**Embodied Balance**

Explanation: Embodied balance is a response to the increasing need for society to practice empathy. One must interact with the distinct pieces of this archetypical dinner set on an unbalanced dish to maintain equilibrium. Only by understanding the forms, weights, and sizes of these individual objects can one achieve balance.

Lesson: Everyone has a purpose in our collective society regardless of race, age, political group, or social standing. We all need to be empathetic and understanding towards other people in our society in order for it to be “healthy” and to have balance. If one facet isn’t “healthy” we will all be unable to properly function and live our day-to-day lives to the best of our abilities.