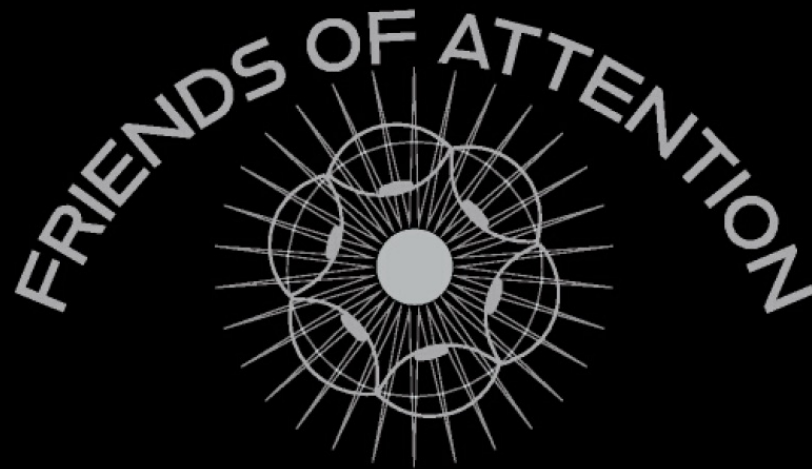


ATTENTION AND THE SPACES IN THOUGHT

An Exercise



A note from my (anonymous) friend – a philosopher...

“Dear Graham:

Right. Like I said. I am *trying*. I even went to a *yoga class* – not my thing, as you know. And I sat there, with my legs folded, uncomfortably. And the guy teaching the class was really nice. Very kind. Slow and patient with all of us.

And he is kinda talking to us about settling our thoughts as we get going, and breathing, and this sort of thing. And I am trying to do it all, and take it all really seriously.

And then, after a pause, he says, ‘OK everyone, I want you all to start to put your thoughts aside; and I want you to start to **think about the spaces between your thoughts...**’

Graham! You know me! The SPACES BETWEEN MY THOUGHTS? That doesn’t mean anything! I am an analytic philosopher! I stayed on my towel, but I sorta threw in the towel at that point. I gave up...”

THE EXERCISE OF THE SPACE BETWEEN THE WORDS (AND THE SPACE BETWEEN THE THOUGHTS)

--- PHASE ONE ---

Look at the following sentence:

“I want you to start to think about the spaces between your thoughts...”

Attend to the spaces between the words in that sentence.

--- PHASE TWO ---

Close your eyes; think about the spaces between your thoughts.

(After the final bell, we can take a minute to jot some notes...)