**Closing Action Station**

True compassion requires action, motivated by a heartfelt concern for the well-being of those we are trying to help. But, as we all know, if our good intentions are not guided by wisdom, they can be ineffective, or even harmful.

We invite you to put pen to paper to create a Compassion-focused intention. Feel free to take a copy with you and leave another behind. We also invite you to take a stone whose color you associate with Compassion.

In closing, a quote from Dr. Paula Arai. “Wisdom helps us discern which actions are kind. Compassion compels us to be kind – to ourselves, to all beings, to Mother Earth.”

Thank you.