**Metta**

Explanation: Participants enter into a booth where they are alone with a small shrine displaying the faces of random strangers. Once inside, they are encouraged to practice loving kindness meditation towards each face without preconceptions.

Lesson: Without empathy, our social movements fall flat. We do not care for our fellow human beings and can see them as “others” not deserving of kindness. Practicing metta (Pali: loving kindness) helps remind us that each person we encounter is living their own lives, doing their own work, and in need of their own support. Through empathy, we can change the world.