

Alethic Attention

a·leth·ic (ə'lēTHik):

denoting modalities of truth

1. Attend to the speaker as she shares two anecdotes.
One is true and one is false.
2. Notice where your attention travels as you listen. What quality of attention do you use to distinguish true and false?
3. Take notes on the path and quality of your attention.
Feel free to share these in the chat thread.