



MIDSUMMER FIRST FRIDAY - RADICAL ATTENTION & PEDAGOGY 8 August 2023

14:32:42 From Ana Marques To Everyone:

in my sanctuary, i could feel my heart so warm and nurtured, sort of floating and able to reach out to other beings around me — yeah, things and people around me became beings with which i could connect — from roots that grew out of my hands and feet

14:34:12 From D. Graham Burnett To Everyone:

Optional, of course!

14:34:46 From Matthew Spellberg To Everyone:

The importance of color — for me the sanctuary was the blue of the sky — though at first I thought of an artwork rather than the sky itself (Cy Twombly's ceiling at the Louvre) — wanting that in my bedroom, in my home. The light blue above us is like a huge bowl of attention. But funny that this was first refracted through a much smaller artwork in my head, before I realized that the real sanctuary was the sky...

14:35:27 From Justin Ginsberg To Everyone:

I. In my sanctuary, I was in nature: in the woods, on a contain, next to running water, hearing the winds roll through the valley of tress before I could feel it, and felt completely in awe and at one with it. I felt the presence of those who I have shared that with who are still here, and those who I have shared that with, who have passed on.... II. My sanctuary here is revived through the relics of these experiences - a note typed on a corn husk, and image of passed loved one.

14:35:37 From Amalia Rosa Mayorga To Everyone:

In my sanctuary I am in my garden, my backyard, I also am taken to the buddhist temple in china town on canal, it is a place where my nervous system is calm, a place where I feel safe where I can be still, and not "on", a place where I don't have to think with my mind, but where I come into awareness and deep awareness in my bodymind* <3, I move slower, a soft gazes comes over me, I look at everything, softly, slowly

14:35:38 From Jesse Prinz To Everyone:

Sanctuary: listening to music on headphones

Thought on coming out: the idea of headphones as a portable sanctuary. Moving through public spaces music music on changes the environment and gives a paradoxical sense of separation from that surround while also being immersed in it — almost converting the world into a virtual reality.

14:35:50 From Brad Fox To Everyone:

I remembered being on Bane's boat in the Sava, along the fairgrounds in Belgrade. It was an old decommissioned tugboat where he lived. He ran a cafe on the deck that became a gathering place for the counterculture at the time, outcasts from the Milosevic years. He used to put me up in the old helm, which he'd converted to a simple bedroom. I remember waking up there—I had no phone, no computer. The river flowing down from Croatia, Bosnia, Slovenia, to open into the Danube just downstream. And there was a sense of completeness, simplicity, honesty that developed there. Bane's good nature—despite losing his home in Vukovar, everything that had happened. And the warmth and intimacy of the friends who gathered there. Free, temporarily from the misery of politics, from geopolitical realities. It cultivated a joy that came from being stranded together in that humble but joyful place.

14:35:51 From lucyelvis To Everyone:

Thinking about a sanctuary of attention- I immediately thought of going running into the extremely strong wind this week. I reached a stretch of beach that I knew well but I was much more struck by the amazing beauty of the rocks there when the wind was so powerfully blowing I couldn't hear anything else. A feeling of being small but irrecoverably present.

14:35:56 From D. Graham Burnett To Everyone:

I spent phase one thinking about a night I spent in the darkened lower chapel of the Trappist monastery of Latroun, in Palestine/Israel. A single small candle lit in the sacristy.

And when I opened my eyes, I found myself looking at my apartment, and wondering if I could make this space feel like that did. I watched the breeze move a few strands of grass outside the window. Thought about the attentional work that the men did when they installed the wallboard in this space. Each wall and corner – so much care.... I want to let their attention suffuse my every moment in this space. To have a mindfulness to their labor...

14:35:59 From Dominic Pettman To Everyone:

The sanctuary exercise surfaced a question for me: "Who is my attention for?" . . . In the same sense we may ask: "Who is my writing for?"

14:37:03 From Catherine Hansen To Everyone:

How it felt: refuge not from a storm but within it. Like a little house cocooned in a tornado.

14:37:13 From Ana Marques To Everyone:

beautiful sharings! thank you fellow attention activists for sourcing our own transformative sanctuaries <3

14:37:41 From Sarah Schmidt To Everyone:

Hard time getting started as a person brand new to this. But started to have some thoughts about what feels like a sanctuary; being immersed in editing; looking at beautiful mountains in my brand new home (five days here), the feeling of being somewhere new where I am unknown after 25 years in my last place.

14:38:04 From Júlio de Ló To Everyone:

Eyes closed: through closed eyes I accessed my sanctuary. I felt calm and presence. The light coming through the leaves of the trees and the forest in the alternative rural community where I was born and raised.

Eyes open: I feel my senses awake in tune with consciousness, directly with the sanctuary I accessed today.

14:39:39 From Elena Radice To Everyone:

My sanctuary is made of physical emptiness which evolves easily in a waterland. I've recently come back to the first place where I experienced a structured attentional practice and it felt like a pilgrimage. I feel connected, with myself and things around me when I'm in such a place, and I definitely recreated it with an empty space and an empty big wall where I sit in my studio whenever I need connection.

14:40:39 From Ana Cristina dos Santos To Everyone:

About my sanctuary (eyes closed then open): Zoom in

The lightly-touched-by-wind leaf

Zoom out

The clear blue sky, deep and bright

Zoom in

My feet touch the ground - cold matter moves under my feet

Zoom out

I'm a tiny point being one with all living and [un]living beings far and around me

A calm rhythm paces my heard and brings blood in refreshing waves around my body

I feel infinite

I feel grateful I can be here with all of you

14:43:50 From D. Graham Burnett To Everyone:

Sidenote: super interested in this history of "pre-occupation" of the hands (and mind) in relation to the idea of focus, etc. This is an essay I did a while back on exactly this, in relation to prayer (and poetic rhythm):

http://dgrahamburnett.net/wp-content/uploads/2015/11/BurnettDG_JoyInRepetition_AmPoetryReview_2008.pdf

14:55:00 From Ana Cristina dos Santos To Everyone:

Thank you for telling, thank to you and the ones who came before you

15:06:23 From Matthew Spellberg To Everyone:

1. Guitar (but maybe too absorbing)
2. cigarettes and their rituals
3. watercolors – color and focus
4. a pen (to rub the side of, or draw with, not to write with)
5. Torus attentional sanctuary/talisman/spinning magic tour
6. water bottle – don't want to be overcome by thirst

15:07:04 From Adam Jasper To Everyone:

attentional backpack (some objects, in alphabetical order):

A bag of “anchors,” marbles, crystals, sponge — various materials for projecting emotions, or fixing memories. Small, arbitrary objects that can have talismanic properties. You can choose these objects yourself.

Alginate (affordable dental mold material, records shapes accurately)

blindfold, ear plugs (for sensory deprivation)

chalk, graphite, with paper, for taking rubbings

Claude glass (a small mirror in a case)

a jeweller's loupe

water colours (to be used with the fingers)

15:07:21 From Brad Fox To Everyone:

Sarah Schmidt

A sketchpad and a charcoal pencil

Me

A heavy stone or metal weight that sits in the palm of the hand—comfortably but noticeably

Elisabeth Q

A talismanic object, a stretchy bracelet—something that can be “worried”

Marcus

A pencil thick enough that you can etch into it, also twirl it

Elisabeth

Tools—pencils, knives, crochet hooks

Lucy

Plasticene, blue tack

Elisabeth

Silly putty?

Sarah

A set of stones of various textures and weights

Elisabeth

And throw in a feather!

Julian

Reminds me of Friedrich Froebel, Gifts and Occupations—a sequence of forms that educate the senses—I think of dark sunglasses or an eye-pillow or mask to calm vision's dominance.

Brad

Or some scented soap or something to awaken the olfaction

Sarah

Yes—shading the eyes is important

15:07:46 From D. Graham Burnett To Everyone:

General shout out of my joy seeing ADAM JASPER in this call — Zurich in the house! A spiritually beautiful Attentionaut! Yo Adam! ❤️

15:07:55 From D. Graham Burnett To Everyone:

I DO NOT RECOMMEND SMOKING!!!!!!

15:08:14 From Amalia Rosa To Everyone:

So interesting cause is smoking not just breathing

15:08:37 From D. Graham Burnett To Everyone:

I am pro quitting!!! And I do not normally smoke!!! 🙏

15:09:14 From Joanna Fiduccia To Everyone:

How can account for the variety of fidget objects (sonic, visual, tactile) that we are each drawn to deploy?

Have each participant build the kit by “function” - e.g. “bring your fidgeter,” whereupon the group can take turns attending to a particular kind of fidgeter, to see if it works for them.

A “reality stylus” - an object that allows you to feel as though you are conducting reality? An arbitrary something that allows you to experiment with the sensation of directly conducting attention to/in reality

Giovanni Anselmo’s stones - an object with which participants can *change their perspective*

15:10:00 From Dominic Pettman To Everyone:

Julio, Catherine, Michela, Jeff, Dominic . . . (Group 6 maybe)

Do instruments of attention (e.g., magnifying glass, butterfly nets, binoculars) count?

In any case, we suggested:

Newt-in-a-jar (totem familiar companion)

(from a verbal slippage between notes and newts; cf. Roald Dahl's Mathilda)

Books with extra-wide margins

Portable frame, that can change shape and size, for improvised focus

Knitting kit

Ocarina

(and/or a little duck)

15:11:02 From Elisabeth Q. she/her To Everyone:

The age-old Solvitur Ambulando - and if one isn't able to walk to create rhythm, use hands to make (thinking through making.)

15:11:12 From Lane Stroud To Everyone:

Free the newts!

15:11:25 From Justin Ginsberg To Everyone:

Vitreous flip!

15:16:55 From Peter Schmidt To Everyone:
<https://www.schoolofattention.org/programs/courses>

15:17:07 From Peter Schmidt To Everyone:
To enroll: <https://www.schoolofattention.org/enroll>

15:17:21 From Amalia Rosa To Everyone:
Open mic party to raise money for the school?

15:17:23 From Amalia Rosa To Everyone:
Like a rent party

15:17:26 From Peter Schmidt To Everyone:
Our website is: <SCHOOLOFATTENTION.ORG>