understanding cold empathy, they not able to participate in their emotion and experience hot empathy.(Satoon and coleagues,1999vavloyoos,1991;225)

Especially in our time the unifying role of empathy is more clear and gives identity to the nations and people who have accepted Islam as religion, and guarantees the survival and

stability of this identity until the time that empathy and unity which was that much our leaders of religion and Mysticism and science and literature' favorite shapes and strengthens. (khoramshahi1379,129)

The result of these researches indicates that to understand social behavior whether the socially liked behavior or anti-social behaviors, beside the expertise and skill of people in in framing and designing the others' mood, paying attention to their emotional experience is necessary.

Paying attention to different angles of empathy is another recommendation to the colleagues. This issue seems important when we see people with anti-social behavior who have a good sense of understanding of others' emotion with cold empathy cannot participate in those peoples' emotion with experience of hot empathy. Satoon and colleagues, 1999 Vavloyoos,1991;132)

These poets although not easily, passed the bridge of consensus stepped to the mysterious land of empathy. This way they not only have the same language, the same culture and religion and etc...but they are also sympathetic and helpful.

Since the culture of a society is directly related to the social and human relationships, with the aid of a good planning it can be possible to encourage nations and our own people to have intimate and friendly relationship.

Paying attention and not being inconsiderate to others is one of the keys to empathy and understanding which includes the person's readiness for listening to others 'words and etc.. that this process first happens with non-verbal relationship.

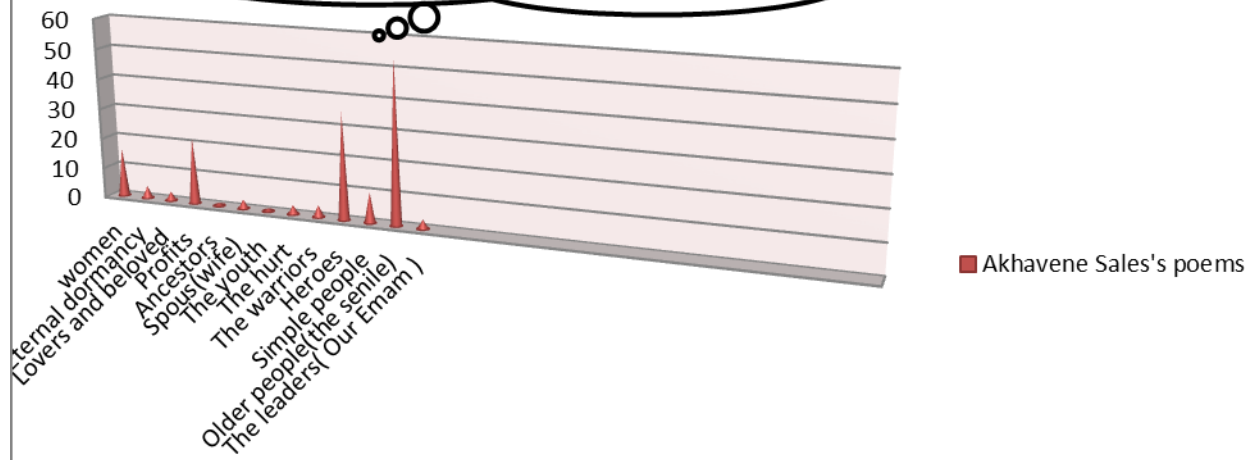
We should also pay attention to the psychology privacy of person; it should be mentioned that the poet has pointed empathizing with the nature, times, seasons, people, animals and things and has used them in his works; but the amount of usage is in different from the quantity aspect. And because they are widely different in use and they are full of love and life, their compositions are effected by empathy.

After doing the researches and reviewing the issues in different chapters, the hypotheses were accepted and the following results have been gained;

The poet has composed some beautiful poems to empathize (intentionally or unintentionally) with animate or un animate which have caused his poems to be beautiful and persistent. Now it can be claimed that the ability to "empathize" is a necessity and base for composing poems and a part for the art of poetry. So in my view and idea, knowing and paying attention to empathy can relax the reader or at least make some of

the readers' soul tiredness and problem fewer with contemplating in those poems. The poets' Sensational poems are also one of the rare words which have been neglected. Any way we read empathy and sympathy from the view point of this poet and empathized with him. For this characteristic we appreciate their effort and determined steps and give the most respect that they deserve to them.

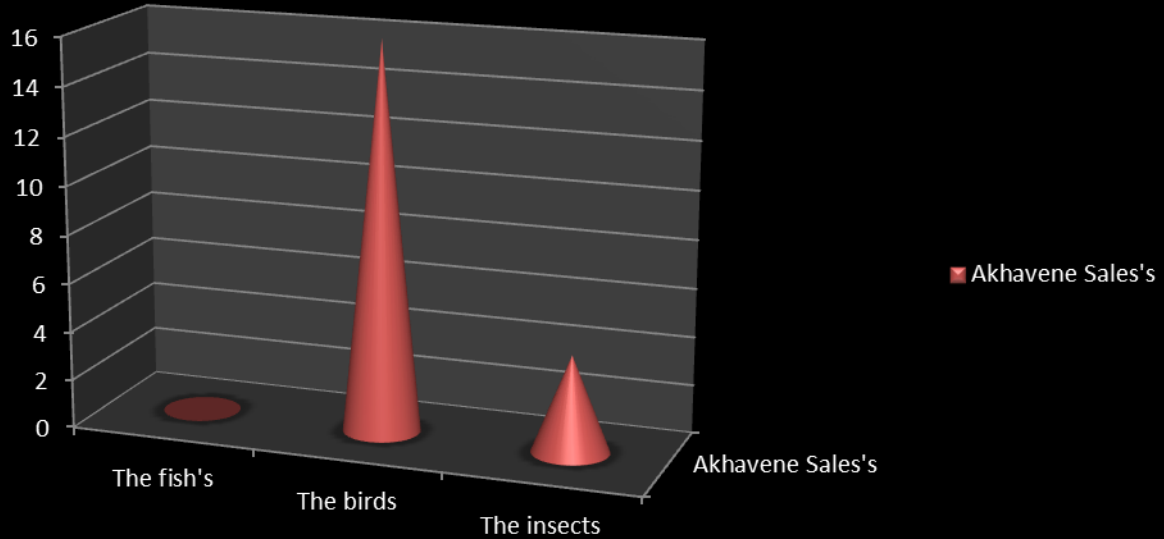
Table 1
Different kinds of empathy in Akhavene Sales's poems



Akhavene Sales's

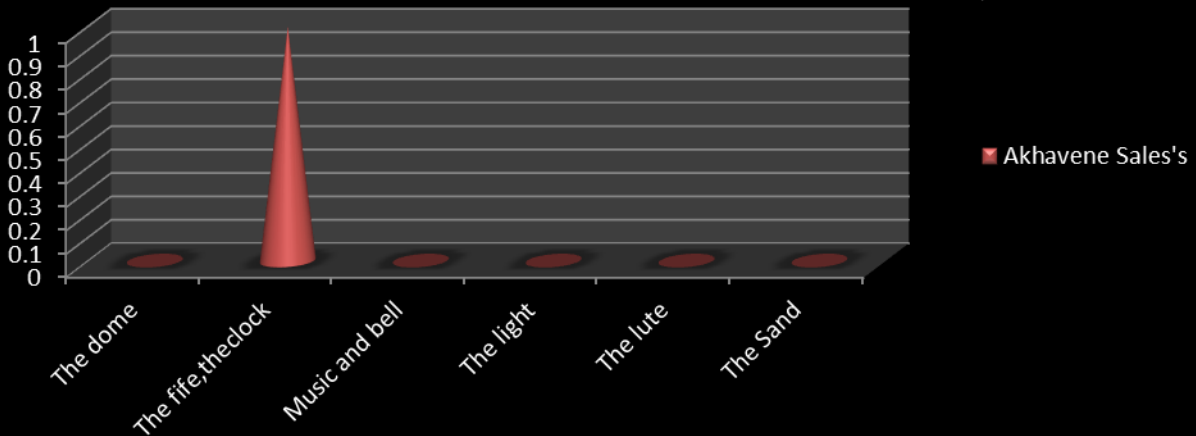
Empathy
with animals

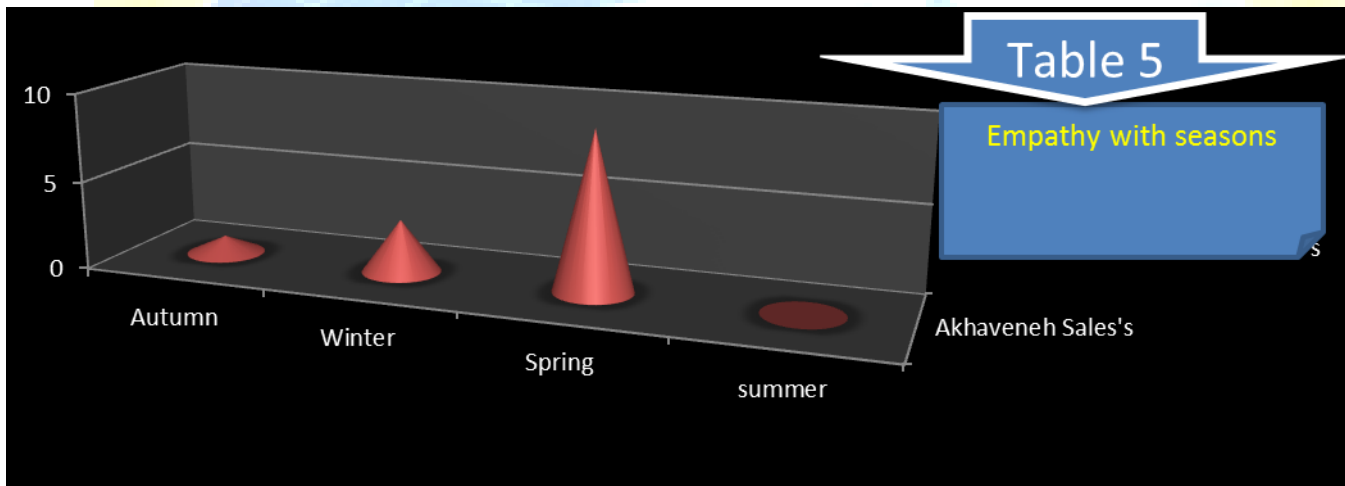
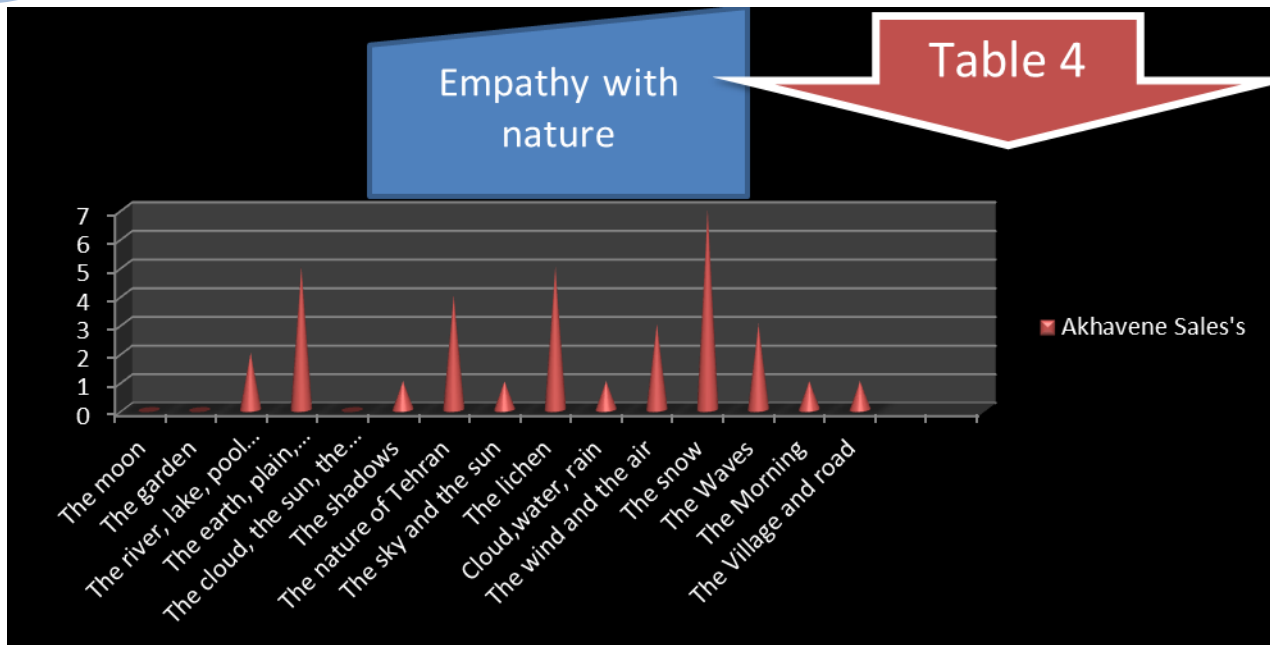
Table 2



Empathy with Things

Table 3





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