**­­Pause Station**

Featured Work: *Dance of Our Ancestors* byWayne Quilliam

Insight Activity: Sympathetic Joy­

A group of men running

Description automatically generated with low confidence

Narrative:

Take about 10 seconds to soak in this photograph titled, *Dance of Our Ancestors*. Traditionally, Aborigines use ceremonial dance as a way to honor their ancestors, and maintain a strong bond between past, present and future generations. Try to imagine how their bodies and senses are responding as they soak in the sounds, sensations and energy generated by this festive event. Now imagine being transported to Australia and joining in. What impact does sharing in their experience have on your ability to feel greater kinship toward them?

The process of being in tune with our bodies, our senses, and those around us, strengthens our ability to more fully understand, appreciate, respect, and connect with others. Experiencing this sympathetic joy, whether while participating in a festive dance, sharing a meal, or engaging in other group activities, can be a powerful tool for fostering compassion, and a sense of community among strangers.