



MONASTICS AND MEANDERING MINDS (with Jamie Kreiner – on her book, *The Wandering Mind*) February 3 2023

14:05:45 From D. Graham Burnett to Everyone:
If you haven't checked out our micro docs on the ATTENTION LABS:
14:05:49 From D. Graham Burnett to Everyone:
<https://vimeo.com/showcase/9518475>
14:06:14 From Peter he/him to Everyone:
peter@sustainedattention.net
14:06:47 From Peter he/him to Everyone:
^ Email me to learn more!
14:06:51 From Peter he/him to Everyone:
attentionlabs.net
14:06:56 From David Landes to Everyone:
The attention trove, for now: <https://friendsofattention.net/node/38>
14:22:00 From D. Graham Burnett to Everyone:
https://drive.google.com/file/d/1r__QkiL8L10GtA2RG-reFqwNXBCpBj-/view

[On the first meditation riddle --]

14:31:56 From D. Graham Burnett to Everyone:
A volcano?
14:31:58 From Zoom user to Everyone:
Obsidian!
14:32:07 From Eric Nadler Zoomleroni to Everyone:
frog
14:32:10 From D. Graham Burnett to Everyone:
!!!!!!

[Answer: Salt]

14:32:15 From D. Graham Burnett to Everyone:
Of course!
14:32:18 From D. Graham Burnett to Everyone:
Crap!
14:32:27 From D. Graham Burnett to Everyone:

(I hate getting things wrong...)
14:32:31 From D. Graham Burnett to Everyone:
😊

[On the second Meditation Riddle --]

14:33:12 From Henry Cowles to Everyone:
a shadow?
14:33:27 From Peter he/him to Everyone:
A cloud?
14:33:28 From Zoom user to Everyone:
A river when the river spreads
14:33:32 From Helen Nooy-Strand to Everyone:
Inspiration for an Emily Dickinson poem

[Answer: a pen]

14:33:54 From D. Graham Burnett to Everyone:
Oh, like a QUILL PEN?
14:47:53 From Eve Mitchell to Everyone:
This is so beautiful! I am taking the exercise with me!

[Start of the Angel-Wing-Mnemonic-Meditation Exercise]

14:48:17 From Eric Nadler Zoomleroni to Everyone:
we're doing 1 wing or two? is it important to have the topics and subtopics on each wing
interrelate between the two wings?
14:49:18 From Eric Nadler Zoomleroni to Everyone:
great
14:49:27 From Sal Randolph to Everyone:
How long will the breakout be?

[10 Minutes]

14:49:28 From Eric Nadler Zoomleroni to Everyone:
thx
14:50:25 From Matthew Strother to Everyone:
Thank you to Professor Kreiner and all for a great session
14:51:01 From Eric Nadler Zoomleroni to Everyone:
thank you!
14:58:19 From Julian Chehirian to Everyone:
<https://imgur.com/a/1sBPxof>
15:04:30 From Peter he/him to Everyone:
"In the books, Parseltongue is described as "spitting, hissing noises"."
15:04:32 From Peter he/him to Everyone:
- wikipedia
15:10:04 From Ana Marques to Everyone:
medieval spreadsheets
15:14:30 From D. Graham Burnett to Everyone:
Emmet: Does the "Gameboy" as part of an inquiry into Screencultures
Gameboy device / tetris/tetris-brain /pokemon

(Medieval technology for doing media archaeology!)

Jesse Prinz —

Did the weaving of the feathers matter? And what about the subsidiarity of the feathers/wings? Jesse thought about the way that this is less like a list than like an opportunity for a kind of non-linear weaving or entanglement of the ideas in the list.... Jesse uses the wing as a chance to think about narrative structure. And (in relation to a class he is teaching), thinks about the relationship between NARRATIVE and CHARACTER as a two different way of thinking about “self and identity” (the topic of his class) — embodiment/social interaction/quirks.

Graham tried to do THE SKY as his wing — and this meant that the feathers could figure, in relation to their HUE, as Day and Night, and then all the phases of dawn and dusk — so the Wing of the angel became Ombre. And the clouds and other atmospheric effects could be figured as modeling...

15:15:33 From Jesse Prinz to Everyone:

We were thinking about the idea of generating an idea map by projecting it onto a concrete image. What happens to ideas when projected on a wing, as opposed to, say, a talon?

15:15:34 From Eric Nadler Zoomleroni to Everyone:

Method - 2 wings — effort to use ambidextrous approach

15:15:35 From Shaj Mathew to Everyone:

Btw Ana, re: your opening comment re: spirals —

<http://cup.columbia.edu/book/spirals/9780231153034>

15:15:36 From Julian Chehirian to Everyone:

Synthesis from group: are we missing something essential about how people in this period would have experienced this image? Tension between image as receptacle, and image as an encounter.

Peter /

Tough to think of category that could contain five things.

Working on novel about NY subway; been thinking about sections.

Right-wing.

Infrastructure, grafitti, maintenance, mapping,

For second wing, visualized things to do around house. cleaning.

Wings were *dragging* through house, being affected in ways that match the form of what is to be done.

Josefina /

Research on Catholicism. Trying to remember five systematic stages of a good confession.

At first I wasn't using the wing, until I recalled that in Spanish, each phase had an 'S' sound to it, that reminded me of rustling of feathers. Tried to use this as mnemonic device.

Auditory.

Sign of cross first, then official blessing, then confession, then the official absolution. Given penance.

Shaj /

Comment: Sibilliance.. repetition of "s", term in literature; evil implications.

Interesting that Josefina took this in an opposite direction.

Struggled with visualization of angel. Thought of parts of a concept, and committing them to memory. I ended up memorizing components of philosophical idealism. Kant, Hegel, Berkeley, Rabindranath Tagore.

Ana /

Different take on mnemonic device. Looking was not helping, bc I was trying to fit my imagination into that. Closed my eyes, and traveled somewhere. My attention project. Central questions I shouldn't forget for it. Why does it matter / how will people connect / what is its symbolic layer / how will I take care of its demons? I didn't try to control it. Angel gave me questions I should constantly return to. I could see the light through the feathers. It was very sensorial. Felt like I could touch it and the questions.

peter brushed his apartment with the feathers and listed all necessary activities to keep it clean

josefina managed to remember the phases of a confession and realized that they all had significant S sounds

shaj mentioned that there's a literary term for a diabolical S sound, so she actually redeemed it haha

i kinda saw an angel and instead of remembering things per se, they told me questions i should always keep in mind (specific questions, like "how will people connect? what is its symbolic layer?") while working on my attention project

we also talked about the restriction of a number of feathers to memorize, and i mentioned how isnt it so that our brain can only hold up to 7 items at once

And resend on all this:

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Peter: how do you make something that strikes balance between being interesting enough that we place our ideas on it, but not so interesting that we are distracted by it. Shaj: the mnemonic devices almost become anti-mnemonic. Concept of memory palace.

15:15:40 From Jesse Prinz to Everyone:
Bye all! THANKS!

15:15:47 From David Landes to Everyone:
Different angels illustrated different uses of them
Giving talks without notes
Daily heuristic to find meaning/decisions
Conceptual contemplation
Falling asleep
Balances structure and improv
What does the angel help you fly to/thru?

15:15:55 From Eric Nadler Zoomleroni to Everyone:
Angel diagram -- hierarchies and representing them

15:16:09 From Eric Nadler Zoomleroni to Everyone:
Information Management

15:16:12 From Justin Ginsberg to Everyone:
Some rough notes: Justin, Rebecca, Coach Pryce, Jamie

Self Care
Body
Internal
External
Nourishment

Gratitude

2nd wing would be Community care

Umwelt – about the self and environment

What does it take for entity to flourish – personal needs/flourishing, community needs/flourishing

Place

Space and shape architecture (physical and psychological)

Environment

Reciprocity

Feedback loop (+ / -) – thinking of people building algorithms

Loneliness

Generosity

Altruism

A second wing might look like community umwelt

Micro and macro – relationship and connection

Creating a more robust of Asian/American Asian studies program

Intellectual community

Creating relationships with the surrounding community – Athens Georgia na the state

Service and out reach of the university

Grant development – supporting university initiatives

Center for celebrations and festivals

15:16:17 From Ana Marques to Everyone:

Julian: usage of the angel image as a tool versus a threshold

15:16:17 From Helen Nooy-Strand to Everyone:

Question:

Did you draw the wing as it appeared in the Six Wings Angel?

Answers:

- My wing was sideways and took up the whole page.

- I found that I needed two wings to explore "rest" in contrast to "combat" as metaphor or approach to meditation and the threat of distraction.

Question:

What difference did it make whether you wrote the list beforehand or inside the feathers?

Answers:

- I drew a feather and wrote inside it, drew another feather, wrote inside it, etc. I found the visual slowed me down and brought me joy (unlike writing to-do lists or prepping for classes in Word).

- Depends on how you conceived of the feathers....

- My feathers were of different lengths.

- Mine were overlapping.

- Ah, mine were all the same length and too short.

Question:

What was the purpose of the angel exercise for the monks at the time and how might we benefit from using the exercise now?

Answers:

- They needed to remember a lot more than we do.
- Exploring my idea in the form of a wing slowed me down and made me more reflective than I would have been just making a list.
- It would be helpful to have more of my ideas in my head!
- The visual aspect of the exercise could potentially facilitate more connections and associative, non-linear thinking.
- Is the imagining of the angel itself a distraction? A parallel inquiry? A foil? (intractable and inspiring as paint for painting?)
- Is the image of the angel a reminder? A bigger picture? Does it provide context or a sense of the whole, when conceiving of an idea as well as trying to remember or develop it?

Question:

What kind of idea did you explore?

Answers:

I felt that my topic needed to be worthy of the territory and explored Grace. I went backwards, starting with Freedom, and then realized I had only four wings to get there. Not an easy exercise.

Question:

What is the significance of building or architecture for the Six Wings Angel (mentioned in the slide presentation)?

15:16:25 From Sal Randolph to Everyone:

Margaret: the six winged angel is connected to a mathematical concept not “discovered” until the 18th century, so she was thrilled to see it. She’s working on new book and used the feathers for her sections. She’s planning to make her own angel and go much deeper with the angel method. Sal: Mapped my next talk on artworks as koans on to the feathers. Found it very hard! Actually did it on my fingers. Need much more time to make my angel. Daniel: Worked with the concept of freedom, each feather was an aspect (lightness, unstructured time, etc.) and he assigned a person to each feather. Talked about the braided feathers occluding each other rather than mingling/merging and how that might affect the interaction of ideas. David: Used the feathers to map out his own past and future, but needed more, so he ended up just making an angel of the past. The idea would be to check in with the angel each day, review where he’s been and where he’s going in order to reset his purpose and direction. Said he needed an army of angels.

Thank you for this! Amazing angels in my mind.

15:16:25 From Eric Nadler Zoomleroni to Everyone:

Diagrams -- enforces brevity & quickness?