



ATTENTION and INNER EXPERIENCE (with Russell T. Hurlburt) 6 October 2023

14:22:51 From Peter Schmidt to Everyone:

My email, for any questions about the Strother School:

14:23:04 From Peter Schmidt to Everyone:

peter@sustainedattention.net

14:35:15 From Raphaële Jeune to Everyone:

Experience of the space between the words : each word is getting independence and volume, you might turn around the word, a infinite gap is created, roundness is softening the phrase, and movement or danse is happening

14:35:27 From Peter Schmidt to Everyone:

Phase one: I had never thought about the spaces BETWEEN words. So cool! Obviously an important part of making written / spoken language, but I wondered... did the space have any meaning? Did communication happen in the empty parts?

Phase two: The more I thought about the spaces between my thoughts, the less I sensed myself having any thoughts at all... Kind of hard to identify any “chinks...”

14:37:19 From Alexandru Balgiu to Everyone:

Is the typographer a philosopher of word-spacing?

14:37:25 From Eric Nadler to Everyone:

Negative forms... how do these function in creating positive forms? what is the substance of positive forms —> materiality and how we weigh the value of the material world.

14:37:35 From Peter Schmidt to Everyone:

Reacted to "Is the typographer a..." with 😊

14:37:39 From Alexandru Balgiu to Everyone:

Reacted to "Is the typographer a..." with 😊

14:37:41 From Alexandru Balgiu to Everyone:

Removed a 😊 reaction from "Is the typographer a..."

14:40:52 From D. Graham Burnett to Everyone:

I was super struck, in the exercise, by the question of whether thoughts have a “linguistic” structure (like the “sentence” upon which we had attended...). Are the thoughts like WORDS? In which case one can sort of imagine those interstitial regions...

14:44:43 From Eric Nadler to Everyone:

I’m not hearing the beep.

14:44:51 From Jessica to Everyone:

Didn't hear it either

14:45:41 From Peter Schmidt to Everyone:

Heard!

14:45:54 From Jessica to Everyone:

Ditto!

15:01:37 From Raphaële Jeune to Everyone:

Peter saw the words inner space very clearly like a pivot, so that he was expecting something to come. Alexandre was still thinking, as a graphic designer, to the exercise with the word. And also he had the « N » of inner space clearly as an echo. Raphaële was thinking of the function of organism in the natural attitude to prevent the mind to be thinking of its own content, and then be always ready for any danger.

15:01:54 From Alyssa Loh to Everyone:

Jessica — I was conscious that I was in the process of trying to evaluate if I am myself a reliable raconteur of my own internal state — it was a strange moment, wondering if I am able to do what is about to be asked of me. I was feeling a little defensive. That's what I was conscious of. Those two things. Am I "an armchair"... what was his phrase? I was wondering -- do I have a surface level contact with my inner experience? Or do I have a better ability to describe my inner experience than the average person?

15:02:05 From Alyssa Loh to Everyone:

Ana — I was very into what he was saying, the story of the woman, so my head was like a moving image of the story he was describing. The last thing in my head was the idea of the questionnaire not being a reliable way to report inner experience. I had a picture of a questionnaire in my head. Just that kind of silhouette. Very concrete, I was thinking of the words he was saying,

Carlos — I agree with Jessica and Ana — I was paying attention to what he was saying. The beep surprised me. Most of my thoughts were these defensive thoughts that Jessica was describing... I started theorizing maybe too much about how I should do this.

15:02:12 From Christopher Mole to Everyone:

Fighting slight tiredness, needing to hold attention. Looking at images of other participants on call.

Aware of flexing neck: visually imaging neck anatomy; proprioception of vertigo; scrambling between modalities.

15:03:32 From D. Graham Burnett to Everyone:

I had found myself, for whatever reason, moments before the beep, looking at Russ's actual eyeballs — which were (are) VERY TINY, because his picture, next to the slide show, is/was small. In the brightness of his image space makes his eyes seem surprisingly dark and specific. So I had noticed that, and then, as he said "inner speech" and the beep sounded my regard shifted to his mouth. As in, his actual lips. Did this happen BEFORE he said "inner speech"? It is possible. But I am not sure. What was the "inner life" of my visual attention to Russ's lips at that moment? Also hard to say. I do not...

15:05:21 From Ana Cristina dos Santos to Everyone:

If he calls 5 and I'm not in my little window, it

15:05:43 From Ana Cristina dos Santos to Everyone:

'S because I had to take my dog out for a sec.

15:07:14 From Ana Cristina dos Santos to Everyone:

I'm back!

15:11:50 From Ana Marques to Everyone:

welcome back from cavity

15:11:52 From Ana Marques to Everyone:

<3

15:13:51 From Peter Schmidt to Everyone:

[Bracketing one's own interests and speculations - I have a feel for this as a scientific method... but it also made me curious about the mechanisms by which Questioner A's experience gets muddled up with Participant B's experience. And I think that the skill of keeping one's own interests out of someone else's experience could be super useful

15:13:52 From D. Graham Burnett to Everyone:

http://hurlburt.faculty.unlv.edu/lena/do_i_have_internal_monologue_sampling_lena.html

15:14:17 From Peter Schmidt to Everyone:

...and possibly salutary for interpersonal relationships, teaching, etc.?

15:16:50 From Peter Schmidt to Everyone:

It's a sensibility / quality of attention!

15:53:47 From D. Graham Burnett to Everyone:

I have to jump off — but THANK YOU SO MUCH! And carry on!❤️

16:17:38 From Raphaële Jeune to Everyone:

I have to jump off ! Thank you very much !

16:22:25 From David Landes to Everyone:

I have to jump off as well. carry on! thanks!