**Pause Station**

Featured Work: *Shout 13* by Misha Gordin

Insight Activity: The Source of True Happiness/Social Activism



Narrative:

What do you think is the relationship between the man facing us and his surroundings? Is it a connection to something greater than himself, isolation or something else? A number of pivotal studies suggest that close personal relationships, a sense of purpose and embracing compassion are central to achieving true happiness. So, if you want to be happy while simultaneously contributing to a more compassionate world, consider channeling your unique skills and areas of passion into focused, sustained engagement in acts of compassion guided by wisdom.

You might also find it helpful to know sociology studies suggest that being successful in shifting attitudes within a community requires reaching a ‘tipping point’ whereby enough people engage in an activity or thought process that it becomes a widely adopted practice. It takes a village!