Abstract
The concept of empathy has been considered a phenomenon of extreme importance for the survival, relationships and human development and has emerged as a topic of current and constant change, especially due to new human challenges of late modernity. This paper presents reviewed studies/reflections on empathy, from the knowledge of Neuroscience (through research on mirror neurons), Humanistic Psychology (through the proposals of Person Centered Approach) and spirituality (through Buddhist philosophy). In this sense, it will seek to foster the concept of empathy, using the understandings and joint proposals by the three dimensions studied.

Keywords
Empathy; Mirror neurons; Person centered approach; Spirituality; Buddhism.